

# Nursing Across the Lifespan Exam 2 Practice (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. In iron deficiency anemia, which description best fits the red blood cells?**
  - A. Macrocytic red cells**
  - B. Microcytic and hypochromic red cells**
  - C. Normocytic red cells**
  - D. Hypochromic red cells**
  
- 2. In the APGAR scoring system, which category assesses skin color?**
  - A. Pulse**
  - B. Grimace**
  - C. Respiration**
  - D. Appearance**
  
- 3. Which condition is commonly associated with mobility impairment in older adults?**
  - A. Osteoarthritis**
  - B. Fractures**
  - C. Gout**
  - D. Migraine**
  
- 4. During data collection, which practice should be avoided?**
  - A. Record impressions first**
  - B. Use standardized forms**
  - C. Do not interpret while collecting**
  - D. Ask open-ended questions**
  
- 5. Which of the following is a way to advocate in nursing?**
  - A. Being the voice**
  - B. Following orders without question**
  - C. Avoiding policy discussions**
  - D. Ignoring safety concerns**

- 6. It has been estimated that up to what percentage of older patients experience some cognitive impairment during acute medical or surgical hospitalization?**
- A. 10-20%**
  - B. 30-40%**
  - C. 90-100%**
  - D. 60-80%**
- 7. Which condition is the detachment of the retina from the underlying tissue?**
- A. Cataract**
  - B. Glaucoma**
  - C. Macular Degenerative Disease**
  - D. Retinal Detachment**
- 8. Which is a consequence of immobility on the cardiovascular system?**
- A. Deep vein thrombosis**
  - B. Heart murmurs**
  - C. Hyperlipidemia**
  - D. Pulmonary edema**
- 9. Which approach best describes involvement in discussions about goals of care in pediatric terminal scenarios?**
- A. The physician alone**
  - B. The family alone**
  - C. Interdisciplinary team including the nurse, physician, social worker, and other professionals**
  - D. The patient alone**
- 10. Which Erikson stage is most relevant to adolescence?**
- A. Identity vs. role confusion**
  - B. Autonomy vs Shame**
  - C. Industry vs Inferiority**
  - D. Intimacy vs Isolation**

## **Answers**

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

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## **Explanations**

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**1. In iron deficiency anemia, which description best fits the red blood cells?**

- A. Macrocytic red cells**
- B. Microcytic and hypochromic red cells**
- C. Normocytic red cells**
- D. Hypochromic red cells**

Iron deficiency anemia reduces hemoglobin synthesis, so the red blood cells become smaller and contain less hemoglobin. That yields microcytosis (small size) and hypochromia (pale color) for the cells, which is the characteristic pattern as iron stores are depleted. While early iron deficiency can show normal size, the classic and most descriptive description as the anemia develops is microcytic and hypochromic red cells. The other patterns don't fit as well because macrocytic means large cells (seen with B12 or folate issues), and while hypochromia can occur, saying just hypochromic ignores the reduced size. Normocytic describes normal-sized cells, which is more typical early on or in other anemias, not the defining feature of iron deficiency.

**2. In the APGAR scoring system, which category assesses skin color?**

- A. Pulse**
- B. Grimace**
- C. Respiration**
- D. Appearance**

Skin color is evaluated in the Appearance category of the APGAR score. This category specifically looks at how pink the baby is, which reflects circulating oxygen and perfusion. A score of 0 means the baby is completely blue or pale, a score of 1 means the body is pink but the extremities are blue, and a score of 2 means the entire body is pink. This color assessment helps quickly identify how well the infant is oxygenated and perfused at birth. The other categories measure different responses: pulse (heart rate), respiration (breathing), grimace (reflex irritability), and activity (muscle tone).

**3. Which condition is commonly associated with mobility impairment in older adults?**

- A. Osteoarthritis**
- B. Fractures**
- C. Gout**
- D. Migraine**

Mobility impairment in older adults is often linked to fractures, especially fragility fractures such as hip fractures. As bone density decreases with age, a minor fall can cause a fracture that makes weight-bearing and moving around severely painful or impossible. This sudden loss of mobility sets off a cascade of risks—deconditioning, muscle wasting, pneumonia, blood clots, skin breakdown, and loss of independence—so restoring mobility becomes a primary goal through pain control, early ambulation, and rehabilitation. Osteoarthritis can certainly limit movement because of joint pain and stiffness, but it tends to cause a more gradual, chronic restriction rather than the abrupt, acute loss of mobility that fractures produce. Gout causes episodic joint inflammation and pain but is not the typical driver of long-term mobility impairment in the aging population. Migraines aren't generally associated with mobility impairment in older adults.

**4. During data collection, which practice should be avoided?**

- A. Record impressions first**
- B. Use standardized forms**
- C. Do not interpret while collecting**
- D. Ask open-ended questions**

Maintaining objectivity in data collection means not interpreting data as you gather it. If you interpret what you're observing or hearing while collecting, your expectations or assumptions can color what you record, introducing bias and making it harder to distinguish facts from inferences. The goal is to document observable information in a consistent, descriptive way and reserve interpretation for later analysis. Using standardized forms helps ensure consistency across multiple observers and times, and asking open-ended questions elicits richer, more authentic responses. Recording impressions first, or inferring meaning during collection, can skew the data, so the practice to avoid is interpreting while you collect.

**5. Which of the following is a way to advocate in nursing?**

- A. Being the voice**
- B. Following orders without question**
- C. Avoiding policy discussions**
- D. Ignoring safety concerns**

Advocacy in nursing means actively speaking up for patients' rights, safety, and preferences so their needs are heard and acted on by the care team. Being the voice for the patient directly embodies this, because it involves voicing concerns, seeking appropriate interventions, and ensuring decisions align with the patient's values and best interests. For example, if a treatment option may pose risk or if a patient cannot express their wishes, speaking up to the physician or care team helps protect the patient and ensure care decisions reflect what matters to them. Following orders without question isn't advocacy because it can overlook safety or patient preferences; avoiding policy discussions misses opportunities to improve care; and ignoring safety concerns directly harms patients. True advocacy includes engaging with the team and, when appropriate, policy and safety considerations to safeguard the patient.

**6. It has been estimated that up to what percentage of older patients experience some cognitive impairment during acute medical or surgical hospitalization?**

- A. 10-20%**
- B. 30-40%**
- C. 90-100%**
- D. 60-80%**

Acute hospitalization is a major stressor for the aging brain, and cognitive changes—especially delirium—are very common in older adults. Factors like infection, dehydration, hypoxia, polypharmacy, metabolic disturbances, pain, sleep disruption, and sensory barriers all interact to impair cognition during a hospital stay. Because of these multifactorial influences, a large proportion of older patients experience some cognitive impairment while acutely ill or recovering from surgery. The range that best fits this high prevalence is sixty to eighty percent, reflecting that while not every patient becomes cognitively impaired, more than half often does, and in many settings the rate approaches eight in ten. This underscores the importance of routine cognitive screening on admission and ongoing delirium prevention and management throughout the hospital stay. Effective strategies include reorientation, ensuring proper hydration and pain control, minimizing deliriogenic medications, promoting sleep, and encouraging early mobilization, with objective tools like CAM-ICU or 4AT used to detect delirium.

**7. Which condition is the detachment of the retina from the underlying tissue?**

- A. Cataract**
- B. Glaucoma**
- C. Macular Degenerative Disease**
- D. Retinal Detachment**

Retinal detachment is when the retina pulls away from the underlying tissue, disrupting its blood supply and function. This separation can lead to sudden vision changes, such as new floaters, flashes of light, or a curtain-like shadow across the field of vision, and it requires prompt medical attention to reattach the retina and prevent lasting vision loss. Other eye conditions listed are different: cataract is clouding of the lens, glaucoma involves damage to the optic nerve from high eye pressure, and macular degenerative disease affects the central retina (macula) causing central vision loss. None of these involve the retina detaching from its underlying support.

**8. Which is a consequence of immobility on the cardiovascular system?**

- A. Deep vein thrombosis**
- B. Heart murmurs**
- C. Hyperlipidemia**
- D. Pulmonary edema**

Immobilization slows the return of blood through the veins, especially in the legs, creating venous stasis. This stagnant flow promotes clot formation in the deep venous system, so a deep vein thrombosis can develop as a direct cardiovascular consequence of inactivity. A clot from a DVT can also travel to the lungs and cause a pulmonary embolism, which is a serious potential complication. The other options don't arise directly from immobility: heart murmurs are usually due to valve or cardiac pathology, hyperlipidemia is a lipid/metabolic issue, and pulmonary edema typically relates to heart failure or fluid overload rather than inactivity itself.

**9. Which approach best describes involvement in discussions about goals of care in pediatric terminal scenarios?**

- A. The physician alone**
- B. The family alone**
- C. Interdisciplinary team including the nurse, physician, social worker, and other professionals**
- D. The patient alone**

In pediatrics, decisions about goals of care in terminal scenarios require input from a team rather than a single person. The best approach brings together the nurse, physician, social worker, and other professionals to combine medical information with psychosocial, developmental, ethical, and spiritual perspectives. The physician can share prognosis and treatment options; the nurse supports family understanding, care coordination, and symptom management; a social worker addresses emotional, financial, and practical needs and helps navigate resources and support networks; other specialists, such as child life staff, ethics consultants, and chaplains, contribute developmentally appropriate communication, cultural considerations, and moral guidance. This collaborative approach helps ensure that goals of care reflect the child's best interests and the family's values, supports shared decision making, and provides consistent, holistic support across care settings. Relying on one person—whether a clinician or a family member alone—misses essential medical information or support systems, and the patient alone cannot encompass the full range of medical, emotional, and ethical factors involved.

**10. Which Erikson stage is most relevant to adolescence?**

- A. Identity vs. role confusion**
- B. Autonomy vs Shame**
- C. Industry vs Inferiority**
- D. Intimacy vs Isolation**

The main challenge for adolescence is developing a coherent sense of self, as teens experiment with values, beliefs, and future roles. This is captured by the stage of identity versus role confusion. When adolescents successfully integrate these elements, they gain a stable identity and direction for their life. If they struggle, they may experience uncertainty about who they are or what they want to become, leading to role confusion. The other stages occur at different ages: autonomy versus shame is about gaining independence in early childhood; industry versus inferiority focuses on competence during the school years; intimacy versus isolation concerns forming close relationships in young adulthood. So, the stage most relevant to adolescence is identity versus role confusion.

# 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](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://nursingacrosslifespan2.examzify.com>**

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

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