

Nursing Entrance Exam (NEX) Practice Exam (Sample)

Study Guide



Everything you need from our exam experts!

This is a sample study guide. To access the full version with hundreds of questions,

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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. Don't worry about getting everything right, 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, and take breaks to retain information better.

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.

7. Use Other Tools

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!

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Questions

- 1. What is the significance of patient advocacy in nursing?**
 - A. It focuses on the nurse's personal beliefs**
 - B. It ensures the patient's needs and rights are prioritized**
 - C. It is relevant only in acute care settings**
 - D. It limits communication with other healthcare providers**
- 2. What is the extension of a neuron that carries impulses to another cell?**
 - A. Cyton**
 - B. Synapse**
 - C. Dendrite**
 - D. Axon**
- 3. Which aspect is part of a nurse's responsibility in maintaining patient safety?**
 - A. Monitoring patient moods frequently**
 - B. Providing comfort and reassurance to patients**
 - C. Administering medications without oversight**
 - D. Recognizing and responding to changes in patient conditions**
- 4. Which gland is responsible for the secretion of adrenaline?**
 - A. Thyroid gland**
 - B. Pituitary gland**
 - C. Adrenal gland**
 - D. Pancreas**
- 5. After playing a strenuous tennis match, a player experiences increased heart rate, rapid breathing, and dilated pupils. Which branch of the nervous system is responsible for these responses?**
 - A. Autonomic nervous system**
 - B. Central nervous system**
 - C. Sympathetic nervous system**
 - D. Parasympathetic nervous system**

- 6. Why is prioritization essential in nursing?**
- A. To maintain a busy schedule**
 - B. To determine which patient needs take precedence based on urgency and severity**
 - C. To create a routine for the day's work**
 - D. To assist with patient transportation**
- 7. What is a common strategy for effectively managing patient pain?**
- A. Ignoring small pain complaints**
 - B. Utilizing both pharmacological and non-pharmacological interventions**
 - C. Only using medication to address pain**
 - D. Consulting with family members for treatment**
- 8. If a person has a lateral curvature of the spine, which anatomical structure is affected?**
- A. Thoracic cage**
 - B. Pelvic girdle**
 - C. Vertebral column**
 - D. Pectoral girdle**
- 9. Which type of organism is characterized as unicellular and has a nucleus?**
- A. Monerans**
 - B. Protozoans**
 - C. Fungi**
 - D. Spermatozoa**
- 10. How can self-care impact a nurse's decision-making?**
- A. It has no effect on decision-making**
 - B. It can lead to better clarity and focus**
 - C. It complicates the decision-making process**
 - D. It prioritizes personal preferences over patient needs**

Answers

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

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Explanations

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1. What is the significance of patient advocacy in nursing?

- A. It focuses on the nurse's personal beliefs
- B. It ensures the patient's needs and rights are prioritized**
- C. It is relevant only in acute care settings
- D. It limits communication with other healthcare providers

Patient advocacy in nursing plays a crucial role in ensuring that the patient's needs, preferences, and rights are prioritized throughout their care. This focus on advocacy means that nurses act as mediators, helping to navigate the often complex healthcare system and ensuring that each patient's voice is heard. By advocating for patients, nurses can help ensure that patients receive appropriate treatments, information, and respect within the healthcare framework. Advocacy also involves supporting patients in making informed decisions about their own care, which fosters autonomy and allows patients to actively participate in their treatment plans. It highlights the nurse's commitment to ethical practice and the holistic well-being of the patient, ultimately leading to better health outcomes and enhanced overall patient satisfaction. While patient advocacy is vital in acute care settings, its application is far-reaching, extending to all areas of nursing practice, including long-term care, outpatient services, and community health. Moreover, effective advocacy requires collaboration and communication with others in the healthcare team, rather than limiting it. Thus, the role of advocacy is integral to nursing and encompasses a wide scope of practice aimed at optimizing patient care.

2. What is the extension of a neuron that carries impulses to another cell?

- A. Cyton
- B. Synapse
- C. Dendrite
- D. Axon**

An axon is the extension of a neuron responsible for carrying impulses away from the neuron's cell body to another cell, such as another neuron or a muscle cell. This long, slender projection facilitates communication across the nervous system by transmitting electrical signals, known as action potentials, over distances. The axon eventually branches into smaller fibers that end in axon terminals, where neurotransmitters are released to transmit the signal to the next cell. In contrast, the cyton, or cell body, primarily contains the nucleus and organelles, playing a pivotal role in maintaining the cell's health and function rather than propagating impulses. The synapse is the junction between neurons where the transmission of nerve impulses occurs, but it is not an extension of a neuron. Dendrites are structures that receive signals from other neurons and convey them towards the cell body, which is the opposite function of what is carried out by the axon.

3. Which aspect is part of a nurse's responsibility in maintaining patient safety?

- A. Monitoring patient moods frequently**
- B. Providing comfort and reassurance to patients**
- C. Administering medications without oversight**
- D. Recognizing and responding to changes in patient conditions**

Recognizing and responding to changes in patient conditions is a fundamental aspect of a nurse's responsibility in maintaining patient safety. This involves continuous assessment of a patient's vital signs, physical symptoms, and emotional state, which allows nurses to identify any deterioration in health or unexpected reactions to treatments. Effective monitoring and timely interventions can prevent complications, promote better health outcomes, and ensure that patients receive appropriate care without delay. In practice, this means being vigilant and attentive to a patient's status, utilizing clinical judgment, and communicating any concerns to the rest of the healthcare team promptly. Patient safety is significantly enhanced when nurses are proactive in recognizing deviations from baseline conditions and are equipped to act on those observations appropriately.

4. Which gland is responsible for the secretion of adrenaline?

- A. Thyroid gland**
- B. Pituitary gland**
- C. Adrenal gland**
- D. Pancreas**

The adrenal gland is responsible for the secretion of adrenaline, also known as epinephrine. This hormone plays a crucial role in the body's fight-or-flight response, which prepares the body to respond to stress or danger. When stimulated, the adrenal glands release adrenaline into the bloodstream, causing various physiological changes such as increased heart rate, heightened blood pressure, and improved energy availability. These changes enable the body to react quickly in emergency situations, making adrenaline vital for survival. The thyroid gland primarily regulates metabolism through the secretion of thyroid hormones, and it does not produce adrenaline. The pituitary gland, often referred to as the "master gland," is involved in regulating various hormones that control other glands in the endocrine system but is not responsible for adrenaline secretion. The pancreas has a primary role in regulating blood sugar levels by producing insulin and glucagon, and it does not secrete adrenaline. Therefore, the accurate identification of the adrenal gland is essential for understanding the endocrine system's role in managing stress responses.

5. After playing a strenuous tennis match, a player experiences increased heart rate, rapid breathing, and dilated pupils. Which branch of the nervous system is responsible for these responses?

- A. Autonomic nervous system**
- B. Central nervous system**
- C. Sympathetic nervous system**
- D. Parasympathetic nervous system**

The correct response is based on the role of the sympathetic nervous system, which is part of the autonomic nervous system. Following strenuous activity, such as playing a tennis match, the body enters a state that requires a heightened level of readiness and energy. This is known as the "fight or flight" response, which is primarily driven by the sympathetic nervous system. In this scenario, the player's increased heart rate and rapid breathing are crucial physiological changes aiming to deliver more oxygen and nutrients to the muscles. Dilated pupils also occur to enhance vision, allowing the player to better respond to their environment. These adjustments are all designed to improve physical performance and preparedness for rapid action. While the autonomic nervous system encompasses both the sympathetic and parasympathetic nervous systems, the specific responses described—heightened heart rate, rapid breathing, and pupil dilation—are characteristic of sympathetic activation. The parasympathetic system, on the other hand, promotes relaxation and conservation of energy, countering the effects of the sympathetic nervous system and transitioning the body back to a state of calm after exertion. The central nervous system, which includes the brain and spinal cord, plays a supportive role in processing signals but does not directly govern these autonomic responses during physical activity.

6. Why is prioritization essential in nursing?

- A. To maintain a busy schedule**
- B. To determine which patient needs take precedence based on urgency and severity**
- C. To create a routine for the day's work**
- D. To assist with patient transportation**

Prioritization is crucial in nursing because it allows healthcare professionals to identify and address patient needs effectively based on urgency and severity. In a clinical setting, nurses often encounter multiple patients who require attention, but not all conditions are of equal importance or immediate risk. By prioritizing, nurses ensure that the most critical patients receive timely interventions, which can be vital in preventing complications and promoting optimal health outcomes. The ability to assess and prioritize patient needs involves evaluating various factors, including the patient's vital signs, the nature of their condition, and the potential consequences of delayed care. This systematic approach not only enhances patient safety but also improves the overall efficiency of the healthcare team, as tasks can be delegated appropriately based on the level of need. Ultimately, effective prioritization leads to better care and contributes to positive recovery trajectories for patients.

7. What is a common strategy for effectively managing patient pain?

- A. Ignoring small pain complaints
- B. Utilizing both pharmacological and non-pharmacological interventions**
- C. Only using medication to address pain
- D. Consulting with family members for treatment

Utilizing both pharmacological and non-pharmacological interventions is a common strategy for effectively managing patient pain because it allows for a more comprehensive approach to pain relief. This strategy acknowledges that pain is a complex and subjective experience that can be influenced by various factors, including physical, psychological, and social elements. Pharmacological interventions may include medications such as analgesics or anti-inflammatories, which can directly address the physiological aspects of pain. However, relying solely on medication might not be sufficient for all patients and can lead to potential side effects or complications associated with medication use. Incorporating non-pharmacological interventions—such as physical therapy, cognitive-behavioral therapy, acupuncture, relaxation techniques, or mindfulness—can enhance the overall pain management plan. These approaches often address the emotional and psychological components of pain, which can significantly improve the patient's perception of pain and overall quality of life. Combining both methods allows healthcare providers to tailor pain management strategies to the individual needs of the patient, increasing the chances of effective pain relief and promoting a holistic approach to care. This comprehensive strategy aligns with contemporary best practices in pain management and is supported by research that shows a mixed approach can lead to better patient outcomes.

8. If a person has a lateral curvature of the spine, which anatomical structure is affected?

- A. Thoracic cage
- B. Pelvic girdle
- C. Vertebral column**
- D. Pectoral girdle

A lateral curvature of the spine, commonly referred to as scoliosis, directly affects the vertebral column. This condition involves an abnormal side-to-side curvature in the spine, resulting in a deviation from the normal straight alignment. The vertebral column is composed of individual vertebrae stacked upon one another, and scoliosis alters the positioning of these bones, which can lead to uneven shoulders, hips, and potentially affect respiratory function depending on the severity of the curvature. The thoracic cage, while adjacent to and supportive of the spine, consists primarily of the ribs and sternum, and is impacted indirectly by any structural changes in the vertebral column. The pelvic girdle is part of the lower skeletal framework that connects the lower limbs to the axial skeleton and is not directly involved in spinal curvature. The pectoral girdle supports the upper limbs' attachment to the trunk and is also not related to the spine's alignment. Thus, the vertebral column is the correct anatomical structure affected by a lateral curvature of the spine.

9. Which type of organism is characterized as unicellular and has a nucleus?

- A. Monerans**
- B. Protozoans**
- C. Fungi**
- D. Spermatozoa**

The correct choice is protozoans because they are a group of unicellular eukaryotic organisms, meaning they possess a defined nucleus within their cells. This characteristic distinguishes them from prokaryotic organisms, such as monerans, which do not have a nucleus. Protozoans come in various forms and can exhibit diverse locomotion methods, including flagella and cilia. Monerans are primarily made up of bacteria and archaea, which are also unicellular but lack a nucleus, making this option incorrect. Fungi, although they can be unicellular (like yeast), are typically multicellular and belong to a different kingdom, thus making them unsuitable. Spermatozoa, or sperm cells, while also unicellular, are specialized cells involved in reproduction and do not fit the broader classification of organism groups like protozoans. In summary, protozoans are uniquely characterized as unicellular organisms with a nucleus, fitting the criteria set forth in the question.

10. How can self-care impact a nurse's decision-making?

- A. It has no effect on decision-making**
- B. It can lead to better clarity and focus**
- C. It complicates the decision-making process**
- D. It prioritizes personal preferences over patient needs**

Self-care significantly contributes to a nurse's clarity and focus, which in turn enhances decision-making. Engaging in self-care practices—such as adequate rest, proper nutrition, mental health routines, and exercise—can reduce stress levels and improve overall well-being. When nurses take care of themselves, they are better equipped to manage the demands of their profession, including critical thinking and complex patient assessments. Having a clear mind allows nurses to evaluate situations more accurately, weigh risks and benefits, and recognize subtle changes in a patient's condition. This mental and emotional clarity is crucial when making decisions that directly impact patient care and outcomes. A well-cared-for nurse can maintain a higher level of compassion and critical insight, leading to effective and safe nursing practices. In comparison, neglecting self-care might lead to burnout or decreased cognitive function, which could hinder a nurse's ability to make sound decisions. Thus, self-care plays an essential role in enhancing a nurse's ability to perform their duties effectively and prioritize patient care.

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://nlm-nex.examzify.com>

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