

Nursing care for Disorders of the Endocrine and Exocrine Systems (NDEE) 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

- 1. Why is a temporary heterograft (pig skin) used in burn treatment?**
 - A. Debrides necrotic tissue.**
 - B. Promotes rapid epithelialization.**
 - C. Is sutured in place for better adherence.**
 - D. Will be used concurrently with a topical antimicrobial.**
- 2. What is the main clinical feature of thyroid storm?**
 - A. Severe weight loss**
 - B. Severe exacerbation of hyperthyroidism symptoms**
 - C. Low blood pressure and fainting**
 - D. Excessive sweating**
- 3. How is type 2 diabetes primarily managed?**
 - A. With insulin injections**
 - B. With lifestyle changes and oral medications**
 - C. With hormone replacements**
 - D. With surgery**
- 4. Which of the following must be assessed regularly in patients on corticosteroid treatment?**
 - A. Eye exam for cataracts.**
 - B. Liver function tests.**
 - C. Electrolyte levels, especially potassium.**
 - D. Blood glucose levels.**
- 5. What are some common symptoms of Cushing's syndrome?**
 - A. Hypotension and fatigue**
 - B. Weight loss and excess sweating**
 - C. Weight gain and hypertension**
 - D. Joint pain and muscle weakness**

- 6. Which condition results from excessive levels of cortisol in the body?**
- A. Hyperthyroidism**
 - B. Cushing's syndrome**
 - C. Diabetes mellitus**
 - D. Hashimoto's thyroiditis**
- 7. What is the function of thyroid hormones?**
- A. To regulate blood pressure**
 - B. To stimulate metabolism**
 - C. To maintain fluid balance**
 - D. To control glucose levels**
- 8. What type of hormones are steroids?**
- A. Water-soluble hormones derived from proteins**
 - B. Lipid-soluble hormones derived from cholesterol**
 - C. Peptide hormones produced by the pancreas**
 - D. Amino acid-derived hormones secreted by the adrenal gland**
- 9. What is the typical treatment for hyperparathyroidism?**
- A. Medication to lower calcium levels**
 - B. Radiation therapy**
 - C. Surgery to remove overactive parathyroid gland(s)**
 - D. Hormone replacement therapy**
- 10. Name a common sign of hypothyroidism in adults.**
- A. Increased energy**
 - B. Fatigue and lethargy**
 - C. Weight loss**
 - D. Rapid heartbeat**

Answers

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

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Explanations

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1. Why is a temporary heterograft (pig skin) used in burn treatment?

- A. Debrides necrotic tissue.**
- B. Promotes rapid epithelialization.**
- C. Is sutured in place for better adherence.**
- D. Will be used concurrently with a topical antimicrobial.**

The use of a temporary heterograft, such as pig skin, in burn treatment is primarily associated with its ability to promote rapid epithelialization. When a patient suffers a significant burn, the skin's protective barrier is compromised, which can delay healing and increase the risk of infection. The heterograft serves as a biological dressing that helps to cover the burn wound, providing a surface for new skin cells to migrate over and allowing the underlying tissue to heal more effectively. By facilitating the body's natural healing processes, the temporary heterograft helps in reducing the time the wound remains open. This can help to minimize scarring and optimize the overall recovery process. The pig skin mimics the properties of human skin, offering a suitable environment for cellular activity and tissue regeneration. While debridement of necrotic tissue, adherence through suturing, and the use of topical antimicrobials are important components of burn management, the primary objective of applying a temporary heterograft is to enhance the speed at which the skin can regenerate and re-establish its barrier function.

2. What is the main clinical feature of thyroid storm?

- A. Severe weight loss**
- B. Severe exacerbation of hyperthyroidism symptoms**
- C. Low blood pressure and fainting**
- D. Excessive sweating**

Thyroid storm, also known as thyrotoxic crisis, is a life-threatening condition that results from an extreme exacerbation of the symptoms of hyperthyroidism. The main clinical feature of thyroid storm is indeed a severe exacerbation of hyperthyroidism symptoms, which can include high fever, tachycardia, agitation, confusion, and gastrointestinal distress. This severe escalation can lead to a rapid deterioration of the patient's condition and requires immediate medical intervention. While excessive sweating and other symptoms like weight loss and changes in blood pressure may also be present, they are not the hallmark feature of thyroid storm. The overwhelming and acute intensification of the hyperthyroid state distinguishes thyroid storm from other conditions and symptoms related to thyroid dysfunction. This understanding is crucial for nursing care, as it helps prioritize assessment and interventions for patients presenting with these critical symptoms.

3. How is type 2 diabetes primarily managed?

- A. With insulin injections
- B. With lifestyle changes and oral medications**
- C. With hormone replacements
- D. With surgery

Type 2 diabetes management primarily focuses on lifestyle modifications and the use of oral medications. Lifestyle changes include implementing a balanced diet, increasing physical activity, maintaining a healthy weight, and monitoring blood glucose levels. These adjustments can significantly improve insulin sensitivity and overall metabolic health, potentially reducing the need for more invasive treatments. Oral medications, such as metformin, are commonly prescribed to help manage blood sugar levels by improving insulin sensitivity and decreasing glucose production in the liver. These medications are often effective in conjunction with lifestyle changes, allowing many individuals to achieve good glycemic control without the immediate need for insulin injections. In contrast, insulin injections are typically associated with type 1 diabetes or advanced cases of type 2 diabetes where oral medications and lifestyle changes are insufficient. Hormone replacements are not a standard treatment for managing type 2 diabetes, and surgical interventions may be considered for weight loss in certain patients but are not a primary management strategy for diabetes itself. Thus, the combination of lifestyle changes and oral medications represents the cornerstone of type 2 diabetes management.

4. Which of the following must be assessed regularly in patients on corticosteroid treatment?

- A. Eye exam for cataracts.
- B. Liver function tests.
- C. Electrolyte levels, especially potassium.**
- D. Blood glucose levels.

In patients receiving corticosteroid treatment, regular assessment of electrolyte levels, particularly potassium, is essential. Corticosteroids can lead to electrolyte imbalances, including hypokalemia (low potassium levels), which can result in significant health issues such as muscle weakness, arrhythmias, and other cardiovascular complications. Monitoring helps ensure that any imbalances are addressed promptly, maintaining the patient's overall health during corticosteroid therapy. While eye exams for cataracts, liver function tests, and blood glucose levels are also important in the context of corticosteroid use—due to the potential side effects of long-term corticosteroid therapy—the focus on potassium reflects a critical aspect of managing electrolyte balance which can be immediately life-threatening if not properly monitored.

5. What are some common symptoms of Cushing's syndrome?

- A. Hypotension and fatigue**
- B. Weight loss and excess sweating**
- C. Weight gain and hypertension**
- D. Joint pain and muscle weakness**

Cushing's syndrome is characterized by an overproduction of cortisol, which can lead to a variety of symptoms due to the effects of excess cortisol on the body. One of the hallmark symptoms is weight gain, often manifesting as central obesity, moon facies, and a buffalo hump. This occurs because cortisol promotes fat accumulation as well as changes in the metabolism of carbohydrates and proteins. Hypertension is also commonly seen in individuals with Cushing's syndrome due to cortisol's effect on fluid retention and vascular resistance. It can lead to increased blood pressure, further complicating the clinical picture. In contrast, other symptoms typically associated with the condition include purple striae on the skin, easy bruising, and changes in glucose metabolism, which may lead to diabetes mellitus. These symptoms are reflective of the multifaceted impact of cortisol on various body systems. Overall, the combination of weight gain and hypertension are strong indicators of Cushing's syndrome, highlighting the syndrome's metabolic and cardiovascular implications.

6. Which condition results from excessive levels of cortisol in the body?

- A. Hyperthyroidism**
- B. Cushing's syndrome**
- C. Diabetes mellitus**
- D. Hashimoto's thyroiditis**

Cushing's syndrome is characterized by excessive levels of cortisol in the body, often due to prolonged use of corticosteroid medication or due to an overproduction of cortisol by the adrenal glands. This condition can result in various symptoms, including weight gain, particularly around the abdomen and face, hypertension, and changes in skin appearance, such as easy bruising and purple stretch marks. The other conditions listed do not involve elevated cortisol levels. Hyperthyroidism results from excessive production of thyroid hormones, while diabetes mellitus is primarily related to insulin deficiency or resistance affecting blood sugar regulation. Hashimoto's thyroiditis is an autoimmune thyroid disorder that typically leads to hypothyroidism, which is characterized by low levels of thyroid hormones rather than elevated cortisol. Therefore, Cushing's syndrome is the correct answer as it specifically links to an excess of cortisol.

7. What is the function of thyroid hormones?

- A. To regulate blood pressure
- B. To stimulate metabolism**
- C. To maintain fluid balance
- D. To control glucose levels

Thyroid hormones, primarily thyroxine (T4) and triiodothyronine (T3), play a critical role in stimulating metabolism. They are essential for regulating the metabolic rate of almost every cell in the body, impacting how quickly the body converts food into energy. This process includes the metabolism of carbohydrates, fats, and proteins, which are vital for maintaining energy levels and supporting overall body functions. The action of thyroid hormones also extends to influencing growth and development, thermogenesis (heat production), and the regulation of other hormone levels. When thyroid hormone levels are appropriate, they help maintain a balanced metabolism, whereas too little or too much of these hormones can lead to conditions such as hypothyroidism or hyperthyroidism, respectively. Understanding the function of thyroid hormones as metabolic regulators is fundamental in nursing care for endocrine disorders, as it helps inform treatment strategies for conditions related to thyroid dysfunction.

8. What type of hormones are steroids?

- A. Water-soluble hormones derived from proteins
- B. Lipid-soluble hormones derived from cholesterol**
- C. Peptide hormones produced by the pancreas
- D. Amino acid-derived hormones secreted by the adrenal gland

Steroid hormones are indeed classified as lipid-soluble hormones derived from cholesterol. This classification is crucial because it influences how these hormones interact with the body. Being lipid-soluble allows steroids to easily pass through cell membranes, which are also composed largely of lipid bilayers. Once inside the cell, steroid hormones can bind to specific receptors in the cytoplasm or nucleus, leading to changes in gene expression and resulting in effects on various physiological processes. The derivation from cholesterol is also significant, as it underscores the complexity of steroidogenesis, where cholesterol is modified through a series of enzymatic reactions in steroid-producing glands such as the adrenal glands and gonads. This process results in the formation of various steroid hormones, including glucocorticoids, mineralocorticoids, and sex steroids. In contrast, the other options describe different classes of hormones that do not share these characteristics. For instance, water-soluble hormones and peptide hormones operate quite differently, typically relying on binding to receptors on the cell surface rather than penetrating cell membranes. Understanding the nature of steroid hormones helps in grasping their unique functions and mechanisms within the endocrine system.

9. What is the typical treatment for hyperparathyroidism?

- A. Medication to lower calcium levels**
- B. Radiation therapy**
- C. Surgery to remove overactive parathyroid gland(s)**
- D. Hormone replacement therapy**

The typical treatment for hyperparathyroidism primarily involves surgical intervention to remove the overactive parathyroid gland(s). In many cases of primary hyperparathyroidism, especially when symptoms are present or there is evidence of complications (such as osteoporosis, kidney stones, or hypercalcemia), surgery is indicated. This approach aims to alleviate the excess secretion of parathyroid hormone, which leads to elevated calcium levels in the blood and various associated health issues. While medications can be used to manage symptoms by lowering calcium levels temporarily, they do not address the underlying cause of the disorder. Radiation therapy is not a standard treatment for hyperparathyroidism, as this condition is not typically related to malignant processes that would require such intervention. Hormone replacement therapy is irrelevant in this context, as hyperparathyroidism is related to the excess production of parathyroid hormone rather than a deficiency that would necessitate hormone supplementation. Thus, surgical removal of the overactive gland(s) is the most definitive and effective approach for treatment.

10. Name a common sign of hypothyroidism in adults.

- A. Increased energy**
- B. Fatigue and lethargy**
- C. Weight loss**
- D. Rapid heartbeat**

Fatigue and lethargy are hallmark signs of hypothyroidism in adults. This condition arises when the thyroid gland does not produce enough thyroid hormones, which play a critical role in regulating metabolism, energy levels, and overall body functioning. As a result, individuals with hypothyroidism often experience a significant decrease in energy levels, leading to feelings of tiredness, fatigue, and a general lack of motivation. This is because the body's metabolism slows down, impacting not only physical energy but also cognitive function and mood. In contrast, increased energy, weight loss, and rapid heartbeat are typically associated with hyperthyroidism, a condition characterized by an overactive thyroid. Therefore, fatigue and lethargy serve as key indicators of hypothyroidism, highlighting the crucial relationship between thyroid hormone levels and energy levels in the body.

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://ndeeendocrineexocrine.examzify.com>

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