

NCLEX Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

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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. What is the primary purpose of patient education?**
 - A. To decrease the workload of healthcare providers**
 - B. To empower the patient in their own care**
 - C. To promote medication adherence**
 - D. To reduce healthcare costs**

- 2. Which factor increases the risk of adverse drug events in older adults taking multiple medications?**
 - A. Increased drug clearance and decreased half-life**
 - B. Polypharmacy and physiological changes associated with aging**
 - C. Reduced frequency of doctor visits**
 - D. Use of a single pharmacy for prescription medications**

- 3. Which is not a COMMON cause of premature ventricular contractions (PVCs)?**
 - A. Exercise**
 - B. Fever**
 - C. Hypoxia**
 - D. High blood sugar**

- 4. What are the appropriate nursing interventions related to the administration of potassium chloride through a peripherally inserted IV line? Select all that apply.**
 - A. Administer as IV bolus**
 - B. Assess IV site frequently**
 - C. Assess renal function laboratory results and urine output**
 - D. Place client on cardiac monitor**
 - E. Verify that IV pump infusion is not >10 mEq/hr (10 mmol/hr)**

- 5. Which dietary recommendation is most appropriate for clients with end-stage renal disease?**
 - A. Include foods high in potassium**
 - B. Avoid foods high in potassium**
 - C. Increase intake of potassium-rich foods**
 - D. Limit sodium intake**

6. What does a score of 8 or lower on the Glasgow Coma Scale indicate?

- A. Mild brain injury**
- B. Moderate brain injury**
- C. Severe brain injury**
- D. Coma**

7. What are two common signs of dehydration?

- A. Fever and headache**
- B. Dry skin and decreased urine output**
- C. Increased thirst and fatigue**
- D. Muscle cramps and dizziness**

8. A nurse is caring for a client who had a transurethral resection of the prostate and is receiving continuous bladder irrigation by gravity. Which tasks can the nurse delegate to unlicensed assistive personnel?

- A. Calculating the difference between irrigant intake and total drainage output**
- B. Cleaning around the catheter insertion site daily**
- C. Immediately notifying the nurse if the client reports pain**
- D. Increasing the irrigation rate when the urine becomes more red than pink**
- E. Measuring the total volume of output in the drainage collection bag**

9. What is a primary nursing intervention for a patient experiencing a seizure?

- A. Administer anticonvulsants**
- B. Protect the patient from injury**
- C. Restrict movement**
- D. Provide food and fluids**

10. In which situation should a patient be advised to increase fluid intake?

- A. Fever**
- B. Diarrhea**
- C. Both A and B**
- D. High blood pressure**

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Answers

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

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Explanations

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1. What is the primary purpose of patient education?

- A. To decrease the workload of healthcare providers**
- B. To empower the patient in their own care**
- C. To promote medication adherence**
- D. To reduce healthcare costs**

The primary purpose of patient education is to empower the patient in their own care. By providing patients with knowledge about their health conditions, treatment options, and necessary lifestyle changes, they become more engaged and active participants in their healthcare journey. This empowerment allows patients to make informed decisions, understand the rationale behind their treatment plans, and take responsibility for their health outcomes. When patients are educated about their conditions, they are more likely to recognize symptoms, comply with treatment regimens, and adhere to preventive measures, which ultimately contribute to better health management. Empowering patients fosters a sense of autonomy and encourages them to advocate for their own needs, leading to improved health literacy and better relationships with healthcare providers.

2. Which factor increases the risk of adverse drug events in older adults taking multiple medications?

- A. Increased drug clearance and decreased half-life**
- B. Polypharmacy and physiological changes associated with aging**
- C. Reduced frequency of doctor visits**
- D. Use of a single pharmacy for prescription medications**

Older adults taking multiple medications are at an increased risk of experiencing adverse drug events due to polypharmacy, which is the use of multiple medications at the same time. As people age, their bodies undergo physiological changes that can alter the way medications are absorbed, distributed, and eliminated. This can result in increased drug clearance and a decreased half-life, meaning the medication may not stay in the body long enough to be effective. Additionally, reduced frequency of doctor visits can result in a lack of monitoring and potential interactions between medications. Using a single pharmacy for prescription medications can help reduce the risk of adverse drug events by allowing for better coordination and oversight of all medications being taken. However, this alone does not increase the risk as significantly as the other options listed.

3. Which is not a COMMON cause of premature ventricular contractions (PVCs)?

- A. Exercise**
- B. Fever**
- C. Hypoxia**
- D. High blood sugar**

High blood sugar is not considered a common cause of premature ventricular contractions (PVCs). PVCs are extra, abnormal heartbeats that disrupt the regular rhythm of the heart, and they can result from various factors, but high blood sugar is less frequently associated with this condition. In contrast, exercise is a well-known trigger for PVCs due to increased demand on the heart and heightened sympathetic nervous system activity. Fever can lead to elevated metabolic demands and stress on the heart, also contributing to the occurrence of PVCs. Hypoxia, or a deficiency in the amount of oxygen reaching the tissues, is another factor that can lead to the development of PVCs, as the heart muscle may respond to the decreased oxygen supply with abnormal rhythms. Therefore, while the other options are linked to triggering PVCs, high blood sugar does not have a direct and common association, making it the correct choice here.

4. What are the appropriate nursing interventions related to the administration of potassium chloride through a peripherally inserted IV line? Select all that apply.

- A. Administer as IV bolus**
- B. Assess IV site frequently**
- C. Assess renal function laboratory results and urine output**
- D. Place client on cardiac monitor**
- E. Verify that IV pump infusion is not >10 mEq/hr (10 mmol/hr)**

The suitable nursing interventions related to the administration of potassium chloride through a peripherally inserted IV line focus on ensuring patient safety and effective medication delivery. Administering potassium chloride as an IV bolus is not safe, as this can lead to rapid infusion and a risk of hyperkalemia or other cardiac complications. Potassium chloride should usually be administered slowly, typically via an infusion pump, to avoid these severe risks. This clarifies why only careful monitoring, assessment, and adherence to safe administration practices are crucial. Frequent assessments of the IV site help identify any complications such as infiltration or phlebitis early. Monitoring is essential given that potassium administration can irritate veins, and recognizing adverse reactions is vital to patient safety. Evaluating renal function laboratory results and urine output is necessary because potassium is primarily excreted through the kidneys. If renal function is impaired, potassium levels can rise significantly, leading to dangerous cardiac issues. This monitoring ensures that the patient can adequately excrete the potassium being administered. Placing the client on a cardiac monitor is also crucial when administering potassium chloride. Since changes in potassium levels can affect cardiac function, continuous cardiac monitoring allows for prompt detection of any arrhythmias or changes in the heart rhythm that may occur due to fluctuations

5. Which dietary recommendation is most appropriate for clients with end-stage renal disease?

- A. Include foods high in potassium**
- B. Avoid foods high in potassium**
- C. Increase intake of potassium-rich foods**
- D. Limit sodium intake**

Clients with end-stage renal disease (ESRD) often face challenges in managing electrolyte levels, particularly potassium. Elevated potassium levels can lead to serious complications, such as hyperkalemia, which can affect heart function and overall health. Therefore, the most appropriate dietary recommendation in this case is to avoid foods high in potassium. This approach helps prevent the accumulation of potassium in the body, which can occur due to the kidneys' inability to excrete it properly in ESRD. Foods that are high in potassium include bananas, oranges, potatoes, and tomatoes. By limiting these foods in their diet, clients with ESRD can maintain better potassium balance, ultimately promoting better health outcomes and reducing the risk of cardiac issues. In addition, limiting sodium intake is also crucial for managing blood pressure and fluid retention, but the priority concerning potassium management makes avoiding high-potassium foods the most appropriate recommendation in this scenario.

6. What does a score of 8 or lower on the Glasgow Coma Scale indicate?

- A. Mild brain injury**
- B. Moderate brain injury**
- C. Severe brain injury**
- D. Coma**

A score of 8 or lower on the Glasgow Coma Scale indicates severe brain injury. The Glasgow Coma Scale (GCS) is a clinical assessment tool used to evaluate a person's level of consciousness after a traumatic brain injury. It assesses three components: eye opening, verbal response, and motor response. Scores on the GCS range from 3 to 15, where 3 indicates deep unresponsiveness or coma, and 15 indicates full alertness. A score of 8 or lower suggests significantly reduced neurological function and a high likelihood of severe impairment, such as the individual being in a comatose state or not being able to respond appropriately to stimuli. In practical terms, this level of score often correlates with a higher risk for poor outcomes, including potential death or life-long disabilities. This is why a score of 8 or less is associated specifically with severe brain injury and serious medical concern.

7. What are two common signs of dehydration?

- A. Fever and headache**
- B. Dry skin and decreased urine output**
- C. Increased thirst and fatigue**
- D. Muscle cramps and dizziness**

The identification of dry skin and decreased urine output as common signs of dehydration is accurate because these symptoms directly relate to the body's response to a lack of adequate fluid intake. When the body does not receive enough fluids, it prioritizes water conservation processes, leading to diminished urine production. Decreased urine output indicates that the kidneys are holding onto water due to the body's efforts to maintain balance. Additionally, dry skin occurs as the body begins to use its available fluids to support essential functions, which can include reducing moisture levels in tissues. This symptom is particularly noticeable because skin hydration is one of the first areas affected when the body is in a dehydrated state. In summary, these signs reflect the physiological changes that happen when the body lacks sufficient fluids, making them clear indicators of dehydration.

8. A nurse is caring for a client who had a transurethral resection of the prostate and is receiving continuous bladder irrigation by gravity. Which tasks can the nurse delegate to unlicensed assistive personnel?

- A. Calculating the difference between irrigant intake and total drainage output**
- B. Cleaning around the catheter insertion site daily**
- C. Immediately notifying the nurse if the client reports pain**
- D. Increasing the irrigation rate when the urine becomes more red than pink**
- E. Measuring the total volume of output in the drainage collection bag**

Option A is correct because unlicensed assistive personnel (UAP) can be delegated tasks that involve measuring and calculating. Options B and C require knowledge of sterile technique and assessment skills, which are outside the scope of practice for UAP. Option D involves making a clinical decision and should be done by a licensed nurse. Option E also requires clinical judgement and should be done by a licensed nurse.

9. What is a primary nursing intervention for a patient experiencing a seizure?

- A. Administer anticonvulsants**
- B. Protect the patient from injury**
- C. Restrict movement**
- D. Provide food and fluids**

Protecting the patient from injury is a primary nursing intervention during a seizure. This is crucial because seizures can lead to uncontrolled movements, which increases the risk of falls or head trauma, as well as injury from surrounding objects. The nurse should take immediate steps to ensure the patient's safety, such as moving furniture away, placing a soft object under the patient's head, and positioning the patient to the side to prevent aspiration if they vomit. While administering anticonvulsants is important for the long-term management of seizures, it is not an immediate intervention that addresses the safety of the patient during an ongoing seizure. Restricting movement can introduce additional risk, as forcibly holding a patient during a seizure can cause injury. Providing food and fluids is not appropriate during a seizure due to the risk of choking and is not relevant until the patient is stable and fully alert. Thus, the primary focus during a seizure is to protect the patient from potential harm.

10. In which situation should a patient be advised to increase fluid intake?

- A. Fever**
- B. Diarrhea**
- C. Both A and B**
- D. High blood pressure**

Increasing fluid intake is crucial in both fever and diarrhea due to the physiological demands these conditions place on the body. When a patient has a fever, the body's metabolism increases, leading to higher insensible water loss through perspiration and respiration. Adequate hydration helps maintain proper body temperature, supports metabolic processes, and assists the immune system in fighting off infections. In the case of diarrhea, the body loses significant amounts of water and electrolytes, which can quickly lead to dehydration. Increasing fluid intake not only replenishes lost fluids but also helps maintain electrolyte balance, which is vital for normal cellular function and overall health. Therefore, advising a patient to increase fluid intake in the contexts of both fever and diarrhea emphasizes the importance of hydration in managing these conditions effectively. High blood pressure, on the other hand, typically requires careful fluid management and does not universally indicate the need for increased fluid intake, making it less relevant in this scenario.

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://nclex.examzify.com>

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

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