

New Zealand State Nursing Practice Exam (Sample)

Study Guide



Everything you need from our exam experts!

This is a sample study guide. To access the full version with hundreds of 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. Don't worry about getting everything right, 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, and take breaks to retain information better.

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.

7. Use Other Tools

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!

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Questions

- 1. At what age is the human papillomavirus vaccine administered?**
 - A. 11 years**
 - B. 12 years**
 - C. 15 years**
 - D. 45 years**
- 2. Which condition is characterized by hundreds of polyps in the bowel?**
 - A. Colorectal cancer**
 - B. Familial adenomatous polyposis**
 - C. Crohn's disease**
 - D. Ulcerative colitis**
- 3. Which vaccine is administered at age 65?**
 - A. Diphtheria and tetanus booster**
 - B. Pneumococcal vaccine**
 - C. Human papillomavirus vaccine**
 - D. Influenza vaccine**
- 4. What severe conditions can listeria lead to?**
 - A. Bronchitis and influenza**
 - B. High blood pressure and diabetes**
 - C. Meningitis and miscarriage**
 - D. Heart disease and stroke**
- 5. What is the result of a certificate issued under section 12 of the MHA?**
 - A. Patient's release from the facility**
 - B. Establishment of a further assessment timeframe**
 - C. Issuance of a treatment plan**
 - D. Patient's voluntary admission confirmation**

- 6. What does an ileostomy involve?**
- A. Bringing the ileum to the skin of the left side of the abdomen**
 - B. Connecting the colon back to the rectum**
 - C. Bringing the ileum to the skin of the right side of the abdomen**
 - D. Removing the entire small bowel**
- 7. Which of the following is NOT a sign of hypokalaemia?**
- A. Cardiac arrhythmia**
 - B. Abdominal distension**
 - C. Weight loss**
 - D. Nausea and anorexia**
- 8. What is a critical aspect of post-operative care regarding vital signs?**
- A. Record vital signs only once a day**
 - B. Check vital signs every five minutes**
 - C. Monitor vital signs every hour**
 - D. Check vital signs only if concerns arise**
- 9. In pregnancy, what is the 'goodell's sign' indicative of?**
- A. Swift weight changes**
 - B. Cervical softening**
 - C. Heightened nausea**
 - D. Reduced blood cholesterol**
- 10. When should a pregnant woman take iodine supplements?**
- A. Only in the first trimester**
 - B. One tablet per day throughout pregnancy**
 - C. Only during labor**
 - D. After she gives birth**

Answers

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

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Explanations

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1. At what age is the human papillomavirus vaccine administered?

- A. 11 years
- B. 12 years**
- C. 15 years
- D. 45 years

The human papillomavirus (HPV) vaccine is recommended to be administered around the age of 12 years. This timing is critical because vaccination at this age provides the best chance of developing immunity before potential exposure to the virus, which is most commonly transmitted through sexual contact. The vaccine is particularly effective in preteens and adolescents, before they become sexually active. The vaccination program is designed to protect individuals from HPV-related diseases, including cervical cancer and other HPV-associated cancers. By immunizing children at the age of 12, health authorities aim to maximize public health outcomes and reduce the incidence of these diseases in the population. While the vaccine can be given at earlier ages (such as 11) or later (up to the age of 26), starting the vaccination schedule at 12 years aligns with the ideal timing for optimal effectiveness and is the age most widely recommended by health organizations.

2. Which condition is characterized by hundreds of polyps in the bowel?

- A. Colorectal cancer
- B. Familial adenomatous polyposis**
- C. Crohn's disease
- D. Ulcerative colitis

Familial adenomatous polyposis is characterized by the development of numerous polyps in the intestines, specifically the colon and rectum. This genetic condition leads to the formation of hundreds to thousands of adenomatous polyps, often beginning in adolescence or early adulthood. These polyps have a high likelihood of becoming malignant if not managed appropriately, generally requiring regular surveillance and often prophylactic surgery to prevent colorectal cancer. In contrast, colorectal cancer itself is a condition that can arise from polyps, but it does not inherently describe the presence of multiple polyps. Crohn's disease and ulcerative colitis are types of inflammatory bowel disease that can cause symptoms such as diarrhea and abdominal pain, but they do not specifically involve the growth of numerous polyps as a defining characteristic. Understanding these distinctions is crucial for recognizing the implications of familial adenomatous polyposis and its management in clinical practice.

3. Which vaccine is administered at age 65?

- A. Diphtheria and tetanus booster**
- B. Pneumococcal vaccine**
- C. Human papillomavirus vaccine**
- D. Influenza vaccine**

The pneumococcal vaccine is administered at age 65 as part of the recommended immunization schedule for older adults. This vaccine protects against pneumococcal diseases, which can cause severe illness, including pneumonia, meningitis, and bloodstream infections. The immune system tends to weaken with age, making older adults more susceptible to these infections. The pneumococcal vaccine is particularly important for this age group, as pneumonia caused by *Streptococcus pneumoniae* can lead to serious complications. Ensuring immunization helps reduce the risk of these conditions and promotes better overall health among seniors. In contrast, while the diphtheria and tetanus booster is important for maintaining immunity against those diseases, it is typically administered at different intervals and not specifically scheduled at age 65. The human papillomavirus vaccine is generally recommended for younger individuals, usually up to age 26, and the influenza vaccine, although recommended annually for various age groups, is not specifically tied to the age of 65 as a standalone vaccine. Therefore, the pneumococcal vaccine aligns best with the immunization guidelines for individuals at age 65.

4. What severe conditions can listeria lead to?

- A. Bronchitis and influenza**
- B. High blood pressure and diabetes**
- C. Meningitis and miscarriage**
- D. Heart disease and stroke**

Listeria is a bacterium that can cause serious health complications, particularly in vulnerable populations such as pregnant women, newborns, the elderly, and individuals with weakened immune systems. When listeriosis, the infection caused by *Listeria*, occurs, it can lead to severe conditions like meningitis, an inflammation of the protective membranes covering the brain and spinal cord, and miscarriage, which is a loss of pregnancy that can occur if a pregnant woman contracts the infection. Meningitis resulting from listeriosis can present with symptoms like fever, headache, and a stiff neck, and can lead to serious neurological complications or even death if not treated promptly. In pregnant women, listeriosis can cross the placenta and affect the fetus, leading to miscarriage, stillbirth, or preterm labor. These severe outcomes highlight the significant risks associated with listeria infection, reinforcing the importance of food safety measures to prevent listeriosis, especially in at-risk populations.

5. What is the result of a certificate issued under section 12 of the MHA?

- A. Patient's release from the facility**
- B. Establishment of a further assessment timeframe**
- C. Issuance of a treatment plan**
- D. Patient's voluntary admission confirmation**

A certificate issued under section 12 of the Mental Health Act (MHA) is significant as it pertains to the assessment of an individual's mental health and the appropriateness of their detention in a mental health facility. Once this certificate is issued, it indicates that a medical practitioner has assessed the patient and found that they meet certain criteria that warrant further examination or treatment. The establishment of a further assessment timeframe is crucial because it ensures that the individual continues to receive the necessary evaluations to determine their mental health status and any required interventions. This process is vital for protecting the rights of the individual while ensuring that their mental health needs are met effectively and promptly. In contrast, the other choices do not accurately reflect the implications of a section 12 certificate. The certificate does not lead directly to a patient's release from the facility, nor does it automatically issue a treatment plan or confirm voluntary admission. Instead, it serves as a means to facilitate ongoing assessment and determine the next steps for the individual's care.

6. What does an ileostomy involve?

- A. Bringing the ileum to the skin of the left side of the abdomen**
- B. Connecting the colon back to the rectum**
- C. Bringing the ileum to the skin of the right side of the abdomen**
- D. Removing the entire small bowel**

An ileostomy is a surgical procedure where the end of the ileum, which is the final portion of the small intestine, is brought to the surface of the abdomen to form a stoma. This typically occurs on the right side of the abdomen. The stoma allows for the passage of waste material directly from the intestine, bypassing the colon and rectum, which can be necessary for individuals with conditions affecting these areas or those who have had their colon removed. The correct answer captures the essential aspect of an ileostomy, which involves the ileum and its placement in relation to the abdominal wall. It is an important procedure that helps maintain health and quality of life for patients with certain gastrointestinal issues. Unlike options that suggest connecting the colon or removing the entire small bowel, an ileostomy specifically pertains to the ileum being redirected to the skin surface for waste elimination.

7. Which of the following is NOT a sign of hypokalaemia?

- A. Cardiac arrhythmia**
- B. Abdominal distension**
- C. Weight loss**
- D. Nausea and anorexia**

Hypokalaemia is characterized by low potassium levels in the blood, which can lead to various physiological manifestations. Cardiac arrhythmias can occur as potassium is crucial for maintaining normal cardiac rhythm; therefore, any imbalance can directly affect heart function. Abdominal distension is also a common symptom, as potassium deficiency can lead to decreased muscle contractions in the gastrointestinal tract, causing motility issues. Nausea and anorexia can result from electrolyte imbalances, including hypokalaemia, as they affect the normal functioning of digestive processes and can lead to gastrointestinal distress. Weight loss, while it can be associated with a variety of health conditions, is not a direct sign of hypokalaemia. Weight loss is more indicative of caloric deficiency or other metabolic issues rather than an electrolyte imbalance. Thus, identifying weight loss as the symptom that does not correspond with hypokalaemia helps clarify the specific physiological impacts of low potassium levels.

8. What is a critical aspect of post-operative care regarding vital signs?

- A. Record vital signs only once a day**
- B. Check vital signs every five minutes**
- C. Monitor vital signs every hour**
- D. Check vital signs only if concerns arise**

In the context of post-operative care, monitoring vital signs is crucial for detecting any early signs of complications that may arise after surgery. Checking vital signs frequently, such as every five minutes, allows healthcare professionals to closely observe the patient's recovery process, particularly immediately after more invasive surgeries or in high-risk patients. This frequent monitoring can help identify issues like hemorrhage, infection, or changes in cardiac rhythm early on, facilitating timely interventions that can significantly improve patient outcomes. It emphasizes the importance of vigilance in the immediate post-operative period, when patients are often at their most vulnerable due to the effects of anesthesia, surgical trauma, and pain management regimens. The other options suggest less frequent monitoring, which may delay the identification of critical changes in a patient's condition. For instance, recording vital signs only once a day does not provide enough information to detect potential complications in a timely manner. Monitoring every hour strikes a balance between vigilance and practicality, but may not be adequate immediately post-operatively, depending on the patient's status and the complexity of the surgery. Checking vital signs only when concerns arise could result in serious delays in response to complications that could have been caught earlier with more frequent monitoring. Therefore, the emphasis on checking vital signs every five minutes reflects the most appropriate and effective

9. In pregnancy, what is the 'goodell's sign' indicative of?

- A. Swift weight changes**
- B. Cervical softening**
- C. Heightened nausea**
- D. Reduced blood cholesterol**

Goodell's sign is indicative of cervical softening, which is a physiological change that occurs during pregnancy. This sign arises due to increased vascularization and glandular changes in the cervix, primarily driven by hormonal influences, particularly estrogen. As pregnancy progresses, the cervix becomes softer and more pliable, which is crucial for accommodating the growing fetus and for preparing for childbirth. This softening can typically be observed during a pelvic examination and is one of the early signs of pregnancy that healthcare providers look for. The other options do not relate to Goodell's sign. Changes in weight, levels of nausea, and cholesterol levels during pregnancy involve different physiological processes and are not directly associated with the softening of the cervix.

10. When should a pregnant woman take iodine supplements?

- A. Only in the first trimester**
- B. One tablet per day throughout pregnancy**
- C. Only during labor**
- D. After she gives birth**

Iodine is essential during pregnancy for proper fetal development, particularly for thyroid function and brain development. A pregnant woman should take iodine supplements consistently throughout her pregnancy because iodine needs increase significantly at this time due to the demands of both the mother and the developing fetus. Taking one tablet per day throughout pregnancy ensures that the woman's iodine levels are adequate, helping to prevent deficiencies that could lead to complications such as intellectual disabilities or impaired physical development in the baby. Consistent intake is vital, as the body cannot store iodine for prolonged periods, and fluctuations in dietary intake could lead to periods of deficiency. This approach aligns with health guidelines that recommend daily supplementation of iodine for pregnant women, highlighting the importance of maintaining adequate levels throughout the entire pregnancy rather than limiting it to specific trimesters or stages of labor.

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://newzealandstatenursing.examzify.com>

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