

NATIONAL LEAGUE FOR NURSING (NLN) MEDICATION PRACTICE EXAM (SAMPLE) STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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. How is medication dosage typically adjusted for pediatric patients?**
 - A. By using age-based calculations
 - B. By using weight-based calculations to ensure safety and effectiveness
 - C. By giving all children the same dose regardless of size
 - D. By administering half the adult dose
- 2. What is the primary action of statins in treating hyperlipidemia?**
 - A. Increase HDL cholesterol
 - B. Decrease LDL cholesterol
 - C. Stimulate bile production
 - D. Enhance triglyceride levels
- 3. Which of the following is an adverse effect of beta-adrenergic blockers?**
 - A. Congestive heart failure
 - B. Hypothyroidism
 - C. Phlebitis
 - D. Hypertension
- 4. Rh-immune globulin (RhoGAM) is indicated for which of the following situations?**
 - A. Rh-neg mother who has an Rh-neg infant
 - B. Rh-neg mother who has an Rh-pos infant
 - C. Rh-pos mother who has an Rh-pos infant
 - D. Rh-pos mother who has an Rh-neg infant
- 5. What is a key benefit of following local regulations for medication disposal?**
 - A. It enhances the effectiveness of medications
 - B. It helps prevent environmental contamination
 - C. It reduces the cost of medication management
 - D. It simplifies the healthcare provider's responsibilities

- 6. What would you monitor for in a patient with cytomegalovirus (CMV) taking ganciclovir?**
- A. Tinnitus
 - B. Bone marrow depression
 - C. Weight changes
 - D. Severe headache
- 7. Why is monitoring for drug interactions important?**
- A. To suggest alternative treatments
 - B. To prevent unexpected side effects and reduced medication efficacy
 - C. It is not very important
 - D. To ensure medications are stored properly
- 8. How can a nurse assist a patient who has difficulty swallowing pills?**
- A. By suggesting injections as the only option
 - B. By suggesting other forms of the medication, such as liquid or dissolvable tablets
 - C. By encouraging the patient to crush all medications
 - D. By providing the patient with a large amount of water to take with pills
- 9. At what time should a patient who is taking isophane insulin suspension (NPH, Humulin N) eat a snack?**
- A. One-half hour prior to the dose
 - B. Immediately after the dose
 - C. In the mid-afternoon
 - D. Every two hours during the daytime
- 10. What steps should a nurse take if a patient experiences a severe allergic reaction?**
- A. Monitor the patient for symptoms only
 - B. Continue medication and notify the provider
 - C. Stop the medication and administer emergency medications
 - D. Document the reaction before any action

Answers

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

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Explanations

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1. How is medication dosage typically adjusted for pediatric patients?

- A. By using age-based calculations
- B. By using weight-based calculations to ensure safety and effectiveness**
- C. By giving all children the same dose regardless of size
- D. By administering half the adult dose

Medication dosage for pediatric patients is most often adjusted using weight-based calculations to ensure both safety and effectiveness. This approach is critical as children's bodies are smaller and metabolize medications differently compared to adults. Weight-based dosing takes into account the child's current weight, which provides a more precise dosage tailored to their individual needs, reducing the risk of adverse effects or underdosing. While age-based calculations can sometimes be used, they do not consider variations in size and body composition among children of the same age. Administering the same dose to all children regardless of size would not be safe or effective, given the significant differences in children's body weights and physiological responses. Dosing at half the adult dose does not address individual variations and could result in either ineffectiveness or danger, depending on the medication and the child's specific needs. Therefore, weight-based calculations are essential for determining the accurate and safe dosing for pediatric patients.

2. What is the primary action of statins in treating hyperlipidemia?

- A. Increase HDL cholesterol
- B. Decrease LDL cholesterol**
- C. Stimulate bile production
- D. Enhance triglyceride levels

The primary action of statins in treating hyperlipidemia is to decrease LDL cholesterol. Statins work by inhibiting the enzyme HMG-CoA reductase, which plays a central role in the liver's cholesterol synthesis process. By blocking this enzyme, statins effectively lower the production of cholesterol, leading to a reduction in LDL cholesterol levels in the bloodstream. This decrease in LDL cholesterol is critical in managing hyperlipidemia and reducing the risk of cardiovascular diseases, such as heart attacks and strokes. Statins also have beneficial effects on the endothelial function and may have anti-inflammatory properties, but their most significant and well-documented effect is the lowering of LDL cholesterol levels. Increasing HDL cholesterol is often a separate goal in lipid management, and while some statins can have a mild effect on HDL levels, the primary focus remains on lowering LDL. Stimulating bile production and enhancing triglyceride levels are not actions associated with statins; rather, they are related to different medications or mechanisms.

3. Which of the following is an adverse effect of beta-adrenergic blockers?

A. Congestive heart failure

B. Hypothyroidism

C. Phlebitis

D. Hypertension

Beta-adrenergic blockers, also known as beta blockers, are commonly used medications for various cardiovascular conditions, including hypertension, angina, and arrhythmias. One of the potential adverse effects of these medications is congestive heart failure (CHF). In some patients, particularly those with pre-existing heart conditions or risk factors, beta blockers can exacerbate heart failure symptoms. This occurs because beta blockers decrease heart rate and myocardial contractility, which can lead to a reduction in cardiac output, ultimately worsening heart failure in susceptible individuals. The other options do not directly relate to the common adverse effects associated with beta-adrenergic blockers. While hypothyroidism and hypertension may occur in the broader context of medical conditions, they are not recognized as direct adverse effects of beta blockers. Phlebitis, which refers to the inflammation of a vein, is typically associated with intravenous therapy rather than the use of beta blockers. Therefore, the identification of congestive heart failure as an adverse effect underscores the importance of careful monitoring in patients receiving beta-adrenergic blockers, especially those with a history of heart issues.

4. Rh-immune globulin (RhoGAM) is indicated for which of the following situations?

A. Rh-neg mother who has an Rh-neg infant

B. Rh-neg mother who has an Rh-pos infant

C. Rh-pos mother who has an Rh-pos infant

D. Rh-pos mother who has an Rh-neg infant

Rh-immune globulin (RhoGAM) is specifically indicated for use in Rh-negative mothers who deliver an Rh-positive infant. This is crucial because if an Rh-negative mother has an Rh-positive infant, there is a risk that the mother's immune system may produce antibodies against the Rh-positive blood cells of the infant. This can lead to serious complications in future pregnancies, such as hemolytic disease of the newborn. Administering RhoGAM helps to prevent the mother's immune system from forming these antibodies by providing passive immunity. This intervention is typically given within 72 hours after the delivery, or during other situations where there is a potential for Rh incompatibility, such as during miscarriage or certain surgeries. In contrast, Rh-negative mothers with Rh-negative infants do not experience this incompatibility, so RhoGAM is unnecessary. Similarly, Rh-positive mothers do not require RhoGAM since their bodies do not produce antibodies against Rh-positive blood.

5. What is a key benefit of following local regulations for medication disposal?

- A. It enhances the effectiveness of medications
- B. It helps prevent environmental contamination**
- C. It reduces the cost of medication management
- D. It simplifies the healthcare provider's responsibilities

Following local regulations for medication disposal is important because it helps prevent environmental contamination. Proper disposal methods ensure that pharmaceuticals do not enter the water supply or ecosystem, which can have harmful effects on wildlife and overall environmental health. Medications that are improperly discarded can leach into soil and water, leading to pollution and potentially affecting human health as well. While other options discuss potential benefits, such as effective medication management and simplifying responsibilities, they do not address the critical concern for environmental safety that is served by adherence to disposal regulations. Ensuring that medications are disposed of properly reflects a commitment to public health and safety, which is essential in healthcare practices.

6. What would you monitor for in a patient with cytomegalovirus (CMV) taking ganciclovir?

- A. Tinnitus
- B. Bone marrow depression**
- C. Weight changes
- D. Severe headache

Monitoring for bone marrow depression in a patient with cytomegalovirus (CMV) who is receiving ganciclovir is crucial due to the known side effects of the medication. Ganciclovir is an antiviral agent that can significantly affect hematopoiesis, leading to conditions such as leukopenia, thrombocytopenia, and anemia. This is particularly important because patients with CMV infections may already be immunocompromised, making them more susceptible to infections and bleeding. Bone marrow suppression can manifest as decreased production of blood cells, which is a serious concern in managing any infection, as it directly impacts the patient's ability to fight off other pathogens. Regular blood counts should be conducted to monitor the patient's white blood cell, red blood cell, and platelet levels while on ganciclovir to promptly identify any significant changes that may require intervention, such as dose adjustment or discontinuation of the drug. Considering other choices: tinnitus, weight changes, and severe headache are not primary concerns associated with ganciclovir therapy for CMV. While they may occur in some patients, they do not represent as critical a monitoring aspect as bone marrow function during treatment.

7. Why is monitoring for drug interactions important?

- A. To suggest alternative treatments
- B. To prevent unexpected side effects and reduced medication efficacy**
- C. It is not very important
- D. To ensure medications are stored properly

Monitoring for drug interactions is crucial primarily because it helps prevent unexpected side effects and ensures that medications maintain their intended efficacy. When different drugs interact with one another, they can either enhance or inhibit each other's effects, potentially leading to situations where a patient experiences harmful side effects or the therapeutic effects of a medication are diminished. For instance, if a patient is on a medication that is processed by the liver, another drug that affects liver enzymes can alter the metabolism of the first drug, leading to higher or lower levels of the drug in the bloodstream than intended. Such situations can endanger a patient's health, complicate their treatment, or necessitate further medical interventions. While suggesting alternative treatments, ensuring proper storage of medications, and dismissing the importance of monitoring may be relevant considerations in pharmacotherapy, they do not encapsulate the primary role of monitoring drug interactions. The overarching goal is to safeguard patient health and optimize the effectiveness of their treatment regimen, making it essential for healthcare providers to be diligent about potential interactions when prescribing or administering medications.

8. How can a nurse assist a patient who has difficulty swallowing pills?

- A. By suggesting injections as the only option
- B. By suggesting other forms of the medication, such as liquid or dissolvable tablets**
- C. By encouraging the patient to crush all medications
- D. By providing the patient with a large amount of water to take with pills

Suggesting other forms of the medication, such as liquid or dissolvable tablets, is a highly appropriate way for a nurse to assist a patient who has difficulty swallowing pills. Many medications are available in various formulations, and transitioning to a liquid form or a dissolvable tablet can enhance the patient's ability to take their medications safely and effectively. This option aligns with patient-centered care, ensuring that the individual's needs and preferences are considered while promoting adherence to the medication regimen. Alternatives like injections may not always be practical or suitable for every medication, and automatically suggesting them as the only option dismisses other viable and patient-friendly methods. Encouraging patients to crush all medications can be risky, as some medications are designed to be time-released or enteric-coated and may be ineffective or potentially harmful if altered. Providing a large amount of water may not necessarily assist if the patient struggles with swallowing the pills themselves, and it does not address the root of the problem. Overall, proposing alternative medication forms is the most effective and thoughtful approach to support the patient.

9. At what time should a patient who is taking isophane insulin suspension (NPH, Humulin N) eat a snack?

- A. One-half hour prior to the dose
- B. Immediately after the dose
- C. In the mid-afternoon**
- D. Every two hours during the daytime

The correct time for a patient taking isophane insulin suspension (NPH, Humulin N) to eat a snack is in the mid-afternoon. This is because NPH insulin is an intermediate-acting insulin that typically reaches its peak effect between 4 to 12 hours after administration. In the context of managing blood glucose levels, it is important for the patient to have a snack during the peak times of this insulin to help prevent hypoglycemia, which can occur when the insulin lowers the glucose levels in the bloodstream. Eating a snack in the mid-afternoon corresponds well with the predicted peak action of NPH and can provide the necessary carbohydrates to maintain stable blood sugar levels. Other options might suggest eating before or immediately after the insulin administration, which does not align with the time frame when the risk of hypoglycemia is greatest. Additionally, the suggestion to eat every two hours during the daytime may be excessive and not practical for most patients, as it could lead to constant overconsumption of food. Therefore, the mid-afternoon snack is the most appropriate recommendation to align with the insulin's action and ensure blood glucose stability.

10. What steps should a nurse take if a patient experiences a severe allergic reaction?

- A. Monitor the patient for symptoms only
- B. Continue medication and notify the provider
- C. Stop the medication and administer emergency medications**
- D. Document the reaction before any action

In the case of a severe allergic reaction, the most appropriate step for a nurse to take is to stop the medication immediately and administer emergency medications. Severe allergic reactions, also known as anaphylaxis, can progress quickly and potentially become life-threatening. The key actions in this scenario are to ensure the patient's safety by ceasing the offending medication, which is often the cause of the allergic response. Administering emergency medications such as epinephrine can reverse the symptoms of anaphylaxis, including airway swelling, respiratory distress, and cardiovascular instability. This rapid intervention is crucial in preventing further complications or even death. In addition, the nurse should also follow the protocol for managing an allergic reaction, which may include calling for additional assistance and monitoring the patient's vital signs closely. While documentation of the reaction is important for future reference and continuity of care, immediate safety measures take priority in a life-threatening situation. Thus, identifying appropriate and timely interventions is essential for effective patient care during such emergencies.

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://nln-medication.examzify.com>

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

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