

NCLEX Yellow Book Klimek's Version (KV) Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

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SAMPLE

Questions

- 1. What describes a patient exhibiting signs of distress or unrest?**
 - A. Calm Client**
 - B. Agitated Client**
 - C. Withdrawn Client**
 - D. Content Client**
- 2. Which substance is commonly tested to assess liver function?**
 - A. Bilirubin**
 - B. Glucose**
 - C. Urea**
 - D. Creatinine**
- 3. What is the recommended antibiotic for cellulitis and mastitis?**
 - A. Keflex**
 - B. Augmentin**
 - C. Doxycycline**
 - D. Clindamycin**
- 4. Which medication class is primarily used to decrease symptoms of anxiety and depression but may cause weight gain?**
 - A. SSRI antidepressants**
 - B. Benzodiazepines**
 - C. Antipsychotics**
 - D. Stimulants**
- 5. What is the medical term for a skin rash caused by irritants or allergens?**
 - A. Contact dermatitis**
 - B. Eczema**
 - C. Psoriasis**
 - D. Urticaria**

- 6. What is a common symptom of orthopnea?**
- A. Difficulty breathing while walking**
 - B. Shortness of breath when lying down**
 - C. Wheezing during exertion**
 - D. Chest pain when taking deep breaths**
- 7. Which antibiotic is specifically used for treating pneumonia?**
- A. Ciprofloxacin**
 - B. Azithromycin**
 - C. Clarithromycin**
 - D. Doxycycline**
- 8. Which organisms are commonly found in dog bite wounds?**
- A. Escherichia coli and Salmonella**
 - B. S.aureus and Bacteroides**
 - C. Staphylococcus and Pasteurella multocida**
 - D. Clostridium and Streptococcus**
- 9. What is the half-life of Levothyroxine?**
- A. 3 days**
 - B. 7 days**
 - C. 10 days**
 - D. 14 days**
- 10. What is assessed by evaluating a client's recollection of recent meals?**
- A. Short-term Memory**
 - B. Recent Memory**
 - C. Long-term Memory**
 - D. Working Memory**

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. What describes a patient exhibiting signs of distress or unrest?

- A. Calm Client**
- B. Agitated Client**
- C. Withdrawn Client**
- D. Content Client**

A patient exhibiting signs of distress or unrest is best described as an agitated client. This state often manifests through restlessness, anxiety, or emotional upset, which signals that the individual is experiencing discomfort or a heightened sense of tension. In clinical practice, agitation can reflect various underlying issues, such as pain, anxiety, or an adverse reaction to medication, indicating the need for immediate assessment and intervention. In contrast, a calm client, withdrawn client, and content client typically do not display signs of distress or unrest. The calm client appears stable and relaxed, while the withdrawn client may be disengaged or less responsive but does not necessarily indicate distress. A content client, on the other hand, shows satisfaction and well-being, opposite of agitation. Understanding the nuances of these behaviors is crucial for effective patient assessment and management.

2. Which substance is commonly tested to assess liver function?

- A. Bilirubin**
- B. Glucose**
- C. Urea**
- D. Creatinine**

Bilirubin is a key substance commonly tested to assess liver function because it is a product of the breakdown of red blood cells. The liver plays a crucial role in processing bilirubin, converting it from its unconjugated form (which is not water-soluble and can be harmful if it accumulates in the blood) to its conjugated form (which is water-soluble and can be excreted in bile). Elevated levels of bilirubin in the blood can indicate liver dysfunction, biliary obstruction, or hemolysis, making it a vital marker in evaluating liver health. In contrast, glucose levels are primarily related to carbohydrate metabolism and insulin function rather than direct liver performance. Urea is a product of protein metabolism, indicating kidney function more than liver function. Similarly, creatinine is used to assess renal function, as it is a waste product filtered by the kidneys. Thus, bilirubin is specifically relevant in assessing liver function due to its direct connection to the organ's ability to process and excrete it properly.

3. What is the recommended antibiotic for cellulitis and mastitis?

A. Keflex

B. Augmentin

C. Doxycycline

D. Clindamycin

Keflex, also known as cephalexin, is a first-generation cephalosporin antibiotic that is commonly used to treat skin infections, including cellulitis and mastitis. These conditions often arise from bacterial infections, and the organisms responsible are frequently susceptible to this antibiotic. Keflex works by inhibiting the synthesis of bacterial cell walls, leading to cell lysis and ultimately the death of the bacteria. It has good activity against streptococci and staphylococci, which are the primary pathogens involved in cellulitis and mastitis cases. The oral bioavailability and safety profile of Keflex also make it a preferred option for outpatient management of these infections. In contrast, while Augmentin (amoxicillin-clavulanate) may be effective for some bacterial infections, it is more traditionally indicated for specific types of infections and may not have the same coverage for the most common pathogens causing cellulitis and mastitis as Keflex does. Doxycycline is typically used for various other infections, particularly those caused by atypical organisms, and while it has some effectiveness against skin infections, it is generally not the first-line choice for treating cellulitis and mastitis. Clindamycin is a good option for skin infections,

4. Which medication class is primarily used to decrease symptoms of anxiety and depression but may cause weight gain?

A. SSRI antidepressants

B. Benzodiazepines

C. Antipsychotics

D. Stimulants

The correct answer is that antipsychotics can indeed decrease symptoms of anxiety and depression while also having the potential to cause weight gain. Although these medications are primarily used to treat conditions like schizophrenia and bipolar disorder, they are sometimes utilized off-label to manage symptoms of anxiety and depression, particularly in patients who do not respond to other treatments. One significant aspect of some antipsychotic medications is their side effects profile, which can include weight gain as a notable concern. This phenomenon is often linked to changes in metabolism or increased appetite, leading to weight increase in individuals taking these medications over time. This is an important consideration for healthcare providers when prescribing these drugs, as weight management can be a crucial part of a patient's overall health. In contrast, while SSRIs (Selective Serotonin Reuptake Inhibitors) are commonly prescribed for anxiety and depression and can also lead to weight gain, they are more specifically targeted for these issues. Benzodiazepines, on the other hand, mainly help with symptoms of anxiety but do not typically address depressive symptoms and carry risks of dependency and tolerance. Stimulants are primarily used to treat attention deficit disorders and do not serve as a primary treatment for anxiety or depression, thus not fitting the context of the question

5. What is the medical term for a skin rash caused by irritants or allergens?

A. Contact dermatitis

B. Eczema

C. Psoriasis

D. Urticaria

The medical term for a skin rash caused by irritants or allergens is contact dermatitis. This condition occurs when the skin reacts to substances that either directly irritate the skin or provoke an allergic reaction. It can manifest as redness, itching, and inflammation, and is a result of exposure to various stimuli, such as chemicals, cosmetics, plants, or metals. In contrast, eczema is a broader term that encompasses various types of inflammatory skin conditions, often characterized by chronic inflammation and skin barrier dysfunction. Psoriasis is an autoimmune condition leading to rapid skin cell turnover, characterized by thick, scaly plaques. Urticaria, commonly known as hives, is the result of swelling in the skin due to allergic reactions or other causes, often presenting as raised, itchy welts. These conditions, while they may share similar symptoms, are distinct from contact dermatitis in terms of their causes and underlying mechanisms.

6. What is a common symptom of orthopnea?

A. Difficulty breathing while walking

B. Shortness of breath when lying down

C. Wheezing during exertion

D. Chest pain when taking deep breaths

Orthopnea is characterized by shortness of breath that occurs when lying flat. This symptom is commonly associated with conditions such as heart failure, where the horizontal position can increase venous return to the heart, resulting in pulmonary congestion and difficulty breathing. It typically improves when the individual sits or stands, allowing gravity to reduce blood flow to the chest. In this context, while the other symptoms listed may be indicative of other respiratory or cardiovascular issues, they do not specifically correlate with the typical experience of orthopnea. For example, difficulty breathing while walking and wheezing during exertion may relate to conditions affecting oxygenation during physical activity rather than positional breathing problems. Chest pain when taking deep breaths could indicate pleuritic conditions or other cardiac concerns, but it does not specifically define the positional characteristic of orthopnea. Therefore, identifying shortness of breath when lying down as a hallmark symptom of orthopnea accurately reflects the condition's clinical presentation.

7. Which antibiotic is specifically used for treating pneumonia?

- A. Ciprofloxacin
- B. Azithromycin
- C. Clarithromycin**
- D. Doxycycline

Among the options presented, clarithromycin is specifically noted for its effectiveness in treating pneumonia, particularly atypical pneumonia caused by organisms such as *Mycoplasma pneumoniae* and *Chlamydia pneumoniae*. It belongs to the macrolide antibiotic class, which is known for its ability to penetrate lung tissues effectively, making it a strong candidate for respiratory infections. Azithromycin, while also effective in pneumonia treatment, is not the best choice in all cases and may have limitations depending on the specific pathogens involved. Ciprofloxacin, a fluoroquinolone, is typically reserved for more complicated cases or when other first-line treatments are ineffective due to resistance patterns. Doxycycline, another antibiotic option, can be used for pneumonia but is often not the first line for community-acquired pneumonia when alternatives like macrolides or beta-lactams are available. Thus, clarithromycin stands out for its targeted action against specific pathogens causing pneumonia, making it a preferred and effective treatment choice.

8. Which organisms are commonly found in dog bite wounds?

- A. *Escherichia coli* and *Salmonella*
- B. *S. aureus* and *Bacteroides*
- C. *Staphylococcus* and *Pasteurella multocida***
- D. *Clostridium* and *Streptococcus*

In the context of dog bite wounds, the organisms commonly found are indeed *Staphylococcus* and *Pasteurella multocida*. *Staphylococcus* is a genus of bacteria that is often present on the skin and in the mouth of dogs, making it a potential pathogen in bite-related infections. *Pasteurella multocida*, specifically, is a bacteria that is frequently associated with infections from animal bites, particularly from cats and dogs. When a dog bites, the saliva can introduce these bacteria into the wound. *Pasteurella multocida*, in particular, can lead to rapid onset of infection and is known for causing cellulitis and other complications. The other options include organisms that may be involved in different types of wounds or infections but are not as commonly associated with dog bites as *Staphylococcus* and *Pasteurella multocida*. For instance, *Escherichia coli* and *Salmonella* are typically linked to gastrointestinal infections rather than bite wounds. *Bacteroides* is part of the normal gut flora and is more associated with deep tissue infections in certain circumstances. *Clostridium* and *Streptococcus* can be involved in various infections but are less specific to dog bites when compared to the more likely culprits. Understanding the common organisms associated with specific types

9. What is the half-life of Levothyroxine?

- A. 3 days
- B. 7 days**
- C. 10 days
- D. 14 days

The half-life of Levothyroxine is approximately 7 days. This characteristic is significant as it influences the dosing frequency and the time it takes to reach steady-state levels in the bloodstream. A medication with a longer half-life, like Levothyroxine, allows for once-daily dosing, which is convenient for patients and promotes adherence to the treatment regimen. Understanding the half-life is crucial for managing thyroid hormone levels effectively, particularly in conditions like hypothyroidism, where maintaining a consistent therapeutic level is essential for optimal patient outcomes. This duration also impacts how clinicians modify treatment based on lab results, making knowledge of this aspect vital in a clinical setting.

10. What is assessed by evaluating a client's recollection of recent meals?

- A. Short-term Memory
- B. Recent Memory**
- C. Long-term Memory
- D. Working Memory

Evaluating a client's recollection of recent meals specifically assesses recent memory. This type of memory refers to a person's ability to recall information or experiences that have occurred in the short time leading up to the assessment, typically within a few minutes to several days. In this scenario, remembering meals consumed recently effectively tests this aspect of memory. Short-term memory, while similar, is generally a broader category that includes the ability to hold small amounts of information temporarily. Long-term memory involves storing information over an extended period, such as months or years, and working memory pertains to holding and manipulating information actively for short tasks or complex cognitive operations. Therefore, when focusing on the recall of meals eaten in the near past, it is the recent memory that is most accurately highlighted in this context.