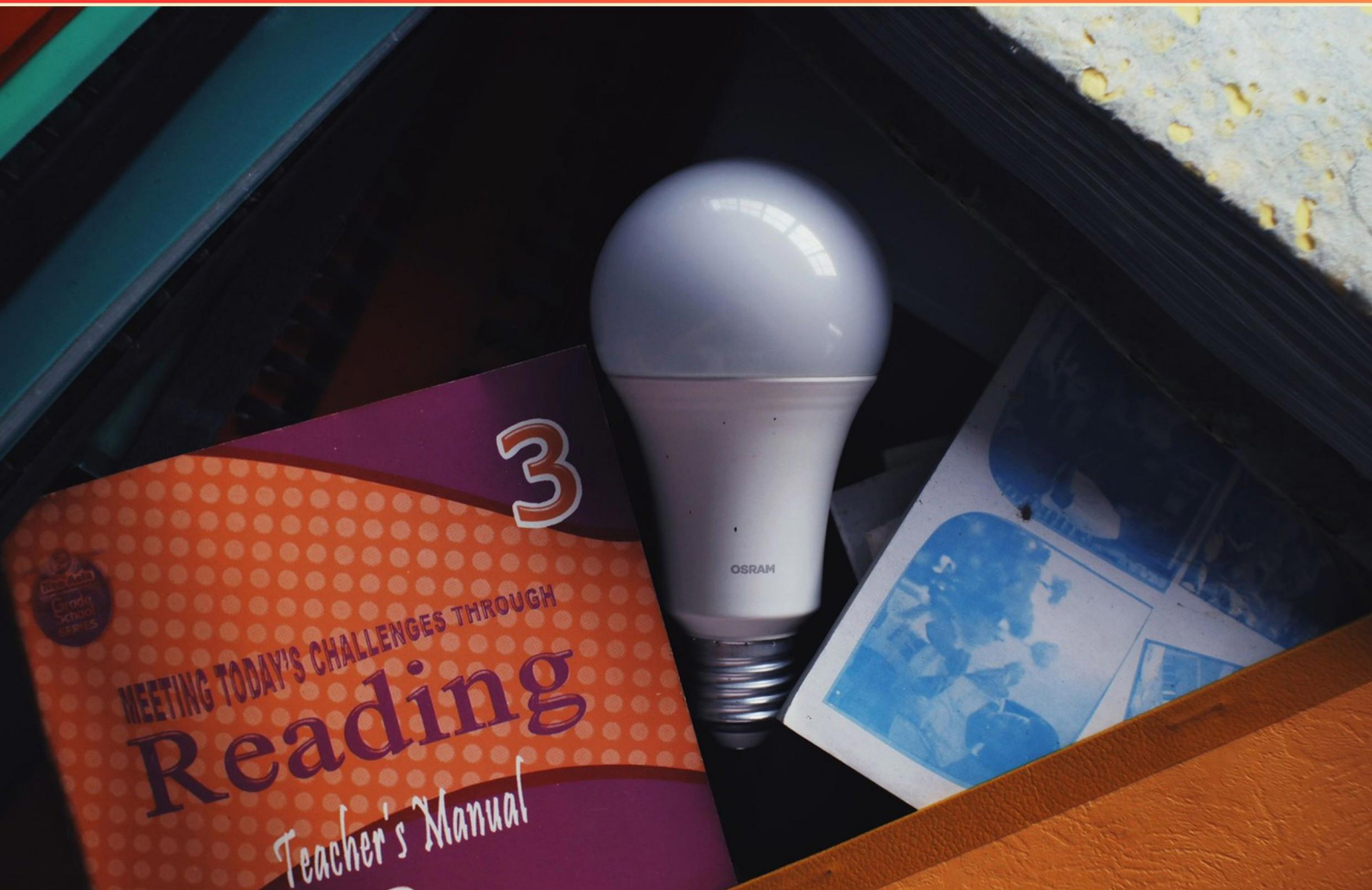


NCLEX MED SURG – BURNS PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE

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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. During the healing phase of a severe burn, which vitamin should be emphasized as essential for skin repair?**
 - A. Vitamin C
 - B. Vitamin A
 - C. Vitamin D
 - D. Vitamin E

- 2. What is a common side effect of corticosteroids used in burn management?**
 - A. Increased appetite
 - B. Hypertension
 - C. Hypoglycemia
 - D. Weight loss

- 3. How do you determine the percentage of body surface area (BSA) burned in an adult?**
 - A. Using the rule of thumbs
 - B. Calculating total body weight
 - C. Using the rule of nines
 - D. Utilizing the Lund and Browder chart

- 4. What is the main goal of rehabilitation for burn patients?**
 - A. To minimize skin scarring
 - B. To restore function and improve quality of life
 - C. To reduce hospital stay duration
 - D. To prepare patients for surgical interventions

- 5. What laboratory test is crucial for assessing kidney function in burn patients?**
 - A. Hemoglobin and hematocrit levels
 - B. Blood urea nitrogen (BUN) and creatinine levels
 - C. Electrolyte panel
 - D. Liver function tests

- 6. After the first 8 hours of fluid replacement using the Parkland formula, what rate should the nurse infuse IV fluids for a patient with a 40% TBSA burn?**
- A. 350 mL/hour
 - B. 523 mL/hour
 - C. 938 mL/hour
 - D. 1250 mL/hour
- 7. What role does vitamin supplementation play in the healing process after burns?**
- A. It has no significant effect on healing
 - B. It may enhance healing, particularly vitamins A and C
 - C. It weakens the immune response
 - D. It decreases the risk of infection
- 8. For a patient with burns covering 25% TBSA, what priority intervention would a nurse focus on?**
- A. Reapply new dressing without disturbing the wound bed
 - B. Monitor for signs of infection during dressing changes
 - C. Apply cool compresses for pain relief
 - D. Wash the wound aggressively with soap and water
- 9. What is the priority nursing action for managing a burn with an established airway?**
- A. Administering intravenous fluids
 - B. Assessing pain levels
 - C. Administering supplemental oxygen
 - D. Applying topical ointments
- 10. Which of the following is an appropriate fluid resuscitation approach for burn patients?**
- A. Normal saline at 100 mL/h
 - B. Lactated Ringer's at 2-4 mL/kg/%TBSA
 - C. Maintenance fluid of D5W
 - D. Isotonic solutions only when hypotensive

Answers

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

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Explanations

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1. During the healing phase of a severe burn, which vitamin should be emphasized as essential for skin repair?

- A. Vitamin C**
- B. Vitamin A
- C. Vitamin D
- D. Vitamin E

Vitamin C plays a crucial role in the healing phase of severe burns due to its significant involvement in collagen synthesis and tissue repair. This vitamin is essential for the formation of collagen, which is a key protein that helps to rebuild skin and connective tissue. Furthermore, Vitamin C acts as an antioxidant, helping to reduce oxidative stress in the body, which can be heightened during the healing process following a burn. Adequate levels of Vitamin C can improve healing outcomes and support the immune system, which is particularly important in burn patients who may be more susceptible to infections. While the other vitamins listed also contribute to overall health, their roles in skin repair are not as prominent as that of Vitamin C. For example, Vitamin A is important for skin maintenance and repair but is primarily associated with maintaining epithelial integrity rather than the initial healing phase. Vitamin D influences calcium metabolism and bone health, and Vitamin E is known for its antioxidant properties but does not directly aid in collagen formation. Thus, emphasizing Vitamin C is essential during the healing phase of severe burns.

2. What is a common side effect of corticosteroids used in burn management?

- A. Increased appetite
- B. Hypertension**
- C. Hypoglycemia
- D. Weight loss

Corticosteroids are commonly used in burn management to reduce inflammation and prevent complications such as infections. One noteworthy side effect of corticosteroids is hypertension, as these medications can cause fluid retention and sodium retention, leading to increased blood pressure. This effect is particularly significant in patients who may already have underlying health issues or are under stress from their injuries. Corticosteroids can also impact metabolism, which could lead to changes in appetite and weight. However, while increased appetite is a possible side effect, it is not universally experienced. Other side effects commonly associated with corticosteroid use include hyperglycemia due to their influence on insulin resistance. Conversely, hypoglycemia and weight loss are not typical side effects of corticosteroids; rather, they tend to increase appetite and weight in some individuals. Thus, recognizing hypertension as a common side effect in patients receiving corticosteroids for burn management is crucial for monitoring and managing patient care effectively.

3. How do you determine the percentage of body surface area (BSA) burned in an adult?

- A. Using the rule of thumbs
- B. Calculating total body weight
- C. Using the rule of nines**
- D. Utilizing the Lund and Browder chart

The determination of the percentage of body surface area (BSA) burned in an adult is most accurately accomplished by using the rule of nines. This method divides the body into sections that represent approximately 9% (or multiples thereof) of the total body surface area. Specifically, the head and neck constitute 9%, each arm is 9%, the anterior torso is 18%, the posterior torso is 18%, each leg is 18%, and the perineum is 1%. This quick assessment tool is widely used in clinical settings because it allows for rapid evaluation which is crucial for determining fluid resuscitation needs and other critical interventions in burn management. The rule of nines is particularly suitable for adults and is easier to remember, making it practical in emergency situations. In contrast, while other methods exist, like the Lund and Browder chart, which provides a more detailed and age-adjusted assessment, it is generally more complex and time-consuming to use in urgent scenarios. Utilizing the rule of thumbs is less precise and is typically meant for estimating burns in children rather than adults. Calculating total body weight does not directly relate to the measurement of the body surface area involved in burns. Thus, the rule of nines stands out as the

4. What is the main goal of rehabilitation for burn patients?

- A. To minimize skin scarring
- B. To restore function and improve quality of life**
- C. To reduce hospital stay duration
- D. To prepare patients for surgical interventions

The main goal of rehabilitation for burn patients is to restore function and improve quality of life. After sustaining burn injuries, patients often face significant challenges related to mobility, pain, and the psychosocial impacts of their injuries. Throughout the rehabilitation process, the focus is on facilitating recovery in physical function—such as improving range of motion, strength, and mobility—while also addressing emotional and psychological well-being. Rehabilitation encompasses various aspects, including physical therapy to regain movement and prevent contractures, occupational therapy to relearn daily tasks, and psychological support to help patients cope with their experiences and changes in body image. Ultimately, the aim is to help patients return to their pre-burn lifestyle to the greatest extent possible, enhancing their independence and overall quality of life. This holistic approach emphasizes the importance of comprehensive care beyond just the physical recovery from burns.

5. What laboratory test is crucial for assessing kidney function in burn patients?

- A. Hemoglobin and hematocrit levels
- B. Blood urea nitrogen (BUN) and creatinine levels**
- C. Electrolyte panel
- D. Liver function tests

In the context of assessing kidney function in burn patients, measuring blood urea nitrogen (BUN) and creatinine levels is essential. Both BUN and creatinine are waste products that are normally filtered out of the blood by the kidneys. In burn patients, the risk of acute kidney injury (AKI) is elevated due to factors such as hypovolemia, tissue damage, and the release of nephrotoxic substances from burned tissue. BUN levels indicate the amount of urea nitrogen in the blood, which can rise with decreased kidney function, dehydration, or a high-protein diet. Similarly, creatinine levels serve as a more specific indicator of renal function since creatinine is produced from muscle metabolism and is primarily eliminated by the kidneys. When the kidneys are not functioning properly, creatinine levels will increase, reflecting a decline in glomerular filtration rate (GFR). This combination of tests is crucial for not only diagnosing kidney dysfunction but also for monitoring the ongoing kidney health of burn patients as they recover. Tracking these levels allows healthcare providers to intervene timely with appropriate treatments, such as fluid resuscitation or adjustments in medications that are renally excreted, thus minimizing further complications in burn management. Other tests listed, while

6. After the first 8 hours of fluid replacement using the Parkland formula, what rate should the nurse infuse IV fluids for a patient with a 40% TBSA burn?

- A. 350 mL/hour
- B. 523 mL/hour
- C. 938 mL/hour**
- D. 1250 mL/hour

To understand the calculation related to fluid replacement in burn patients, it's essential to apply the Parkland formula, which is commonly used to estimate the fluid needs of a burn victim in the first 24 hours after injury. The formula estimates that a patient requires 4 mL of Ringer's Lactate per kilogram of body weight for every percentage of Total Body Surface Area (TBSA) burned. In this scenario, the patient has a burn of 40% TBSA. If you assume the patient weighs 70 kg (which is a common value used for such calculations), you begin by calculating the total fluid requirement using the formula: Total fluid requirement in the first 24 hours = 4 mL x weight (kg) x TBSA (%) = 4 mL x 70 kg x 40 = 11,200 mL over 24 hours. The first 8 hours, you would infuse half of this total, which means: Fluid requirement for the first 8 hours = 11,200 mL / 2 = 5,600 mL. To establish the infusion rate for these first 8 hours, divide the total volume by the number of hours: Infusion rate = 5,600 m

7. What role does vitamin supplementation play in the healing process after burns?

- A. It has no significant effect on healing
- B. It may enhance healing, particularly vitamins A and C**
- C. It weakens the immune response
- D. It decreases the risk of infection

Vitamin supplementation plays a crucial role in the healing process after burns, particularly vitamins A and C. These vitamins are essential for various physiological functions that promote tissue repair and regeneration. Vitamin A is vital for epithelialization, which is the process of new skin cell formation over wounds. It plays a role in maintaining the integrity of mucous membranes and skin, helping to prevent infection and support healing. Vitamin C is important for collagen synthesis, which is critical for skin repair and wound healing. It also acts as an antioxidant, helping to reduce inflammation and protect cells from damage. Additionally, vitamin C is associated with enhanced immune function, which is particularly important for burn patients who are at a higher risk of infection due to compromised skin integrity. Therefore, the supplementation of these vitamins can significantly enhance the healing process after burns, helping the body recover more effectively and potentially reducing complications. This understanding underscores the importance of nutritional support in the management of burn patients.

8. For a patient with burns covering 25% TBSA, what priority intervention would a nurse focus on?

- A. Reapply new dressing without disturbing the wound bed
- B. Monitor for signs of infection during dressing changes**
- C. Apply cool compresses for pain relief
- D. Wash the wound aggressively with soap and water

The priority intervention for a patient with burns covering 25% Total Body Surface Area (TBSA) is to monitor for signs of infection during dressing changes. This is crucial because patients with significant burns are at a high risk for infection due to the loss of the protective skin barrier, which serves as the body's first line of defense against pathogens. Burn wounds can quickly become colonized by bacteria, leading to serious complications such as sepsis if not monitored and managed appropriately. Maintaining strict aseptic technique during dressing changes, closely observing for any changes in the wound's appearance, odor, and the presence of exudate, are essential nursing responsibilities. These observations will help in early identification of infection, allowing for timely interventions such as initiating antibiotic therapy or adjusting treatment plans. While reapplying dressings, applying cool compresses, and washing the wound are also important aspects of burn care, they do not address the immediate concerns related to infection control in patients with extensive burns. Monitoring signs of infection is crucial to the patient's overall recovery and to prevent severe complications.

9. What is the priority nursing action for managing a burn with an established airway?

- A. Administering intravenous fluids
- B. Assessing pain levels
- C. Administering supplemental oxygen**
- D. Applying topical ointments

In the management of a burn patient with an established airway, administering supplemental oxygen is a critical nursing action. This is because burns, especially those that involve inhalation injuries or occur in enclosed spaces, can lead to airway edema and compromise oxygenation despite the presence of an adequate airway. Supplemental oxygen helps to ensure that the patient receives sufficient oxygen to meet their metabolic needs, particularly in cases where carbon monoxide inhalation is a concern or during the initial treatment phase after a burn injury. This intervention is vital for maintaining adequate tissue oxygenation and preventing hypoxia, which is essential for the healing process and overall recovery. The delivery of supplemental oxygen can quickly improve oxygen saturation levels and provide support to the respiratory system, especially in patients who might be at risk for respiratory complications due to their injuries. While administering intravenous fluids is also very important for fluid resuscitation in burn patients to prevent shock, it comes after ensuring that the patient is adequately oxygenated, given the priorities in acute burn management. Assessing pain levels and applying topical ointments are also necessary steps, but they do not address the immediate threat to the patient's oxygenation status in the same way that supplemental oxygen does.

10. Which of the following is an appropriate fluid resuscitation approach for burn patients?

- A. Normal saline at 100 mL/h
- B. Lactated Ringer's at 2-4 mL/kg/%TBSA**
- C. Maintenance fluid of D5W
- D. Isotonic solutions only when hypotensive

The appropriate fluid resuscitation approach for burn patients is based on the severity of burns and the percentage of total body surface area (TBSA) affected. In the case of major burn injuries, particularly when TBSA is significant, using Lactated Ringer's solution at a rate of 2-4 mL/kg/%TBSA for the first 24 hours post-injury is established as a standard guideline. This method helps replenish fluids lost due to evaporative water loss and other physiological changes that occur following burns. It aids in maintaining hemodynamic stability, preventing shock, and supporting organ function. Using Lactated Ringer's is preferred because it closely resembles the electrolyte composition of the body's plasma and helps mitigate the risk of electrolyte imbalances. This solution also has benefits in managing the acidosis often seen in burn patients due to tissue injury and hypoperfusion. Other approaches suggested, such as administering normal saline at a fixed rate or using maintenance fluids of D5W, do not address the specific needs for fluid replacement in burn patients, particularly in the acute phase. Normal saline may not provide the necessary electrolytes and fluid volume required following significant injuries, while D5W is inappropriate as a primary resuscitation fluid because it does not contain

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:

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

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