

Nursing and Midwifery Council (NMC) CBT 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 of the following is NOT a purpose of the NMC?**
 - A. NMC's role is to regulate nurses and midwives in the UK.**
 - B. It sets standards of education and training for healthcare workers.**
 - C. It ensures nurses and midwives uphold professional standards.**
 - D. It is responsible for regulating hospitals or other healthcare settings.**
- 2. What is considered a primary responsibility of nurses regarding patient safety?**
 - A. To minimize patient interaction to avoid mistakes**
 - B. To ensure adherence to treatment plans only**
 - C. To identify and mitigate risks that threaten patient safety**
 - D. To prioritize hospital protocols over patient concerns**
- 3. What is the primary focus of palliative care?**
 - A. To cure the illness**
 - B. To provide rehabilitation services**
 - C. To provide relief from the symptoms and stress of a serious illness**
 - D. To conduct extensive medical research**
- 4. What should be included in a head-to-toe assessment for effective outcomes?**
 - A. Only physical examinations**
 - B. A thorough review of patient history**
 - C. Emphasis solely on observed signs**
 - D. Assuming all patients have similar presentations**
- 5. What legislation should be referred to if a patient lacks the capacity to make decisions?**
 - A. Health and Social Care Act (2012)**
 - B. Mental Capacity Act (2005)**
 - C. Carers (Equal Opportunities) Act (2004)**
 - D. All of the above**

6. Which of the following is NOT one of the four domains of the NMC's Code?

- A. Practicing effectively**
- B. Promoting professionalism and trust**
- C. Prioritizing personal gain**
- D. Preserving safety**

7. 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**

8. 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**

9. How does the NMC define professional accountability?

- A. Responsibility for nursing education**
- B. Responsibility for patient complaints**
- C. Responsibility for actions and judgments in practice**
- D. Responsibility for hospital administrative duties**

10. What does the term "advocacy" mean in the context of nursing?

- A. Promoting patients' rights and supporting decision-making**
- B. Ensuring all patients receive the same treatment**
- C. Providing medical prescriptions to patients**
- D. Filling out insurance forms for patients**

Answers

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

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Explanations

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- 1. Which of the following is NOT a purpose of the NMC?**
 - A. NMC's role is to regulate nurses and midwives in the UK.**
 - B. It sets standards of education and training for healthcare workers.**
 - C. It ensures nurses and midwives uphold professional standards.**
 - D. It is responsible for regulating hospitals or other healthcare settings.**

The National Midwifery Council (NMC) has a clear and focused mandate primarily centered on the regulation of individual healthcare professionals rather than the oversight of healthcare institutions like hospitals. It is tasked with ensuring that nurses and midwives maintain high professional standards and competencies throughout their careers, which includes regulating their education and training and ensuring adherence to strict professional guidelines. The distinction is important because while the NMC does set standards related to the education and training of nurses and midwives and enforces professional conduct, it does not extend its regulatory scope to the direct oversight of healthcare facilities. Instead, that responsibility typically falls to other regulatory bodies or organizations that manage healthcare settings, focusing on broader issues of patient care and institutional practices. Thus, the assertion that the NMC regulates hospitals or other healthcare settings is not aligned with its stated purposes.

- 2. What is considered a primary responsibility of nurses regarding patient safety?**
 - A. To minimize patient interaction to avoid mistakes**
 - B. To ensure adherence to treatment plans only**
 - C. To identify and mitigate risks that threaten patient safety**
 - D. To prioritize hospital protocols over patient concerns**

A primary responsibility of nurses regarding patient safety is to identify and mitigate risks that threaten patient safety. This involves a proactive approach in recognizing potential hazards in the healthcare environment and taking appropriate actions to prevent harm to patients. Nurses play a crucial role in monitoring patient conditions, administering medications accurately, and ensuring that all healthcare practices are carried out safely. Effective risk identification and mitigation strategies may include thorough patient assessments, open communication with patients and other healthcare team members, and advocating for the needs and concerns of patients. By focusing on safety, nurses contribute significantly to creating a safe environment conducive to healing and recovery. This responsibility encompasses everything from observing changes in a patient's condition to implementing policies that enhance safety protocols. The other options suggest either minimizing patient interaction, limiting responsibilities to adherence of treatment plans, or prioritizing hospital protocols over patient concerns, which do not align with the essential nursing role of ensuring comprehensive patient care and safety. Each of these alternatives fails to recognize the holistic nature of nursing practice, which includes maintaining the patient's well-being as a top priority.

3. What is the primary focus of palliative care?

- A. To cure the illness**
- B. To provide rehabilitation services**
- C. To provide relief from the symptoms and stress of a serious illness**
- D. To conduct extensive medical research**

The primary focus of palliative care is to provide relief from the symptoms and stress of a serious illness. This type of care is centered around improving the quality of life for patients and their families, regardless of the stage of the illness or the need for other therapies. Palliative care aims to alleviate pain and discomfort, address emotional and psychological needs, and support decision-making regarding treatment options. It involves a multidisciplinary team approach to ensure comprehensive care that meets the individual needs of patients. While curing the illness is a goal of many medical interventions, palliative care does not prioritize this aspect. Instead, it emphasizes comfort and quality of life, which is particularly important for patients with serious, often life-limiting conditions. Rehabilitation services, while important in many healthcare contexts, are not the central focus of palliative care either, as these pertain more to recovery and improvement of physical function rather than managing a serious illness. Conducting extensive medical research is not a function of palliative care; this focus is typically associated with academic or clinical research settings aimed at discovering new treatments or understanding diseases better.

4. What should be included in a head-to-toe assessment for effective outcomes?

- A. Only physical examinations**
- B. A thorough review of patient history**
- C. Emphasis solely on observed signs**
- D. Assuming all patients have similar presentations**

In a head-to-toe assessment, including a thorough review of patient history is crucial for effective outcomes. Understanding a patient's medical history provides context for current symptoms, highlights risk factors, and allows for a more comprehensive evaluation. This historical insight can reveal past illnesses, surgeries, allergies, or familial conditions that could influence the patient's current health status or response to treatment. In contrast, solely relying on physical examinations neglects the critical information that history can provide, limiting the assessment. Emphasizing only observed signs would overlook the importance of the patient's subjective experiences and concerns, which are vital for effective clinical understanding. Lastly, assuming all patients have similar presentations ignores the individuality of patient experiences and could lead to misdiagnosis or inadequate care. Therefore, a detailed patient history enriches the head-to-toe assessment and significantly enhances the effectiveness of the healthcare provider's findings and treatment planning.

5. What legislation should be referred to if a patient lacks the capacity to make decisions?

- A. Health and Social Care Act (2012)**
- B. Mental Capacity Act (2005)**
- C. Carers (Equal Opportunities) Act (2004)**
- D. All of the above**

The Mental Capacity Act (2005) is the correct legislation to refer to when addressing the needs of a patient who lacks the capacity to make decisions. This Act provides a framework for how to assess an individual's capacity, ensuring that any decisions made on behalf of individuals are in their best interests and protect their rights. The Act applies to adults who may have impaired decision-making capabilities due to various reasons, such as mental health conditions, brain injuries, or other factors affecting cognitive function. It outlines processes for assessing capacity, making decisions for those who cannot make decisions themselves, and emphasizes the importance of supporting individuals to make their own decisions whenever possible. The other options, while relevant to various aspects of health and social care, do not specifically address the processes and principles related to decision-making capacity. For instance, the Health and Social Care Act (2012) focuses more on the structures and funding mechanisms for health services rather than individual capacity issues. The Carers (Equal Opportunities) Act (2004) pertains to the rights of carers and does not specifically cover mental capacity issues. Thus, the Mental Capacity Act (2005) is the crucial piece of legislation in the context of this question.

6. Which of the following is NOT one of the four domains of the NMC's Code?

- A. Practicing effectively**
- B. Promoting professionalism and trust**
- C. Prioritizing personal gain**
- D. Preserving safety**

The correct answer highlights an important aspect of the Nursing and Midwifery Council's Code, which is focused on the core values and ethical responsibilities of nursing and midwifery professionals. The Code outlines essential domains that guide practitioners in their daily activities and interactions. Practicing effectively, promoting professionalism and trust, and preserving safety are all fundamental fields of practice that emphasize the importance of accountability, ethical behavior, and patient safety. In contrast, prioritizing personal gain contradicts the values inherent in the Code, which aims to prioritize patient care and wellbeing over personal interests or financial motivations. This domain emphasizes the commitment to professionalism and the need to act in the best interests of patients, rather than for personal benefit. By recognizing this distinction, practitioners can maintain integrity and uphold the standards expected of them in their roles.

7. 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.

8. 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.

9. How does the NMC define professional accountability?

- A. Responsibility for nursing education**
- B. Responsibility for patient complaints**
- C. Responsibility for actions and judgments in practice**
- D. Responsibility for hospital administrative duties**

The correct definition of professional accountability according to the NMC centers on the individual's responsibility for their actions and judgments in practice. This concept emphasizes that nurses are not only accountable for the care they provide but also for the decisions they make and the ethical implications of their work. Professional accountability involves adhering to the standards of nursing practice, maintaining the trust of the public, and ensuring patient safety. It means being accountable for the outcomes of those decisions, reflecting on one's practice, and engaging in continuous professional development to improve competency and practice standards. This understanding of professional accountability is integral in nursing as it ensures that nurses act in the best interest of their patients, uphold professional standards, and remain transparent about their actions within a professional framework. Other definitions, such as those related to education, patient complaints, or administrative duties, do not encompass the holistic responsibility that professional accountability entails, which is critical in clinical nursing practice.

10. What does the term "advocacy" mean in the context of nursing?

- A. Promoting patients' rights and supporting decision-making**
- B. Ensuring all patients receive the same treatment**
- C. Providing medical prescriptions to patients**
- D. Filling out insurance forms for patients**

In the context of nursing, "advocacy" is fundamentally about promoting patients' rights and supporting their decision-making processes. It involves the nurse acting as a mediator between the patient and the healthcare system to ensure that the patient's voice is heard and that their needs and preferences are respected. Advocacy encompasses a wide range of activities, such as providing information to patients so they can make informed choices about their care, representing their interests in discussions with healthcare providers, and standing up for the patient's rights in situations where those rights may not be honored. This aspect of nursing is crucial because it empowers patients and helps foster a therapeutic relationship built on trust and respect. By advocating for patients, nurses play an essential role in ensuring that care is patient-centered and aligns with the individual's values and beliefs. In contrast, the other options do not encompass the essence of advocacy. For instance, ensuring all patients receive the same treatment fails to recognize the unique needs of each patient, which is a core principle of individualized care. Providing medical prescriptions and filling out insurance forms, while important tasks, do not directly relate to the concept of advocacy, which focuses on supporting patients in their healthcare journey rather than solely performing administrative functions or routine medical tasks.

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://nmc-cbt.examzify.com>

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

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