

New Zealand State Nursing 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

- 1. What is a key neurological effect of hypoglycaemia?**
 - A. Headache**
 - B. Increased BP**
 - C. Hunger**
 - D. Palpitations**
- 2. Which disorder involves dysregulation of mood states?**
 - A. Schizophrenia**
 - B. Mood disorder**
 - C. Personality disorder**
 - D. Anxiety disorder**
- 3. Which medication is used primarily as an anti-anxiety medication?**
 - A. Lorazepam**
 - B. Olanzapine**
 - C. Sertraline**
 - D. Haloperidol**
- 4. What unique symptom may appear in the mouth of someone with measles?**
 - A. Blisters on the gums**
 - B. Small white spots on the back inner cheeks**
 - C. Swollen tonsils**
 - D. Pus-filled spots on the tongue**
- 5. Which of the following is NOT a common symptom of tuberculosis?**
 - A. Coughing for more than three weeks**
 - B. Night sweats**
 - C. Severe headaches**
 - D. Weight loss**

- 6. Which vaccine is usually administered alongside the diphtheria and tetanus booster at 45 years?**
- A. Measles mumps rubella vaccine**
 - B. Influenza vaccine**
 - C. Human papillomavirus vaccine**
 - D. Pneumococcal vaccine**
- 7. Which treatment is commonly utilized in managing type 2 diabetes?**
- A. Insulin injections**
 - B. Oral glycaemic agents such as metformin**
 - C. Immediate fasting**
 - D. Corticosteroids**
- 8. What does palliative care primarily focus on?**
- A. Extending life at any cost**
 - B. Providing comfort to patients**
 - C. Focusing on curing the patient**
 - D. Solely on physical rehabilitation**
- 9. What is one of the leading causes of deep vein thrombosis (DVT)?**
- A. High blood pressure**
 - B. Inactivity in leg veins**
 - C. Excessive hydration**
 - D. Frequent exercise**
- 10. What is a common side effect of laparoscopic bowel surgery?**
- A. Immediate full recovery**
 - B. 4-6 weeks off work**
 - C. Significant weight gain**
 - D. Improved bowel habits**

Answers

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

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Explanations

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1. What is a key neurological effect of hypoglycaemia?

- A. Headache**
- B. Increased BP**
- C. Hunger**
- D. Palpitations**

A key neurological effect of hypoglycaemia is headache. When the body experiences low blood sugar levels, the brain, which relies heavily on glucose for energy, can be adversely affected. Insufficient glucose supply can lead to various neurological symptoms, one of which includes headaches. These headaches can occur due to the brain's response to the lack of energy, leading to altered neurotransmitter activity and potential irritation of the surrounding tissues. Among the other symptoms listed, while hunger, increased blood pressure, and palpitations can occur during hypoglycaemia, they are more systemic responses rather than direct neurological effects. Hunger is a physiological reaction to low energy availability, while increased blood pressure and palpitations are more directly related to the body's compensatory mechanisms under stress. These responses do not specifically denote a neurological effect as prominently as a headache does.

2. Which disorder involves dysregulation of mood states?

- A. Schizophrenia**
- B. Mood disorder**
- C. Personality disorder**
- D. Anxiety disorder**

The correct choice points directly to mood disorders, which specifically encompass a range of conditions characterized by significant alterations in mood and emotion. Dysregulation of mood states indicates that individuals experience substantial disruptions in their emotional functioning, which can manifest as persistent feelings of sadness, excessive elation, or intense fluctuations between these states. Mood disorders include conditions such as major depressive disorder, bipolar disorder, and cyclothymic disorder, all of which inherently involve difficulties in regulating emotional responses. These disturbances can greatly impact daily functioning, relationships, and overall well-being, making it essential to identify and address them for effective management. Other listed disorders, while they involve emotional and psychological elements, do not primarily focus on mood dysregulation in the same way. Schizophrenia, for instance, is more associated with distortions in thought processes and perceptions, rather than predominant mood states. Personality disorders relate to enduring patterns of behavior and inner experiences that differ significantly from societal expectations, while anxiety disorders are characterized primarily by excessive fear or worry. Thus, the specificity of mood disorders in relation to mood regulation makes it the appropriate answer.

3. Which medication is used primarily as an anti-anxiety medication?

- A. Lorazepam**
- B. Olanzapine**
- C. Sertraline**
- D. Haloperidol**

Lorazepam is primarily used as an anti-anxiety medication and belongs to the benzodiazepine class of drugs. It acts on the central nervous system to produce a calming effect, making it effective for reducing anxiety symptoms. Benzodiazepines like Lorazepam enhance the effect of the neurotransmitter GABA (gamma-aminobutyric acid) in the brain, which helps to alleviate feelings of nervousness or fear. The other medications listed serve different primary purposes. Olanzapine is an atypical antipsychotic used mainly for managing conditions such as schizophrenia and bipolar disorder. Sertraline is a selective serotonin reuptake inhibitor (SSRI) typically prescribed for depression and certain anxiety disorders but is not classified solely as an anti-anxiety medication. Haloperidol is a typical antipsychotic used to treat serious mental health conditions and is not indicated for anxiety. Thus, Lorazepam stands out as the primary anti-anxiety medication among the options provided.

4. What unique symptom may appear in the mouth of someone with measles?

- A. Blisters on the gums**
- B. Small white spots on the back inner cheeks**
- C. Swollen tonsils**
- D. Pus-filled spots on the tongue**

The unique symptom associated with measles that may appear in the mouth is small white spots on the back inner cheeks, known as Koplik spots. These spots are often considered an early indicator of measles infection and can be seen before the characteristic rash appears. They are typically located on the buccal mucosa (the inner lining of the cheeks) and may resemble grains of salt or small white lesions. Identifying these spots is important for healthcare professionals, as their presence can help differentiate measles from other viral infections, particularly in a context where a patient might present with fever and conjunctivitis. Recognizing Koplik spots is pivotal in the early stages of the disease, facilitating timely diagnosis and management to prevent complications and reduce transmission risk.

5. Which of the following is NOT a common symptom of tuberculosis?

- A. Coughing for more than three weeks**
- B. Night sweats**
- C. Severe headaches**
- D. Weight loss**

Severe headaches are not typically considered a common symptom of tuberculosis (TB). TB primarily affects the lungs, and its symptoms are predominantly respiratory and systemic in nature. The hallmark symptoms of TB include a persistent cough lasting more than three weeks, night sweats, and weight loss, which occur due to the body's response to the infection and the effects it has on overall health. Coughing for more than three weeks indicates a significant respiratory issue and aligns with the chronic cough associated with TB as the body struggles to expel the bacteria. Night sweats are also frequently reported among patients with TB due to fever and the body's effort to fight the infection. Weight loss occurs as the disease consumes the body's resources and appetite may decrease. While headaches can occur in various illnesses, they are not specifically indicative of TB, and when they do occur in tuberculosis patients, they are often secondary to other complications or co-morbid conditions rather than a primary feature of the disease. Thus, severe headaches stand out as the symptom that is not intrinsic to tuberculosis itself.

6. Which vaccine is usually administered alongside the diphtheria and tetanus booster at 45 years?

- A. Measles mumps rubella vaccine**
- B. Influenza vaccine**
- C. Human papillomavirus vaccine**
- D. Pneumococcal vaccine**

The correct choice is the influenza vaccine, which is typically administered alongside the diphtheria and tetanus booster at around 45 years of age. The rationale for co-administering these vaccines is to ensure ongoing protection against diphtheria and tetanus while also addressing the risk for influenza, which can lead to serious complications, particularly in individuals with underlying health conditions or in older age groups. Routine influenza vaccination is recommended annually, especially for adults and certain high-risk populations. This practice helps maintain immunity and reduce the incidence of influenza-related morbidity and mortality. By integrating the influenza vaccine with the diphtheria and tetanus booster, healthcare providers can enhance the efficiency of vaccinations and promote better health outcomes for individuals in this age group. The other vaccines mentioned do not coincide with the recommended schedule for the 45-year mark. The measles mumps rubella vaccine is typically given earlier in life, while the human papillomavirus vaccine is primarily recommended for younger populations. The pneumococcal vaccine has its own specific recommendations that vary by age and risk factors, making the influenza vaccine the appropriate choice in this context.

7. Which treatment is commonly utilized in managing type 2 diabetes?

- A. Insulin injections**
- B. Oral glycaemic agents such as metformin**
- C. Immediate fasting**
- D. Corticosteroids**

Oral glycaemic agents, such as metformin, are a cornerstone in the management of type 2 diabetes because they help lower blood glucose levels through various mechanisms. Metformin primarily works by decreasing hepatic glucose production and improving insulin sensitivity in peripheral tissues. It is often the first-line treatment prescribed for individuals newly diagnosed with type 2 diabetes due to its effectiveness, safety profile, and low risk of causing weight gain or hypoglycemia compared to other treatments. In addition to metformin, lifestyle modifications such as dietary changes and increased physical activity are also crucial components of managing type 2 diabetes. Oral medications like metformin can be combined with other interventions to achieve optimal glycaemic control, making it a foundational approach in diabetes management. While insulin injections are sometimes necessary for type 2 diabetes, particularly in advanced cases or when oral medications are insufficient, they are not the first-line treatment. Immediate fasting is not a recognized treatment for managing diabetes and could lead to harmful fluctuations in blood sugar levels. Corticosteroids can actually increase blood glucose levels and may be contraindicated in diabetes management. Hence, the use of oral glycaemic agents remains the most common and recommended approach for managing type 2 diabetes.

8. What does palliative care primarily focus on?

- A. Extending life at any cost**
- B. Providing comfort to patients**
- C. Focusing on curing the patient**
- D. Solely on physical rehabilitation**

Palliative care primarily focuses on providing comfort to patients who are facing serious, often life-limiting illnesses. This approach emphasizes the quality of life for both the patient and their family, addressing not only physical symptoms such as pain and discomfort but also emotional, social, and spiritual needs. The goal of palliative care is to relieve suffering and improve overall well-being, regardless of the stage of the illness. It is an interdisciplinary approach, often involving a team of healthcare professionals who work together to support the patient in managing their symptoms and achieving comfort. This care can be provided alongside curative treatments, but it is distinct in that it prioritizes comfort and the patient's personal wishes over aggressive treatments aimed solely at prolonging life. This focus on comfort distinguishes palliative care from other concepts that may prioritize extending life aggressively, aiming solely for a cure, or focusing only on rehabilitation without consideration for the broader needs of the patient.

9. What is one of the leading causes of deep vein thrombosis (DVT)?

- A. High blood pressure**
- B. Inactivity in leg veins**
- C. Excessive hydration**
- D. Frequent exercise**

Inactivity in leg veins is recognized as one of the leading causes of deep vein thrombosis (DVT) because it can lead to blood pooling in the lower extremities. When a person is inactive for extended periods, such as during long flights, bed rest, or sedentary lifestyles, the blood flow in the leg veins slows down. This stagnant blood flow increases the risk of clot formation, which is a primary factor in DVT. The condition arises when a blood clot forms in a deep vein, usually in the legs. Factors such as immobility prevent the natural mechanisms of blood circulation that help keep blood flowing properly and reduce the risk of clots. Therefore, maintaining an active lifestyle and promoting regular movement is essential for preventing DVT, making inactivity in leg veins a significant risk factor.

10. What is a common side effect of laparoscopic bowel surgery?

- A. Immediate full recovery**
- B. 4-6 weeks off work**
- C. Significant weight gain**
- D. Improved bowel habits**

Following laparoscopic bowel surgery, it is common for patients to require a recovery period before returning to work. While the minimally invasive nature of laparoscopic procedures often leads to quicker recovery compared to traditional open surgeries, a timeframe of 4-6 weeks off work is realistic for many individuals. This duration allows for adequate healing, as patients may experience pain, fatigue, and other symptoms that can affect their ability to perform work duties effectively. This recovery period can vary based on several factors, including the type of bowel surgery performed, the patient's overall health, and their ability to follow postoperative care instructions. Although some patients may feel well enough to return to work sooner, the average recommendation takes into consideration the need for a gradual return to normal activities to ensure a safe and sustainable recovery process. The other options do not align with typical outcomes after laparoscopic bowel surgery. For instance, immediate full recovery is unrealistic as healing takes time. Furthermore, significant weight gain is not a typical side effect of this surgery, and while some might experience improvements in bowel habits post-surgery, this is not a definitive side effect that applies to all patients, making the choice of needing time off work the most accurate option.

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!