

NOCTI NURSING PRACTICE TEST (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. Which stage of grief is described as lasting forever and involves withdrawal from life?

- A. Anger
- B. Depression
- C. Denial
- D. Bargaining

2. Collaboration shows

- A. The ability to work alone
- B. The ability to work with others
- C. The ability to ignore team members
- D. The ability to multitask without shared goals

3. Restorative nursing focuses on what primary goal?

- A. Maintain or improve function and independence; prevent complications; promote quality of life.
- B. Increase bed rest.
- C. Focus only on pain relief.
- D. Eliminate all medications.

4. What is appropriate to maintain patient comfort during end-of-life care?

- A. Prioritize comfort: pain relief, dyspnea management, proper positioning, nutrition according to wishes, and allowing family presence.
- B. Engaging in aggressive life-sustaining treatments to prolong life.
- C. Isolating the patient and restricting family presence.
- D. Delaying all comfort measures.

5. What does fidelity mean?

- A. Autonomy
- B. Nonmaleficence
- C. Beneficence
- D. Fidelity

6. Dementia?

- A. A respiratory infection
- B. A decline in memory
- C. A skin condition
- D. A temporary mood swing

7. Which family structure is considered the most traditional?

- A. Blended family
- B. Extended family
- C. Nuclear family
- D. Single-parent

8. A pulse oximeter reading of 88% on room air indicates what?

- A. Normal oxygenation.
- B. Hyperoxia.
- C. Dehydration.
- D. Hypoxemia; needs supplemental oxygen and assessment.

9. Which item is NOT one of the six rights of medication administration?

- A. Right contingency plan
- B. Right patient
- C. Right drug
- D. Right dose

10. Which stage is described as lasting forever, with withdrawal from life and fog of sadness?

- A. Denial
- B. Anger
- C. Bargaining
- D. Depression

Answers

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

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Explanations

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1. Which stage of grief is described as lasting forever and involves withdrawal from life?

- A. Anger
- B. Depression**
- C. Denial
- D. Bargaining

Grief involves a progression of emotional responses after a loss. The stage described as lasting a long time and featuring withdrawal from life is depression. In this phase, intense sadness, a sense of emptiness, and a reduced interest in or withdrawal from usual activities are common. People may isolate themselves, lose energy, and have difficulty engaging with daily routines. The other stages—denial, bargaining, and anger—center on avoiding the reality, negotiating to reverse or postpone the loss, or outward frustration, rather than a persistent withdrawal. Understanding this helps you recognize why withdrawal can appear in grief and guides supportive care, such as validating feelings, encouraging gentle social contact as tolerated, and ensuring safety and connection to resources if withdrawal becomes overwhelming.

2. Collaboration shows

- A. The ability to work alone
- B. The ability to work with others**
- C. The ability to ignore team members
- D. The ability to multitask without shared goals

Collaboration means actively working with the health care team to provide safe, coordinated patient care. It involves clear communication, sharing information, and respecting each team member's role so plans are aligned and implemented smoothly. The ability to work with others best captures this idea because it shows you're engaging with colleagues to achieve common goals and ensure the patient's needs are met. Working alone doesn't demonstrate teamwork; ignoring team members undermines safety and care quality; multitasking without shared goals can lead to miscommunication and errors. In practice, collaborating with nurses, doctors, pharmacists, and other professionals helps ensure plans are unified and patient outcomes improve.

3. Restorative nursing focuses on what primary goal?

- A. Maintain or improve function and independence; prevent complications; promote quality of life.**
- B. Increase bed rest.
- C. Focus only on pain relief.
- D. Eliminate all medications.

Restorative nursing aims to help residents regain or maintain their ability to care for themselves and participate in daily activities, while preventing declines and complications that can come with illness or hospitalization. It focuses on functional improvement and independence, because staying as self-sufficient as possible supports dignity, safety, and overall well-being. Practically, this means activities and interventions that build strength, range of motion, balance, and endurance; training in self-care tasks like dressing, bathing, and feeding; and use of assistive devices when needed. It also includes measures to prevent complications, such as protecting skin from pressure injuries, promoting good nutrition and hydration, and reducing the risk of falls or infections. All of these steps work together to preserve quality of life. Options that emphasize bed rest, sole pain relief, or stopping all medications don't align with restorative nursing. Resting too much can lead to deconditioning; addressing pain is important but not the sole focus; and medications are sometimes essential for health and safety, not an objective to eliminate. Restorative care centers on empowering the patient to function as fully as possible and to maintain independence.

4. What is appropriate to maintain patient comfort during end-of-life care?

- A. Prioritize comfort: pain relief, dyspnea management, proper positioning, nutrition according to wishes, and allowing family presence.
- B. Engaging in aggressive life-sustaining treatments to prolong life.
- C. Isolating the patient and restricting family presence.
- D. Delaying all comfort measures.

Ending-of-life care is about comfort and quality of life. The best approach is to focus on relief of suffering: provide adequate pain control, manage breathing difficulties, position the patient to reduce discomfort, honor nutrition and hydration choices in line with the patient's wishes, and allow their family to be present to offer support. These steps address both physical symptoms and emotional needs, helping maintain dignity and comfort as life draws to a close. In contrast, pursuing aggressive life-prolonging treatments can increase distress without improving comfort; isolating the patient and restricting family contact adds to emotional strain; and delaying comfort measures leaves suffering unrelieved. Prioritizing comfort with respect for the patient's wishes and family involvement is the appropriate approach.

5. What does fidelity mean?

- A. Autonomy
- B. Nonmaleficence
- C. Beneficence
- D. Fidelity

Fidelity means being faithful to your promises and duties to the patient. It's about trust, reliability, and loyalty in the nurse–patient relationship—keeping commitments, following through on what you say you'll do, and protecting the patient's confidences. For example, if you tell a patient you'll monitor their pain and report changes promptly, you follow through; if you agree to keep a diagnosis confidential, you safeguard that information. Fidelity also includes staying committed to professional standards and not abandoning a patient. The other concepts describe different ethical obligations: autonomy is about respecting a patient's right to make their own choices; nonmaleficence is the duty to do no harm; beneficence is acting in the patient's best interest to promote their good. Fidelity centers on loyalty and trustworthiness—the promise-keeping aspect that underpins dependable care.

6. Dementia?

- A. A respiratory infection
- B. A decline in memory
- C. A skin condition
- D. A temporary mood swing

Dementia is a chronic, progressive decline in cognitive function, with memory loss being a central feature. It affects daily living because the memory impairment is persistent and plus other thinking skills like language, problem solving, and planning can be affected over time. Early signs include forgetting recent events, misplacing items, and getting lost in familiar places. This isn't a temporary mood swing, nor a respiratory infection or a skin condition. Those don't involve the lasting, widespread cognitive decline that characterizes dementia. So a decline in memory best captures what dementia is.

7. Which family structure is considered the most traditional?

- A. Blended family
- B. Extended family
- C. Nuclear family**
- D. Single-parent

Traditional family structure typically means a household with two adults in a marriage and their dependent children living together. This two-parent, two-generation setup has been viewed as the standard unit in many cultures, especially in historical Western contexts, and is used in many textbooks and policies as the baseline for family structure. The nuclear family fits this description precisely: two parents and their children under one roof, forming the basic caregiving and economic unit for raising children. The other structures shift away from that core setup—blended families include children from previous partners after remarriage, extended families add grandparents or other relatives beyond the immediate parents and children, and single-parent families consist of one caregiver raising children. Since the question asks for the most traditional form, the nuclear family is considered the best answer because it embodies that classic, two-parent, parent-child household.

8. A pulse oximeter reading of 88% on room air indicates what?

- A. Normal oxygenation.
- B. Hyperoxia.
- C. Dehydration.
- D. Hypoxemia; needs supplemental oxygen and assessment.**

Pulse oximetry estimates how much oxygen the arterial blood is carrying as a percentage (SpO₂). Normal on room air is typically about 95–100%. An 88% reading indicates hypoxemia, meaning there isn't enough oxygen in the blood to meet the body's needs. This is a medical concern that calls for starting supplemental oxygen and a quick assessment to identify the cause (such as pneumonia, a COPD flare, pulmonary edema, or other respiratory problems) and to guide treatment. Dehydration would not inherently lower SpO₂, and a low reading is not hyperoxia (which would show a high saturation). Remember that SpO₂ is only one clue; an ABG may be needed to evaluate PaO₂ and acid-base status, and readings can be affected by factors like poor perfusion.

9. Which item is NOT one of the six rights of medication administration?

- A. Right contingency plan**
- B. Right patient
- C. Right drug
- D. Right dose

The idea being tested is the checklist used to ensure safe medication administration. The established six rights are: the right patient, the right drug, the right dose, the right route, the right time, and the right documentation. A contingency plan doesn't belong to that bedside checklist; it's focused on what to do if something goes wrong or if a reaction occurs, not on verifying the specific medication being given. So this item isn't one of the six rights. The other options—ensuring you give the medication to the correct patient, giving the correct drug, and giving the correct dose—are all part of those fundamental checks that keep administration safe.

10. Which stage is described as lasting forever, with withdrawal from life and fog of sadness?

- A. Denial
- B. Anger
- C. Bargaining
- D. Depression**

In the grieving process, the stage that centers on deep sadness and withdrawal from life is the depressive stage. This phase reflects the person's struggle to confront the reality of the loss and to process what has happened. You'll often see pervasive sadness, a sense of emptiness, and a lack of interest or energy for usual activities. Sleep and appetite may be affected, and there can be difficulty concentrating. Because the loss feels real and permanent, it's common for the person to withdraw and to need time alone to reflect and mourn. With support, expression of feelings, and gradual re-engagement with routine and relationships, many people begin to move toward acceptance. This isn't the denial or bargaining stage, which involve avoidance or trying to change the outcome through bargaining and negotiation. It isn't the anger stage, which centers on frustration and blame. The depressive stage is the one most closely associated with profound sadness and withdrawal.

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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://noctinursing.examzify.com>

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

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