

# Nursing Battery 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 hormone is also known as hydrocortisone and helps the body during stress?**
  - A. Adrenaline**
  - B. Glucagon**
  - C. Cortisol**
  - D. Insulin**
  
- 2. Which of the following best describes hyperplasia?**
  - A. Decrease in tissue mass**
  - B. Replacement of tissue with scar tissue**
  - C. Increase in cell number**
  - D. Normal cell death**
  
- 3. If a patient is prescribed medication every 6 hours, what is the correct notation?**
  - A. q4h**
  - B. q2h**
  - C. q6h**
  - D. qid**
  
- 4. What was a flaw in proposing the implementation of classical orchestra music as a standard practice?**
  - A. It's too expensive to maintain.**
  - B. One study is not sufficient evidence for all clients.**
  - C. Clients may prefer silence over music.**
  - D. Music cannot influence physiological measures.**
  
- 5. What do eupneic respirations indicate during a physical assessment?**
  - A. Abnormal respiratory pattern**
  - B. Normal respirations**
  - C. Severe respiratory distress**
  - D. Chronic obstructive pulmonary disease**

**6. What is a key characteristic of a “focused assessment”?**

- A. It covers all systems of the body comprehensively**
- B. It is used only in emergency situations**
- C. It concentrates on a particular part of the body**
- D. It is performed only after the head to toe assessment**

**7. Self-care deficit theory was proposed by which influential figure in nursing?**

- A. Florence Nightingale**
- B. Dorothea Orem**
- C. Imogene King**
- D. Nola J. Pender**

**8. Which factors must a nurse consider when administering medication?**

- A. Only the client's age**
- B. Developmental factors, gender, diet**
- C. Only the type of medication**
- D. Only the time of day**

**9. What term is used to describe an increase in the number of cells in an organ or tissue?**

- A. Hypertrophy**
- B. Hyperplasia**
- C. Atrophy**
- D. Hypoplasia**

**10. Which work is Florence Nightingale best known for, published in 1860?**

- A. Notes on Nursing**
- B. Environmental Theory**
- C. Evidence-Based Nursing**
- D. The Concept of Care**

## **Answers**

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

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## **Explanations**

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**1. Which hormone is also known as hydrocortisone and helps the body during stress?**

- A. Adrenaline**
- B. Glucagon**
- C. Cortisol**
- D. Insulin**

Cortisol, often referred to as hydrocortisone, plays a crucial role in the body's response to stress. It is produced by the adrenal glands and is vital in managing how the body uses carbohydrates, fats, and proteins. During times of stress, cortisol is released to help maintain homeostasis by regulating metabolism and immune responses. It essentially equips the body to handle stress more effectively by providing the necessary energy and by modulating other bodily functions such as blood pressure and the immune response. The other hormones listed have different primary functions. Adrenaline is responsible for the immediate 'fight or flight' response but does not predominantly manage stress over longer periods. Glucagon works to increase blood glucose levels, primarily during fasting or low-energy states, while insulin is focused on lowering blood sugar after eating. These hormones support various physiological processes, but cortisol specifically is the key hormone involved in long-term stress management and adaptation.

**2. Which of the following best describes hyperplasia?**

- A. Decrease in tissue mass**
- B. Replacement of tissue with scar tissue**
- C. Increase in cell number**
- D. Normal cell death**

Hyperplasia refers to an increase in the number of cells in a tissue or organ, which can lead to an increase in its size. This condition is generally a response to a stimulus, such as hormonal changes or increased functional demand. For example, during pregnancy, certain tissues in the body, like the breast tissue, undergo hyperplasia in preparation for lactation. In contrast, a decrease in tissue mass indicates atrophy, which is the loss of cells rather than an increase. The replacement of tissue with scar tissue pertains to fibrosis, often following injury or inflammation, and does not involve an increase in cell number. Normal cell death is known as apoptosis, which is a regulated process important for maintaining tissue homeostasis, and is not associated with an increase in cell number. Understanding these distinctions helps clarify why hyperplasia specifically involves an increase in cell quantity.

**3. If a patient is prescribed medication every 6 hours, what is the correct notation?**

- A. q4h**
- B. q2h**
- C. q6h**
- D. qid**

In medical terminology, the notation for prescribing medication at specific intervals is essential for clarity and safety in patient care. The notation "q" is derived from the Latin word "quaque," meaning "every." When a medication is prescribed every 6 hours, the correct notation is "q6h." This indicates that the patient should take the medication at intervals of six hours throughout the day, which typically means administering the medication four times within a 24-hour period. Understanding the significance of this notation helps ensure that healthcare providers deliver medications according to the prescribed schedule, thereby maintaining the efficacy of treatment and preventing complications arising from missed doses or overdosing. This notation is particularly important in settings where multiple medications might be prescribed, as it aids in organizing a clear and safe medication regimen.

**4. What was a flaw in proposing the implementation of classical orchestra music as a standard practice?**

- A. It's too expensive to maintain.**
- B. One study is not sufficient evidence for all clients.**
- C. Clients may prefer silence over music.**
- D. Music cannot influence physiological measures.**

The reasoning behind selecting that one study is not sufficient evidence for all clients is grounded in the principles of evidence-based practice. When implementing a new standard in a clinical or caregiving environment, it is necessary to rely on a robust body of research rather than a single study. This ensures that interventions are backed by sufficient evidence showing their effectiveness across diverse populations and settings. The results of one study may not be generalizable to a broader patient population due to variations in individual preferences, health conditions, cultural backgrounds, and environmental factors. Without a comprehensive understanding from multiple studies, it becomes difficult to ascertain whether the proposed implementation of classical orchestra music would be beneficial for all clients universally. A broader evidentiary basis allows healthcare providers to make informed decisions that truly reflect the needs and preferences of the patient population.

**5. What do eupneic respirations indicate during a physical assessment?**

- A. Abnormal respiratory pattern**
- B. Normal respirations**
- C. Severe respiratory distress**
- D. Chronic obstructive pulmonary disease**

Eupneic respirations are characterized by a normal rate and depth of breathing, typically between 12 to 20 breaths per minute in adults. This pattern signifies that the individual is breathing efficiently, and there are no signs of respiratory distress. During a physical assessment, eupneic respirations indicate that the patient's respiratory function is stable and within the expected range. Recognizing this pattern is essential for healthcare providers, as it leads to the conclusion that the patient does not currently exhibit respiratory compromise or abnormalities. This understanding plays a crucial role in determining the overall health status and may guide further assessments or interventions if required.

**6. What is a key characteristic of a “focused assessment”?**

- A. It covers all systems of the body comprehensively**
- B. It is used only in emergency situations**
- C. It concentrates on a particular part of the body**
- D. It is performed only after the head to toe assessment**

A focused assessment is characterized by its concentration on a specific area or system of the body rather than attempting to assess the patient comprehensively. This type of assessment allows healthcare providers to address particular concerns or symptoms that a patient may be experiencing, leading to more efficient and relevant care. For instance, if a patient presents with abdominal pain, a focused assessment would center on the abdomen—examining the digestive system, palpating for tenderness, and asking questions related to gastrointestinal symptoms. This approach provides a clearer understanding of the issue at hand and can expedite the diagnosis and management of the problem. In contrast, conducting a comprehensive assessment of all body systems would be unnecessary in this scenario and could delay addressing the patient's immediate needs. When it comes to emergencies, while focused assessments are often utilized, they are not exclusive to those situations. Additionally, a focused assessment does not need to follow a head-to-toe assessment, as it can be performed independently whenever a specific issue is identified.

**7. Self-care deficit theory was proposed by which influential figure in nursing?**

- A. Florence Nightingale**
- B. Dorothea Orem**
- C. Imogene King**
- D. Nola J. Pender**

Self-care deficit theory is a crucial framework in nursing that emphasizes the importance of patients' ability to perform self-care activities to maintain their health and well-being. This theory was developed by Dorothea Orem, who proposed that individuals have a natural ability and responsibility to care for themselves, and it is essential for nurses to identify and assist patients when they are unable to meet their self-care needs. Orem's theory consists of three related theories: the theory of self-care, the theory of self-care deficit, and the theory of nursing systems. The self-care deficit theory specifically addresses the conditions under which nursing is needed when individuals cannot perform self-care due to limitations or health issues. This comprehensive approach not only highlights the role of patients in their health management but also reinforces the nurse's role in supporting and educating patients to maximize their self-care abilities. The significance of Orem's work is profound, as it lays the groundwork for nursing practices that empower patients, promote autonomy, and enhance recovery, making it a foundational theory within the field of nursing. Her focus on the individual's ability to care for themselves and the nurse's role in bridging gaps in care is central to understanding patient-centered care in nursing today.

**8. Which factors must a nurse consider when administering medication?**

- A. Only the client's age**
- B. Developmental factors, gender, diet**
- C. Only the type of medication**
- D. Only the time of day**

When administering medication, it is essential for a nurse to consider various factors that influence medication efficacy and safety. Developmental factors, for instance, can affect how a patient metabolizes and responds to medications; children and elderly patients often require different dosages or formulations due to their developmental stage or physiological changes. Gender is another critical factor as it can influence drug metabolism, efficacy, and the side effects experienced. For example, hormonal differences can alter how a body processes certain medications. Additionally, dietary habits must be taken into account since food can interact with medications, potentially enhancing or inhibiting their effects. Certain foods may affect the absorption of a medication, leading to suboptimal therapeutic outcomes or increased side effects. By considering these multidimensional aspects—development, gender, and diet—the nurse ensures a comprehensive approach to medication administration, thus optimizing patient outcomes and minimizing risks. This holistic understanding is key to effective nursing practice and patient safety.

**9. What term is used to describe an increase in the number of cells in an organ or tissue?**

- A. Hypertrophy**
- B. Hyperplasia**
- C. Atrophy**
- D. Hypoplasia**

The term that describes an increase in the number of cells in an organ or tissue is hyperplasia. This physiological process occurs when there is a demand for more functional cells, often in response to increased workload, hormonal stimulation, or other biological signals. Hyperplasia can be a normal adaptive response, such as in the uterine lining during the menstrual cycle, or it can be pathological, as seen in conditions like certain types of tumors. Hypertrophy, on the other hand, involves an increase in the size of existing cells rather than an increase in cell number. Atrophy refers to a decrease in the size or number of cells, resulting in a reduction of tissue mass. Hypoplasia is a condition where there is incomplete development or underdevelopment of a tissue or organ, leading to fewer cells than normal. Understanding these terms is essential for differentiating between various cellular adaptations and pathological states in clinical practice.

**10. Which work is Florence Nightingale best known for, published in 1860?**

- A. Notes on Nursing**
- B. Environmental Theory**
- C. Evidence-Based Nursing**
- D. The Concept of Care**

Florence Nightingale is best known for her work titled "Notes on Nursing," published in 1860. This pioneering text laid the foundation for modern nursing practice and emphasized the importance of sanitation, fresh air, proper nutrition, and patient observation in promoting health and recovery. Nightingale's work focused on the fundamental principles of nursing care, advocating for a patient-centered approach and the need for nurses to be educated and trained to provide effective care. Additionally, "Notes on Nursing" serves as a guide for both nurses and the general public, highlighting the roles and responsibilities of nurses in caring for patients. It influenced the establishment of nursing schools and the professionalization of nursing as a discipline. The insights and practices she detailed have had a lasting impact on healthcare, making this text a landmark work in the history of nursing.

# 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://nursingbattery.examzify.com>**

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

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