

# Nursing and Midwifery Council (NMC) CBT Practice Test Sample Study Guide



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**SAMPLE**

## **Questions**

- 1. What is the primary purpose of The NMC Code?**
  - A. It outlines specific tasks or clinical procedures.**
  - B. It ascertains in detail a nurse's or midwife's clinical expertise.**
  - C. It is a tool for educating prospective nurses and midwives.**
  - D. It provides guidelines for hospital administration.**
- 2. What is the role of the nurse in administering medication?**
  - A. To ensure safe administration and monitor for effectiveness**
  - B. To provide medications without any additional information**
  - C. To self-prescribe medications for the patient**
  - D. To delegate all medication administration to other staff**
- 3. What is one key strategy for nurses to manage their time effectively?**
  - A. Postponing tasks until deadlines**
  - B. Prioritizing tasks and setting goals**
  - C. Working in isolation without help**
  - D. Only focusing on urgent patient needs**
- 4. Who is responsible for training student nurses in a clinical environment?**
  - A. Ward in charge**
  - B. Senior nurses**
  - C. Team leaders**
  - D. All registered nurses**
- 5. What is the primary purpose of a health assessment?**
  - A. To diagnose all illnesses accurately**
  - B. To gather data for effective care planning**
  - C. To prescribe medications**
  - D. To provide moral support to patients**

- 6. What is the main function of patient documentation in nursing?**
- A. To inform patients about their diagnosis**
  - B. To provide a clear record of patient care and communication**
  - C. To serve as a legal document in case of disputes**
  - D. To facilitate nurse-to-nurse communication only**
- 7. How does continuing professional development (CPD) benefit nurses?**
- A. By eliminating the need for further education**
  - B. By ensuring nurses maintain and enhance their skills**
  - C. By allowing nurses to avoid patient care responsibilities**
  - D. By restricting professional practice to one area only**
- 8. What is evidence-based practice?**
- A. The use of standard procedures in nursing**
  - B. The integration of the best research evidence with clinical expertise and patient values**
  - C. The collection of patient information for medical history**
  - D. Value-based healthcare delivery systems**
- 9. What is a primary goal of clinical documentation?**
- A. Reduce the workload of healthcare professionals**
  - B. Enhance interdisciplinary communication**
  - C. Document patient preferences only**
  - D. Provide vague summaries for legal protection**
- 10. What role does a mentor play in nursing education?**
- A. To guide and support student nurses in skills development**
  - B. To conduct formal evaluations of nursing programs**
  - C. To manage the administrative functions of a hospital**
  - D. To replace instructors in large lecture settings**

## **Answers**

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

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## **Explanations**

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## 1. What is the primary purpose of The NMC Code?

- A. It outlines specific tasks or clinical procedures.
- B. It ascertains in detail a nurse's or midwife's clinical expertise.
- C. It is a tool for educating prospective nurses and midwives.**
- D. It provides guidelines for hospital administration.

The primary purpose of The NMC Code is to serve as a set of professional standards that nurses and midwives in the UK must adhere to throughout their careers. This framework helps ensure that practitioners provide safe and effective care while upholding the principles of professionalism and integrity. While it may also have educational implications for prospective nurses and midwives, its foundational role is to guide registered practitioners on ethical practice, patient care, and professional responsibilities. It sets expectations for behavior and decision-making, which are crucial not only for individual practice but also for the overall professionalism of the nursing and midwifery professions. This guiding document ensures that all practitioners share a common understanding of what is expected of them in their professional roles. Other options highlight aspects that do not capture the overarching goal of the NMC Code. For instance, while detailing clinical tasks or procedures may be a part of nursing training, the Code itself does not focus on specific tasks but rather on broader ethical and professional standards. Similarly, the assessment of a nurse or midwife's clinical expertise goes beyond what the Code addresses; it is more concerned with ethical responsibilities than with measuring clinical skills directly. Lastly, while there may be aspects of hospital administration that relate to nursing practice, the Code primarily addresses conduct and

## 2. What is the role of the nurse in administering medication?

- A. To ensure safe administration and monitor for effectiveness**
- B. To provide medications without any additional information
- C. To self-prescribe medications for the patient
- D. To delegate all medication administration to other staff

The role of the nurse in administering medication is centered on ensuring safe administration and monitoring for effectiveness. This encompasses a range of important responsibilities, including verifying the correct medication, dosage, route, and timing before administration, as well as being aware of the patient's medical history and potential drug interactions. After administering medication, the nurse must closely observe the patient for any side effects or adverse reactions and assess the effectiveness of the medication in relation to the patient's health needs. This comprehensive approach is essential in promoting patient safety and optimizing therapeutic outcomes, emphasizing the importance of the nurse's clinical judgment and critical thinking skills in medication management. The other options do not align with standard nursing practices; for instance, providing medications without additional information neglects crucial patient education, while self-prescribing medicines and delegating administration without proper oversight compromise patient safety and care standards.

**3. What is one key strategy for nurses to manage their time effectively?**

- A. Postponing tasks until deadlines**
- B. Prioritizing tasks and setting goals**
- C. Working in isolation without help**
- D. Only focusing on urgent patient needs**

Prioritizing tasks and setting goals is a crucial strategy for nurses aiming to manage their time effectively. This approach allows nurses to assess the urgency and importance of various tasks and allocate their time accordingly. By identifying which tasks require immediate attention and which can be scheduled for later, nurses can ensure that patient care is optimized and that nothing critical is overlooked. Setting clear goals helps provide direction and motivation, allowing for a structured approach to daily responsibilities. In the nursing profession, where care requirements can shift rapidly and unpredictably, having a systematic method for prioritization is vital. It fosters not only productivity but also enhances the quality of care provided, as nurses can respond to patient needs in a more organized manner. In contrast, postponing tasks until deadlines can lead to unnecessary stress and unmet patient needs; working in isolation without help can increase the risk of burnout and inefficient task management; and focusing only on urgent patient needs can create oversight of other important, but not immediately urgent, responsibilities. Together, these approaches can compromise patient safety and overall care quality.

**4. Who is responsible for training student nurses in a clinical environment?**

- A. Ward in charge**
- B. Senior nurses**
- C. Team leaders**
- D. All registered nurses**

The responsibility for training student nurses in a clinical environment is shared among all registered nurses. This encompasses various aspects of their education, including practical skills, clinical judgments, and professional behaviors, all of which are vital to nursing practice. Every registered nurse contributes to the training of student nurses through their daily interactions, demonstrations, and mentorship. This collaborative approach fosters a supportive learning environment where students can gain hands-on experience, receive feedback, and develop the competencies required for their future roles. While certain individuals like ward in charge, senior nurses, and team leaders may play more prominent roles in training due to their position or experience, the commitment to educating and guiding student nurses is a collective duty that rests with all registered nursing staff. This ensures that students receive a well-rounded education and experience from various members of the nursing team, reflecting diverse perspectives and practices within the clinical setting.

**5. What is the primary purpose of a health assessment?**

- A. To diagnose all illnesses accurately**
- B. To gather data for effective care planning**
- C. To prescribe medications**
- D. To provide moral support to patients**

The primary purpose of a health assessment is to gather data for effective care planning. This process involves collecting comprehensive information about the patient's health status, including their medical history, current symptoms, and physical examination findings. By obtaining this data, healthcare professionals can identify health issues, understand the patient's needs, and create personalized care plans that address those specific needs. Effective care planning relies on accurate and thorough assessment data, ensuring that interventions are appropriate and tailored to the individual. This step is crucial for promoting optimal health outcomes, as it allows providers to make informed decisions regarding treatment options, monitoring, and support strategies. The other options focus on specific roles within healthcare, such as diagnosing illnesses, prescribing medications, or providing emotional support. While these activities are essential components of patient care, they stem from the foundational data collected during a health assessment, underscoring the importance of this initial step in the healthcare process.

**6. What is the main function of patient documentation in nursing?**

- A. To inform patients about their diagnosis**
- B. To provide a clear record of patient care and communication**
- C. To serve as a legal document in case of disputes**
- D. To facilitate nurse-to-nurse communication only**

The primary function of patient documentation in nursing is to provide a clear record of patient care and communication. This documentation serves various purposes that are critical to patient safety, continuity of care, and effective healthcare delivery. It captures detailed information about a patient's medical history, treatment plans, progress notes, medication administration, and responses to interventions, ensuring that all healthcare providers have access to comprehensive and accurate data regarding the patient's care. Having this detailed record allows for better coordination among healthcare teams, as it keeps everyone informed about the patient's condition and care requirements. This is particularly vital in complex cases where multiple providers may be involved in a patient's treatment, helping to prevent errors and ensuring consistent care. While other options address important aspects of patient care, they do not encompass the main function as broadly as the correct answer. Informing patients about their diagnosis is important but falls under patient education rather than the overarching role of documentation. Serving as a legal document is certainly a significant function, but it is a specific aspect of documentation rather than its primary purpose. Lastly, facilitating nurse-to-nurse communication is valuable for intra-team collaboration, but documentation's role extends far beyond this, encompassing comprehensive communication across the entire healthcare system. Thus, the provision of a clear record is the foundational purpose.

**7. How does continuing professional development (CPD) benefit nurses?**

- A. By eliminating the need for further education**
- B. By ensuring nurses maintain and enhance their skills**
- C. By allowing nurses to avoid patient care responsibilities**
- D. By restricting professional practice to one area only**

Continuing professional development (CPD) is essential for nurses as it ensures they maintain and enhance their skills throughout their careers. The healthcare field is constantly evolving, with new technologies, treatments, and findings emerging regularly. Engaging in CPD helps nurses stay updated on the latest practices and advancements, improving their knowledge base and competence in providing care. Through various forms of CPD—such as attending workshops, pursuing additional certifications, and participating in peer discussions—nurses can refine their skills, stay informed about industry standards, and implement best practices in their work. This ongoing education not only supports individual professional growth but also contributes significantly to improved patient outcomes and overall healthcare quality. In this way, CPD demonstrates its value by enhancing the effectiveness of practicing nurses and ensuring they are well-equipped to meet the needs of their patients and the healthcare system.

**8. What is evidence-based practice?**

- A. The use of standard procedures in nursing**
- B. The integration of the best research evidence with clinical expertise and patient values**
- C. The collection of patient information for medical history**
- D. Value-based healthcare delivery systems**

Evidence-based practice is defined as the integration of the best research evidence with clinical expertise and patient values. This approach emphasizes the importance of utilizing the most current and relevant research findings to inform clinical decision-making, ensuring that care is not only scientifically grounded but also tailored to meet the individual needs and preferences of patients. By combining high-quality research, a clinician's professional experience, and the unique circumstances and values of patients, evidence-based practice aims to improve health outcomes and enhance the quality of care provided. It empowers healthcare professionals to make informed choices that reflect both scientific advancements and patient-centered care. The other choices do not encompass the comprehensive nature of evidence-based practice. While standard procedures and patient information collection are vital to nursing, they do not incorporate the critical element of synthesizing research with clinical expertise. Value-based healthcare delivery systems focus more on cost-effectiveness and patient satisfaction rather than the evidence-based integration of research and clinical practice.

## 9. What is a primary goal of clinical documentation?

- A. Reduce the workload of healthcare professionals
- B. Enhance interdisciplinary communication**
- C. Document patient preferences only
- D. Provide vague summaries for legal protection

Enhancing interdisciplinary communication is a primary goal of clinical documentation as it ensures that all members of the healthcare team have access to accurate, up-to-date patient information. This facilitates coordinated care, allowing different disciplines to work together effectively toward common patient outcomes. Good clinical documentation captures essential details regarding a patient's condition, treatment plan, and responses to interventions, making it easier for healthcare professionals to share knowledge and insights, ultimately improving the overall quality of care. While reducing workload and providing legal protection are considerations in documentation, they are secondary to the critical role that effective communication plays in patient safety and collaborative practice. Focusing solely on patient preferences or creating vague summaries does not serve the fundamental purpose of fostering clear and comprehensive dialogue among caregivers.

## 10. What role does a mentor play in nursing education?

- A. To guide and support student nurses in skills development**
- B. To conduct formal evaluations of nursing programs
- C. To manage the administrative functions of a hospital
- D. To replace instructors in large lecture settings

A mentor in nursing education plays a crucial role in guiding and supporting student nurses as they develop their clinical skills and professional competencies. Mentorship is vital in creating an environment where students can ask questions, seek advice, and receive constructive feedback as they navigate their learning experiences. Mentors provide personalized guidance, sharing their knowledge and expertise to help students understand complex concepts and improve their practice. This relationship fosters a sense of confidence and competence in student nurses as they transition from theoretical knowledge to practical application in real clinical settings. A mentor's support is often essential in addressing individual learning needs, helping students to identify their strengths and areas for improvement. The mentor-student dynamic can greatly enhance the educational experience, leading to more proficient and well-prepared nursing professionals. In contrast, the other roles mentioned in the alternative choices do not align with the primary responsibilities of a mentor. Conducting evaluations of nursing programs typically falls to academic administrators or assessment teams. Managing administrative functions of a hospital is the role of healthcare administrators or managers, while replacing instructors in a lecture setting is not the mentoring role but rather a teaching function that requires a different expertise. Thus, guiding and supporting student nurses is clearly the fundamental aspect of mentorship in nursing education.