

NEW ZEALAND STATE NURSING PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE

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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 is angina?**
 - A. Severe muscle pain
 - B. Chest pain due to reduced blood flow to the heart
 - C. Neck pain during exercise
 - D. Persistent stomach ache
- 2. What distinguishes bipolar type 2 from type 1?**
 - A. It includes only depressive episodes
 - B. Type 2 includes severe manic episodes
 - C. It features milder mania known as hypomania
 - D. Type 2 is less common than type 1
- 3. What is wound dehiscence?**
 - A. Healing of a wound
 - B. Disruption of previously joined wound edges
 - C. Formation of excessive scar tissue
 - D. Complete closure of a surgical site
- 4. Which of the following is NOT a method used in cancer treatment?**
 - A. Chemotherapy
 - B. Surgery
 - C. Immunotherapy
 - D. Homeopathy
- 5. Which of the following signs can be noticed during a pregnancy exam?**
 - A. Changes in hair texture
 - B. Chadwick's sign
 - C. Thinning of the nails
 - D. Increased joint flexibility
- 6. What primarily causes angina?**
 - A. Blood vessel dilation
 - B. Myocardial ischemia and atherosclerosis
 - C. Rapid heart rate
 - D. Emotional stress

- 7. 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
- 8. What is a common sign of chronic renal disease?**
- A. Decreased blood pressure
 - B. Increased serum urea
 - C. Weight gain
 - D. Increased urinary output
- 9. Which of the following is NOT a method of administering DDAVP for diabetes insipidus?**
- A. Intravenous infusion
 - B. Nostril spray
 - C. Tablet form
 - D. Subcutaneous injection
- 10. Which of the following might indicate hyperkalaemia?**
- A. Tingling of lips and fingers
 - B. Frequent urination
 - C. Chronic fatigue
 - D. Weight gain

Answers

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

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Explanations

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1. What is angina?

- A. Severe muscle pain
- B. Chest pain due to reduced blood flow to the heart**
- C. Neck pain during exercise
- D. Persistent stomach ache

Angina refers to chest pain or discomfort that arises when the heart muscle does not receive enough oxygenated blood. This typically occurs due to narrowing of the coronary arteries, which can lead to reduced blood flow, especially during physical exertion or stress when the heart requires more oxygen. The sensation can vary; it may feel like pressure, squeezing, fullness, or pain in the center or left side of the chest. It is an important symptom that can indicate underlying heart disease, such as coronary artery disease. Understanding this definition is vital for recognizing the significance of angina within the context of cardiovascular health. While muscle pain, neck pain during exercise, or stomach aches can be attributed to various other conditions, angina specifically pertains to the heart and its oxygen supply, highlighting the critical role of proper cardiovascular functioning. Hence, option B captures the essence of angina effectively.

2. What distinguishes bipolar type 2 from type 1?

- A. It includes only depressive episodes
- B. Type 2 includes severe manic episodes
- C. It features milder mania known as hypomania**
- D. Type 2 is less common than type 1

Bipolar type 2 is characterized by the presence of hypomanic episodes, which are milder forms of mania that do not reach the intensity or duration required to be classified as full manic episodes. This distinction is crucial because individuals with bipolar type 2 experience fluctuations between depressive episodes and hypomanic episodes, whereas those with bipolar type 1 experience more severe manic episodes that can significantly impair their functioning or require hospitalization. The presence of hypomania can often lead to a different clinical picture, allowing individuals to maintain a level of functioning that is relatively stable during these episodes compared to the more disruptive manic episodes seen in bipolar type 1. This is important for diagnosis and treatment, as the management strategies may differ significantly between the two types of bipolar disorder, emphasizing the unique aspects of bipolar type 2.

3. What is wound dehiscence?

- A. Healing of a wound
- B. Disruption of previously joined wound edges**
- C. Formation of excessive scar tissue
- D. Complete closure of a surgical site

Wound dehiscence refers to the disruption or opening of previously joined edges of a wound, typically following surgery or injury. This condition occurs when the layers of a surgical incision or wound separate, which can lead to complications such as infection, prolonged healing time, and increased discomfort for the patient. Dehiscence can happen due to various factors, including infection, inadequate closure techniques, or excessive strain on the wound, such as from coughing or movement. Understanding wound dehiscence is crucial in nursing practice as it emphasizes the need for appropriate post-operative care and monitoring for patients to minimize risks and promote proper healing.

4. Which of the following is NOT a method used in cancer treatment?

- A. Chemotherapy
- B. Surgery
- C. Immunotherapy
- D. Homeopathy**

In the context of cancer treatment, homeopathy is not recognized as a standard method. Chemotherapy, surgery, and immunotherapy are all scientifically validated approaches utilized in the management and treatment of cancer. Chemotherapy involves the use of powerful chemicals to kill or slow the growth of cancer cells. It is often used to treat various types of cancer and can be an integral part of the treatment regimen. Surgery plays a crucial role in cancer treatment by removing tumors and surrounding tissues, which can be critical for certain cancer types. Surgery is often one of the first lines of treatment, especially when the cancer is localized. Immunotherapy is a relatively newer treatment that harnesses the body's immune system to fight cancer. This approach uses various techniques to boost the immune response against cancer cells. Homeopathy, in contrast, is based on alternative medicine principles and is not supported by scientific evidence as a viable treatment for cancer. It lacks the rigorous studies and clinical trials that validate the methods used in conventional cancer treatments, making it an unsuitable option for effective cancer care.

5. Which of the following signs can be noticed during a pregnancy exam?

- A. Changes in hair texture
- B. Chadwick's sign**
- C. Thinning of the nails
- D. Increased joint flexibility

During a pregnancy examination, Chadwick's sign is a significant indicator that healthcare providers look for. This sign involves the bluish discoloration of the cervix, vagina, and labia due to increased blood flow in these areas, resulting from the hormonal changes that occur during pregnancy. It typically becomes observable around the sixth week of gestation and is considered a reliable early sign of pregnancy. Recognizing Chadwick's sign is essential for healthcare providers in confirming pregnancy and monitoring the health and changes occurring in a woman's body during this time. While other physiological changes can occur during pregnancy, they are not specific signs used to diagnose pregnancy. Changes in hair texture or thinning of the nails, for instance, may occur due to hormonal fluctuations but are not considered diagnostic signs. Increased joint flexibility can happen as a result of hormonal changes preparing the body for childbirth, but again, it does not serve as a recognizable sign of pregnancy. Thus, Chadwick's sign stands out as a clear and specific marker during a pregnancy examination.

6. What primarily causes angina?

- A. Blood vessel dilation
- B. Myocardial ischemia and atherosclerosis**
- C. Rapid heart rate
- D. Emotional stress

Angina primarily arises from myocardial ischemia, which occurs when the heart muscle does not receive enough oxygen-rich blood. This insufficient blood flow is often the result of atherosclerosis, a condition characterized by the buildup of plaques in the coronary arteries. These plaques can narrow the arteries, thereby restricting blood flow, especially during periods of increased demand such as physical exertion or emotional stress. While factors like blood vessel dilation and rapid heart rate can influence heart function, they do not directly cause angina. Blood vessel dilation might actually relieve symptoms by improving blood flow, and a rapid heart rate can exacerbate the condition but is not a primary cause. Emotional stress is a recognized trigger for angina, as it can lead to increased heart rate and blood pressure, resulting in heightened oxygen demands. However, the underlying cause remains myocardial ischemia due to atherosclerosis, making it the principal factor in angina.

7. 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.

8. What is a common sign of chronic renal disease?

- A. Decreased blood pressure
- B. Increased serum urea**
- C. Weight gain
- D. Increased urinary output

In chronic renal disease, one of the hallmark signs is an increased level of serum urea, often referred to as uremia when it becomes significantly elevated. The kidneys play a crucial role in filtering waste products from the blood, including urea, which is a byproduct of protein metabolism. As kidney function declines over time, these waste products begin to accumulate in the bloodstream due to impaired filtration. The increased serum urea level reflects the kidneys' inability to excrete urea effectively, serving as an important indicator of kidney function and overall health status. Monitoring serum urea, along with other parameters like serum creatinine, provides valuable insight into the progression of chronic renal disease and helps guide both diagnosis and treatment decisions. Other options, while related to various health conditions, do not specifically indicate chronic renal disease in the same way that elevated serum urea does.

9. Which of the following is NOT a method of administering DDAVP for diabetes insipidus?

- A. Intravenous infusion**
- B. Nostril spray
- C. Tablet form
- D. Subcutaneous injection

The correct response identifies intravenous infusion as a method that is not typically used for administering DDAVP (desmopressin) in the treatment of diabetes insipidus. DDAVP is generally provided in forms that allow for more convenient and effective absorption specifically tailored for this condition. The nasal spray formulation allows for rapid absorption through the nasal mucosa, making it effective for managing the symptoms of diabetes insipidus. When used in tablet form, it is also designed for oral absorption, catering to patients who may prefer taking medications by mouth. Subcutaneous injection is another viable route, as it delivers medication directly into the tissue for absorption. However, intravenous infusion is not a standard method for DDAVP administration in diabetes insipidus management. Most clinical guidelines recommend other routes due to the drug's pharmacokinetics and the preferences for less invasive administration methods. Thus, choosing intravenous infusion as the answer reflects an understanding of both the medication's intended use and the common practices in patient care regarding diabetes insipidus.

10. Which of the following might indicate hyperkalaemia?

A. Tingling of lips and fingers

B. Frequent urination

C. Chronic fatigue

D. Weight gain

Tingling of the lips and fingers can indicate hyperkalaemia, which is a condition characterized by elevated levels of potassium in the blood. This neurological symptom arises because high potassium levels can interfere with the normal electrical activity of nerve cells, leading to sensations such as tingling or numbness. Understanding the symptoms associated with hyperkalaemia is critical for nursing practice, as this condition can have serious cardiovascular implications if not addressed promptly. Tingling or paresthesia may be an early warning sign, and recognizing it allows for timely intervention, which is essential in preventing further complications associated with elevated potassium levels. In contrast, while frequent urination, chronic fatigue, and weight gain can be associated with various other conditions, they are not classic indicators of hyperkalaemia. Frequent urination could suggest dehydration or diabetes, chronic fatigue might indicate numerous underlying health issues, and weight gain could be linked to fluid retention or lifestyle factors. Recognizing the specific signs of hyperkalaemia, such as the tingling sensation, is vital for effective patient assessment and care.

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:

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

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