

NMNC 4320 Professional Nursing Concepts 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. If a patient desires to know all alternatives before agreeing to a procedure, the nurse should**
 - A. Provide only the recommended option to avoid overwhelming.**
 - B. Explain all feasible options including risks and benefits.**
 - C. Avoid discussing alternatives to reduce anxiety.**
 - D. Encourage family to choose for the patient.**

- 2. A patient who does not speak English wants to know about a treatment.**
 - A. Use a professional interpreter to ensure understanding.**
 - B. Use a family member as translator.**
 - C. Explain in English slowly.**
 - D. Provide translated written materials only.**

- 3. Which action is NOT an intervention to promote adherence to pediatric medication therapy?**
 - A. Suggesting that the parent mix oral drugs with juice.**
 - B. Taking extra time with parents to ensure skilled participation.**
 - C. Providing the parents with a calibrated spoon to measure liquid formulations.**
 - D. Selecting the most convenient dosage form and dosing schedule**

- 4. Which statement reflects an intellectual background influence on health beliefs about diet?**
 - A. Don't include eggs in my diet because eggs contribute to excess body heat.**
 - B. My partner prevents me from taking my medications.**
 - C. Eggs are a healthy protein choice for everyone.**
 - D. Eggs cause allergic reactions in most people.**

- 5. In bioethical dilemmas, the emphasis on consequences when judging actions is characteristic of which ethical system?**
 - A. Deontology**
 - B. Virtue ethics**
 - C. Utilitarianism**
 - D. Care ethics**

- 6. Which practice supports accurate dosing of liquid medications for children?**
- A. Providing a calibrated spoon to measure liquid formulations.**
 - B. Using estimation by household spoons.**
 - C. Relying on taste to mask bitterness.**
 - D. Asking the child to measure dose themselves.**
- 7. What best describes the role of value clarification in resolving ethical dilemmas?**
- A. Encouraging the imposition of a single value**
 - B. Tolerating differences of opinion**
 - C. Dismissing personal values**
 - D. Ignoring ethical principles**
- 8. A nurse who works with a culturally diverse population encounters a colleague who discourages patients from using alternative medicine. Which response is correct?**
- A. Nontraditional approaches to health care can be beneficial.**
 - B. Alternative medicine should be banned.**
 - C. Patients should not discuss their beliefs with nurses.**
 - D. All traditional therapies are superior.**
- 9. Which statement indicates an external variable influencing a client's health beliefs?**
- A. Please do not include chicken in my diet plan because my religion forbids me to consume meat.**
 - B. Do not cut the thread on my wrist before sending me for surgery because the thread is a blessing from God.**
 - C. I cannot afford expensive medications because I have to take care of my family.**
 - D. Disease occurs when supernatural elements enter the body.**

10. Which scenario best demonstrates fidelity in nursing practice?

- A. Monitoring a client after implementing nonpharmacological measures to relieve anxiety.**
- B. Noting that pain relief measures have been ineffective, the nurse formulates a different plan of care.**
- C. Caring for a client who refuses to be touched by people of a certain skin color, the nurse continues to provide care because colleagues refuse to attend to the client.**
- D. Withholding care to avoid discomfort to staff.**

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Answers

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

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Explanations

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1. If a patient desires to know all alternatives before agreeing to a procedure, the nurse should
 - A. Provide only the recommended option to avoid overwhelming.
 - B. Explain all feasible options including risks and benefits.**
 - C. Avoid discussing alternatives to reduce anxiety.
 - D. Encourage family to choose for the patient.

Informed consent and patient autonomy require that the patient receives complete information about all viable options, including risks and benefits, before deciding to proceed. Explaining all feasible options allows the patient to compare what could happen with each choice, align decisions with personal values, and truly authorize the plan of care. This open disclosure supports shared decision making and helps ensure the consent is valid and voluntary. Providing only the recommended option is not consistent with respecting the patient's right to know and choose. Avoiding discussion of alternatives to reduce anxiety withholds important information, which can compromise consent. Encouraging family to decide for the patient undermines the patient's autonomy and rights.

2. A patient who does not speak English wants to know about a treatment.
 - A. Use a professional interpreter to ensure understanding.**
 - B. Use a family member as translator.
 - C. Explain in English slowly.
 - D. Provide translated written materials only.

When a patient does not speak English, using a professional interpreter is essential to ensure accurate understanding and true informed consent. A trained medical interpreter can convey complex treatment information, risks, benefits, and alternatives clearly in the patient's language, ask clarifying questions, and help the patient express concerns. They also uphold confidentiality and remain neutral, reducing the risk of bias or omissions that can occur when a family member translates. Explaining in English or providing translated materials only often falls short because the patient may not comprehend medical terms or may have limited literacy, and neither approach guarantees two-way communication or comprehension. Using an interpreter supports an interactive discussion, and you can confirm understanding with teach-back to ensure the patient truly grasps the treatment.

3. Which action is NOT an intervention to promote adherence to pediatric medication therapy?

- A. Suggesting that the parent mix oral drugs with juice.**
- B. Taking extra time with parents to ensure skilled participation.**
- C. Providing the parents with a calibrated spoon to measure liquid formulations.**
- D. Selecting the most convenient dosage form and dosing schedule**

Fostering adherence in pediatric medication therapy hinges on clear guidance and practical supports for caregivers. Providing extra time with parents to ensure skilled participation helps them feel confident in administering the medicine and reduces mistakes. Supplying a calibrated spoon or syringe for measuring liquids ensures dosing accuracy, which is crucial for effectiveness and safety. Choosing the most convenient dosage form and dosing schedule removes barriers to taking the medicine consistently, making it easier for families to follow the plan. Mixing oral medications with juice is not a reliable adherence strategy. It can compromise dosing accuracy—caregivers may not mix the exact amount, may have difficulty ensuring the full dose is consumed, or may alter the medicine’s absorption or stability. Some meds interact with juice or sugar, and hiding the taste can lead to dosing errors or misunderstandings about how much to give. For these reasons, it’s not considered an effective or safe way to promote adherence; using the prescribed formulation with proper measuring devices and a straightforward schedule is the preferred approach.

4. Which statement reflects an intellectual background influence on health beliefs about diet?

- A. Don't include eggs in my diet because eggs contribute to excess body heat.**
- B. My partner prevents me from taking my medications.**
- C. Eggs are a healthy protein choice for everyone.**
- D. Eggs cause allergic reactions in most people.**

Intellectual background influences how people interpret diet. When someone says eggs should be avoided because they create excess body heat, that reflects a culturally learned framework—often found in traditional systems—that foods are categorized by their effects on the body’s balance (heating vs cooling). This reasoning comes from education, culture, and historical beliefs rather than current scientific nutrition evidence, illustrating how background knowledge shapes dietary beliefs. The other scenarios show different influences: a partner affecting medication intake represents social or relational influence; a universal claim that eggs are healthy for everyone reflects a general nutrition viewpoint not tied to a cultural or intellectual framework; and stating eggs cause allergies in most people is a medical assertion not rooted in a cultural belief about diet.

5. In bioethical dilemmas, the emphasis on consequences when judging actions is characteristic of which ethical system?

- A. Deontology**
- B. Virtue ethics**
- C. Utilitarianism**
- D. Care ethics**

Judging actions by their outcomes is a hallmark of utilitarianism, a consequence-focused ethical approach. It asks whether the action will maximize overall well-being or minimize suffering, with morality tied to the results for the greatest number. In practice, this means weighing benefits and harms and choosing the option that yields the most good for the most people, sometimes even when it conflicts with individual preferences. This contrasts with deontology, which emphasizes duty and rules—rightness comes from adherence to principles rather than outcomes; with virtue ethics, which focuses on the character and moral qualities of the person; and with care ethics, which prioritizes relationships and responsive care within context. Utilitarian reasoning is often used in bioethics for decisions like allocating limited resources or prioritizing care to maximize overall benefit.

6. Which practice supports accurate dosing of liquid medications for children?

- A. Providing a calibrated spoon to measure liquid formulations.**
- B. Using estimation by household spoons.**
- C. Relying on taste to mask bitterness.**
- D. Asking the child to measure dose themselves.**

Measuring liquid medications with a tool that has precise volume markings lets you deliver the exact amount prescribed. A calibrated spoon is marked with specific milliliter or teaspoon values, so you can fill to the line and level it off, ensuring the dose is accurate. Household spoons vary and aren't standardized, so the same "spoonful" can be a different amount from person to person, increasing the risk of under- or overdosing. This is especially important in children, where small dosing errors can have bigger effects. Other options don't improve accuracy: estimating with household spoons is unreliable, masking taste doesn't fix the dose, and asking the child to measure themselves introduces significant chances of error. Using the properly marked measuring device is the safest way to ensure the child receives the intended amount.

7. What best describes the role of value clarification in resolving ethical dilemmas?

- A. Encouraging the imposition of a single value**
- B. Tolerating differences of opinion**
- C. Dismissing personal values**
- D. Ignoring ethical principles**

Value clarification in ethical decision making focuses on identifying and examining values that shape decisions, both your own and those of others. This process helps you see why people hold different beliefs and encourages respect for those differences rather than trying to force one viewpoint. When a dilemma arises, clarifying values helps you choose actions that align with patient rights, safety, and professional ethics while also considering cultural and personal beliefs. By tolerating differences of opinion, you can navigate conflicts more honestly and ethically. So the best description is that value clarification promotes tolerance of different values and viewpoints in the decision-making process. It does not aim to dismiss personal values, impose a single value, or ignore ethical principles.

8. A nurse who works with a culturally diverse population encounters a colleague who discourages patients from using alternative medicine. Which response is correct?

- A. Nontraditional approaches to health care can be beneficial.**
- B. Alternative medicine should be banned.**
- C. Patients should not discuss their beliefs with nurses.**
- D. All traditional therapies are superior.**

Respecting patients' use of nontraditional health practices is essential in delivering patient-centered care. When working with a culturally diverse population, acknowledging that patients may use alternative or complementary therapies helps build trust, supports open communication, and allows the nurse to assess safety and coordinate care. Some nontraditional approaches can benefit overall well-being when used safely and alongside conventional treatment, provided there is no harm or interference with proven therapies. This approach also honors patient autonomy and cultural values, which can improve adherence and satisfaction with care. Discouraging or banning alternative medicine undermines trust and fails to consider the patient's beliefs, which is not consistent with holistic, respectful care. Encouraging patients to discuss their beliefs and practices is part of a complete assessment and informs safer, more effective care. Assuming all traditional therapies are superior ignores the evidence and limits the patient's options.

9. Which statement indicates an external variable influencing a client's health beliefs?

- A. Please do not include chicken in my diet plan because my religion forbids me to consume meat.**
- B. Do not cut the thread on my wrist before sending me for surgery because the thread is a blessing from God.**
- C. I cannot afford expensive medications because I have to take care of my family.**
- D. Disease occurs when supernatural elements enter the body.**

External factors such as religion, culture, and social norms shape how people view health and illness. The statement that a client refuses chicken because their religion forbids eating meat shows how a belief system outside the individual directly guides health decisions, including dietary choices and treatment plans. This illustrates how an external variable influences health beliefs and behaviors, which nurses must recognize and respect when planning care. The other examples reflect different influences: one expresses a personal ritual tied to faith that could affect care steps, another highlights financial constraints that can limit access to medications, and another presents a supernatural explanation for disease. While these also relate to beliefs, the clearest instance of an external variable shaping a health-related decision is the religious dietary restriction.

10. Which scenario best demonstrates fidelity in nursing practice?

- A. Monitoring a client after implementing nonpharmacological measures to relieve anxiety.**
- B. Noting that pain relief measures have been ineffective, the nurse formulates a different plan of care.**
- C. Caring for a client who refuses to be touched by people of a certain skin color, the nurse continues to provide care because colleagues refuse to attend to the client.**
- D. Withholding care to avoid discomfort to staff.**

Fidelity in nursing means staying true to your commitments to the patient—continuing to care and following through, even when plans must adapt to ensure the patient's needs are met. When pain relief measures don't work, formulating a different plan of care demonstrates fidelity because you remain devoted to the patient's comfort and well-being. You reassess the situation, acknowledge the ineffectiveness of the current approach, and actively pursue a revised strategy to achieve the desired outcome. This shows loyalty to the patient and a commitment to delivering ongoing care rather than abandoning the responsibility. The other scenarios don't reflect this same faithful commitment: monitoring after starting nonpharmacological measures is good practice but doesn't explicitly show adjusting the plan in response to outcomes; continuing care for a client who requests not to be touched by certain people, while care is provided, is ethically inappropriate if it ignores the client's autonomy and preferences; withholding care to spare staff discomfort violates the duty to the patient and erodes trust.

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://nmnc4320.examzify.com>

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

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