

NURSE COACHING BOARD 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. How many nurses and midwives are estimated to be in the world?**
 - A. 20 million
 - B. 25 million
 - C. 29 million
 - D. 35 million
- 2. What is the focus of Leininger's Theory of Transcultural Nursing?**
 - A. Individual health management
 - B. Holistic cultural assessments
 - C. Utilization of advanced medical technology
 - D. Simplification of care procedures
- 3. What does EIP stand for in nursing practice?**
 - A. Evidence-prompted intervention practice
 - B. Evidence-informed practice
 - C. Evidence-integrated protocol
 - D. Expertise-initiated practice
- 4. How does Standard of Practice 11 describe effective communication in nurse coaching?**
 - A. Using strict guidelines during client interactions
 - B. Skillful and respectful inquiry with empathy
 - C. Prioritizing documentation over client interaction
 - D. Emphasizing authority over collaboration
- 5. Who proposed the Behavior Systems Theory in nursing?**
 - A. Dorothy Johnson
 - B. Florence Nightingale
 - C. Linda Hall
 - D. Madeleine Leininger
- 6. What are the primary responsibilities of a nurse coach?**
 - A. To diagnose and treat medical conditions
 - B. To assess clients' health and facilitate behavior change
 - C. To perform surgical procedures and prescribe medications
 - D. To provide only emergency care

7. Which communication skill is essential for a Nurse Coach?

- A. Directives only
- B. Empathy only
- C. Open-ended questions
- D. Formal communication

8. Which foundational belief supports the Humanistic Model of nursing?

- A. Patients will improve if treated medically
- B. Patients can grow in healthy and creative ways
- C. All patients prefer autonomy over care
- D. Patients require strict adherence to protocols

9. Which process is highlighted in Standard of Practice 7?

- A. Coaching without ethical considerations
- B. Integrating ethical provisions into interactions
- C. Fostering competition among clients
- D. Limiting discussions to client-focused outcomes only

10. In what context is positive psychology applied within nurse coaching?

- A. Emphasizing the weaknesses of clients
- B. Fostering an environment of blame for setbacks
- C. Promoting strengths and nurturing overall well-being
- D. Discouraging positive behaviors

Answers

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

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Explanations

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1. How many nurses and midwives are estimated to be in the world?

- A. 20 million
- B. 25 million
- C. 29 million**
- D. 35 million

The estimate of approximately 29 million nurses and midwives in the world reflects the global recognition of the vital role these professionals play in healthcare systems. This number encompasses a diverse group of individuals working across various settings, including hospitals, clinics, community health environments, and private practices. The significance of reaching this number lies not only in the sheer scale of the workforce but also in its implications for addressing global health challenges. A larger body of nurses and midwives can contribute to improved patient care, enhanced health outcomes, and better access to health services, particularly in underserved areas. While this figure serves as a critical benchmark for policymakers and health organizations, it's important to recognize that the actual number can fluctuate based on various factors, such as workforce retention, educational opportunities, and migration trends. Additionally, this estimate underscores the need for ongoing investment in nursing education and support to meet the growing healthcare demands across the world.

2. What is the focus of Leininger's Theory of Transcultural Nursing?

- A. Individual health management
- B. Holistic cultural assessments**
- C. Utilization of advanced medical technology
- D. Simplification of care procedures

Leininger's Theory of Transcultural Nursing emphasizes the importance of understanding and respecting cultural differences in health beliefs and practices. The focus on holistic cultural assessments is central to this theory, as it encourages healthcare providers to recognize the influence of culture on patients' health behaviors, values, and the meanings they ascribe to their health and illness experiences. By conducting thorough cultural assessments, nurses are better equipped to provide care that is culturally congruent, which enhances patient satisfaction and outcomes. This theory highlights the unique ways in which individuals from different cultural backgrounds perceive health, illness, and caregiving. By prioritizing these assessments, nurses can create individualized care plans that acknowledge and incorporate the patient's cultural perspective, thus fostering trust and improving communication between healthcare providers and patients. Such culturally tailored approaches are essential in delivering effective nursing care in a diverse society.

3. What does EIP stand for in nursing practice?

- A. Evidence-prompted intervention practice
- B. Evidence-informed practice**
- C. Evidence-integrated protocol
- D. Expertise-initiated practice

The term EIP in nursing practice stands for Evidence-informed practice. This concept emphasizes the integration of the best available research evidence with clinical expertise and patient values to inform decision-making in healthcare. Evidence-informed practice allows nurses to provide care based on the most current and relevant evidence, ensuring that the interventions used are effective and tailored to the individual needs of patients. Incorporating evidence into practice not only improves patient outcomes but also enhances the overall quality of care in nursing. It encourages a culture of continuous learning and adaptation in clinical settings while promoting accountability among healthcare providers. By drawing on a wide range of research findings and considering the preferences of patients, nurses can develop more comprehensive care plans that lead to better health results. This approach contrasts with other interpretations of what EIP could mean, such as those involving non-standardized interventions or protocols that do not rely heavily on current evidence. Evidence-informed practice is a recognized framework foundational to modern nursing and healthcare overall, making it essential for nurses to stay updated on research advancements and best practices for effective patient care.

4. How does Standard of Practice 11 describe effective communication in nurse coaching?

- A. Using strict guidelines during client interactions
- B. Skillful and respectful inquiry with empathy**
- C. Prioritizing documentation over client interaction
- D. Emphasizing authority over collaboration

Standard of Practice 11 emphasizes effective communication as an essential component of nurse coaching and highlights the importance of skillful and respectful inquiry combined with empathy. This approach allows nurse coaches to create a supportive environment that fosters trust, openness, and a stronger therapeutic relationship with clients. By employing empathy and active listening, the nurse coach can better understand the client's needs, values, and concerns which, in turn, promotes collaborative goal setting and enhances the overall coaching process. This focus on respectful inquiry encourages clients to engage more fully in their care, leading to improved outcomes and greater satisfaction. The use of empathy further enriches the communication process, allowing clients to feel heard and validated in their experiences, which is crucial for effective coaching. Overall, the emphasis on these qualities in communication aligns with the broader values of holistic nursing practice, contributing to a more positive and empowering experience for clients.

5. Who proposed the Behavior Systems Theory in nursing?

- A. Dorothy Johnson
- B. Florence Nightingale
- C. Linda Hall
- D. Madeleine Leininger

The Behavior Systems Theory in nursing was proposed by Dorothy Johnson. This theory emphasizes the importance of viewing the patient as a behavioral system, in which the focus is on the interplay between various behaviors and the environment. Johnson's model identifies seven subsystems of behavior: attachment, dependency, ingestion, excretion, locomotion, communication, and sexual/reproductive, which helps nurses assess and address health concerns through the lens of patient behavior and interactions. Understanding this theory is crucial for nurse coaching as it guides practitioners in shaping care plans that accommodate the unique behavioral patterns of individuals, leading to more effective interventions. The approach is holistic, encouraging nurses to consider not just the physiological aspects but also the psycho-social factors that affect a patient's overall health.

6. What are the primary responsibilities of a nurse coach?

- A. To diagnose and treat medical conditions
- B. To assess clients' health and facilitate behavior change
- C. To perform surgical procedures and prescribe medications
- D. To provide only emergency care

The primary responsibilities of a nurse coach center around assessment and facilitating behavior change in clients. Nurse coaches work collaboratively with individuals to identify their health goals and guide them through a process of transformation, using evidence-based coaching techniques. This involves fostering self-awareness, assisting in goal setting, and providing support that empowers clients to make sustainable lifestyle changes. These responsibilities are aligned with the principles of holistic nursing care, which emphasizes a client-centered approach that respects personal values and promotes overall well-being. The nurse coach creates an environment conducive to open communication and trust, allowing clients to explore their motivations and barriers to change, ultimately enhancing their engagement in their own health management. This stands in contrast to roles that focus specifically on diagnosing or treating medical conditions. Nurse coaches do not perform surgical procedures or prescribe medications, as those tasks are typically reserved for different healthcare professionals with specialized training. Moreover, limiting the role to providing only emergency care does not encompass the comprehensive approach that nurse coaches take in their practice, which is focused on long-term health and wellness rather than immediate medical interventions.

7. Which communication skill is essential for a Nurse Coach?

- A. Directives only
- B. Empathy only
- C. Open-ended questions**
- D. Formal communication

Open-ended questions are an essential communication skill for a Nurse Coach because they encourage clients to express themselves more fully and share their thoughts and feelings in depth. By using open-ended questions, a Nurse Coach can facilitate a more engaging dialogue, promote self-reflection, and uncover deeper insights into a client's situation. This approach not only fosters a trusting relationship but also empowers the client to take an active role in their own health journey. In a coaching context, the ability to ask open-ended questions is vital for understanding a client's motivations, goals, and challenges. This skill aligns with the principles of patient-centered care, where the focus is on the individual's unique experiences and perspectives. By facilitating an open-ended conversation, the Nurse Coach can guide clients to explore their beliefs and behaviors, ultimately supporting them in making informed choices. Information-gathering techniques that rely solely on directives or formal communication may limit client engagement and prevent the exploration of relevant issues. Focusing exclusively on empathy without encouraging dialogue may also hinder a comprehensive understanding of the client's needs. Therefore, the use of open-ended questions stands out as a foundational skill that enables effective nurse coaching.

8. Which foundational belief supports the Humanistic Model of nursing?

- A. Patients will improve if treated medically
- B. Patients can grow in healthy and creative ways**
- C. All patients prefer autonomy over care
- D. Patients require strict adherence to protocols

The foundational belief that patients can grow in healthy and creative ways is central to the Humanistic Model of nursing. This model emphasizes the importance of understanding patients as unique individuals with their own experiences, values, and dreams. It fosters an environment where patients are encouraged to express themselves, explore their potential, and take an active role in their healthcare journey. This belief aligns with the goals of nursing practice that focus on holistic care—recognizing the psychological, social, and emotional aspects of a patient's experience. By nurturing this growth and providing supportive, empathetic care, nurses can facilitate positive health outcomes that go beyond mere physical healing. This model promotes a partnership between nurse and patient, reinforcing the idea that patients are not just passive recipients of care but active participants in their own healing process. In contrast, the other beliefs do not align with the essence of humanistic nursing. Focusing solely on medical treatment, emphasizing strict adherence to protocols, or assuming that all patients prefer autonomy do not capture the holistic and individualistic approach that the Humanistic Model embodies.

9. Which process is highlighted in Standard of Practice 7?

- A. Coaching without ethical considerations
- B. Integrating ethical provisions into interactions**
- C. Fostering competition among clients
- D. Limiting discussions to client-focused outcomes only

Standard of Practice 7 emphasizes the importance of integrating ethical provisions into interactions. This aspect is crucial for maintaining the integrity and trust inherent in the nurse-client relationship. Ethical considerations ensure that the nurse-coach approaches each situation with respect for the client's autonomy, values, and confidentiality. By weaving ethics into every interaction, nurse-coaches can advocate for their clients' well-being while also modeling ethical behavior themselves. The integration of ethical provisions also involves understanding and navigating the complexities that may arise in the coaching process, ensuring that the coach's actions align with established ethical principles and standards. This approach fosters a safe and supportive environment for clients, helping them feel empowered and respected, which is essential in effective coaching. While other options may touch upon aspects of practice, they do not emphasize the critical role that ethics plays in guiding the interactions between nurse-coaches and their clients. Ethics form the backbone of professional practice, ensuring that all actions taken are in the best interest of clients and uphold the values of the nursing profession.

10. In what context is positive psychology applied within nurse coaching?

- A. Emphasizing the weaknesses of clients
- B. Fostering an environment of blame for setbacks
- C. Promoting strengths and nurturing overall well-being**
- D. Discouraging positive behaviors

In the context of nurse coaching, positive psychology focuses on promoting strengths and nurturing overall well-being. This approach encourages clients to identify and leverage their strengths, which can enhance their resilience and capacity to overcome challenges. By fostering a mindset that emphasizes personal growth, fulfillment, and positive experiences, nurse coaching helps clients develop a more optimistic perspective towards their health and life circumstances. This method contrasts sharply with negative approaches that might highlight weaknesses or create a blame culture, which can undermine motivation and discourage positive changes. The principles of positive psychology align closely with the goals of nurse coaching, aiming to empower clients and encourage them to take an active role in their health journey. By nurturing overall well-being, nurse coaching not only assists clients in achieving health goals but also supports their emotional and psychological growth, promoting a more holistic approach to healthcare.

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://nursecoaching.examzify.com>

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

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