

Nurse Coach-Board Certified (NC-BC) 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. Which statement describes how cultural factors relate to the nurse coach's environmental health perspective?**
 - A. They do not relate**
 - B. They influence only the client's external environment**
 - C. They influence both internal and external environments**
 - D. They influence only the nurse's environment**

- 2. Healthy environments are best described as?**
 - A. Environments defined by external conditions only**
 - B. Environments defined by internal conditions only**
 - C. Neither internal nor external environments influence health**
 - D. Environments encompass both internal and external environments**

- 3. Which responsibility involves analyzing organizational systems for barriers to implementing the Nurse Coach role?**
 - A. Believes there are no barriers.**
 - B. Focuses only on individual client issues.**
 - C. Avoids organizational analysis.**
 - D. Analyzes organizational systems for barriers to effective implementation of the Professional Nurse Coach Role.**

- 4. Which responsibility indicates Promoting the success of others through effective Nurse Coaching interventions?**
 - A. Promotes the success of others by utilizing effective Nurse Coaching interventions.**
 - B. Focuses only on personal success.**
 - C. Uses ineffective interventions.**
 - D. Ignores team outcomes.**

- 5. Which practice supports the client while maintaining openness to new goals during implementation?**
 - A. Rigidly sticking to the initial plan without regard to new insights.**
 - B. The Nurse Coach supports the client's coaching plan while remaining open to emerging goals and new insights.**
 - C. The Nurse Coach avoids discussing new goals to prevent confusion.**
 - D. The Nurse Coach dictates new goals without client input.**

- 6. Which option best lists the stages of change used to assess readiness?**
- A. Initiation, growth, maturation, relapse**
 - B. Pre-contemplation, contemplation, preparation, action, maintenance**
 - C. Assessment, planning, execution, evaluation**
 - D. Awareness, commitment, action, consolidation**
- 7. Which statement describes the Nurse Coach's role in leadership?**
- A. The Nurse Coach avoids leadership opportunities.**
 - B. The Nurse Coach demonstrates leadership in the promotion of effective Nurse Coaching for clients.**
 - C. Leadership is not part of the role.**
 - D. Demonstrates leadership by mentoring colleagues and guiding quality practice.**
- 8. Which ANA Standard addresses quality of practice?**
- A. Standard 11**
 - B. Standard 12**
 - C. Standard 10**
 - D. Standard 9**
- 9. Which statement describes the Nurse Coach's use of creativity and innovation to improve client outcomes?**
- A. Keeps all practice strictly traditional.**
 - B. Refuses to adapt processes.**
 - C. Relies solely on guidelines without innovation.**
 - D. Uses creativity and innovation in Nurse Coaching practice to improve client outcomes.**
- 10. Which statement best describes the nurse coach's stance on environmental health responsibilities?**
- A. Acknowledges only external environments**
 - B. Recognizes only psychological factors**
 - C. Ignores environmental resources**
 - D. Acknowledges that healthy environments encompass both internal and external environments**

Answers

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

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Explanations

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1. Which statement describes how cultural factors relate to the nurse coach's environmental health perspective?

- A. They do not relate**
- B. They influence only the client's external environment**
- C. They influence both internal and external environments**
- D. They influence only the nurse's environment**

Cultural factors shape how people experience health and interact with their surroundings, influencing both what a person believes and how they respond to their environment. In an environmental health view for a nurse coach, the internal environment includes beliefs, values, health perceptions, and coping styles that come from culture. The external environment includes social support, family expectations, language, access to resources, housing, and neighborhood safety—areas all colored by cultural norms and practices. So cultural factors affect both the client's internal processing and the external context in which health behaviors occur, shaping outcomes and how care should be tailored. If we looked only at external factors or only at the nurse's environment, we'd miss how culture informs motivation, interpretation of symptoms, and the support systems that actually enable or hinder health behavior.

2. Healthy environments are best described as?

- A. Environments defined by external conditions only**
- B. Environments defined by internal conditions only**
- C. Neither internal nor external environments influence health**
- D. Environments encompass both internal and external environments**

Health is shaped by the whole setting that can influence a person's well-being, integrating both what's inside the body and what's around it. Internal conditions include genetics, physiology, hormones, metabolism, and immune status—the body's own regulatory systems that keep balance. External conditions encompass air and water quality, housing and work environment, safety, social and economic factors, climate, and access to resources. These realms interact constantly: external exposures can alter internal processes, and internal states can change how we respond to the environment. For example, pollutants outside can provoke inflammatory responses inside, nutrition shapes the gut microbiome and immune function, and chronic stress from social factors can disrupt hormonal balance. Because health outcomes depend on both internal regulation and external context, the best description is that environments encompass both internal and external environments. The other options fail by ignoring half of what influences health or claiming neither plays a role.

3. Which responsibility involves analyzing organizational systems for barriers to implementing the Nurse Coach role?

- A. Believes there are no barriers.**
- B. Focuses only on individual client issues.**
- C. Avoids organizational analysis.**
- D. Analyzes organizational systems for barriers to effective implementation of the Professional Nurse Coach Role.**

Understanding how a role fits into the overall system is essential when implementing a professional Nurse Coach. This approach looks at organizational processes, policies, and structures to see where barriers might prevent a Nurse Coach from functioning effectively and where supports can be put in place. By analyzing organizational systems, you can map out what needs to change—such as clear scope of practice, reporting lines, team workflows, time allocations for care coordination, documentation standards, interprofessional communication, and reimbursement or coverage for Nurse Coach activities. With that insight, you can design targeted changes: define roles and responsibilities, establish referral and collaboration pathways, align training and supervision, modify workflows to include coaching activities, and ensure IT and documentation systems support preventive and coaching care. This systemic focus directly addresses obstacles to implementation, making it the best fit for responsibilities aimed at successful integration of the Professional Nurse Coach Role. Focusing only on individual client issues, assuming there are no barriers, or avoiding organizational analysis would miss the broader changes needed to embed the role into everyday practice.

4. Which responsibility indicates Promoting the success of others through effective Nurse Coaching interventions?

- A. Promotes the success of others by utilizing effective Nurse Coaching interventions.**
- B. Focuses only on personal success.**
- C. Uses ineffective interventions.**
- D. Ignores team outcomes.**

Fostering others' growth through coaching is a key leadership approach in nurse coaching. When you promote the success of others by using effective Nurse Coaching interventions, you're actively developing teammates' skills, confidence, and independence, which strengthens the whole team and improves patient care. This relies on purposeful, evidence-based strategies—clear goals, constructive feedback, active listening, and support that helps colleagues progress and stay motivated. It also reflects the professional duty to support colleagues and drive better outcomes, not just personal achievements. Choices that focus only on self-interest, rely on weak interventions, or ignore team outcomes don't build capable, collaborative care and can compromise safety and quality.

5. Which practice supports the client while maintaining openness to new goals during implementation?
- A. Rigidly sticking to the initial plan without regard to new insights.
 - B. The Nurse Coach supports the client's coaching plan while remaining open to emerging goals and new insights.**
 - C. The Nurse Coach avoids discussing new goals to prevent confusion.
 - D. The Nurse Coach dictates new goals without client input.

In implementation, progress comes from supporting the client's plan while staying flexible to what emerges along the way. The best approach is to back the client's coaching plan and ongoing efforts, but remain open to new goals and new insights as they appear. This collaborative stance keeps the client engaged, honors their autonomy, and ensures actions stay aligned with their evolving values and priorities. It also allows adjustments as circumstances change, preventing stagnation and maintaining relevance of the coaching process. Rigidly sticking to the initial plan ignores new information and growth, avoiding exploration of potentially more meaningful directions. Avoiding discussion of new goals prevents alignment with the client's current needs, which can derail progress and reduce motivation. Dictating new goals removes the client's input, undermining autonomy and trust.

6. Which option best lists the stages of change used to assess readiness?
- A. Initiation, growth, maturation, relapse
 - B. Pre-contemplation, contemplation, preparation, action, maintenance**
 - C. Assessment, planning, execution, evaluation
 - D. Awareness, commitment, action, consolidation

The correct sequence reflects the stages of change model, which tracks a person's readiness to modify a behavior. It starts with being unaware or not intending to change (pre-contemplation), then recognizing the issue and considering change (contemplation), moving toward action with concrete plans (preparation), actually changing the behavior (action), and sustaining those changes over time to prevent slipping back (maintenance). This progression helps you tailor coaching to where someone is in their journey and guide them to the next step. Other sequences don't match this established flow. One option describes general development stages and includes relapse as a relapse event rather than a formal stage. Another frames change as a generic cycle of assessment and planning, which isn't specific to readiness. And a sequence that uses awareness and commitment but ends with consolidation isn't the standard five-stage progression used to assess readiness.

7. Which statement describes the Nurse Coach's role in leadership?

- A. The Nurse Coach avoids leadership opportunities.**
- B. The Nurse Coach demonstrates leadership in the promotion of effective Nurse Coaching for clients.**
- C. Leadership is not part of the role.**
- D. Demonstrates leadership by mentoring colleagues and guiding quality practice.**

Leading in nursing practice means using influence to improve client outcomes by guiding care and promoting evidence-based practices through coaching. The Nurse Coach's leadership role centers on guiding the coaching process to help clients achieve their goals, advocating for best practices, and elevating the quality and impact of nurse-led coaching in care settings. This involves applying coaching principles to facilitate client behavior change, coordinating with the care team, and upholding professional standards that advance the field. Saying the Nurse Coach avoids leadership opportunities goes against the professional expectation to actively influence care and outcomes. Saying leadership isn't part of the role is simply incorrect. Mentoring colleagues and guiding quality practice is a leadership behavior, but the emphasis here is on leadership demonstrated in promoting effective Nurse Coaching for clients, which directly relates to client care and coaching outcomes.

8. Which ANA Standard addresses quality of practice?

- A. Standard 11**
- B. Standard 12**
- C. Standard 10**
- D. Standard 9**

Quality of practice is the standard that focuses on ensuring nursing care is delivered safely, competently, and continually improved. It emphasizes accountability for care by engaging in performance improvement and quality assurance activities, using evidence-based practices, and monitoring patient outcomes to drive changes. In practice, this means regularly evaluating how care is provided, identifying areas where outcomes aren't optimal, and implementing changes to enhance safety and effectiveness. For example, a nurse might track infection rates, review care processes, apply proven protocols, and re-check outcomes to ensure improvements are real and sustained. This emphasis on ongoing evaluation and improvement distinguishes it as the standard that addresses quality of practice.

9. Which statement describes the Nurse Coach's use of creativity and innovation to improve client outcomes?
- A. Keeps all practice strictly traditional.
 - B. Refuses to adapt processes.
 - C. Relies solely on guidelines without innovation.
 - D. Uses creativity and innovation in Nurse Coaching practice to improve client outcomes.**

Creativity and innovation in Nurse Coaching are what turn general guidelines into real, workable solutions for each individual client. When a coach blends inventive problem-solving with evidence-based practices, they can tailor plans, testing different approaches, adjusting goals, and using tools or resources that fit the client's life, preferences, and barriers. This leads to higher engagement, better adherence, and ultimately improved outcomes. For example, if a standard plan isn't resonating with a client due to literacy or cultural differences, a creative approach might include visual action steps, brief coaching sessions, or leveraging community supports, while still aligning with core guidelines. That kind of adaptability is what drives progress and measurable change. Options that suggest sticking to tradition, resisting adaptation, or relying only on guidelines without innovation miss the opportunity to meet clients where they are and to evolve interventions as needed.

10. Which statement best describes the nurse coach's stance on environmental health responsibilities?
- A. Acknowledges only external environments
 - B. Recognizes only psychological factors
 - C. Ignores environmental resources
 - D. Acknowledges that healthy environments encompass both internal and external environments**

A holistic view of health in nurse coaching considers how both inner, physiological and psychological states and the outer environment influence well-being. The statement that healthy environments encompass both internal and external environments is best because it captures that a person's biology, stress responses, sleep, nutrition, coping skills, and hormonal regulation interact with surrounding factors like air quality, housing, safety, access to resources, and social supports. This perspective lets a nurse coach tailor guidance to strengthen internal self-management while also addressing or connecting the client with environmental improvements and community resources, creating sustainable change. Limiting focus to external environments misses how internal processes shape health; focusing only on psychological factors ignores physical and environmental determinants; and overlooking environmental resources neglects practical supports that enable real, lasting progress.

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://ncbc.examzify.com>

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

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