

NCLEX READINESS PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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. When applying a heating pad, which intervention should be considered unsafe?**
 - A. Setting the heating pad on a low setting
 - B. Assessing the skin frequently for burns
 - C. Using tape to hold the heating pad in place
 - D. Placing the heating pad under the client
- 2. What is a safe diet restriction for someone with acute pancreatitis?**
 - A. Clear liquids
 - B. High-calorie feedings
 - C. NPO
 - D. Low fat diet
- 3. Which common asthma trigger should a college athlete diagnosed with mild persistent asthma be taught to avoid?**
 - A. Latex-containing products
 - B. Penicillin antibiotics
 - C. Secondhand cigarette smoke
 - D. Strenuous physical activity
- 4. What is the best initial intervention for a client experiencing anxiety after a robbery?**
 - A. Request a prescription for an antianxiety medication
 - B. Provide a list of legal resources
 - C. Refer the client to a support group
 - D. Listen empathetically while the client discusses fears
- 5. Which dietary recommendation should a nurse provide to a client experiencing perimenopausal symptoms?**
 - A. Eat more red meat for protein
 - B. Incorporate more vegetables and legumes
 - C. Consume more processed foods for energy
 - D. Increase intake of sugary snacks for quick energy

- 6. In providing care to an infant with a ventriculoperitoneal shunt, which instruction should be emphasized?**
- A. Expect increased urine output
 - B. Notify the provider if fussy
 - C. Position on the side of the shunt
 - D. Call for a high-pitched cry
- 7. In the event of hypertonic uterine contractions during labor, which intervention should be taken first?**
- A. Administer medication to reduce uterine activity
 - B. Reposition the client
 - C. Stop the oxytocin infusion
 - D. Perform a vaginal examination
- 8. What is the first priority for a nurse upon receiving a unit of packed red blood cells for a client?**
- A. Hang the bag of blood
 - B. Verify the prescription for the blood transfusion
 - C. Ensure that informed consent has been signed
 - D. Insert an IV catheter into the client
- 9. What is the appropriate method to eliminate lice from a child?**
- A. Application of pediculicides as directed
 - B. Washing linens in bleach solution
 - C. Applying warm soaks to the head
 - D. Cutting the child's hair short
- 10. Which of the following assessment findings after a cardiac catheterization should be reported immediately?**
- A. Capillary refill of 3 seconds on the affected toes
 - B. Trace amount of drainage on the groin dressing
 - C. Pale color of the affected limb
 - D. Bruising on the insertion site

Answers

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

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Explanations

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1. When applying a heating pad, which intervention should be considered unsafe?

- A. Setting the heating pad on a low setting
- B. Assessing the skin frequently for burns
- C. Using tape to hold the heating pad in place
- D. Placing the heating pad under the client**

When applying a heating pad, placing it under the client is considered unsafe because it can lead to prolonged contact with the skin without visibility or monitoring. This position can increase the risk of burns, as the heat may not be felt until damage occurs due to the insulating effect of the bed or mattress. Regular assessment of the skin is crucial to prevent injury, and having the heating pad on a low setting is generally considered safer, allowing for therapeutic effects without excessive heat exposure. Using tape for securing a heating pad presents its own risks, especially if it restricts movement or prevents the user from removing it easily, but it does not inherently pose the same immediate risk as placing the pad underneath the client does.

2. What is a safe diet restriction for someone with acute pancreatitis?

- A. Clear liquids
- B. High-calorie feedings
- C. NPO**
- D. Low fat diet

For a person with acute pancreatitis, the safest dietary restriction is to remain NPO, which stands for "nothing by mouth." This allows the pancreas to rest and recover, as any food intake could stimulate digestive processes that may exacerbate inflammation and pain. In the acute phase of pancreatitis, the condition is often associated with severe abdominal pain and digestive dysfunction, and the body needs time to heal without the added stress of food processing. After the initial phase of treatment, healthcare providers can gradually introduce clear liquids and then progress to a low-fat diet as the patient's condition improves. However, the critical aspect at the onset of acute pancreatitis is to refrain from oral intake altogether to ensure that the pancreatic enzymes are not being triggered, which could lead to further complications or prolonged recovery.

3. Which common asthma trigger should a college athlete diagnosed with mild persistent asthma be taught to avoid?

- A. Latex-containing products
- B. Penicillin antibiotics
- C. Secondhand cigarette smoke**
- D. Strenuous physical activity

Secondhand cigarette smoke is a significant asthma trigger that can exacerbate symptoms and lead to increased airway inflammation. For a college athlete with mild persistent asthma, avoiding secondhand smoke is essential because it can cause bronchoconstriction, worsen asthma control, and lead to episodes of wheezing, coughing, and shortness of breath. Educating the athlete about the dangers of exposure to secondhand smoke, especially in environments where smoking is prevalent, is crucial for maintaining respiratory health and optimal athletic performance. While other potential triggers exist, they are not as commonly encountered in everyday life for this demographic. Latex-containing products might have limited contact in college settings, penicillin is specific to a subset of allergic reactions and isn't a typical environmental trigger, and while strenuous physical activity can be a trigger, it can be managed with appropriate asthma management techniques and medications. Therefore, focusing on avoiding secondhand smoke is particularly important in helping the athlete minimize asthma symptoms and stay engaged in their sport.

4. What is the best initial intervention for a client experiencing anxiety after a robbery?

- A. Request a prescription for an antianxiety medication
- B. Provide a list of legal resources
- C. Refer the client to a support group

D. Listen empathetically while the client discusses fears

Listening empathetically while the client discusses their fears is the best initial intervention for someone experiencing anxiety after a traumatic event like a robbery. This approach creates a safe space for the client to express their feelings, which is essential for emotional processing. Empathetic listening helps build trust and rapport, allowing the client to feel understood and supported. When clients share their thoughts and emotions, it can lead to a sense of relief and validation, helping to reduce their immediate anxiety. Acknowledging their feelings can help them begin to cope with the distressing experience. This intervention emphasizes the importance of emotional support in trauma recovery, highlighting that addressing the psychological impact directly is a key first step. Other options, such as providing a prescription for medication, legal resources, or referring to support groups, may be appropriate in further stages of care but may not effectively address the immediate emotional needs of the client. Each of these options could come after an initial empathetic engagement, as they focus more on practical solutions rather than the essential emotional support that is critical immediately following trauma.

5. Which dietary recommendation should a nurse provide to a client experiencing perimenopausal symptoms?

- A. Eat more red meat for protein
- B. Incorporate more vegetables and legumes**
- C. Consume more processed foods for energy
- D. Increase intake of sugary snacks for quick energy

Incorporating more vegetables and legumes into the diet is particularly beneficial for clients experiencing perimenopausal symptoms for several reasons. During perimenopause, women often experience hormonal fluctuations that can lead to various symptoms, such as hot flashes, mood swings, weight gain, and changes in metabolism. A diet rich in vegetables and legumes provides essential nutrients, including vitamins, minerals, and fiber, which can help mitigate some of these symptoms. Vegetables are low in calories and high in fiber, which can support weight management and improve digestive health. Legumes, such as beans and lentils, are good sources of plant-based protein, iron, and B vitamins, which are important for energy and overall well-being. Additionally, many vegetables and legumes are rich in antioxidants, which can support hormonal balance and reduce inflammation in the body. This makes them a key component of a healthful diet during this transitional period. In contrast, increasing the consumption of red meat, processed foods, or sugary snacks does not align with nutritional recommendations for managing perimenopausal symptoms. These options can contribute to increased cholesterol levels, weight gain, and other health issues, which are generally undesirable during perimenopause.

6. In providing care to an infant with a ventriculoperitoneal shunt, which instruction should be emphasized?

- A. Expect increased urine output
- B. Notify the provider if fussy**
- C. Position on the side of the shunt
- D. Call for a high-pitched cry

When caring for an infant with a ventriculoperitoneal (VP) shunt, emphasizing the importance of notifying the healthcare provider if the infant is fussy is crucial. Increased fussiness in an infant with a VP shunt may indicate a potential complication, such as shunt malfunction or infection. These issues can lead to increased intracranial pressure, which requires prompt medical attention. By highlighting the need to notify the provider about changes in behavior, such as fussiness, caregivers can ensure that any serious condition is identified and treated quickly, thus safeguarding the infant's health. Being aware of changes in the infant's demeanor serves as an essential monitoring strategy for parents and caregivers, helping them engage actively in the infant's care and recognize signs that warrant professional evaluation.

7. In the event of hypertonic uterine contractions during labor, which intervention should be taken first?

- A. Administer medication to reduce uterine activity
- B. Reposition the client
- C. Stop the oxytocin infusion**
- D. Perform a vaginal examination

In cases of hypertonic uterine contractions, the priority is to address the primary cause contributing to the excessive uterine activity. Stopping the oxytocin infusion is the most critical first step, especially if it has been administered to augment labor. Oxytocin is known to stimulate uterine contractions, and when contractions become hypertonic, this can lead to inadequate oxygenation of the fetus, increased maternal fatigue, and risk of uterine rupture. The reduction of uterine activity is essential to relieve the stress on the mother and fetus. Once the oxytocin infusion is halted, healthcare providers can then reevaluate and implement other interventions such as repositioning the client, administering medications to reduce uterine activity, or conducting a vaginal examination to assess the status of labor. However, discontinuing the oxytocin infusion addresses the situation at its source, making it the most logical initial intervention.

8. What is the first priority for a nurse upon receiving a unit of packed red blood cells for a client?

- A. Hang the bag of blood
- B. Verify the prescription for the blood transfusion**
- C. Ensure that informed consent has been signed
- D. Insert an IV catheter into the client

The first priority upon receiving a unit of packed red blood cells is to verify the prescription for the blood transfusion. This step is essential to ensure that the transfusion is ordered correctly and that the correct type of blood product is aligned with the client's specific needs. It ensures compliance with medical orders and helps prevent any potential errors related to mismatched blood types or incorrect volumes, which can lead to serious complications for the patient. The verification process includes checking the patient's identification, the blood product, and the provider's order to confirm that everything matches. This not only prioritizes patient safety but also adheres to hospital protocols and standards of care, establishing a systematic approach to administering blood products. Implementing this step correctly helps create a seamless transition into the subsequent steps, such as preparing for the transfusion and ensuring all necessary consents and assessments are completed prior to the actual hanging of the blood bag.

9. What is the appropriate method to eliminate lice from a child?

- A. Application of pediculicides as directed**
- B. Washing linens in bleach solution
- C. Applying warm soaks to the head
- D. Cutting the child's hair short

The application of pediculicides as directed is the appropriate method to eliminate lice from a child. Pediculicides are specifically formulated insecticides designed to kill lice and their eggs (nits). They usually come in the form of shampoos or lotions and contain active ingredients effective against lice infestations. It is crucial to follow the instructions carefully, including how long to leave the product on, how often to repeat the treatment, and any additional steps that may be necessary to ensure complete elimination, such as combing the hair with a fine-toothed comb to remove nits. Using pediculicides addresses the infestation directly, targeting the lice life cycle at both the adult and egg stages. Other methods, while they might assist in managing lice, do not effectively eliminate the problem. Washing linens in bleach solution can help remove lice from surfaces, but it does not treat the scalp or hair directly. Warm soaks may provide comfort, but they will not kill lice. Cutting the child's hair short can minimize the number of places for lice to hide, but it does not address the lice that are already present or eliminate nits. Therefore, using pediculicides is the most effective and targeted approach to treat head lice infestations.

10. Which of the following assessment findings after a cardiac catheterization should be reported immediately?

- A. Capillary refill of 3 seconds on the affected toes
- B. Trace amount of drainage on the groin dressing
- C. Pale color of the affected limb**
- D. Bruising on the insertion site

The finding of a pale color in the affected limb after a cardiac catheterization is significant and should be reported immediately. This symptom can indicate compromised blood flow to the limb, which may be due to complications such as arterial occlusion or thrombosis at the catheter insertion site. The color change suggests that the limb is not receiving adequate blood supply, and prompt intervention is necessary to prevent further complications, such as tissue ischemia or necrosis. In contrast, a capillary refill time of 3 seconds may be slightly prolonged, but it is still within a range that may not indicate immediate distress unless there are other concerning signs. A trace amount of drainage on the dressing could be typical post-procedure, as some minimal leakage might be expected during the healing process. Bruising at the insertion site can occur as a part of normal healing after catheterization and, while it should be monitored, it is less urgent than pale coloration in the limb, which suggests a more severe circulatory issue.

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://nclexreadiness.examzify.com>

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

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