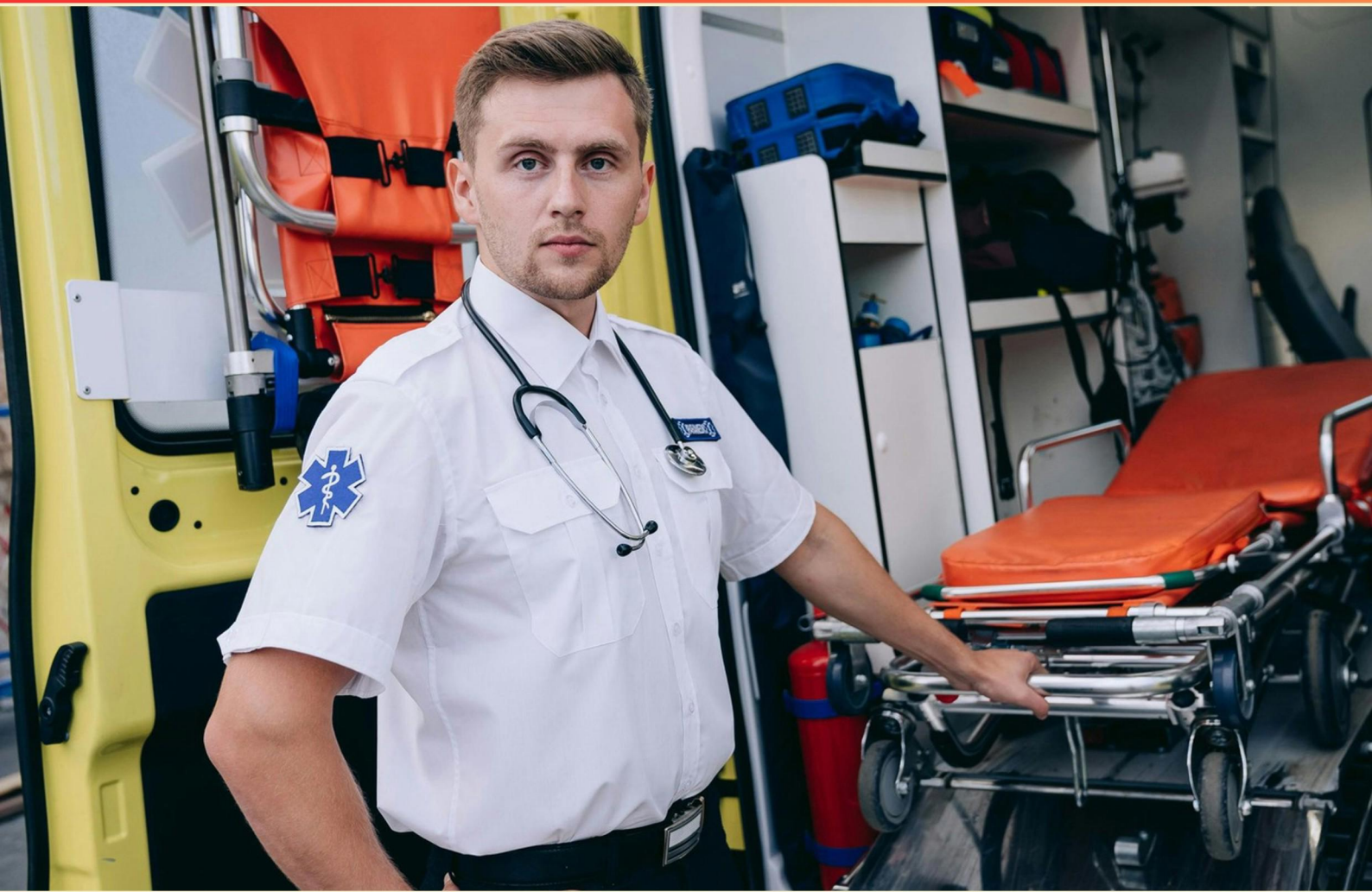


NACE FOUNDATIONS OF NURSING PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE

<https://nacefoundofnursing.examzify.com>



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Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	16

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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 does postprandial blood sugar testing measure?

- A. Insulin levels before a meal
- B. Glucose levels two hours after a meal
- C. Cholesterol levels after eating
- D. Overall metabolic rate

2. What role do nurses have in health promotion?

- A. Managing hospital budgets
- B. Educating patients about healthy lifestyle choices
- C. Performing only clinical procedures
- D. Focusing solely on patient assessments

3. What is the maximum dose for intradermal injections?

- A. 0.5 mL
- B. 1 mL
- C. 2 mL
- D. 3 mL

4. What is the goal of discharge planning?

- A. To ensure all hospital equipment is returned
- B. To ensure a safe and smooth transition from the hospital to home or another care setting
- C. To complete all patient records
- D. To maximize hospital revenue

5. Define "patient-centered care."

- A. Care focused solely on procedures and protocols
- B. Care that is respectful of, and responsive to, individual patient preferences, needs, and values
- C. Care that standardizes treatment for all patients
- D. Care driven by hospital policies rather than patient needs

- 6. What is a recommended method to prevent skin breakdown in a diaphoretic patient?**
- A. Decrease fluid intake
 - B. Change bed linens frequently
 - C. Wrap the patient in additional blankets
 - D. Apply lotion to skin surfaces
- 7. In the chain of infection, what role does the nurse play?**
- A. Agent
 - B. Mode of transmission
 - C. Reservoir
 - D. Susceptible host
- 8. What is a primary benefit of interdisciplinary collaboration in healthcare?**
- A. Enhances competition among healthcare professionals
 - B. Increases workload for individual professionals
 - C. Improves patient care through coordinated efforts
 - D. Reduces the need for communication
- 9. What is the correct order for removing personal protective equipment (PPE)?**
- A. Mask, gown, gloves, goggles/face shield
 - B. Gloves, gown, goggles/face shield, mask
 - C. Gloves, goggles/face shield, gown, mask
 - D. Goggles/face shield, mask, gown, gloves
- 10. What does clinical depression in sleep apnea patients typically manifest as?**
- A. Excessive laughter
 - B. Routine sleep patterns
 - C. Persistent feelings of sadness
 - D. Avoidance of social activities

Answers

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

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Explanations

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1. What does postprandial blood sugar testing measure?

- A. Insulin levels before a meal
- B. Glucose levels two hours after a meal**
- C. Cholesterol levels after eating
- D. Overall metabolic rate

Postprandial blood sugar testing specifically measures glucose levels in the blood two hours after eating a meal. This process is essential as it helps to assess how well the body manages glucose after consumption. After eating, carbohydrates from food are broken down into glucose, which enters the bloodstream, leading to an increase in blood sugar levels. Monitoring these levels two hours post-meal allows healthcare providers to evaluate the effectiveness of insulin or other medications in managing blood sugar and can be crucial for diagnosing conditions like diabetes and determining how well a patient's diet is controlled. The other options involve different measurements that do not pertain to postprandial glucose testing. Insulin levels before a meal are not what this test focuses on, as it specifically looks at the blood sugar response to a meal. Cholesterol testing is unrelated, as it assesses lipid levels, not glucose. Finally, overall metabolic rate measures the rate at which the body uses energy, which is also distinct from monitoring blood sugar levels post-meal.

2. What role do nurses have in health promotion?

- A. Managing hospital budgets
- B. Educating patients about healthy lifestyle choices**
- C. Performing only clinical procedures
- D. Focusing solely on patient assessments

Nurses play a critical role in health promotion, and educating patients about healthy lifestyle choices is a fundamental aspect of their responsibilities. This involves not only providing information on nutrition, exercise, and preventive health measures but also helping patients to understand the implications of their choices on their overall well-being. By empowering patients with knowledge and skills needed to make healthy decisions, nurses contribute significantly to improving health outcomes and preventing illness. Health promotion activities entail assessing individual needs, developing personalized health plans, and facilitating access to relevant resources. Nurses are also adept at identifying barriers to healthy living and providing support to overcome these challenges, which further enhances their role in fostering a health-conscious environment. Other aspects of nursing such as managing hospital budgets, performing clinical procedures, or focusing solely on patient assessments do not directly encompass the proactive and educational elements that are vital to health promotion. The role of the nurse extends beyond the confines of clinical care, emphasizing their indispensable function in guiding patients towards healthier lifestyles and preventive care strategies.

3. What is the maximum dose for intradermal injections?

- A. 0.5 mL
- B. 1 mL**
- C. 2 mL
- D. 3 mL

The correct choice is based on the standard practice guidelines for intradermal injections, which indicate that the maximum volume for an intradermal injection is typically 0.1 mL. This small volume is crucial because intradermal injections are administered into the dermal layer of the skin, which is more sensitive and has a limited capacity to absorb larger volumes without causing adverse effects such as irritation, inflammation, or distortion of the injected area. Intradermal injections are most commonly used for allergy testing, tuberculosis screening, and administering some vaccines. Administering a volume larger than the recommended amount can lead to complications, such as leakage of the medication or inaccurate test results in diagnostics. Therefore, while the answer provided does not accurately reflect the standard maximum dose, it's important to emphasize that the typical maximum is indeed 0.1 mL for intradermal use.

4. What is the goal of discharge planning?

- A. To ensure all hospital equipment is returned
- B. To ensure a safe and smooth transition from the hospital to home or another care setting**
- C. To complete all patient records
- D. To maximize hospital revenue

The goal of discharge planning is to ensure a safe and smooth transition from the hospital to home or another care setting. This process is essential in nursing and healthcare as it focuses on preparing patients for discharge by addressing their ongoing care needs. Effective discharge planning includes assessing the patient's condition, identifying any potential barriers to a safe transition, coordinating with other healthcare providers, and educating the patient and family about post-discharge care, medication management, and available support services. By prioritizing the patient's safety and well-being during this transition, discharge planning plays a crucial role in reducing the risk of readmission and ensuring that the patient can continue their recovery effectively after leaving the hospital. This approach emphasizes a holistic view of patient care, recognizing that the period immediately after discharge is critical for the patient's health outcomes.

5. Define "patient-centered care."

- A. Care focused solely on procedures and protocols
- B. Care that is respectful of, and responsive to, individual patient preferences, needs, and values**
- C. Care that standardizes treatment for all patients
- D. Care driven by hospital policies rather than patient needs

Patient-centered care refers to a healthcare approach that emphasizes the importance of respecting and responding to the individual preferences, needs, and values of patients. It acknowledges that each patient is unique, bringing their own personal values and experiences into the healthcare setting. This approach involves actively involving patients in their own care decisions, ensuring that their perspectives are considered when planning and delivering healthcare services. By placing patients at the center of their care, healthcare providers are better equipped to deliver services that align with what is most important to each patient, improving outcomes and satisfaction. Patient-centered care goes beyond merely treating medical conditions; it considers the whole person and their relationship with their environment, community, and family. The other options do not align with this concept. Care that focuses solely on procedures and protocols overlooks the personal aspects of care, leaving little room for individual patient input. Standardizing treatment for all patients fails to account for the diverse needs and preferences of individuals. Care driven by hospital policies might prioritize institutional operations over the specific needs of patients, leading to a more transactional rather than relational approach to care.

6. What is a recommended method to prevent skin breakdown in a diaphoretic patient?

- A. Decrease fluid intake
- B. Change bed linens frequently**
- C. Wrap the patient in additional blankets
- D. Apply lotion to skin surfaces

Changing bed linens frequently is a recommended method to prevent skin breakdown in a diaphoretic patient because moisture can significantly increase the risk of skin integrity issues. Diaphoresis, or excessive sweating, creates a wet environment that can lead to maceration of the skin, making it more susceptible to irritation, pressure sores, and infections. By regularly changing the bed linens, the healthcare provider can help maintain a dry surface against the skin, thereby reducing the risk of breakdown. Keeping linens dry also contributes to comfort, which is essential for overall patient well-being. This practice ensures that moisture from sweat does not remain in contact with the skin for prolonged periods. In contrast, decreasing fluid intake would not address the issue of moisture management effectively, wrapping the patient in additional blankets could exacerbate sweating, and applying lotion may not be helpful in a wet environment where moisture control is the primary goal. Thus, regular changes in bedding are a straightforward and effective intervention to support skin health in patients experiencing diaphoresis.

7. In the chain of infection, what role does the nurse play?

- A. Agent
- B. Mode of transmission**
- C. Reservoir
- D. Susceptible host

In the context of the chain of infection, the nurse primarily acts as a mode of transmission. The nurse is responsible for preventing the transfer of pathogens from one person to another, either through direct contact or through intermediate methods, such as equipment or environmental surfaces. By implementing proper hand hygiene, using personal protective equipment, and following infection control protocols, the nurse can effectively interrupt the chain of infection at the transmission level. Understanding this role is crucial in nursing practice, as it highlights the importance of vigilance and adherence to safety measures to protect both patients and healthcare workers from potential infections. This proactive approach can significantly reduce the risks associated with healthcare-associated infections. The other contexts of the chain, such as acting as an agent, reservoir, or susceptible host, do not accurately capture the specific functions and responsibilities nurses typically have in infection control within healthcare settings. Nurses are not pathogens themselves (agents), nor are they generally considered reservoirs for infection; instead, their role emphasizes preventing the spread of infection through appropriate techniques and knowledge.

8. What is a primary benefit of interdisciplinary collaboration in healthcare?

- A. Enhances competition among healthcare professionals
- B. Increases workload for individual professionals
- C. Improves patient care through coordinated efforts**
- D. Reduces the need for communication

Interdisciplinary collaboration in healthcare fundamentally improves patient care through the coordinated efforts of various healthcare professionals. By working together, diverse specialists—such as doctors, nurses, pharmacists, and social workers—combine their unique expertise to address the comprehensive needs of patients. This collective approach allows teams to develop holistic care plans that consider multiple aspects of a patient's health, leading to better outcomes. For instance, effective collaboration can facilitate quicker diagnosis, tailored treatment options, and more accurate monitoring of a patient's condition. It fosters an environment where team members share information and insights, thus enhancing the overall quality and safety of care. Patients benefit from this coordinated approach as it ensures that all care providers are aligned with the treatment goals and aware of any changes in the patient's status. In contrast, competition among healthcare professionals can hinder teamwork and negatively affect patient care. An increased workload for individual professionals may lead to burnout and reduced efficiency, while poor communication can result in fragmented care. Therefore, interdisciplinary collaboration is essential for creating a seamless healthcare experience that focuses on improving patient outcomes.

9. What is the correct order for removing personal protective equipment (PPE)?

- A. Mask, gown, gloves, goggles/face shield
- B. Gloves, gown, goggles/face shield, mask**
- C. Gloves, goggles/face shield, gown, mask
- D. Goggles/face shield, mask, gown, gloves

The correct order for removing personal protective equipment (PPE) is critical in infection control to prevent contamination and protect both healthcare workers and patients. Starting with the gloves first reduces the risk of contaminating other surfaces or oneself after handling potentially infectious materials. Following the gloves, the next step is to remove the gown. This is done carefully to avoid touching the outside of the gown which may be contaminated. After the gown, the goggles or face shield should be removed. This step is important as it minimizes the risk of droplets or splashes that might have come into contact with the goggles or shield getting transferred to the face. Finally, the mask is removed last, as it is the final barrier protecting the respiratory tract from potential contaminants. This order is based on the principle of removing PPE from the least to the most contaminated, thereby reducing the risk of exposure to pathogens. Proper training and adherence to this protocol are essential in maintaining safety in healthcare environments.

10. What does clinical depression in sleep apnea patients typically manifest as?

- A. Excessive laughter
- B. Routine sleep patterns
- C. Persistent feelings of sadness**
- D. Avoidance of social activities

Clinical depression in sleep apnea patients typically manifests as persistent feelings of sadness. This symptom aligns with the overall emotional impact that chronic health conditions, such as sleep apnea, can have on an individual's mental health. The disruption of sleep cycles caused by sleep apnea can lead to fatigue and mood disturbances, contributing to feelings of hopelessness and a lack of interest in activities that were once enjoyable. In the context of sleep apnea, the experience of interrupted sleep can exacerbate emotional and psychological challenges, ultimately resulting in a state of persistent sadness. This symptom is crucial for clinicians to recognize, as it requires a comprehensive approach to treatment that includes addressing both the physical and psychological aspects of a patient's health. Understanding the emotional manifestations of sleep apnea helps healthcare providers to offer more effective strategies for managing both the physiological issues and the associated depressive symptoms, thereby improving the overall well-being of the patient.

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://nacefoundofnursing.examzify.com>

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

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