

# NMNC 3110 Introduction to Nursing Concepts Exam 1 Practice (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. Clinical decision making is defined as what?**
  - A. Administrative tasks**
  - B. Problem-solving approach that nurses use to define patient problems and select appropriate treatment**
  - C. Recording data in the patient chart**
  - D. Scheduling and staffing decisions**
  
- 2. The nursing process requires the nurse to incorporate which activity when delivering care?**
  - A. Problem solving.**
  - B. Decision making.**
  - C. Interview process.**
  - D. Intellectual standards.**
  
- 3. Which nurse is credited with moving nursing education into universities?**
  - A. Mary Nutting**
  - B. Clara Barton**
  - C. Florence Nightingale**
  - D. Lillian Wald**
  
- 4. Which statement describes the relationship between clinical judgement and patient action?**
  - A. Judgement leads to actions only**
  - B. Judgement may lead to acting or not and may modify standard approaches**
  - C. Judgement is independent of patient response**
  - D. Judgement is solely based on protocols**
  
- 5. Which nurse is associated with founding the American Red Cross?**
  - A. Clara Barton**
  - B. Florence Nightingale**
  - C. Lillian Wald**
  - D. Mary Nutting**

- 6. Clinical judgement is defined as which of the following?**
- A. An interpretation or conclusion about a patient's needs, concerns, or health problems, and/or the decision to take action (or not), use or modify standard approaches, or improvise new ones as deemed appropriate by the patient's response**
  - B. A standardized protocol applied to all patients**
  - C. The act of documenting every action taken**
  - D. A routine administrative decision**
- 7. Florence Nightingale is known for what foundational contribution to nursing?**
- A. Founding of modern nursing, reducing risk of infection through cleanliness**
  - B. Discovered vaccines**
  - C. Developed anesthesia techniques**
  - D. Established hospital epidemiology**
- 8. In a home health assessment for a patient with diabetes, which data cue most strongly signals a potential management problem?**
- A. The patient can describe diabetes in her own words**
  - B. The patient has limited health literacy**
  - C. The patient follows the prescribed diet accurately**
  - D. The husband handles most self-care tasks**
- 9. Benner's Novice nurse is defined as which?**
- A. A nurse who has no experience**
  - B. A nurse with some experience**
  - C. A nurse with 2-3 years of experience**
  - D. A nurse with more than 3 years**

**10. Florence Nightingale is associated with which definition of nursing?**

- A. Human beings are interacting in continuous motion as energy fields.**
- B. The nurse needs to focus on interpersonal processes between nurse and patient.**
- C. The imbalance between the patient and the environment decreases the capacity for health.**
- D. The nurse assists the patient with essential functions toward independence.**

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## Answers

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

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## **Explanations**

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## 1. Clinical decision making is defined as what?

- A. Administrative tasks
- B. Problem-solving approach that nurses use to define patient problems and select appropriate treatment**
- C. Recording data in the patient chart
- D. Scheduling and staffing decisions

Clinical decision making is the problem-solving approach nurses use to define patient problems and select appropriate treatment. It involves gathering and interpreting assessment data, identifying nursing diagnoses, prioritizing problems, choosing evidence-based interventions, and evaluating outcomes to adjust care as needed. This process centers on patient needs, safety, and values, and it guides how care is planned and carried out as the patient's condition evolves. Administrative tasks, charting, and scheduling relate to organization and documentation or resource management rather than making clinical decisions about patient problems and treatments.

## 2. The nursing process requires the nurse to incorporate which activity when delivering care?

- A. Problem solving.
- B. Decision making.
- C. Interview process.**
- D. Intellectual standards.

The main concept is gathering patient-centered information through an interview during the assessment phase of the nursing process. Conducting an interview allows the nurse to obtain subjective data—how the patient feels, their history, symptoms, medications, allergies, and personal preferences—that numbers or observations alone can't reveal. This information, together with objective findings, forms the basis for accurate nursing diagnoses and a care plan aligned with the patient's goals. Building rapport and asking open, compassionate questions also encourage honest communication, improving data quality and patient involvement in care. While problem solving and decision making are part of the overall process, the interview specifically fulfills the data-collection step essential to delivering care.

## 3. Which nurse is credited with moving nursing education into universities?

- A. Mary Nutting**
- B. Clara Barton
- C. Florence Nightingale
- D. Lillian Wald

Advancing nursing education into universities reflects the push to professionalize nursing by placing its preparation in higher education and establishing degree programs. Mary Nutting led this shift by advocating for college-level nursing education and helping establish the first university-based nursing program, which moved training from hospital diploma curricula into academic settings. This work laid the groundwork for bachelor's and higher nursing degrees and for nursing to be seen as a scholarly, research-informed profession. The other figures contributed in important ways to nursing and healthcare, but not the university-based education shift Nutting championed.

**4. Which statement describes the relationship between clinical judgement and patient action?**

**A. Judgement leads to actions only**

**B. Judgement may lead to acting or not and may modify standard approaches**

**C. Judgement is independent of patient response**

**D. Judgement is solely based on protocols**

Clinical judgement in nursing is the ability to interpret patient data, consider the context and needs of the patient, and decide how to respond. It recognizes that decisions aren't fixed guesses: you may choose to act, choose not to act, or adjust standard procedures to fit the individual situation. For example, a nurse might administer a treatment, delay it, or use a different approach if the patient's condition, preferences, or responses indicate it's safer or more appropriate. This flexibility is essential because patient responses and changing data continually influence what the best action is. This is why the statement describing judgement as something that may lead to acting or not and may modify standard approaches best captures how nursing decisions actually unfold. It reflects that judgement is not solely about applying protocols mechanically, and it is not independent of how the patient responds.

**5. Which nurse is associated with founding the American Red Cross?**

**A. Clara Barton**

**B. Florence Nightingale**

**C. Lillian Wald**

**D. Mary Nutting**

The main idea here is knowing who established the American Red Cross and how that shaped disaster relief in the U.S. Clara Barton is the nurse who founded the American Red Cross in 1881, after her prominent Civil War-era work delivering care, collecting supplies, and advocating for federal disaster relief. She led the organization as its first president and helped build a lasting framework for civilian humanitarian aid. Florence Nightingale is recognized for transforming nursing and battlefield care during the Crimean War and for advancing nursing education and statistics, not for founding the Red Cross. Lillian Wald pioneered public health nursing and established the Henry Street Settlement to serve urban communities. Mary Nutting contributed to nursing education as a pioneering professor.

**6. Clinical judgement is defined as which of the following?**

- A. An interpretation or conclusion about a patient's needs, concerns, or health problems, and/or the decision to take action (or not), use or modify standard approaches, or improvise new ones as deemed appropriate by the patient's response**
- B. A standardized protocol applied to all patients**
- C. The act of documenting every action taken**
- D. A routine administrative decision**

Clinical judgment refers to interpreting a patient's needs, concerns, or health problems and deciding what action to take—or whether to modify standard approaches or improvise—based on the patient's unique response. It's a dynamic integration of assessment data, clinical knowledge, patient preferences, and the context of care, guiding priorities and individualized interventions rather than following a one-size-fits-all protocol. This is different from applying a fixed protocol to everyone, which ignores individual variation; from simply documenting actions, which is about record-keeping; or from routine administrative decisions, which don't center on patient care. Clinical judgment is the ongoing, thoughtful decision-making that shapes how care is delivered in real time.

**7. Florence Nightingale is known for what foundational contribution to nursing?**

- A. Founding of modern nursing, reducing risk of infection through cleanliness**
- B. Discovered vaccines**
- C. Developed anesthesia techniques**
- D. Established hospital epidemiology**

Nightingale's foundational contribution is establishing nursing as a professional discipline focused on the care environment—sanitation, cleanliness, and proper hospital conditions—that directly reduces infection and saves lives. She showed, through practice in the Crimean War, that mortality dropped when wards were clean, well-ventilated, and properly stocked with clean linens, water, and waste management, and when hand hygiene and attentive, well-trained nurses cared for patients. Beyond improving care, she created standards for nursing practice, trained nurses, and used data to demonstrate how environmental factors influence outcomes. This combination of forming modern nursing as a structured profession and emphasizing sanitation as a core patient safety measure is why her contribution is viewed as foundational. Vaccines, anesthesia techniques, and the formal establishment of hospital epidemiology come from other developments and figures.

**8. In a home health assessment for a patient with diabetes, which data cue most strongly signals a potential management problem?**

- A. The patient can describe diabetes in her own words**
- B. The patient has limited health literacy**
- C. The patient follows the prescribed diet accurately**
- D. The husband handles most self-care tasks**

Limited health literacy affects the ability to obtain, understand, and act on health information, which is crucial for self-managing diabetes at home. If a patient struggles to grasp instructions about medication timing, dosing, blood glucose monitoring, diet, and recognizing danger signs, the risk of incorrect administration, missed tests, or delayed care rises. That gap signals a real potential management problem in the home health setting. In contrast, being able to describe diabetes in her own words suggests understanding of the condition; following the prescribed diet accurately indicates good adherence; and having a spouse handle most self-care tasks may provide support but does not inherently show the patient's own capability or risk. Therefore, limited health literacy is the strongest cue for a management problem.

**9. Benner's Novice nurse is defined as which?**

- A. A nurse who has no experience**
- B. A nurse with some experience**
- C. A nurse with 2-3 years of experience**
- D. A nurse with more than 3 years**

Understanding Benner's stages of nursing proficiency: the novice nurse is defined as someone who has no real-world experience in patient care. They rely on fixed rules and step-by-step instructions because they haven't yet learned to apply knowledge to dynamic clinical situations. Performance is context-free and highly dependent on explicitly provided guidance. If a nurse has some experience, they're an advanced beginner, able to recognize recurring aspects of situations and start using guidelines, though prioritizing tasks can still be challenging. A nurse with about 2-3 years of practice is typically considered competent, capable of planning and carrying out care with more independence. With more than a few years of experience, a nurse moves toward proficient or expert levels, developing a holistic understanding and intuitive grasp of clinical situations. So, defining a novice as a nurse who has no experience aligns with Benner's description of the starting level in clinical development.

**10. Florence Nightingale is associated with which definition of nursing?**

- A. Human beings are interacting in continuous motion as energy fields.**
- B. The nurse needs to focus on interpersonal processes between nurse and patient.**
- C. The imbalance between the patient and the environment decreases the capacity for health.**
- D. The nurse assists the patient with essential functions toward independence.**

Florence Nightingale's view emphasizes how the environment influences healing. She believed health results when the person and their surroundings are in balance, and nursing should modify environmental factors—such as cleanliness, ventilation, light, noise, nutrition, and comfort—to support recovery. When there is an imbalance between the patient and the environment, the capacity for health is reduced, which is why this option best fits Nightingale's concept. The other ideas align with different nursing theories focused on interpersonal processes, energy fields, or enabling self-care, rather than Nightingale's environmental focus.

## 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://nmnc3110introtonursing1.examzify.com>**

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

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