

Mosby's Canadian Practical Nurse (PN) Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

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- 1. What is the most appropriate immediate management step for the patient with acute alcohol withdrawal according to the case?**
 - A. Refer to outpatient clinic after observation**
 - B. Discharge with instructions for home monitoring**
 - C. Admit to hospital for monitoring**
 - D. Administer home detoxification at home**

- 2. What would be the staff's recommended action to control the spread of head lice in the daycare?**
 - A. Notify all families that Shobana has head lice and if their children have been playing with her, they should examine their children's hair.**
 - B. Send a letter to all parents about the outbreak with instructions for examining their child's hair and recommended treatment.**
 - C. Examine the hair of all children as they arrive at the daycare centre and prohibit attendance if lice are found.**
 - D. Treat all of the children with the recommended pediculicide shampoo.**

- 3. Which practice would most effectively reduce the spread of infectious diseases in a daycare during fall and winter?**
 - A. Any child who develops signs of a communicable disease during the day should be immediately separated from the other children.**
 - B. All workers should wash their hands with alcohol-based cleaner after changing diapers.**
 - C. All equipment and toys should be washed with an antibacterial solution between uses by children.**
 - D. Child care staff should wash their hands several times throughout the day.**

- 4. The elderly couple, Mr. and Mrs. Wales, have some unsteadiness at home. In an environmental assessment, which assistive device would be most important to arrange?**
 - A. Walkers**
 - B. Grab bars in the bathtub**
 - C. Blocks under the chair and sofa**
 - D. A hand-held shower attachment**

5. The PN indicates that a future vaginal delivery should be discussed with the obstetrician. Which statement reflects this guidance?
- A. Her future deliveries will be by a Caesarean section.
 - B. She will need to discuss the possibility of a future vaginal delivery with the obstetrician.
 - C. She should have a vaginal birth with the next pregnancy.
 - D. Caesarean births are easier to recover from than vaginal births.
6. What is the fluid balance for Ms. MacLeod given the intake and outputs?
- A. -110 mL
 - B. +900 mL
 - C. +250 mL
 - D. -650 mL
7. To elicit the Moro reflex in a newborn, which action is correct?
- A. Stroke the soles of the feet
 - B. Hold the infant on his back and allow his head and trunk to drop back a short distance
 - C. Clap hands beside the ear
 - D. Hold the infant upright, letting one foot touch the surface
8. What is the definition of psychosis?
- A. A group of mental health disorders characterized by various anxiety symptoms.
 - B. A psychological break from reality.
 - C. A disturbance of consciousness and change in cognition.
 - D. Another term for schizophrenia.
9. In a patient with intermittent claudication, which symptom pattern is most typical?
- A. Peripheral edema
 - B. Deep vein thrombosis
 - C. Osteoarthritis
 - D. Intermittent claudication

10. When Leah reaches to have vital signs taken, what should the practical nurse do?

- A. Remove Leah gently from her father.**
- B. Postpone the taking of vital signs for another visit.**
- C. Talk softly at eye level with Leah.**
- D. Hold her arms out and smile at Leah.**

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Answers

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1. C
2. B
3. A
4. B
5. B
6. C
7. B
8. B
9. D
10. C

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Explanations

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1. What is the most appropriate immediate management step for the patient with acute alcohol withdrawal according to the case?
 - A. Refer to outpatient clinic after observation
 - B. Discharge with instructions for home monitoring
 - C. Admit to hospital for monitoring**
 - D. Administer home detoxification at home

Acute alcohol withdrawal can progress quickly to life-threatening complications such as seizures and delirium tremens, so the safest immediate step is hospital admission for close monitoring and timely treatment. In the hospital, the patient can be continuously observed, with withdrawal severity assessed (often using a tool like CIWA-Ar), and receive essential therapies: IV fluids and electrolyte management, thiamine supplementation to prevent Wernicke's encephalopathy, and a benzodiazepine regimen tailored to symptoms to safely control autonomic hyperactivity and prevent progression. The inpatient setting also allows rapid escalation if symptoms worsen and ensures airway, safety, nutrition, and prevention of complications. Discharging for home monitoring or attempting detox at home lacks the necessary supervision and rapid intervention capability, making them unsafe in the acute phase.

2. What would be the staff's recommended action to control the spread of head lice in the daycare?
 - A. Notify all families that Shobana has head lice and if their children have been playing with her, they should examine their children's hair.
 - B. Send a letter to all parents about the outbreak with instructions for examining their child's hair and recommended treatment.**
 - C. Examine the hair of all children as they arrive at the daycare centre and prohibit attendance if lice are found.
 - D. Treat all of the children with the recommended pediculicide shampoo.

When managing a head lice situation in a daycare, the priority is to mobilize a coordinated, non-stigmatizing response that involves families and supports home-based treatment and investigation. Sending a letter to all parents about the outbreak with clear instructions for examining their child's hair and the recommended treatment does exactly that. It ensures everyone receives the same information, reduces confusion, and enables prompt, appropriate action at home. This approach respects privacy, avoids singling out any one child, and helps prevent further spread by promoting early detection and treatment across all families. Consider why the other approaches aren't as effective. Focusing only on the child who was observed with lice or on families who played with that child can miss other cases and create stigma. Requiring inspection on arrival and excluding children from attendance is overly invasive, disruptive, and not aligned with best practices, which favor treatment and rechecking rather than blanket exclusion. Treating everyone without a diagnosed infestation uses unnecessary medication and risks exposing children to chemicals without cause.

3. Which practice would most effectively reduce the spread of infectious diseases in a daycare during fall and winter?

- A. Any child who develops signs of a communicable disease during the day should be immediately separated from the other children.**
- B. All workers should wash their hands with alcohol-based cleaner after changing diapers.**
- C. All equipment and toys should be washed with an antibacterial solution between uses by children.**
- D. Child care staff should wash their hands several times throughout the day.**

Preventing spread in a daycare hinges on stopping transmission at its source. When a child shows signs of a communicable illness, the quickest way to protect the group is to separate that child from others right away so they can be evaluated and picked up promptly. This reduces the chance of infectious droplets or contact spreading pathogens to many peers during the peak fall and winter seasons when illnesses spread more easily. Hand hygiene and cleaning are essential parts of infection control and help reduce transmission, but they work best as ongoing practices for everyone in the setting. Simply washing hands or cleaning surfaces, while important, doesn't stop a contagious child from being in contact with others during the illness itself. Excluding the symptomatic child immediately addresses the primary mode of spread in this scenario.

4. The elderly couple, Mr. and Mrs. Wales, have some unsteadiness at home. In an environmental assessment, which assistive device would be most important to arrange?

- A. Walkers**
- B. Grab bars in the bathtub**
- C. Blocks under the chair and sofa**
- D. A hand-held shower attachment**

Preventing falls during bathing is the primary safety focus for someone with unsteadiness at home. The bathroom is a high-risk area because surfaces are wet and transfers in and out of the tub require balance. Grab bars installed in the bathtub provide solid, continuous handholds that a person can grip during entry, standing, turning, and exiting. This simple modification directly addresses the most common and dangerous moment—slipping or losing balance on a wet surface—making it easier to transfer safely and maintain independence. Walkers help with overall mobility around the home but don't directly reduce the slip risk in the tub or assist with the critical transfer in and out of the bathing area. Blocks under chairs or sofas may aid seating height and stability at other times, yet they don't address the danger of slippery entry, exit, or transfers in the bathroom. A hand-held shower attachment improves reach and washing ease but does not mitigate the risk of falls during the essential steps of getting in and out of the tub. So, installing grab bars in the bathtub offers the most effective safety impact for this situation.

5. The PN indicates that a future vaginal delivery should be discussed with the obstetrician. Which statement reflects this guidance?
- A. Her future deliveries will be by a Caesarean section.
 - B. She will need to discuss the possibility of a future vaginal delivery with the obstetrician.**
 - C. She should have a vaginal birth with the next pregnancy.
 - D. Caesarean births are easier to recover from than vaginal births.

Planning for a future birth involves evaluating whether a vaginal delivery is possible and safe given the prior obstetric history. The PN should guide and support a discussion with the obstetrician so risks, options, and the patient's preferences can be considered and a plan made accordingly. The statement reflects this collaborative approach, enabling assessment of eligibility for a vaginal delivery after cesarean (VBAC) or other scenarios, rather than assuming a specific route. The other options presume a definite method or outcome (such as always requiring a C-section, insisting on a vaginal birth, or claiming one type is easier to recover from) without medical discussion and individualized risk assessment.

6. What is the fluid balance for Ms. MacLeod given the intake and outputs?
- A. -110 mL
 - B. +900 mL
 - C. +250 mL**
 - D. -650 mL

Fluid balance is found by subtracting total outputs from total intake. A positive result means a net gain in fluid, a negative result means a net loss. For Ms. MacLeod, the intake exceeds the outputs by 250 mL, so the balance is +250 mL. This reflects a small net fluid gain—enough to be identified as a positive balance without indicating a large fluid overload. For example, if intake were 2,800 mL and outputs 2,550 mL, the calculation would be $2,800 - 2,550 = +250$ mL. The other options would imply either a fluid deficit or a different magnitude of gain that isn't supported by the given data.

7. To elicit the Moro reflex in a newborn, which action is correct?

A. Stroke the soles of the feet

B. Hold the infant on his back and allow his head and trunk to drop back a short distance

C. Clap hands beside the ear

D. Hold the infant upright, letting one foot touch the surface

The Moro reflex is a rapid startle response triggered by a sudden loss of support. By holding the newborn and allowing the head and trunk to drop back a short distance, you create that abrupt change in position. In response, the infant typically flings the arms outward and then crosses them toward the chest, with the hands open, followed by the arms curling back in. This pattern is normal in the first months of life and usually disappears by about 4 to 6 months. Stroking the soles of the feet evokes the Babinski plantar reflex, not the Moro response. Clapping hands beside the ear may startle the infant but doesn't produce the characteristic Moro arm movements. Holding the infant upright to let a foot touch a surface tests the stepping (walking) reflex.

8. What is the definition of psychosis?

A. A group of mental health disorders characterized by various anxiety symptoms.

B. A psychological break from reality.

C. A disturbance of consciousness and change in cognition.

D. Another term for schizophrenia.

Psychosis is a state in which a person loses touch with reality, with thoughts, perceptions, or beliefs that are markedly distorted relative to what others experience. This loss of reality testing leads to symptoms such as delusions (fixed, false beliefs) and hallucinations (perceiving things that aren't there), and can be accompanied by disorganized thinking and impaired judgment. Because of this fundamental disruption in distinguishing what is real from what is not, describing psychosis as a psychological break from reality is the best-fit definition. It's a broad description that can occur in various conditions (schizophrenia, mood disorders with psychotic features, substance-induced states, medical illnesses), and it's distinct from delirium, which involves a disturbance of consciousness, or from viewing psychosis as simply another term for a single diagnosis.

9. In a patient with intermittent claudication, which symptom pattern is most typical?

- A. Peripheral edema**
- B. Deep vein thrombosis**
- C. Osteoarthritis**
- D. Intermittent claudication**

Intermittent claudication reflects reduced blood flow to leg muscles during activity. The most typical pattern is leg muscle pain, cramping, or fatigue that appears with walking or exertion and is relieved by rest. This pain is usually reproducible at a certain distance and location (often the calf) because the muscles demand more oxygen during activity, but the narrowed arteries can't keep up. The pattern helps distinguish PAD from other conditions: edema involves swelling, DVT presents with sudden leg swelling and warmth, and osteoarthritis involves joint pain that isn't specifically tied to exertional muscle ischemia.

10. When Leah reaches to have vital signs taken, what should the practical nurse do?

- A. Remove Leah gently from her father.**
- B. Postpone the taking of vital signs for another visit.**
- C. Talk softly at eye level with Leah.**
- D. Hold her arms out and smile at Leah.**

Meeting a child at her eye level and using a calm, gentle voice is a key approach when performing procedures like taking vital signs. This stance signals safety and respect, helps reduce fear, and encourages cooperation. So, the practical nurse should bend or sit so Leah and the nurse are on the same level, speak softly, and briefly explain what will happen in simple terms. This approach makes Leah feel secure and understood, easing the process. Separating Leah from her father or postponing the assessment can heighten distress, while trying to force her to hold out her arms or simply smiling without addressing her comfort can feel coercive. Engaging with her calmly at eye level supports trust and cooperation during the check.

Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://mosbyscanadianpn.examzify.com>

We wish you the very best on your exam journey. You've got this!

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