

NCLEX Registered Nurse (NCLEX-RN) Practice Exam (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 does 'neologisms' refer to in the context of loosening of associations?**
 - A. Creating or using made-up words**
 - B. Combining unrelated words**
 - C. A sudden onset of speech**
 - D. A type of euphoric speech**
- 2. What should be the nurse's concern if abnormal sodium levels are accompanied by a change in LOC?**
 - A. No immediate action needed**
 - B. Signal an emergency situation**
 - C. Only slight monitoring required**
 - D. Immediate medication administration**
- 3. What is the peak time for lispro insulin?**
 - A. 15 minutes**
 - B. 30 minutes**
 - C. 90 minutes**
 - D. 2 hours**
- 4. What is unique about the peak of Lantus insulin?**
 - A. It has a significant peak**
 - B. It has no peak**
 - C. It peaks at 1 hour**
 - D. It peaks at 2 hours**
- 5. What is the appropriate response when CO₂ levels are in the 50's?**
 - A. Administer bronchodilators**
 - B. Assess respirations and do pursed lip breathing**
 - C. Prepare for intubation**
 - D. Increase oxygen flow rate**

6. Can calcium channel blockers be administered to a client with supraventricular tachycardia?

- A. No, it's contraindicated**
- B. Yes, it's appropriate**
- C. Only with caution**
- D. No, only beta blockers should be used**

7. What is a critical action when assessing a patient with low potassium levels?

- A. Administer IV glucose**
- B. Assess heart function**
- C. Perform a full blood panel**
- D. Instruct patient on potassium diet**

8. What is the duration of Type R insulin?

- A. 2 hours**
- B. 4 hours**
- C. 6 hours**
- D. 12 hours**

9. Which treatment is indicated for rattle snake bites?

- A. Antivenin (*latroductus Mactans*)**
- B. Phytonadione**
- C. Antivenin (*crotalidae*) polyvalent**
- D. Sodium bicarbonate**

10. What is a temporary restriction after discharge for patients who have undergone a laminectomy?

- A. Lift no more than 10 lbs for 4 weeks**
- B. Lie flat and log roll for 6 weeks**
- C. Resume normal activities immediately**
- D. Drive after 2 weeks**

Answers

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

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Explanations

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1. What does 'neologisms' refer to in the context of loosening of associations?

- A. Creating or using made-up words**
- B. Combining unrelated words**
- C. A sudden onset of speech**
- D. A type of euphoric speech**

Neologisms specifically refer to the creation or use of made-up words that may not have accepted meanings in the broader language. In the context of loosening of associations, which is often seen in psychiatric conditions such as schizophrenia, individuals may generate these unique terms as a way to express thoughts and ideas that may seem disorganized or disconnected. When someone is experiencing loosening of associations, their thoughts may jump from one idea to another without logical connections, leading to the invention of new words or phrases that might only be meaningful to the individual. This can result in communication challenges and may appear nonsensical to others, emphasizing the person's altered thought processes. Understanding neologisms helps to identify the severity and nature of the disorganized thinking present in certain mental health disorders.

2. What should be the nurse's concern if abnormal sodium levels are accompanied by a change in LOC?

- A. No immediate action needed**
- B. Signal an emergency situation**
- C. Only slight monitoring required**
- D. Immediate medication administration**

Abnormal sodium levels, particularly when accompanied by a change in level of consciousness (LOC), can indicate serious underlying conditions such as hypernatremia (high sodium) or hyponatremia (low sodium). Both can lead to significant neurological effects and changes in the brain's fluid balance. Changes in LOC, in this context, suggest that the patient may be experiencing cerebral edema or dehydration, which could result from severe electrolyte imbalances. The brain is particularly sensitive to sodium levels since sodium plays a crucial role in maintaining osmotic balance and normal neuronal function. When considering the potential implications of such changes, the presence of altered LOC signals an emergency situation that necessitates prompt and appropriate medical intervention to prevent further complications, including seizures, coma, or even death. This underlines the urgency for assessment and potential initiation of corrective measures tailored to restore normal sodium levels and protect the patient's neurological status. In this scenario, the nurse must act swiftly, notifying the healthcare team and preparing for possible interventions, which may entail monitoring vital signs closely, assessing neurological status, and potentially initiating intravenous therapy or medications as directed.

3. What is the peak time for lispro insulin?

- A. 15 minutes
- B. 30 minutes**
- C. 90 minutes
- D. 2 hours

Lispro insulin is a rapid-acting insulin that is specifically designed to start working quickly to manage postprandial (after meal) blood glucose levels. Its onset occurs approximately 10 to 15 minutes after injection. The peak action, which is the time when insulin has its greatest effect in lowering blood sugar, typically occurs around 30 to 90 minutes after administration. Given that the question specifically asks for the peak time, the correct choice indicates that the peak action occurs around 30 minutes. This peak effect is essential for patients who need to manage their blood glucose levels closely after meals. Understanding the timing of insulin action is crucial for safe and effective diabetes management, as it helps in planning when to eat and when to administer insulin. It's important to note that while some rapid-acting insulins may have slight variations in their action profiles, lispro insulin is consistently recognized for its peak around the 30-minute mark, thereby facilitating optimal glycemic control when synchronized with meal times.

4. What is unique about the peak of Lantus insulin?

- A. It has a significant peak
- B. It has no peak**
- C. It peaks at 1 hour
- D. It peaks at 2 hours

Lantus insulin, also known as insulin glargine, is unique in that it has no distinct peak level. This characteristic is important because it allows for a more stable and consistent release of insulin into the bloodstream, which helps maintain more even blood glucose levels throughout the day and night. Lantus is classified as a long-acting insulin, and its flat pharmacokinetic profile means that it lowers the risk of hypoglycemia compared to insulins that have significant peaks. The absence of a peak allows for once-daily dosing, making it more convenient for patients and improving adherence to treatment regimens. This steady action mimics the body's natural basal insulin secretion, providing crucial control for patients with diabetes.

5. What is the appropriate response when CO₂ levels are in the 50's?

- A. Administer bronchodilators**
- B. Assess respirations and do pursed lip breathing**
- C. Prepare for intubation**
- D. Increase oxygen flow rate**

When CO₂ levels are in the 50's, the appropriate response is to assess respirations and encourage pursed lip breathing. Elevated CO₂ levels, known as hypercapnia, indicate that the body is retaining carbon dioxide, which can lead to respiratory acidosis. Assessing respirations is crucial to determine the adequacy of ventilation and whether the patient is exhibiting signs of respiratory distress. Pursed lip breathing is a helpful technique that can improve ventilation by increasing airway pressure and preventing airway collapse during exhalation, which can facilitate the removal of CO₂ from the lungs. This method also encourages a slowed breathing rate and assists in reducing the work of breathing, particularly in patients with chronic obstructive pulmonary disease (COPD) and other respiratory conditions. While other interventions, such as administering bronchodilators or increasing oxygen flow rates, may also be appropriate depending on the specific clinical scenario, the immediate priority in a situation of elevated CO₂ is to manage ventilation effectively and ensure that the patient's breathing pattern is helping to eliminate excess carbon dioxide. Preparing for intubation may be necessary if the patient's condition deteriorates significantly, but it is not the first response when addressing moderately elevated CO₂ levels.

6. Can calcium channel blockers be administered to a client with supraventricular tachycardia?

- A. No, it's contraindicated**
- B. Yes, it's appropriate**
- C. Only with caution**
- D. No, only beta blockers should be used**

Calcium channel blockers can indeed be administered to clients with supraventricular tachycardia (SVT), making this answer appropriate. These medications function by slowing down the conduction through the atrioventricular (AV) node and decreasing the heart rate, which can effectively help in managing episodes of SVT. In conditions like SVT, the heart's electrical system experiences rapid impulses, leading to increased heart rates. Calcium channel blockers help in decreasing the speed of these impulses and can be valuable in terminating the tachycardic episode. The use of these medications can be particularly advantageous in patients who may not tolerate beta blockers or who have certain comorbidities. While other options are geared towards caution or alternatives, the use of calcium channel blockers is both appropriate and beneficial in this context, making it an integral part of the treatment plan for managing supraventricular tachycardia.

7. What is a critical action when assessing a patient with low potassium levels?

- A. Administer IV glucose**
- B. Assess heart function**
- C. Perform a full blood panel**
- D. Instruct patient on potassium diet**

When assessing a patient with low potassium levels, assessing heart function is crucial due to the significant impact that potassium has on cardiac health. Low potassium, or hypokalemia, can lead to dangerous heart rhythm abnormalities, including arrhythmias. The heart relies on a delicate balance of electrolytes, including potassium, to maintain its electrical activity and contractility. Monitoring heart function can involve checking vital signs, looking for signs of arrhythmias on an ECG, and checking for other symptoms like palpitations or changes in blood pressure. By prioritizing the assessment of heart function, the healthcare provider can identify any immediate risks to the patient's cardiac stability and intervene appropriately. Other options, while relevant in the context of managing low potassium, do not take precedence in the immediate assessment phase. For instance, administering IV glucose does not directly address the underlying issue of low potassium. Performing a full blood panel, although informative, is not as critical in the urgent context of potential heart complications. Instructing the patient on a potassium-rich diet is important for long-term management but is not an immediate action needed during assessment. Therefore, the focus on assessing heart function in this scenario is a key action that prioritizes patient safety.

8. What is the duration of Type R insulin?

- A. 2 hours**
- B. 4 hours**
- C. 6 hours**
- D. 12 hours**

Type R insulin, also known as regular insulin, typically has an onset of action within 30 minutes after administration, peak activity around 2 to 3 hours, and a duration of action that generally lasts about 4 to 6 hours. The specific duration that is most often referenced for regular insulin is approximately 4 hours, making this answer the most appropriate choice. This duration of about 4 hours indicates that the insulin will effectively help manage blood glucose levels within that timeframe, making it crucial for planning meals and monitoring glucose levels in patients. Knowing the duration is important for both the timing of doses and the potential for hypoglycemia, allowing nurses and healthcare professionals to provide comprehensive care and education to their patients regarding their insulin regimen.

9. Which treatment is indicated for rattle snake bites?

- A. Antivenin (*latroductus Mactans*)
- B. Phytonadione
- C. Antivenin (crotalidae) polyvalent**
- D. Sodium bicarbonate

The indicated treatment for rattlesnake bites is antivenin (crotalidae) polyvalent. This specific antivenin is designed to neutralize the venom from pit vipers, including rattlesnakes. When a person is bitten by a rattlesnake, the venom can cause significant tissue damage, coagulopathy, and systemic effects. Administering this antivenin is crucial as it can help mitigate the effects of the venom and reduce complications associated with the bite. The effectiveness of antivenin (crotalidae) polyvalent lies in its ability to bind to the venom components in the bloodstream, neutralizing their toxic effects. It is typically given as soon as possible after the envenomation occurs, thus improving outcomes and reducing the risk of severe complications or death. Other treatment options listed are not appropriate for rattlesnake bites. For example, antivenin (*latroductus mactans*) is specifically for black widow spider bites and is not effective against snake venom. Phytonadione, also known as vitamin K, is used to treat anticoagulation and bleeding disorders but does not counter the effects of snake venom. Sodium bicarbonate is used for metabolic acidosis or some specific poisonings but

10. What is a temporary restriction after discharge for patients who have undergone a laminectomy?

- A. Lift no more than 10 lbs for 4 weeks
- B. Lie flat and log roll for 6 weeks**
- C. Resume normal activities immediately
- D. Drive after 2 weeks

After a laminectomy, which is a surgical procedure to relieve pressure on the spinal cord or nerves, specific postoperative restrictions are put in place to ensure proper healing and prevent complications. Among these restrictions, lying flat and using a log roll technique for movements is crucial post-surgery. This method helps to minimize stress on the spine by promoting proper alignment and avoiding twisting or bending motions that could jeopardize the surgical site. The recommendation to lie flat helps to maintain spinal stability, while log rolling allows patients to turn or reposition themselves without compromising the integrity of the spine. This is particularly important in the early stages of recovery when the surgical area is still healing and vulnerable. Adhering to these guidelines is essential for optimal recovery, as patients who do not follow such restrictions risk facing issues such as pain, delayed healing, or even re-injury. Therefore, the guidance to lie flat and log roll for an extended period is a critical component of postoperative care after a laminectomy.

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://nclexregisterednurse.examzify.com>

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

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