

# NCLEX Yellow Book Klimek's Version (KV) 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 phenomenon describes the normal morning increase in blood sugar levels?**
  - A. Somogyi Effect**
  - B. Dawn Phenomenon**
  - C. Rebound Hyperglycemia**
  - D. Fasting Hyperglycemia**
  
- 2. What is a contraindication for prescribing beta blockers?**
  - A. Myocardial infarction**
  - B. Variant (Prinzmetal) angina**
  - C. Heart failure**
  - D. Hypertension**
  
- 3. What are urine samples collected during normal urination called?**
  - A. Random urine specimens**
  - B. Voided urine specimens**
  - C. Timed urine specimens**
  - D. Clean catch urine specimens**
  
- 4. What condition may be indicated by the presence of AV nicking on fundoscopic examination?**
  - A. Osteoporosis**
  - B. Asthma**
  - C. Hypertension**
  - D. Diabetes mellitus**
  
- 5. Which of the following is a symptom of hyperglycemia?**
  - A. Flushed skin and increased thirst**
  - B. Cold, clammy skin and hallucinations**
  - C. Rapid heartbeat and anxiety**
  - D. Frequent urination and muscle weakness**

**6. What intervention can help maintain adequate fluid levels in the body?**

- A. Increase Caffeine Intake**
- B. Limit Water Consumption**
- C. Encourage Oral Hydration**
- D. Reduce Fruit Intake**

**7. In a physical exam, what would a medical professional look for to identify Chadwick's sign?**

- A. Pelvic swelling**
- B. Bluish hue of the neck**
- C. Discoloration of the vagina**
- D. Pale skin tone**

**8. Which type of fatty acids are generally considered healthier?**

- A. Saturated**
- B. Trans**
- C. Unsaturated**
- D. Hydrogenated**

**9. What type of skin lesion is characterized as a benign, pigmented epidermal tumor with a stuck-on appearance?**

- A. Seborrheic keratosis**
- B. Basal cell carcinoma**
- C. Mole (nevus)**
- D. Actinic keratosis**

**10. Onset of unilateral tremors is most characteristic of which condition?**

- A. Multiple Sclerosis**
- B. Parkinson's Disease**
- C. Alzheimer's Disease**
- D. Essential Tremor**

## **Answers**

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

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## **Explanations**

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**1. What phenomenon describes the normal morning increase in blood sugar levels?**

- A. Somogyi Effect**
- B. Dawn Phenomenon**
- C. Rebound Hyperglycemia**
- D. Fasting Hyperglycemia**

The phenomenon that describes the normal increase in blood sugar levels that occurs in the morning is known as the Dawn Phenomenon. This occurs due to a combination of factors, including increased hormone production during the night that affects insulin sensitivity. As the body prepares to wake up, hormones such as cortisol, glucagon, and epinephrine are released, which can raise blood glucose levels in the early morning hours. Understanding the Dawn Phenomenon is crucial for managing diabetes, particularly in adjusting insulin or medication doses to account for these natural fluctuations. This is unlike other phenomena such as the Somogyi Effect, which involves a rebound of blood sugar following low levels during the night, and is often related to the administration of insulin. Recognizing the Dawn Phenomenon helps healthcare providers and patients make informed decisions about blood sugar management strategies, especially in the context of morning routines and meal planning.

**2. What is a contraindication for prescribing beta blockers?**

- A. Myocardial infarction**
- B. Variant (Prinzmetal) angina**
- C. Heart failure**
- D. Hypertension**

The correct answer highlights a specific condition where beta blockers could exacerbate the situation rather than provide therapeutic benefit. In the case of variant (Prinzmetal) angina, this type of angina is characterized by episodes of chest pain due to coronary artery spasm, which can be triggered or worsened by the use of beta blockers. Beta blockers primarily affect the heart and can lead to unopposed alpha-adrenergic receptor stimulation in the coronary arteries, which may result in increased vasoconstriction and a potential increase in the frequency and severity of angina attacks. In contrast, conditions such as myocardial infarction, heart failure, and hypertension are commonly treated with beta blockers due to their ability to reduce heart rate, lower blood pressure, and decrease myocardial oxygen demand, making them beneficial in managing these conditions. Hence, the use of beta blockers in these situations is supported by clinical evidence and practice guidelines, while their use in variant angina poses risks that outweigh potential benefits.

**3. What are urine samples collected during normal urination called?**

- A. Random urine specimens**
- B. Voided urine specimens**
- C. Timed urine specimens**
- D. Clean catch urine specimens**

Urine samples collected during normal urination are referred to as voided urine specimens. This terminology is used because the process occurs naturally as part of the urination process, without any manipulation or specific preparation required from the patient. Voided specimens are typically used for everyday testing, such as routine urinalysis, because they can provide a general assessment of a person's health and the functioning of their urinary system. While random urine specimens is a term that can describe urine collected at any time without special considerations, voided urine specimens more accurately indicates that the sample is obtained specifically through the voluntary act of urination. Timed urine specimens involve collecting urine over a specific period, and clean catch urine specimens have particular procedures to reduce contamination during the collection, often for the purpose of accurately diagnosing urinary tract infections. Therefore, the most appropriate term for a urine sample taken during routine urination is voided urine specimens.

**4. What condition may be indicated by the presence of AV nicking on fundoscopic examination?**

- A. Osteoporosis**
- B. Asthma**
- C. Hypertension**
- D. Diabetes mellitus**

The presence of AV nicking on a fundoscopic examination is indicative of hypertension. AV nicking refers to the appearance of narrowing and indentation of the vein as it crosses an artery, a phenomenon often seen in chronic hypertension. As blood vessels respond to high arterial pressure over time, changes occur in their structure and appearance. In chronic hypertension, these changes can lead to alterations like AV nicking, which signals vascular damage and can be a precursor to more severe complications, including retinopathy and cardiovascular events. This finding suggests that the patient may be experiencing long-term elevated blood pressure, which necessitates monitoring and management to prevent further complications. Conditions such as osteoporosis, asthma, and diabetes mellitus do not typically manifest in this way on fundoscopic examination, making them less likely to be associated with this specific finding.

**5. Which of the following is a symptom of hyperglycemia?**

- A. Flushed skin and increased thirst**
- B. Cold, clammy skin and hallucinations**
- C. Rapid heartbeat and anxiety**
- D. Frequent urination and muscle weakness**

The correct choice is A, as symptoms of hyperglycemia, or high blood sugar, commonly include flushed skin and increased thirst. When blood glucose levels rise beyond the normal range, the body attempts to manage this excess sugar by drawing water from cells, leading to increased thirst, a condition known as polydipsia. The skin may also appear flushed due to dehydration and altered circulation as a result of high glucose levels affecting fluid balance. In contrast, other symptoms noted in the incorrect choices reflect different medical conditions. Cold, clammy skin and hallucinations are typically associated with hypoglycemia, or low blood sugar, where the body's glucose supply is insufficient for normal function. Symptoms like rapid heartbeat and anxiety can occur in both hyperglycemia and hypoglycemia, but they are more indicative of hypoglycemia when accompanied by other specific manifestations. Lastly, while frequent urination is indeed a symptom of hyperglycemia, muscle weakness is less characteristic and may relate to other issues such as electrolyte imbalances or overall dehydration.

**6. What intervention can help maintain adequate fluid levels in the body?**

- A. Increase Caffeine Intake**
- B. Limit Water Consumption**
- C. Encourage Oral Hydration**
- D. Reduce Fruit Intake**

Encouraging oral hydration is an effective intervention for maintaining adequate fluid levels in the body. Proper hydration is essential for numerous bodily functions, including temperature regulation, joint lubrication, and nutrient transport. By encouraging individuals to consume fluids regularly throughout the day, you help ensure that their body receives an adequate supply of water, which can prevent dehydration and support overall health. Oral hydration can include water, beverages, and foods with high water content, providing an accessible and effective means to replenish lost fluids, especially during periods of increased physical activity, heat exposure, or illness. This approach is often emphasized in both clinical and community settings to promote wellness and prevent complications associated with dehydration.

**7. In a physical exam, what would a medical professional look for to identify Chadwick's sign?**

- A. Pelvic swelling**
- B. Bluish hue of the neck**
- C. Discoloration of the vagina**
- D. Pale skin tone**

Chadwick's sign refers specifically to the bluish discoloration of the vaginal mucosa and cervix that occurs due to increased blood flow and vascular congestion in early pregnancy. This sign can typically be observed around 6 to 8 weeks of gestation, and its presence is an important indicator for healthcare professionals when assessing a pregnant patient. The correct option highlights this characteristic finding, emphasizing the specific area where this sign is noted. It helps practitioners confirm early stages of pregnancy through physical examination, as changes such as these are caused by hormonal shifts that lead to increased vascularity. In contrast, options like pelvic swelling address different aspects of pregnancy, but they do not relate directly to Chadwick's sign. The bluish hue of the neck is not associated with Chadwick's sign but might suggest other conditions, while pale skin tone does not reflect the typical findings related to increased blood flow during early pregnancy. Understanding the specific indicators like Chadwick's sign can enhance recognition and confirmation of pregnancy in clinical practice.

**8. Which type of fatty acids are generally considered healthier?**

- A. Saturated**
- B. Trans**
- C. Unsaturated**
- D. Hydrogenated**

Unsaturated fatty acids are generally considered the healthier option among the types of fatty acids. They can be found in foods such as fish, nuts, seeds, and plant oils. Unsaturated fats are beneficial for heart health as they can help lower bad cholesterol levels (LDL) while raising good cholesterol levels (HDL). This is significant because maintaining a proper balance of cholesterol is crucial for reducing the risk of cardiovascular diseases. Unsaturated fatty acids can be further categorized into monounsaturated and polyunsaturated fats, both of which play important roles in overall health. Monounsaturated fats, found in olive oil and avocados, are associated with reduced inflammation and improved cholesterol levels. Polyunsaturated fats, including omega-3 and omega-6 fatty acids, are essential for various bodily functions, including brain health and reducing inflammation. In contrast, saturated fats and trans fats are linked to increased levels of LDL cholesterol and a greater risk of heart disease and stroke. Saturated fats are primarily found in animal products, while trans fats are often found in processed foods. Hydrogenated fats, which are artificially created through the process of hydrogenation, can turn unsaturated fats into trans fats, further contributing to health risks. Thus, unsaturated fats are recognized for their

**9. What type of skin lesion is characterized as a benign, pigmented epidermal tumor with a stuck-on appearance?**

- A. Seborrheic keratosis**
- B. Basal cell carcinoma**
- C. Mole (nevus)**
- D. Actinic keratosis**

The correct answer is characterized by a benign nature and a distinctive appearance that resembles being "stuck on" the skin. This description fits seborrheic keratosis, which typically presents as a raised, wart-like lesion that may vary in color from light tan to black. These lesions are common in older adults and are not precancerous, distinguishing them from other types of skin lesions that may indicate more serious conditions. The "stuck-on" look is due to the thick, scaly surface that often results from the accumulation of keratin. In contrast, other options like basal cell carcinoma are malignant and can present with ulceration or crusting, while a mole (nevus) typically does not have the same appearance and is often more uniformly colored. Actinic keratosis, although also a benign lesion, usually presents with a rough, scaly patch and has the potential to progress to squamous cell carcinoma, making it different from seborrheic keratosis.

**10. Onset of unilateral tremors is most characteristic of which condition?**

- A. Multiple Sclerosis**
- B. Parkinson's Disease**
- C. Alzheimer's Disease**
- D. Essential Tremor**

The onset of unilateral tremors is most characteristic of Parkinson's Disease because this condition often presents with resting tremors that typically start on one side of the body before they may progress to the other side. In Parkinson's Disease, these tremors are often described as "pill-rolling" movements of the fingers and are associated with other classic symptoms such as bradykinesia (slowness of movement) and rigidity. In contrast, while multiple sclerosis can lead to tremors, they are usually not unilateral and can have various presentations due to the nature of the disease affecting the nervous system. Alzheimer's Disease is primarily associated with cognitive decline rather than tremors. Essential Tremor, while it can cause tremors, tends to be bilateral and typically occurs during voluntary movements rather than at rest, which differs from the resting tremors seen in Parkinson's Disease. Therefore, the distinct characteristic of unilateral resting tremors strongly supports the diagnosis of Parkinson's Disease.

# 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](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://nclexyellowbookkv.examzify.com>**

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

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