

Nursing and Midwifery Council (NMC) CBT Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

Copyright © 2025 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain from reliable sources accurate, complete, and timely information about this product.

SAMPLE

Questions

SAMPLE

- 1. The NMC Code serves as the foundation for which of the following?**
 - A. Dress code.**
 - B. Good nursing and midwifery practice.**
 - C. Personal documentation of nurses.**
 - D. Hospital administration protocols.**
- 2. When should a risk assessment be performed in nursing?**
 - A. Only during patient discharge**
 - B. When identifying potential risks to patients**
 - C. After accident reports are filed**
 - D. During routine paperwork**
- 3. Under which act is the provision of hearing aids to clients categorized?**
 - A. Communication Act**
 - B. Mental Capacity Act**
 - C. Children and Family Act**
 - D. Equality Act**
- 4. What are the stages of the nursing process?**
 - A. Assessment, diagnosis, planning, implementation, and evaluation**
 - B. Diagnosis, treatment, rehabilitation, and evaluation**
 - C. Medication administration and follow-up**
 - D. Patient history and referral**
- 5. What does the term 'professionalism' refer to in the context of the NMC Code?**
 - A. Maintaining a high standard of care**
 - B. Reducing patient wait times**
 - C. Increasing hospital revenue**
 - D. Managing healthcare staff**

- 6. How can prioritizing tasks benefit nursing professionals?**
- A. It allows them to ignore less important tasks**
 - B. It enhances their efficiency and reduces stress**
 - C. It takes away time from patient interactions**
 - D. It only benefits administrative duties**
- 7. What outcome is expected from effective interprofessional collaboration?**
- A. Increased costs for patient care**
 - B. Improved patient satisfaction and healthcare outcomes**
 - C. Less accountability among healthcare workers**
 - D. Reduced communication between team members**
- 8. Under what condition can medication administration be delegated to a student nurse?**
- A. If the student was assessed as competent**
 - B. Only under close, direct supervision**
 - C. If the patient has only oral medication**
 - D. If the student shows initiative**
- 9. How many questions are in the NMC CBT?**
- A. 100 multiple-choice questions**
 - B. 150 multiple-choice questions**
 - C. 120 multiple-choice questions**
 - D. 80 multiple-choice questions**
- 10. When practicing nursing, which of the following should be prioritized according to the NMC Code?**
- A. Cost effectiveness**
 - B. Prioritizing people**
 - C. Managing hospital resources**
 - D. Streamlining healthcare services**

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. The NMC Code serves as the foundation for which of the following?

A. Dress code.

B. Good nursing and midwifery practice.

C. Personal documentation of nurses.

D. Hospital administration protocols.

The NMC Code serves as the foundation for good nursing and midwifery practice as it outlines the professional standards, values, and behaviours expected from nurses and midwives. This code ensures that practitioners maintain a high level of conduct, prioritizing patient safety, respecting patient dignity, and delivering care with competence and compassion. By adhering to these standards, nurses and midwives contribute to the overall quality of healthcare and safeguard public trust in the professions. The other options, while they may relate to the wider context of healthcare practice, do not capture the essence of what the NMC Code specifically addresses. The dress code may be influenced by the NMC Code, but it is not the core focus. Personal documentation of nurses is an important aspect of practice but is more about individual record-keeping rather than the ethical and professional framework provided by the NMC. Hospital administration protocols may guide organizational operations, but they do not encompass the professional standards that the NMC Code sets for individual practitioners in nursing and midwifery.

2. When should a risk assessment be performed in nursing?

A. Only during patient discharge

B. When identifying potential risks to patients

C. After accident reports are filed

D. During routine paperwork

A risk assessment should be performed when identifying potential risks to patients because it is a proactive measure aimed at preventing harm and ensuring patient safety. Regular and thorough risk assessments help healthcare professionals to recognize hazards that could lead to incidents, allowing for timely interventions to mitigate them. By incorporating risk assessments into the nursing care process, practitioners can evaluate not only the physical environment but also the patients' health status and medical history, psychological and social factors, and any relevant external variables. This comprehensive approach enables the development of tailored care plans that address specific risks, ultimately promoting better patient outcomes and enhancing overall care quality. Other contexts, such as only performing assessments during patient discharge or during routine paperwork, do not allow for ongoing evaluation of the patient's safety and health needs. Similarly, waiting until after accident reports are filed places focus on reactive measures rather than proactive risk management.

3. Under which act is the provision of hearing aids to clients categorized?

- A. Communication Act**
- B. Mental Capacity Act**
- C. Children and Family Act**
- D. Equality Act**

The provision of hearing aids to clients is categorized under the Equality Act. This legislation aims to protect individuals from discrimination and promote equal opportunities for all, regardless of disability. Hearing aids, which assist individuals with hearing impairments, fall under the scope of reasonable adjustments that organizations and service providers are required to make to ensure that disabled individuals can access services and participate fully in society. By acknowledging hearing impairments as a disability, the Equality Act mandates that necessary aids and services, such as hearing aids, must be provided to support individuals in their daily lives. This reflects a broader commitment to fostering inclusivity and accessibility in various contexts, including healthcare, education, and public services. Understanding the implications of the Equality Act is essential for practitioners in ensuring compliance and advocating for the rights of individuals with disabilities, thereby enhancing their quality of life and ability to engage with the world around them.

4. What are the stages of the nursing process?

- A. Assessment, diagnosis, planning, implementation, and evaluation**
- B. Diagnosis, treatment, rehabilitation, and evaluation**
- C. Medication administration and follow-up**
- D. Patient history and referral**

The stages of the nursing process are crucial for providing organized and efficient patient care. The correct option outlines five key stages: assessment, diagnosis, planning, implementation, and evaluation. The first stage, assessment, involves gathering comprehensive information about the patient's health status through observations, interviews, and physical examinations. This foundational step allows nurses to identify health needs accurately. The second stage is diagnosis, where the nurse interprets the assessment data to identify potential or actual health problems. This step is essential for developing effective care plans tailored to the patient's specific needs. Next is planning, where the nurse formulates measurable and achievable goals, prioritizing the identified issues. This stage ensures that the care provided is structured and directed toward improving patient outcomes. Implementation follows, which includes executing the planned interventions. At this stage, nurses apply their skills to carry out treatments, educate patients, and coordinate care while also communicating with other healthcare professionals. Finally, the evaluation stage involves assessing the effectiveness of the interventions and determining whether the desired outcomes have been achieved. This ongoing process allows for adjustments to be made to ensure the patient's health needs continue to be met. The other options do not comprehensively cover the structured approach that the nursing process entails, as they include steps that either lack a

5. What does the term 'professionalism' refer to in the context of the NMC Code?

- A. Maintaining a high standard of care**
- B. Reducing patient wait times**
- C. Increasing hospital revenue**
- D. Managing healthcare staff**

In the context of the NMC Code, 'professionalism' primarily refers to maintaining a high standard of care. This encompasses the ethical and professional responsibilities that nurses and midwives have towards their patients. Professionalism includes adhering to clinical guidelines, providing safe and effective care, demonstrating respect and integrity, and committing to continuous personal and professional development. By focusing on high standards of care, professionals ensure that they prioritize patient safety and well-being, which is central to the nursing and midwifery professions. This commitment reflects the core values of accountability, respect for others, and the duty to provide compassionate, evidence-based care, which are significant components of the NMC Code. The other options, while relevant to various aspects of healthcare, do not encapsulate the full meaning of professionalism within this context. Reducing patient wait times, increasing hospital revenue, and managing healthcare staff are operational goals or managerial tasks that, although important, do not define the core principles of professionalism as outlined in the NMC framework.

6. How can prioritizing tasks benefit nursing professionals?

- A. It allows them to ignore less important tasks**
- B. It enhances their efficiency and reduces stress**
- C. It takes away time from patient interactions**
- D. It only benefits administrative duties**

Prioritizing tasks significantly enhances the efficiency of nursing professionals while also reducing their stress levels. In a healthcare setting, nurses are required to manage multiple responsibilities simultaneously, such as providing patient care, administering medications, and performing administrative duties. By prioritizing tasks, nurses can focus on the most critical actions that need to be performed first, ensuring that patient needs are met in a timely manner. When tasks are organized by priority, nurses can streamline their workflow and make better use of their time, leading to improved patient outcomes and a more organized work environment. This systematic approach not only helps to prevent the feeling of being overwhelmed by competing demands but also contributes to a more structured day, which can improve overall job satisfaction. In contrast, neglecting to prioritize might lead to important tasks being overlooked, potentially compromising patient safety and care quality. Therefore, prioritization is essential in fostering a better balance between competing responsibilities while maintaining a high standard of care in the nursing profession.

7. What outcome is expected from effective interprofessional collaboration?

- A. Increased costs for patient care**
- B. Improved patient satisfaction and healthcare outcomes**
- C. Less accountability among healthcare workers**
- D. Reduced communication between team members**

Effective interprofessional collaboration is expected to lead to improved patient satisfaction and healthcare outcomes. This stems from the ability of diverse healthcare professionals to work together cohesively, leveraging their unique expertise to provide comprehensive and coordinated care. When team members communicate effectively and coordinate their efforts, patient care becomes more holistic, addressing various aspects of health and well-being. As a result, patients often experience better clinical outcomes due to timely interventions, reduced duplication of services, and a more streamlined approach to addressing their needs. Enhanced collaboration can also lead to higher patient satisfaction, as individuals feel heard and valued within the care process, and their concerns are addressed promptly by a collaborative team. In contrast, options that suggest increased costs, reduced communication, or less accountability run counter to the fundamental principles of interprofessional teamwork, which aim to enhance efficiency and promote a shared responsibility for patient care.

8. Under what condition can medication administration be delegated to a student nurse?

- A. If the student was assessed as competent**
- B. Only under close, direct supervision**
- C. If the patient has only oral medication**
- D. If the student shows initiative**

The option stating that medication administration can be delegated to a student nurse only under close, direct supervision is accurate because it emphasizes the importance of oversight in ensuring safe and effective care. Student nurses are typically still in training, and close supervision allows for guidance and support from a registered nurse or qualified practitioner while the student performs tasks that they are learning. This approach mitigates risks associated with medication administration, such as potential medication errors or adverse reactions. Close supervision ensures that someone with more experience is available to intervene if needed, reinforcing the learning experience while prioritizing patient safety. While competency assessments and the type of medication may contribute to the broader context of delegation, the core principle lies in the assurance of safety and adequate support for the student nurse by a qualified professional.

9. How many questions are in the NMC CBT?

- A. 100 multiple-choice questions**
- B. 150 multiple-choice questions**
- C. 120 multiple-choice questions**
- D. 80 multiple-choice questions**

The NMC CBT (Competence-Based Test) consists of 120 multiple-choice questions. This is the standard format as established by the Nursing and Midwifery Council (NMC) for the assessment of nursing competence. The exam is designed to assess candidates' nursing knowledge and skills, ensuring they meet the necessary standards for practice in the UK. Having 120 questions allows for a comprehensive evaluation of a candidate's understanding of key nursing concepts, patient care, clinical practice, and other essential areas within the field. Each question is crafted to test both theoretical knowledge and the application of nursing principles in real-world scenarios, which is vital for effective nursing practice. The other options listed do not align with the established number of questions for the NMC CBT. This structured format of 120 questions helps maintain a standardized approach to evaluating nursing candidates, ensuring fairness and effectiveness in assessing potential nurses' readiness for professional practice.

10. When practicing nursing, which of the following should be prioritized according to the NMC Code?

- A. Cost effectiveness**
- B. Prioritizing people**
- C. Managing hospital resources**
- D. Streamlining healthcare services**

Prioritizing people is essential in nursing as it emphasizes the commitment to patient-centered care, which is a core principle of the NMC Code. By focusing on the needs, preferences, and values of patients, nurses ensure that care is delivered respectfully and compassionately, fostering a therapeutic relationship. This approach aligns with the ethical standards set by the NMC, which highlight the importance of advocacy and support for vulnerable individuals in healthcare settings. In addition, prioritizing people reinforces the duty of nurses to respect the dignity and autonomy of patients, ensuring that they are treated with empathy and consideration. It allows nurses to advocate for their patients effectively and to provide care that is not only clinically effective but also aligned with the patients' personal circumstances and preferences. By placing individuals at the forefront of practice, nurses contribute to improved health outcomes and patient satisfaction, which are central to quality healthcare delivery.