

NBCSN Nationally Certified School Nurse Practice Exam (Sample)

Study Guide



Everything you need from our exam experts!

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Questions

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- 1. When documenting a child's heart rate, what is an important factor to consider regarding age?**
 - A. Younger children may have higher rates**
 - B. Older children have the highest rates**
 - C. All rates are constant irrespective of age**
 - D. Age does not affect heart rate**
- 2. What initial first aid step should be taken for treating burns?**
 - A. Use ointment to soothe the area**
 - B. Apply ice for several minutes**
 - C. Run cool water over the burn**
 - D. Cover the burn with a sterile dressing immediately**
- 3. What is a normal blood pressure reading for an 11-year-old?**
 - A. 104/61**
 - B. 110/65**
 - C. 98/55**
 - D. 100/60**
- 4. What emergency treatment should be given to a diabetic experiencing headache, diaphoresis, confusion, and inability to swallow?**
 - A. Administer insulin**
 - B. Administer glucagon**
 - C. Provide orange juice**
 - D. Check blood sugar levels**
- 5. What is the recommended age for the first dose of the MMR vaccine?**
 - A. 6 months**
 - B. 11-12 years**
 - C. 12 months**
 - D. 5 years**

- 6. Which symptom is indicative of a rheumatic fever diagnosis?**
- A. Sore throat with swelling**
 - B. Joint pain with fever**
 - C. Skin rash with blistering**
 - D. Rapid breathing with wheezing**
- 7. What is myopia?**
- A. A condition where distant objects are clear**
 - B. A condition where visual images focus behind the retina**
 - C. Nearsightedness where distant objects are out of focus**
 - D. A refractive error without symptoms**
- 8. What is the first symptom you might notice in a person with hypoglycemia?**
- A. Drowsiness**
 - B. Weakness**
 - C. Hunger**
 - D. Headache**
- 9. What condition is characterized by yellowing of the skin due to excess beta-carotene?**
- A. Cholestasis**
 - B. Jaundice**
 - C. Carotenemia**
 - D. Hyperbilirubinemia**
- 10. Which of the following conditions is defined as a curve in the spine?**
- A. Scoliosis**
 - B. Lordosis**
 - C. Kyphosis**
 - D. Stenosis**

Answers

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

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Explanations

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1. When documenting a child's heart rate, what is an important factor to consider regarding age?

- A. Younger children may have higher rates**
- B. Older children have the highest rates**
- C. All rates are constant irrespective of age**
- D. Age does not affect heart rate**

When documenting a child's heart rate, it is crucial to acknowledge that younger children typically exhibit higher heart rates compared to older children and adults. This physiological difference is attributed to the developmental stage of the cardiovascular system in younger children, where a faster heart rate is necessary to meet their metabolic needs and support growth. As children age, their heart rates gradually decrease and stabilize, settling into ranges more typical of adults. Understanding this age-related variation is essential for accurately interpreting heart rate readings and assessing a child's cardiovascular health. It supports the establishment of appropriate baseline values and assists healthcare providers in recognizing potential abnormalities when monitoring heart rates in children of different ages.

2. What initial first aid step should be taken for treating burns?

- A. Use ointment to soothe the area**
- B. Apply ice for several minutes**
- C. Run cool water over the burn**
- D. Cover the burn with a sterile dressing immediately**

Running cool water over a burn is the most effective initial first aid step because it helps to cool the injured area and remove heat from the skin, which can reduce the severity of the burn and alleviate pain. Cool water can limit the extent of tissue damage by lowering the temperature of the skin and surrounding tissues. It is important to use cool, not cold, water to avoid causing further injury to the skin. This method can also help to clean the area and decrease the risk of infection. Using ointment, applying ice, or covering with a sterile dressing are not advised as first steps for treating a burn. Ointments might trap heat and cause further irritation, while ice can lead to frostbite if applied directly to the skin. Covering the burn immediately might also prevent the necessary cooling from water, which is crucial in the early treatment of burns.

3. What is a normal blood pressure reading for an 11-year-old?

- A. 104/61**
- B. 110/65**
- C. 98/55**
- D. 100/60**

A normal blood pressure reading for an 11-year-old typically falls within the range of 90/60 mmHg to 120/80 mmHg, depending on the child's growth and development. The reading of 104/61 fits well within this normal range, indicating that both the systolic (104) and diastolic (61) numbers are appropriate for a child of this age. Blood pressure norms for children are different from adults, as children generally have lower normal ranges. The selected reading reflects adequate circulation without indicating hypertension or hypotension. Other readings may fall outside the ideal parameters for this age group. For example, the reading of 110/65 is slightly higher but still acceptable, while 98/55 could be considered on the lower end of normal and may raise a flag for assessment in certain circumstances. The reading of 100/60 also is acceptable, but higher systolic values would typically indicate a more ideal pressure for this age. Hence, the chosen answer accurately reflects a standard, healthy range for an 11-year-old's blood pressure.

4. What emergency treatment should be given to a diabetic experiencing headache, diaphoresis, confusion, and inability to swallow?

- A. Administer insulin**
- B. Administer glucagon**
- C. Provide orange juice**
- D. Check blood sugar levels**

For a diabetic who is exhibiting symptoms such as headache, diaphoresis (sweating), confusion, and inability to swallow, administering glucagon is the appropriate emergency treatment. These symptoms suggest that the individual may be experiencing severe hypoglycemia, a condition where blood sugar levels drop dangerously low. Glucagon is a hormone that raises blood sugar levels by promoting glycogenolysis, the process where glycogen is converted back into glucose in the liver. When a diabetic patient is unable to swallow, providing oral carbohydrates (like orange juice) could potentially lead to choking, making glucagon a safer and more effective option in this situation. Additionally, administering insulin would further decrease blood sugar levels, potentially exacerbating the symptoms, and simply checking blood sugar levels is not timely or effective when immediate action is required. In acute situations of severe hypoglycemia, prompt administration of glucagon can restore consciousness and allow the patient to stabilize, making this the correct choice for emergency treatment.

5. What is the recommended age for the first dose of the MMR vaccine?

- A. 6 months**
- B. 11-12 years**
- C. 12 months**
- D. 5 years**

The first dose of the MMR (measles, mumps, and rubella) vaccine is recommended to be administered at 12 months of age. This timing is crucial because the vaccine is most effective when the child is at least a year old. At this age, the immune system has developed sufficiently to respond appropriately to the live attenuated virus in the vaccine, ensuring proper immunity against these diseases. Previous doses given prior to this time, such as at 6 months, do not provide the same level of protection and may be less effective due to maternal antibodies still present in the child's system. While vaccination at 11-12 years is important, it pertains to the booster doses typically administered at that age, rather than the initial dose. Administering the vaccine too early, such as before 12 months, or delaying it to ages later than recommended can impact the child's immunity and lead to a higher risk of outbreaks if they are not vaccinated in a timely manner.

6. Which symptom is indicative of a rheumatic fever diagnosis?

- A. Sore throat with swelling**
- B. Joint pain with fever**
- C. Skin rash with blistering**
- D. Rapid breathing with wheezing**

Joint pain with fever is a classic symptom indicative of rheumatic fever, a complication that can arise after a streptococcal throat infection. Rheumatic fever often manifests as a combination of symptoms, including fever, migratory arthritis, and carditis. The joint pain typically affects large joints like the knees and ankles and may be accompanied by swelling and redness. While sore throat and swelling could suggest a streptococcal infection, they are not specific to rheumatic fever. Similarly, a skin rash with blistering can be associated with various conditions, so it does not indicate rheumatic fever on its own. Rapid breathing with wheezing is more aligned with respiratory issues such as asthma or infections, rather than rheumatic fever. Therefore, joint pain with fever encompasses key clinical indicators essential for diagnosing this condition.

7. What is myopia?

- A. A condition where distant objects are clear
- B. A condition where visual images focus behind the retina
- C. Nearsightedness where distant objects are out of focus**
- D. A refractive error without symptoms

Myopia, commonly known as nearsightedness, is a refractive error where the eye is unable to focus on distant objects clearly, resulting in those images appearing blurred. This occurs when the eye is either too long or the cornea has too much curvature, causing light rays entering the eye to focus in front of the retina instead of directly on it. Therefore, individuals with myopia can see objects that are close up clearly, but struggle to see objects that are farther away. While the other options do not accurately define myopia, understanding their context helps highlight the specific nature of the condition. The option that states it is a condition where distant objects are clear misrepresents myopia, as it refers instead to hyperopia (farsightedness). The description of visual images focusing behind the retina pertains to hyperopia as well, reinforcing that myopia specifically involves focusing in front of the retina. Additionally, the mention of a refractive error without symptoms inaccurately suggests that myopia may not present noticeable signs, whereas individuals often experience clear symptoms such as difficulty seeing the board in a classroom setting or squinting to see distant objects.

8. What is the first symptom you might notice in a person with hypoglycemia?

- A. Drowsiness
- B. Weakness
- C. Hunger**
- D. Headache

Hunger is often the first symptom noticed in a person experiencing hypoglycemia. When blood sugar levels drop, the body's immediate response involves a release of hormones such as glucagon and adrenaline, which signal the need for energy. This physiological response can manifest as an intense feeling of hunger, prompting the individual to seek food to restore blood sugar levels. The sensation of hunger serves as a crucial warning sign indicating that the body requires more glucose to function effectively. Recognizing this early symptom can be vital in addressing hypoglycemia promptly, preventing more severe consequences like confusion, irritability, or loss of consciousness that may occur if the condition is not treated quickly. Other symptoms like drowsiness, weakness, and headache could also occur with hypoglycemia, but they typically present later as the condition progresses and becomes more severe.

9. What condition is characterized by yellowing of the skin due to excess beta-carotene?

- A. Cholestasis**
- B. Jaundice**
- C. Carotenemia**
- D. Hyperbilirubinemia**

Carotenemia is characterized by the yellowing of the skin caused by an excessive intake of beta-carotene, which is a pigment found in many fruits and vegetables, particularly those that are orange or yellow in color, like carrots and sweet potatoes. Unlike jaundice, which results from elevated bilirubin levels typically due to liver conditions, carotenemia does not result from liver dysfunction and does not affect the sclera of the eyes. The condition is generally harmless, and the yellowing of the skin typically resolves once the beta-carotene intake is reduced. In contrast, cholestasis is a condition related to bile flow obstruction, leading to increased bile acids in the bloodstream, whereas hyperbilirubinemia specifically refers to elevated levels of bilirubin in the blood, typically leading to jaundice. Hence, while jaundice, cholestasis, and hyperbilirubinemia all involve different biochemical pathways or conditions involving the liver or bile, carotenemia is distinctly associated with dietary beta-carotene and is not indicative of any underlying disease state.

10. Which of the following conditions is defined as a curve in the spine?

- A. Scoliosis**
- B. Lordosis**
- C. Kyphosis**
- D. Stenosis**

The condition defined as a curve in the spine is scoliosis. Scoliosis is characterized by an abnormal lateral curvature of the spine, which can appear as an "S" or "C" shape when viewed from the back. This curvature can develop during the growth spurts in adolescence or as a result of other underlying conditions, and it may vary in severity. Lordosis refers to the normal inward curve of the lumbar spine, but an exaggerated curve can lead to discomfort and is often seen as a separate condition termed hyperlordosis. Kyphosis involves an excessive outward curvature of the spine, typically in the thoracic region, resulting in a hunchback appearance. Stenosis, on the other hand, pertains to the narrowing of spaces within the spine, potentially putting pressure on the nerves, but does not specifically describe a curvature in the spine. Understanding these distinctions is crucial for accurately identifying spinal conditions and their implications for health and treatment.