

NMNC 4320 PROFESSIONAL NURSING CONCEPTS PRACTICE TEST (SAMPLE) STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED 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. 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. Which steps are part of the Plan-Do-Study-Act cycle?**
 - A. Plan, Do, Study, Act.
 - B. Prepare, Deliver, Assess, Terminate.
 - C. Propose, Do, Review, Adjust.
 - D. Identify, Build, Deploy, Audit.
- 2. Which sequence correctly describes the core steps of the nursing process?**
 - A. Assessment, diagnosis, planning, implementation, evaluation
 - B. Diagnosis, assessment, planning, evaluation, implementation
 - C. Assessment, planning, implementation, evaluation, diagnosis
 - D. Evaluation, assessment, diagnosis, planning, implementation
- 3. Which of the following are common ethical considerations in resource allocation during a crisis or shortage?**
 - A. All of the above; decisions should be documented
 - B. Triage criteria and equity
 - C. Protecting vulnerable populations
 - D. Fair distribution and transparency
- 4. What is the role of ethics committees?**
 - A. They review complex ethical dilemmas or disputes about capacity, advanced directives, or care decisions beyond routine care.
 - B. They enforce legal penalties for unethical practice
 - C. They manage hospital budgets
 - D. They handle patient admissions
- 5. What is patient autonomy, and can you provide an example?**
 - A. The patient's right to make decisions about their care; e.g., refusing a recommended treatment.
 - B. The physician's right to override patient decisions.
 - C. The nurse's authority to choose tests without patient input.
 - D. The hospital policy dictates care regardless of patient wishes.

- 6. What best describes how nurses facilitate effective interprofessional collaboration to improve patient outcomes?**
- A. Work in isolation and defer decisions
 - B. Clarify roles, use effective communication such as SBAR, foster mutual respect, and participate in rounds
 - C. Delegate all communication to others
 - D. Avoid rounds to save time
- 7. Which example illustrates qualitative data?**
- A. The patient describes nausea as "severe" and "unbearable."
 - B. A heart rate of 78 beats per minute.
 - C. The patient states "I feel fine."
 - D. A blood pressure 120/80.
- 8. Which statement would a nurse include when describing utilitarian ethics?**
- A. The value of something is decided by its usefulness.
 - B. The focus is on the intent of the actor rather than outcomes.
 - C. The greatest good for the greatest number of people determines the right action.
 - D. The means always justify the ends.
- 9. 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.
- 10. In a professional negligence claim, which element requires proving that the breach caused harm to the patient?**
- A. Duty
 - B. Breach
 - C. Causation
 - D. Damages

Answers

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

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Explanations

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1. Which steps are part of the Plan-Do-Study-Act cycle?

- A. Plan, Do, Study, Act.
- B. Prepare, Deliver, Assess, Terminate.
- C. Propose, Do, Review, Adjust.
- D. Identify, Build, Deploy, Audit.

Plan-Do-Study-Act is a quality-improvement loop used in healthcare to test changes and learn from outcomes. Start by planning: identify the problem, set aims, predict results, and decide what data to collect. Next, do: implement the plan on a small scale and gather data. Then study: analyze the data to see if results match expectations and determine what worked or didn't. Finally, act: decide whether to adopt the change, modify it for broader use, or discard it, and then begin another cycle to refine the improvement. This exact sequence—Plan, Do, Study, Act—defines the cycle, making it the best fit for the question. The other options use different terms that describe unrelated processes and don't reflect this repeating improvement loop.

2. Which sequence correctly describes the core steps of the nursing process?

- A. Assessment, diagnosis, planning, implementation, evaluation
- B. Diagnosis, assessment, planning, evaluation, implementation
- C. Assessment, planning, implementation, evaluation, diagnosis
- D. Evaluation, assessment, diagnosis, planning, implementation

Following a structured nursing process means moving from data collection to diagnosing, to planning, to implementing, and finally to evaluating. Start by gathering comprehensive information about the patient—physical findings, symptoms, history, and context. That data is then interpreted to identify actual or potential problems, which informs the plan: setting specific, measurable goals and choosing interventions to achieve them. After planning comes implementation, putting those interventions into action to address the patient's needs. The process concludes with evaluation, looking at how the patient responded, whether goals were met, and what needs to be adjusted. This cycle keeps care data-driven and patient-centered, and it naturally loops back if goals aren't met or new information arises. For example, once assessment reveals pain and elevated vitals, a nursing diagnosis is made, a plan with pain relief and monitoring is created, interventions are carried out, and evaluation checks whether pain decreased and vitals stabilized. Sequences that skip steps or reorder them undermine the logical flow and safety of care.

3. Which of the following are common ethical considerations in resource allocation during a crisis or shortage?

- A. All of the above; decisions should be documented
- B. Triage criteria and equity
- C. Protecting vulnerable populations
- D. Fair distribution and transparency

In crisis situations with scarce resources, the guiding idea is to balance effectiveness with fairness and accountability. This means setting clear triage criteria to determine who receives limited care or supplies in a way that aims to maximize overall benefit and save lives. Equity is essential so that decisions don't worsen existing disparities, ensuring fairness across different groups. Protecting vulnerable populations is a priority because those at higher risk or with fewer resources often bear the greatest burden during shortages. Transparency about how decisions are made helps maintain trust among staff and the public, showing that processes are fair and just. Documentation of every decision is crucial for accountability, legal/ethical justification, and learning for future crises. When you consider these elements together, they represent the comprehensive ethical approach to resource allocation in shortage situations.

4. What is the role of ethics committees?

- A. They review complex ethical dilemmas or disputes about capacity, advanced directives, or care decisions beyond routine care.
- B. They enforce legal penalties for unethical practice
- C. They manage hospital budgets
- D. They handle patient admissions

Ethics committees provide guidance when difficult moral questions about patient care arise that go beyond routine decisions. They review complex ethical dilemmas or disputes about capacity, advanced directives, or care decisions, and they help clinicians, patients, and families navigate those issues by clarifying values and rights and offering thoughtful recommendations. The aim is to balance respect for patient autonomy with beneficence and overall welfare, mediate clashes, and interpret what an advance directive or substitute decision-maker would authorize in a given situation. Their input is consultative and intended to inform decisions, not to enforce penalties or dictate every action. They do not manage budgets or handle patient admissions. In practice, they help resolve disagreements about treatment choices when capacity is in question or when directives are unclear, guiding care to align with the patient's values and best interests.

5. What is patient autonomy, and can you provide an example?

- A. The patient's right to make decisions about their care; e.g., refusing a recommended treatment.
- B. The physician's right to override patient decisions.
- C. The nurse's authority to choose tests without patient input.
- D. The hospital policy dictates care regardless of patient wishes.

Patient autonomy is the right of individuals to make decisions about their own care, based on full information and their own values, as long as they have the capacity to decide. An example that illustrates this is a patient freely choosing to refuse a recommended treatment after a clear discussion of risks, benefits, and alternatives. The clinician should respect that decision, document it, and ensure ongoing support and understanding. This respect for the patient's choice is what distinguishes autonomy from other approaches where decisions are made or imposed by others. For instance, allowing a physician to override the patient removes the patient's control; a nurse choosing tests without input deprives the patient of participation; and hospital policy dictating care regardless of wishes denies individual rights and choice.

6. What best describes how nurses facilitate effective interprofessional collaboration to improve patient outcomes?

- A. Work in isolation and defer decisions
- B. Clarify roles, use effective communication such as SBAR, foster mutual respect, and participate in rounds**
- C. Delegate all communication to others
- D. Avoid rounds to save time

Effective interprofessional collaboration hinges on clear roles, structured communication, mutual respect, and active participation in team activities. Nurses facilitate this by clarifying each team member's role so everyone knows who has authority and responsibility for decisions. Using a standardized, concise communication method like SBAR—Situation, Background, Assessment, Recommendation—helps ensure critical information is shared quickly and accurately, reducing misunderstandings and guiding collaborative action. Fostering mutual respect means valuing the expertise of all professionals and encouraging each voice to be heard, which strengthens teamwork. Participating in rounds brings the whole team together to review the patient, discuss plans, and coordinate care, leading to more timely and coherent decisions. Working in isolation and deferring decisions undermines coordination and delays care. Delegating all communication to others removes the nurse's essential perspective and can fragment care. Avoiding rounds to save time eliminates real-time collaborative input and can hinder patient outcomes.

7. Which example illustrates qualitative data?

- A. The patient describes nausea as "severe" and "unbearable."**
- B. A heart rate of 78 beats per minute.
- C. The patient states "I feel fine."
- D. A blood pressure 120/80.

Qualitative data are descriptive, non-numeric information about a person's experiences or symptoms. When the patient describes nausea using words like "severe" and "unbearable," they're conveying the intensity of the symptom without assigning a numeric value. That descriptive, language-based information is the hallmark of qualitative data. In contrast, numerical measurements like heart rate and blood pressure are quantitative data, and a statement like "I feel fine" is a subjective wellness note but doesn't illuminate a specific symptom's quality or severity as clearly as the descriptive terms in the chosen example.

8. Which statement would a nurse include when describing utilitarian ethics?

- A. The value of something is decided by its usefulness.
- B. The focus is on the intent of the actor rather than outcomes.
- C. The greatest good for the greatest number of people determines the right action.**
- D. The means always justify the ends.

Utilitarian ethics evaluates actions by their consequences and seeks to maximize overall well-being. The statement about the greatest good for the greatest number captures that idea precisely: the right action is the one that produces the most benefit for the most people. In nursing practice, this approach guides decisions when resources are limited or when a choice affects many patients, such as triage or prioritizing interventions to achieve the greatest overall benefit. By focusing on outcomes rather than intentions, utilitarian ethics differs from approaches that judge actions by duty or rules. It also avoids the absolutist notion that the ends always justify the means, since real-world application weighs actual benefits and harms. Valuing something by usefulness alone isn't the full ethical assessment; utilitarianism centers judgments on increasing welfare rather than just labeling something as merely useful.

9. 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.

10. In a professional negligence claim, which element requires proving that the breach caused harm to the patient?

A. Duty

B. Breach

C. Causation

D. Damages

Causation focuses on linking the provider's breach of the standard of care to the patient's injury. In a professional negligence claim, you must show that the care provider owed a duty, failed to meet that duty (breach), and that this breach directly caused harm. Causation establishes that but-for the breach, the harm would not have occurred, and it often involves considering whether the harm was a foreseeable consequence of the breach (proximate cause). Damages would cover the actual injury or loss, but proving damages alone doesn't prove that the breach caused the harm. Duty sets up responsibility, and breach describes the failure; neither alone shows that the injury happened because of that failure.

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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