

# NURSING CARE FOR DISORDERS OF THE ENDOCRINE AND EXOCRINE SYSTEMS (NDEE) PRACTICE TEST (SAMPLE)

## STUDY GUIDE



*Prepare with structure. Pass with confidence*



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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. How is hyperglycemia characterized?**
  - A. Low blood glucose levels
  - B. Normal blood glucose levels
  - C. Elevated blood glucose levels
  - D. Variable blood glucose levels
- 2. What is the most common effect of chronic high cortisol levels on bones?**
  - A. Increased bone density
  - B. Brittle bones and fractures
  - C. Enhanced calcium absorption
  - D. Improved overall bone health
- 3. What is the relationship between the endocrine system and stress response?**
  - A. The endocrine system releases stress hormones
  - B. The endocrine system decreases hormone production during stress
  - C. The endocrine system primarily inhibits stress responses
  - D. The endocrine system completely shuts down during stress
- 4. What condition results from excessive secretion of growth hormone in adults?**
  - A. Acromegaly
  - B. Gigantism
  - C. Hypopituitarism
  - D. Cushing's syndrome
- 5. Which hormone is specifically produced by the pancreas?**
  - A. Cortisol
  - B. Thyroxine
  - C. Insulin
  - D. Adrenaline

- 6. What is the most common cause of Cushing's syndrome?**
- A. Genetic predisposition
  - B. Prolonged corticosteroid use
  - C. Adrenal tumors
  - D. Hypothalamic dysfunction
- 7. Which of the following best describes Cushing's syndrome?**
- A. A result of adrenal insufficiency
  - B. A disorder characterized by excessive cortisol
  - C. A condition due to low insulin levels
  - D. A syndrome caused by thyroid overactivity
- 8. What dietary changes are recommended for managing diabetes?**
- A. High protein intake with low fiber
  - B. A balanced diet with controlled carbohydrates
  - C. High fat diet to decrease insulin resistance
  - D. Excessive fruit consumption to increase sugar levels
- 9. Which findings correspond with the secretion of antidiuretic hormone (ADH) in a client with small-cell lung carcinoma?**
- A. Edema
  - B. Polyuria
  - C. Bradycardia
  - D. Hypotension
- 10. Which patient symptom might suggest hypothyroidism?**
- A. Increased heart rate
  - B. Weight loss
  - C. Cold intolerance
  - D. Excessive sweating

## **Answers**

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

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## **Explanations**

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## 1. How is hyperglycemia characterized?

- A. Low blood glucose levels
- B. Normal blood glucose levels
- C. Elevated blood glucose levels**
- D. Variable blood glucose levels

*Hyperglycemia is characterized as having elevated blood glucose levels. This condition occurs when the body's insulin production is insufficient, ineffective, or when there's an increase in glucose production by the liver. Hyperglycemia is commonly associated with diabetes mellitus, where the body's ability to utilize glucose is impaired. It can lead to various symptoms such as increased thirst, frequent urination, fatigue, and blurred vision. Persistent hyperglycemia can result in long-term complications, including cardiovascular issues and nerve damage if not managed appropriately. Understanding this key characteristic is crucial for effectively monitoring and treating patients with glucose metabolism disorders.*

## 2. What is the most common effect of chronic high cortisol levels on bones?

- A. Increased bone density
- B. Brittle bones and fractures**
- C. Enhanced calcium absorption
- D. Improved overall bone health

*Chronic high cortisol levels lead to a condition known as Cushing's syndrome, which has significant effects on bone health. One of the most common effects of sustained elevated cortisol is the weakening of bones, making them more susceptible to fractures. Cortisol interferes with the bone remodeling process, inhibiting the formation of new bone by osteoblasts while promoting the activity of osteoclasts, the cells that break down bone tissue. This imbalance results in a decrease in bone density, which ultimately leads to brittle bones. Consequently, individuals with long-term high cortisol levels often experience an increased risk of fragility fractures, emphasizing the direct link between cortisol and compromised bone integrity. In contrast, options such as increased bone density or improved overall bone health are incorrect because high cortisol levels typically have the opposite effect, leading to bone loss rather than gain. Enhanced calcium absorption does not occur with chronic high levels of cortisol; in fact, cortisol can lead to a decrease in the absorption of calcium and negatively impacts bone health further.*

### 3. What is the relationship between the endocrine system and stress response?

**A. The endocrine system releases stress hormones**

B. The endocrine system decreases hormone production during stress

C. The endocrine system primarily inhibits stress responses

D. The endocrine system completely shuts down during stress

*The relationship between the endocrine system and the stress response is primarily characterized by the release of stress hormones. When an individual experiences stress, the hypothalamus triggers the hypothalamic-pituitary-adrenal (HPA) axis, resulting in the release of corticotropin-releasing hormone (CRH). This, in turn, stimulates the pituitary gland to release adrenocorticotrophic hormone (ACTH), which prompts the adrenal glands to secrete cortisol, also known as the stress hormone. Cortisol plays a vital role in the body's response to stress by helping to mobilize energy resources, suppress non-essential functions (such as digestion), and modulate inflammation. This coordinated hormonal response is essential for managing stress and helping to restore homeostasis once the stressor has been addressed. The other options do not accurately describe the relationship between the endocrine system and stress response. Instead of decreasing hormone production, the endocrine system actively engages in increasing hormone levels to enable the body to cope with stress. Additionally, the system does not primarily inhibit stress responses; rather, it enhances them through hormone release. Lastly, the endocrine system does not shut down during stress; instead, it becomes more active to manage the body's stress response effectively.*

### 4. What condition results from excessive secretion of growth hormone in adults?

**A. Acromegaly**

B. Gigantism

C. Hypopituitarism

D. Cushing's syndrome

*The condition that results from excessive secretion of growth hormone in adults is acromegaly. In adults, if growth hormone levels are elevated, it leads to the abnormal growth of bones and tissues, particularly noticeable in the hands, feet, and face. This occurs due to the hormone's effects on cartilage and bone metabolism. Acromegaly primarily arises from a pituitary adenoma, which is a benign tumor that secretes excess growth hormone. On the other hand, gigantism occurs in children whose growth plates have not yet closed, resulting in a proportional increase in height along with enlarged body structures. Hypopituitarism involves decreased secretion of pituitary hormones and is not related to excessive hormone secretion. Cushing's syndrome results from elevated levels of cortisol, not growth hormone. Thus, acromegaly specifically pertains to conditions stemming from elevated growth hormone levels in adults.*

## 5. Which hormone is specifically produced by the pancreas?

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

*The pancreas has a crucial role in the regulation of glucose metabolism, and it specifically produces insulin, which is a key hormone in this process. Insulin is secreted by the beta cells of the pancreatic islets (islets of Langerhans) in response to rising blood glucose levels. It facilitates the uptake of glucose into the cells for energy production and helps in storing excess glucose in the liver as glycogen. This makes insulin essential for maintaining normal blood glucose levels and preventing conditions such as diabetes mellitus, which arises from insufficient insulin production or action. In contrast, cortisol is produced by the adrenal glands and regulates metabolism and stress response; thyroxine is produced by the thyroid gland and is involved in regulating metabolism; and adrenaline (also known as epinephrine) is also produced by the adrenal glands and is important in the fight-or-flight response. Each of these hormones plays distinct roles that do not involve the pancreas.*

## 6. What is the most common cause of Cushing's syndrome?

- A. Genetic predisposition
- B. Prolonged corticosteroid use**
- C. Adrenal tumors
- D. Hypothalamic dysfunction

*The most common cause of Cushing's syndrome is prolonged corticosteroid use. Cushing's syndrome occurs when there is excessive cortisol in the body. While the body can produce cortisol naturally, external sources—primarily in the form of glucocorticoid medications—can lead to a condition where cortisol levels are elevated. Individuals receiving long-term treatment with corticosteroids for conditions such as asthma, rheumatoid arthritis, or other inflammatory disorders often develop symptoms of Cushing's syndrome due to this external source of cortisol. Genetic predisposition, adrenal tumors, and hypothalamic dysfunction are less common causes. While an adrenal tumor can produce excess cortisol, and dysfunction in the hypothalamus can lead to excessive adrenocorticotrophic hormone (ACTH) production, these scenarios are not as prevalent as the use of corticosteroids. The widespread use of corticosteroid medications in clinical settings significantly increases the incidence of iatrogenic Cushing's syndrome, making it the leading cause in most cases.*

## 7. Which of the following best describes Cushing's syndrome?

- A. A result of adrenal insufficiency
- B. A disorder characterized by excessive cortisol**
- C. A condition due to low insulin levels
- D. A syndrome caused by thyroid overactivity

*Cushing's syndrome is best described as a disorder characterized by excessive cortisol. This condition arises when there is an overproduction of cortisol, which can occur due to various factors, such as a tumor on the adrenal glands, prolonged use of corticosteroid medication, or, less commonly, a pituitary gland tumor causing overproduction of adrenocorticotrophic hormone (ACTH). The elevated cortisol levels can lead to a variety of symptoms, including weight gain, particularly in the trunk, moon facies, thinning of the skin, hypertension, and glucose intolerance. Understanding the context of the other options highlights the specific nature of Cushing's syndrome. Adrenal insufficiency relates to inadequate production of hormones, while low insulin levels pertain to conditions like diabetes, and thyroid overactivity is associated with hyperthyroidism, which affects metabolism and energy levels, but does not relate to cortisol regulation. Thus, recognizing the hallmark of Cushing's syndrome as excessive cortisol production is crucial in both diagnosis and treatment.*

## 8. What dietary changes are recommended for managing diabetes?

- A. High protein intake with low fiber
- B. A balanced diet with controlled carbohydrates**
- C. High fat diet to decrease insulin resistance
- D. Excessive fruit consumption to increase sugar levels

*A balanced diet with controlled carbohydrates is essential for managing diabetes because it helps regulate blood glucose levels. Carbohydrates have the most significant impact on blood sugar, so monitoring and controlling their intake enables individuals with diabetes to maintain better glycemic control. The focus on a balanced diet ensures that the patient receives a variety of nutrients necessary for overall health while preventing spikes in blood sugar. In this approach, it's also important to include appropriate portions of proteins, fats, and fiber alongside carbohydrates to create meals that stabilize energy levels and promote satiety. Fiber, particularly, aids in slowing the digestion of carbohydrates, which further helps control blood sugar levels. The other options suggest dietary practices that could lead to poor management of diabetes. For instance, a high protein intake with low fiber may not address carbohydrate management adequately, while a high-fat diet could lead to other health issues. Excessive fruit consumption can result in increased sugar levels due to the natural sugars found in fruits, making it less favorable for maintaining optimal blood glucose control. Therefore, a balanced diet with controlled carbohydrates is the most effective strategy for managing diabetes.*

## 9. Which findings correspond with the secretion of antidiuretic hormone (ADH) in a client with small-cell lung carcinoma?

- A. Edema**
- B. Polyuria
- C. Bradycardia
- D. Hypotension

*The secretion of antidiuretic hormone (ADH) is primarily associated with the regulation of water balance in the body. In the context of small-cell lung carcinoma, there can be an inappropriate or excessive secretion of ADH, leading to a condition known as Syndrome of Inappropriate Antidiuretic Hormone secretion (SIADH). This condition causes the body to retain water, diluting serum sodium levels, which can result in fluid overload and the development of edema. Edema occurs when there is an imbalance in the amounts of fluid in the body's tissues, often due to increased water retention from elevated ADH levels. This retention also leads to an increased blood volume, which can further contribute to swelling and edema in various parts of the body. In contrast, polyuria would indicate an increased production of urine, which is opposite of what occurs with excess ADH secretion. Bradycardia and hypotension are usually related to other physiological responses or conditions and do not directly relate to the effects of elevated ADH in SIADH. Therefore, the finding of edema aligns well with the mechanism of increased water retention and excess ADH secretion associated with small-cell lung carcinoma.*

## 10. Which patient symptom might suggest hypothyroidism?

- A. Increased heart rate
- B. Weight loss
- C. Cold intolerance**
- D. Excessive sweating

*Cold intolerance is a key symptom that suggests hypothyroidism. This condition occurs when the thyroid gland does not produce enough thyroid hormones, leading to a slowing of metabolic processes in the body. As a result, individuals with hypothyroidism often experience difficulty in maintaining body temperature and may feel excessively cold in environments where others are comfortable. This is because thyroid hormones play a significant role in regulating metabolism and generating heat within the body. In contrast, increased heart rate and excessive sweating are more commonly associated with hyperthyroidism, where an overproduction of thyroid hormones leads to heightened metabolic activity. Weight loss, while it can be associated with various conditions, including hyperthyroidism, is not typically linked to hypothyroidism, which usually causes weight gain due to a decreased metabolic rate. Thus, cold intolerance strongly aligns with the pathophysiology of hypothyroidism, making it a significant symptom to consider when assessing a patient for this endocrine disorder.*

## 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://ndeeendocrineexocrine.examzify.com>

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

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