

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. What is the key focus of Erikson's psychosocial development theory during the initiative vs. guilt stage?**
 - A. Independence**
 - B. Social relationships**
 - C. Initiative**
 - D. Moral reasoning**
- 2. What must children who are homeless receive according to the McKinney-Vento Act in order to ensure educational stability?**
 - A. Access to mental health services**
 - B. Transportation to school**
 - C. Free lunches**
 - D. Housing assistance**
- 3. What is a common symptom of pinworm in students?**
 - A. Persistent cough and fever**
 - B. Tiredness and agitation along with itching**
 - C. Headaches and dizziness**
 - D. Rashes and skin irritation**
- 4. What does the term "ronchi" refer to?**
 - A. High-pitched wheezing sounds**
 - B. Absence of breath sounds**
 - C. Loud rumbling sounds due to sputum obstruction**
 - D. Crackling sounds during expiration**
- 5. What is the recommended method to disinfect objects contaminated with Hepatitis A and E?**
 - A. Wash with soap and water only**
 - B. Boil or disinfect with bleach**
 - C. Soak in vinegar solution**
 - D. Use alcohol wipes**

- 6. When treating shock, what is the recommended position for the patient?**
- A. Sitting upright**
 - B. Prone position**
 - C. Supine with legs elevated**
 - D. Side-lying position**
- 7. What is a characteristic symptom of herpes simplex lesions?**
- A. Non-contagious once lesions dry**
 - B. Can spread on skin-to-skin contact**
 - C. Only present during fever**
 - D. Localized to the mouth only**
- 8. What common psychological symptom might be observed in a patient with pneumothorax?**
- A. Depression**
 - B. Anxiety**
 - C. Confusion**
 - D. Euphoria**
- 9. What should be monitored after an insect sting?**
- A. Blood pressure**
 - B. For signs of infection**
 - C. For anaphylaxis symptoms**
 - D. Skin color changes**
- 10. Which type of animal is known for potential zoonotic transmission in a classroom setting?**
- A. Cats**
 - B. Reptiles**
 - C. Fish**
 - D. Hamsters**

Answers

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

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Explanations

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1. What is the key focus of Erikson's psychosocial development theory during the initiative vs. guilt stage?

- A. Independence**
- B. Social relationships**
- C. Initiative**
- D. Moral reasoning**

The key focus of Erikson's psychosocial development theory during the initiative vs. guilt stage centers around the concept of initiative. This stage typically occurs between the ages of three to six years and is pivotal for children as they begin to assert themselves more actively and engage in planning activities, making decisions, and initiating play with others. During this stage, the balance lies in encouraging children to take initiative while also learning the boundaries within which they can act. Children are exploring their abilities and may develop a sense of purpose and confidence when taking initiative. If they are encouraged and supported in these endeavors, they can develop a healthy sense of initiative. However, if they experience excessive criticism or control, they may feel guilt about their efforts to be independent and assertive. Thus, initiative is a crucial developmental task during this stage, enabling children to express their creativity and assert themselves while also fostering social relationships and a sense of morality as they grow.

2. What must children who are homeless receive according to the McKinney-Vento Act in order to ensure educational stability?

- A. Access to mental health services**
- B. Transportation to school**
- C. Free lunches**
- D. Housing assistance**

According to the McKinney-Vento Act, children experiencing homelessness must receive transportation to school to ensure their educational stability. This legislation is designed to remove barriers to education for children in homeless situations and emphasizes that these children should have the same opportunities and access to education as their peers. Transportation is crucial since many homeless children may not have a stable residence, making it challenging for them to attend school regularly. By providing transportation, the law helps ensure that these students can maintain continuity in their education despite the instability in their living situations. This support minimizes disruptions and fosters a more stable learning environment, allowing these children to focus on their education rather than the challenges associated with their housing status. While access to mental health services, free lunches, and housing assistance are important resources that can support homeless children, the specific requirement of providing transportation directly addresses the need for consistent access to educational opportunities, which is a primary objective of the McKinney-Vento Act.

3. What is a common symptom of pinworm in students?

- A. Persistent cough and fever
- B. Tiredness and agitation along with itching**
- C. Headaches and dizziness
- D. Rashes and skin irritation

The presence of pinworm, which is a type of intestinal parasite, is often associated with specific symptoms that can significantly impact a student's comfort and behavior. One of the hallmark symptoms of a pinworm infection is severe itching around the anal area, which tends to become particularly bothersome at night. This itching can lead to tiredness due to disturbed sleep and agitation due to the discomfort. Students displaying these symptoms may struggle to concentrate in class due to lack of sleep or distraction from the itching. This makes it crucial for school nurses to recognize these signs promptly to provide appropriate support and potential referral for treatment. Other symptoms related to pinworm may include irritability and gastrointestinal discomfort, but the prominent itching is central to its diagnosis, underscoring why this option is the most accurate in identifying a common symptom of pinworm in students.

4. What does the term "ronchi" refer to?

- A. High-pitched wheezing sounds
- B. Absence of breath sounds
- C. Loud rumbling sounds due to sputum obstruction**
- D. Crackling sounds during expiration

The term "ronchi" refers to loud, low-pitched sounds that often resemble a rumbling or gurgling noise. These sounds are typically associated with airway obstruction caused by mucus or other secretions in the larger airways, leading to turbulence in airflow. Ronchi can often be cleared by coughing, which distinguishes them from other abnormal lung sounds. Understanding this term is important in assessing respiratory conditions, as the presence of ronchi can indicate conditions like bronchitis or other forms of airway obstruction. Identifying the nature of these sounds can aid school nurses in identifying potential respiratory issues in students, allowing for timely intervention or referrals.

5. What is the recommended method to disinfect objects contaminated with Hepatitis A and E?

- A. Wash with soap and water only**
- B. Boil or disinfect with bleach**
- C. Soak in vinegar solution**
- D. Use alcohol wipes**

The recommended method to disinfect objects contaminated with Hepatitis A and E involves using methods that effectively eliminate these viruses, and boiling or disinfecting with bleach is recognized as an effective approach. Hepatitis A and E can survive on surfaces and require a strong disinfectant to ensure complete inactivation. Bleach, specifically a chlorine bleach solution, is particularly effective at destroying the virus and is recommended by health organizations for disinfecting surfaces that may be contaminated. Boiling objects is also a viable method, as high temperatures can kill pathogens. This method ensures that any residual virus is destroyed, thereby protecting against transmission. Other methods, such as washing with soap and water, soaking in vinegar solution, or using alcohol wipes, may not provide sufficient efficacy against viruses like Hepatitis A and E. While soap and water can help remove dirt and some pathogens, it does not guarantee complete disinfection. Vinegar has some antimicrobial properties, but it is not effective against Hepatitis A and E. Alcohol wipes may not contain the necessary concentration of alcohol to inactivate these viruses reliably. Therefore, the most effective disinfecting methods for objects contaminated with Hepatitis A and E are boiling or disinfecting with a bleach solution.

6. When treating shock, what is the recommended position for the patient?

- A. Sitting upright**
- B. Prone position**
- C. Supine with legs elevated**
- D. Side-lying position**

The recommended position for a patient experiencing shock is supine with legs elevated. This positioning helps to promote venous return to the heart, improving cardiac output and ensuring that vital organs receive adequate blood flow. By elevating the legs, the body assists in redirecting blood towards the central circulatory system, counteracting the effects of shock, such as hypotension and decreased perfusion. Opting for sitting upright is contraindicated in cases of shock due to the potential for further compromising blood flow to critical areas, as it can cause gravitational forces to impinge on the return of blood to the heart. The prone position, where the patient lies face down, is not suitable because it does not facilitate optimal blood flow to vital organs and can hinder proper assessment and airway management. A side-lying position might also be less effective in assisting with blood return and may not provide the necessary support for patients in shock. Hence, the supine position with elevated legs is the most medically appropriate choice for managing shock effectively.

7. What is a characteristic symptom of herpes simplex lesions?

- A. Non-contagious once lesions dry**
- B. Can spread on skin-to-skin contact**
- C. Only present during fever**
- D. Localized to the mouth only**

The characteristic symptom of herpes simplex lesions is that they can spread through skin-to-skin contact. This is a crucial aspect of herpes simplex virus (HSV) transmission, which occurs when an infected person has active lesions or sores. The virus is highly contagious, particularly when lesions are present, as it can be transmitted through direct contact with the affected area. While it's important to note specifics related to herpes simplex, such as the fact that lesions can occur in multiple locations on the body (including the mouth and genitals), the key point here revolves around the contagious nature of the lesions during outbreaks. Understanding this mode of transmission is vital for both prevention and management in individuals who have been diagnosed with the virus. The other options lack correctness concerning herpes simplex. For instance, while lesions do dry and may appear less contagious once scabs form, herpes can still be transmitted even when lesions are not visibly present, particularly via asymptomatic shedding. Additionally, herpes simplex infections are not limited to the mouth; they can also affect the genital area and other parts of the body. Lastly, the presence of lesions is not confined to times of fever; outbreaks can occur independently of other symptoms.

8. What common psychological symptom might be observed in a patient with pneumothorax?

- A. Depression**
- B. Anxiety**
- C. Confusion**
- D. Euphoria**

Anxiety is a common psychological symptom that may be observed in a patient with pneumothorax due to the sudden onset of symptoms such as chest pain and difficulty breathing. The unexpected nature of pneumothorax can lead to feelings of panic and fear, especially as the patient may feel a loss of control over their breathing. This physiological response can trigger the body's fight-or-flight mechanism, leading to heightened anxiety levels. In cases of pneumothorax, the sensation of air escaping from the pleural space can create a feeling of suffocation or inability to breathe properly, exacerbating feelings of anxiety. This symptom may also be compounded by the patient's concern about their health, the potential for serious consequences, and the need for immediate medical intervention, all of which contribute to an anxious mental state. Other psychological symptoms like depression, confusion, or euphoria are less commonly associated with pneumothorax. Depression may develop over time due to the illness's impact on daily life but is not typically observed in the immediate context. Confusion is not a direct response to pneumothorax; it may occur in cases of severe hypoxia, which would manifest later in the clinical course. Euphoria is generally not associated with the stress and fear commonly felt

9. What should be monitored after an insect sting?

- A. Blood pressure**
- B. For signs of infection**
- C. For anaphylaxis symptoms**
- D. Skin color changes**

After an insect sting, monitoring for symptoms of anaphylaxis is crucial because this severe allergic reaction can occur quickly and can be life-threatening. Symptoms of anaphylaxis may include difficulty breathing, swelling of the face or throat, rapid heartbeat, hives, and gastrointestinal distress. Immediate recognition and treatment are vital, as anaphylaxis requires prompt administration of epinephrine and emergency medical attention. While other options do have their significance—such as checking for signs of infection following a sting that may introduce bacteria or monitoring vital signs like blood pressure in response to allergic reactions—none are as critical as the immediate possibility of anaphylaxis. Additionally, while changes in skin color may indicate various reactions, they do not specifically address the immediate dangers posed by anaphylactic reactions. Monitoring for anaphylaxis is the most urgent concern following an insect sting, as it directly impacts the patient's safety and requires immediate intervention.

10. Which type of animal is known for potential zoonotic transmission in a classroom setting?

- A. Cats**
- B. Reptiles**
- C. Fish**
- D. Hamsters**

Reptiles are indeed known for their potential zoonotic transmission, particularly in a classroom setting where children may have close contact with them. Certain reptiles, such as turtles, lizards, and snakes, can carry *Salmonella* bacteria, which can be transmitted to humans through direct contact or by handling surfaces contaminated with reptile feces. The risk is particularly heightened in environments like classrooms where hygiene practices may not be as stringent, and children might not be as aware of the risks involved in handling these animals. In contrast, while cats can also transmit diseases like toxoplasmosis and cat scratch fever, the incidence in a controlled environment such as a classroom setting may not be as significant compared to reptiles. Fish, on the other hand, are generally considered low-risk for zoonotic diseases, though there are rare cases of infections transmitting through water handling. Hamsters can carry diseases like lymphocytic choriomeningitis, but again, the risk of zoonotic transmission in a classroom context is less prevalent than with reptiles. Thus, reptiles stand out as a notable concern for zoonotic diseases in such environments.