

NBCSN NATIONALLY CERTIFIED SCHOOL NURSE PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE

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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	15

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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. Which of the following is true regarding Wechsler Adult Intelligence Scale?**
 - A. It focuses on verbal reasoning only
 - B. It consists of verbal and performance subtests
 - C. It is specifically designed for children
 - D. It is less reliable than other intelligence tests
- 2. What type of prevention involves immunizations and health fairs for everyone?**
 - A. Primary
 - B. Secondary
 - C. Tertiary
 - D. Quaternary
- 3. At what age do kids generally start losing their primary teeth?**
 - A. Age 4
 - B. Age 6
 - C. Age 8
 - D. Age 10
- 4. What is an important consideration when treating a student's fungal infection in a sports setting?**
 - A. They can participate after one hour of treatment
 - B. Infection should be covered well during sports matches
 - C. They must be fully treated before returning to practice
 - D. Consult with a doctor before treatment
- 5. Which of the following factors should be documented when assessing a heart murmur?**
 - A. Height and weight
 - B. Rhythm, rate, and quality of sound
 - C. Family history of cardiac issues
 - D. Age and gender

- 6. What is the treatment for painful events associated with sickle cell anemia?**
- A. Antibiotics and painkillers
 - B. Oxygen and fluids
 - C. Rest and bed rest
 - D. Surgery and physical therapy
- 7. Among the listed conditions, which one is a congenital malformation?**
- A. Asthma
 - B. Down syndrome
 - C. Diabetes
 - D. Epilepsy
- 8. Which of the following is a screening tool for visual acuity?**
- A. Snellen chart
 - B. Hearing test chart
 - C. Developmental milestones chart
 - D. Balance assessment chart
- 9. What is hyperopia commonly known as?**
- A. Nearsightedness
 - B. Farsightedness
 - C. Color blindness
 - D. Astigmatism
- 10. For every degree of fever, how much does the respiratory and heart rate increase?**
- A. Increase by 5 pulse beats and 2 breaths per minute
 - B. Increase by 10 pulse beats and 4 breaths per minute
 - C. Increase by 15 pulse beats and 6 breaths per minute
 - D. No significant change

Answers

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

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Explanations

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1. Which of the following is true regarding Wechsler Adult Intelligence Scale?

- A. It focuses on verbal reasoning only
- B. It consists of verbal and performance subtests**
- C. It is specifically designed for children
- D. It is less reliable than other intelligence tests

The Wechsler Adult Intelligence Scale (WAIS) is designed to provide a comprehensive assessment of adult intelligence and includes both verbal and performance subtests. This structure allows it to measure a range of cognitive abilities, including verbal comprehension, perceptual reasoning, working memory, and processing speed. By including both types of subtests, the WAIS can give insights not only into verbal capabilities but also into non-verbal and practical problem-solving skills. The focus on both verbal and performance aspects is an advantage, as it recognizes that intelligence is multifaceted and not limited to just verbal reasoning abilities. This dual approach facilitates a more holistic evaluation of an individual's cognitive strengths and weaknesses, making it particularly useful for various psychological assessments and interventions. In contrast, the other statements do not accurately describe the WAIS. It is not solely focused on verbal reasoning, nor is it designed specifically for children, as it targets adult populations. Additionally, the WAIS has demonstrated a high level of reliability and validity, comparable to other standardized intelligence tests, making it a trusted tool in psychological evaluation.

2. What type of prevention involves immunizations and health fairs for everyone?

- A. Primary**
- B. Secondary
- C. Tertiary
- D. Quaternary

Primary prevention focuses on preventing illness or injury before it occurs. This level of prevention is aimed at promoting overall health and well-being in the population, thereby reducing the incidence of diseases. Immunizations play a crucial role in primary prevention by protecting individuals from infectious diseases and, in turn, contributing to community immunity. Health fairs often provide screenings, educational materials, and resources designed to promote health and prevent disease, making them essential components of primary health care initiatives. By targeting the entire population and aiming to reduce risk factors, primary prevention is pivotal in establishing a healthy community and minimizing the occurrence of health issues before they arise.

3. At what age do kids generally start losing their primary teeth?

- A. Age 4
- B. Age 6**
- C. Age 8
- D. Age 10

Children typically begin losing their primary teeth around the age of 6. This process marks the transition from primary (or baby) teeth to permanent teeth and is often accompanied by the eruption of the first permanent molars. The timing can vary slightly for individual children, with some beginning as early as age 5 or as late as age 7. However, the average age for the loss of the first primary tooth aligns closely with around 6 years old, making it the most established benchmark. This development is a normal part of childhood growth and is typically completed by the age of 12 or 13, when most children have fully transitioned to their permanent dentition. The other ages listed don't align with the commonly accepted timeline of teeth development, as they occur either earlier or later than the typical onset of primary tooth loss.

4. What is an important consideration when treating a student's fungal infection in a sports setting?

- A. They can participate after one hour of treatment
- B. Infection should be covered well during sports matches**
- C. They must be fully treated before returning to practice
- D. Consult with a doctor before treatment

In treating a student's fungal infection in a sports setting, ensuring that the infection is well-covered during sports matches is crucial. This approach helps to prevent the spread of infection to other students and protects the affected area from further irritation or exposure to additional pathogens. While it is important for a student to receive proper treatment for their infection, adhering to protective measures allows them to participate safely without compromising their health or the health of their peers. Proper coverage can also promote healing by preventing friction and exposure, creating a controlled environment for the affected area. Being fully treated before returning to practice and consulting with a doctor are certainly valuable practices, but the immediate consideration during actual participation in sports is how to manage the active infection to minimize risk for everyone involved.

5. Which of the following factors should be documented when assessing a heart murmur?

- A. Height and weight
- B. Rhythm, rate, and quality of sound**
- C. Family history of cardiac issues
- D. Age and gender

When assessing a heart murmur, documenting the rhythm, rate, and quality of sound is crucial as it provides essential information about the characteristics of the heart murmur itself. These factors allow healthcare professionals to determine whether the murmur is functional or pathological. The rhythm reveals whether the heartbeat is regular or irregular, which can indicate underlying cardiac conditions. The rate helps in assessing whether the heart is beating within normal limits and can suggest the presence of tachycardia or bradycardia. Quality of sound refers to distinct characteristics such as whether the murmur is systolic or diastolic, as well as its intensity and pitch, all of which are important in diagnosing potential heart issues. While height and weight, family history of cardiac issues, and age and gender can provide additional context for the patient's overall health and risk factors, they do not directly pertain to the specific characteristics of the heart murmur being assessed. Thus, documenting the rhythm, rate, and quality of sound is vital for a comprehensive assessment of the murmur.

6. What is the treatment for painful events associated with sickle cell anemia?

- A. Antibiotics and painkillers
- B. Oxygen and fluids**
- C. Rest and bed rest
- D. Surgery and physical therapy

The treatment for painful events associated with sickle cell anemia primarily focuses on alleviating pain and managing the acute crisis effectively. Oxygen and fluids play a crucial role in this management strategy. In individuals with sickle cell anemia, painful crises often arise from vaso-occlusive events, where sickled red blood cells block blood vessels, leading to tissue hypoxia and pain. Administering oxygen helps to ensure that adequate oxygen levels are delivered to the tissues, potentially reversing some of the effects of low oxygen due to vessel obstruction. Additionally, providing fluids helps to maintain hydration and can assist in reducing the viscosity of the blood, which may help in lowering the risk of more sickling and further occlusion of blood vessels. Proper hydration also supports overall blood circulation, promoting better blood flow and alleviating pain. While antibiotics and painkillers, rest, and other treatments can play roles in a comprehensive approach to sickle cell crisis management, they do not address the immediate need for oxygen and hydration in the acute setting as effectively as the combination of oxygen and fluids.

7. Among the listed conditions, which one is a congenital malformation?

- A. Asthma
- B. Down syndrome**
- C. Diabetes
- D. Epilepsy

Down syndrome is a congenital malformation, primarily caused by a chromosomal abnormality where an individual has an extra copy of chromosome 21. This genetic condition leads to distinctive physical traits and can be associated with various health challenges, including cardiac anomalies and developmental disabilities. Congenital malformations are structural or functional abnormalities that are present at birth, and Down syndrome fits this definition as it is identified at birth and linked to genetic factors. The other conditions listed, such as asthma, diabetes, and epilepsy, are not classified as congenital malformations. They may have genetic components or predispositions, but they typically manifest later in life due to various factors including environmental influences, lifestyle choices, or acquired conditions rather than being present at birth.

8. Which of the following is a screening tool for visual acuity?

- A. Snellen chart**
- B. Hearing test chart
- C. Developmental milestones chart
- D. Balance assessment chart

The Snellen chart is widely recognized as a standard screening tool for assessing visual acuity. It consists of a series of letters or symbols that decrease in size, allowing for the measurement of an individual's ability to see at various distances. During the assessment, a person reads the smallest line of characters they can identify, which provides a quantitative measurement of their visual acuity. This method is crucial in identifying vision issues early, enabling timely interventions. Other options are not designed for evaluating visual acuity. The hearing test chart focuses on auditory ability, the developmental milestones chart assesses growth and development in children across various domains, and the balance assessment chart is utilized to evaluate an individual's stability and risk of falls. Each of these tools serves distinct purposes unrelated to the measurement of visual acuity.

9. What is hyperopia commonly known as?

- A. Nearsightedness
- B. Farsightedness**
- C. Color blindness
- D. Astigmatism

Hyperopia is commonly known as farsightedness. This condition occurs when the eyeball is shorter than normal or when the cornea has too little curvature, causing light rays entering the eye to be focused behind the retina instead of directly on it. As a result, individuals with hyperopia typically have difficulty seeing nearby objects clearly, while distant objects may still appear relatively clear. In contrast, nearsightedness refers to myopia, where close objects are seen clearly, while faraway objects appear blurry. Color blindness involves difficulties in distinguishing colors, and astigmatism is a condition where the eye's surface is irregularly shaped, causing blurred or distorted vision for both near and distant objects. Understanding the distinctions among these conditions is important for recognizing and addressing vision-related issues in a school setting.

10. For every degree of fever, how much does the respiratory and heart rate increase?

- A. Increase by 5 pulse beats and 2 breaths per minute
- B. Increase by 10 pulse beats and 4 breaths per minute**
- C. Increase by 15 pulse beats and 6 breaths per minute
- D. No significant change

The correct answer indicates that for every degree of fever, the pulse rate increases by about 10 beats per minute and the respiratory rate increases by approximately 4 breaths per minute. This physiological response occurs because fever stimulates the body's metabolism, leading to an increased demand for oxygen and nutrients, which in turn raises heart and respiratory rates. Increased heart rate is a result of the body working harder to circulate blood and deliver oxygen to tissues that may be more metabolically active due to the elevated temperature. Similarly, the rise in respiratory rate is associated with an increased need for oxygen intake and carbon dioxide elimination, as the body's metabolic processes accelerate with fever. This response is well-documented in clinical practice, helping healthcare providers assess the degree of illness and the body's response to it. Understanding these vital sign changes is crucial for nurses, especially in school settings, where tracking children's health can guide necessary interventions. The other choices do not accurately reflect the established physiological changes that occur with fever, leading to their exclusion as correct answers.

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://nbcsn.examzify.com>

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

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