

# Nursing Entrance Exam (NEX) Practice Exam (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. What is the relationship between glucose and ATP in cellular respiration?**
  - A. Glucose is produced from ATP.**
  - B. ATP is generated from glucose.**
  - C. They are independent of one another.**
  - D. Glucose inhibits ATP production.**
- 2. Which of the following characteristics is likely to be present in a recently discovered species with amniotic eggs and a four-chambered heart?**
  - A. Ectotherms**
  - B. Feathers for flying**
  - C. External fertilization**
  - D. Mammary glands**
- 3. What type of mixture is mayonnaise classified as?**
  - A. Solution**
  - B. Colloid**
  - C. Emulsion**
  - D. Suspension**
- 4. Which condition is likely to result from damage to the medulla of the brain?**
  - A. Inability to speak**
  - B. Difficulty breathing**
  - C. Inability to remember**
  - D. Blurred vision**
- 5. 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**

- 6. How does nutrition impact patient health outcomes?**
- A. It has no significant effect on health**
  - B. Proper nutrition supports recovery and enhances overall health**
  - C. Nutrition is only important for chronic illnesses**
  - D. Nutrition only affects weight and not overall health**
- 7. Give an example of how a nurse can advocate for a patient.**
- A. By following hospital policy strictly**
  - B. By communicating the patient's needs and preferences to the healthcare team**
  - C. By adjusting the patient's medication as they see fit**
  - D. By prioritizing their personal opinions over the patient's**
- 8. Why is effective communication vital in nursing?**
- A. It only benefits the nurses involved**
  - B. It ensures clear understanding between providers and patients**
  - C. It allows for quicker patient discharge**
  - D. It promotes competition among staff**
- 9. Define evidence-based practice in nursing.**
- A. The use of intuition in clinical decision-making**
  - B. Choosing treatment options based on patient demand**
  - C. The integration of clinical expertise, patient values, and the best research evidence into practice**
  - D. Following hospital policies without question**
- 10. What approach should nurses take when educating patients about their medications?**
- A. Focus solely on the potential side effects**
  - B. Discuss the importance of adherence and how to manage medications**
  - C. Encourage patients to avoid any questions regarding their medications**
  - D. Only provide written information without verbal communication**



## **Answers**

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

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## **Explanations**

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**1. What is the relationship between glucose and ATP in cellular respiration?**

**A. Glucose is produced from ATP.**

**B. ATP is generated from glucose.**

**C. They are independent of one another.**

**D. Glucose inhibits ATP production.**

The relationship between glucose and ATP in cellular respiration is fundamentally tied to the process of energy conversion within cells. During cellular respiration, glucose, a simple sugar, is broken down through a series of chemical reactions, resulting in the release of energy. This energy is utilized to synthesize ATP (adenosine triphosphate), the primary energy carrier in all living organisms. When glucose undergoes glycolysis, it is converted into pyruvate in the cytoplasm, which then enters the mitochondria where it undergoes further transformations during the citric acid cycle and oxidative phosphorylation. These processes produce ATP through substrate-level phosphorylation and oxidative phosphorylation. The generation of ATP from glucose underscores the importance of glucose as a vital energy source. This relationship is critical for cellular functions, as ATP provides the energy required for various biochemical reactions that sustain life. Hence, understanding this process clarifies that glucose is not only a substrate for energy production but a key component in the production of ATP itself.

**2. Which of the following characteristics is likely to be present in a recently discovered species with amniotic eggs and a four-chambered heart?**

**A. Ectotherms**

**B. Feathers for flying**

**C. External fertilization**

**D. Mammary glands**

The presence of amniotic eggs and a four-chambered heart indicates a high level of evolutionary adaptation associated with certain groups of animals. A four-chambered heart is typically found in birds and mammals, facilitating efficient circulation and oxygen transport, which is vital for sustaining higher metabolic rates and aiding flight in birds. The presence of amniotic eggs allows for the development of embryos in a protected environment, an adaptation that enables reproduction on land without reliance on water bodies, which is characteristic of both birds and mammals. Feathers for flying are a defining feature of birds, which also possess a four-chambered heart and lay amniotic eggs. This makes the option concerning feathers for flying the most appropriate characteristic associated with this species as it aligns with the evolutionary features known for birds—specifically adaptations related to flight. In contrast, ectotherms generally refer to organisms that rely on external sources to regulate their body temperature, which does not align with the warm-blooded nature of birds and mammals. External fertilization is typically found in amphibians and many fish, not in species that possess amniotic eggs and a four-chambered heart, as these characteristics are more closely associated with internal fertilization methods. Mammary glands, while

### 3. What type of mixture is mayonnaise classified as?

- A. Solution
- B. Colloid
- C. Emulsion**
- D. Suspension

Mayonnaise is classified as an emulsion, which is a specific type of mixture. An emulsion occurs when two immiscible liquids, such as oil and water, are mixed together, with one liquid dispersed in the other. In the case of mayonnaise, oil is emulsified within water, often stabilized by an emulsifier like egg yolk, which contains lecithin. The emulsifier helps keep the oil droplets suspended within the water phase, preventing them from separating. This characteristic of mayonnaise as an emulsion differentiates it from other types of mixtures. For example, while a colloid also involves the dispersion of one substance in another (like milk), it does not specifically refer to the mixing of two liquids that do not usually combine. A solution is a homogeneous mixture where one substance is completely dissolved in another, such as sugar in water; since the oil droplets in mayonnaise do not dissolve, it does not fit this definition. A suspension involves larger particles that can settle out over time, like sand in water, which is not the case with mayonnaise, where the oil remains evenly distributed throughout. Therefore, understanding that mayonnaise is an emulsion illustrates the unique way in which its ingredients interact and contribute to its texture and stability.

### 4. Which condition is likely to result from damage to the medulla of the brain?

- A. Inability to speak
- B. Difficulty breathing**
- C. Inability to remember
- D. Blurred vision

The medulla is a vital part of the brainstem that regulates several critical functions, including respiration, heart rate, and blood pressure. When damage occurs to the medulla, it can interrupt the normal signals that control these involuntary actions. Consequently, difficulty in breathing is a likely outcome since the medulla directly influences the respiratory rhythm and depth of breathing. While the other conditions listed may stem from issues in different parts of the brain, they are not directly associated with damage to the medulla. For example, inability to speak typically relates to damage in areas associated with language production, such as Broca's area in the frontal lobe. Inability to remember is more connected to the temporal lobes and structures like the hippocampus. Blurred vision is often the result of problems in the occipital lobe or pathways involved in visual processing. Therefore, the link between medulla damage and breathing difficulties is clear, making this condition the most plausible result of such an injury.

## 5. 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.

## 6. How does nutrition impact patient health outcomes?

- A. It has no significant effect on health
- B. Proper nutrition supports recovery and enhances overall health**
- C. Nutrition is only important for chronic illnesses
- D. Nutrition only affects weight and not overall health

Proper nutrition is fundamental to patient health outcomes for multiple reasons. When patients receive adequate nutrition, it contributes significantly to their healing processes. Nutrients such as proteins, vitamins, and minerals are crucial for tissue repair and immune function, which can lead to shorter recovery times and better outcomes post-surgery, illness, or injury. Additionally, proper nutrition plays a vital role in maintaining overall health by preventing deficiencies and supporting bodily functions. Furthermore, balanced nutrition can help manage and prevent chronic diseases such as diabetes, hypertension, and heart disease, making it a critical component of comprehensive healthcare. This understanding highlights the importance of nutrition as a foundational aspect of both immediate recovery and long-term health management. Hence, adequate nutrition not only supports physical recovery but also lays the groundwork for sustained health improvement, reinforcing why this option is the most accurate.

**7. Give an example of how a nurse can advocate for a patient.**

**A. By following hospital policy strictly**

**B. By communicating the patient's needs and preferences to the healthcare team**

**C. By adjusting the patient's medication as they see fit**

**D. By prioritizing their personal opinions over the patient's**

Advocating for a patient is a fundamental role of a nurse and involves representing and supporting the patient's interests within the healthcare system. When a nurse communicates the patient's needs and preferences to the healthcare team, they ensure that the patient's voice is heard and that care is tailored to the individual's values and desires. This action not only fosters a collaborative environment but also enhances patient autonomy and satisfaction. In this context, effective advocacy includes actively listening to the patient, understanding their unique circumstances, and bringing those insights to the interdisciplinary team. By doing so, the nurse helps bridge any gaps in communication and ensures that the patient receives consistent, respectful, and personalized care. The other choices reflect actions that do not align with the advocacy role. Strictly following hospital policy may sometimes overlook the individual needs of the patient. Adjusting medication independently could compromise patient safety and does not involve advocating for their best interests. Prioritizing personal opinions over the patient's contradicts the essence of advocacy, which is centered on championing the patient's wishes and rights in the care process.

**8. Why is effective communication vital in nursing?**

**A. It only benefits the nurses involved**

**B. It ensures clear understanding between providers and patients**

**C. It allows for quicker patient discharge**

**D. It promotes competition among staff**

Effective communication is vital in nursing primarily because it ensures clear understanding between healthcare providers and patients. This clarity is essential for several reasons. First, it enables nurses to accurately assess patient needs, concerns, and symptoms, which is critical for effective diagnosis and treatment planning. Clear communication helps to establish trust between healthcare providers and patients, allowing patients to feel comfortable expressing their concerns and questions, which can lead to better health outcomes. Additionally, effective communication involves not only verbal exchanges but also active listening and nonverbal cues, which all contribute to a holistic approach in patient care. It ensures that instructions regarding treatment plans, medications, and follow-up care are understood, thereby reducing the risk of errors. This clear understanding can lead to improved patient compliance and satisfaction with their care. While quicker patient discharge could be a result of good communication, it is not the primary reason why effective communication is essential in nursing. Similarly, competition among staff does not foster a collaborative environment that is crucial for quality patient care. The true essence of effective communication lies in bridging the gap between healthcare providers and patients to ensure that care is tailored to individual needs and that all parties are on the same page regarding health goals and treatment strategies.

## 9. Define evidence-based practice in nursing.

- A. The use of intuition in clinical decision-making
- B. Choosing treatment options based on patient demand
- C. The integration of clinical expertise, patient values, and the best research evidence into practice**
- D. Following hospital policies without question

Evidence-based practice in nursing is defined as the integration of clinical expertise, patient values, and the best research evidence into practice. This approach emphasizes the importance of using the most current and credible scientific research to guide decision-making in patient care. It combines a nurse's clinical skills and experience with relevant patient information and preferences, ensuring that care is tailored to meet individual needs while being grounded in the best available evidence. This practice is essential as it aims to improve patient outcomes by employing strategies that have been proven effective through rigorous research studies. Nurses who utilize evidence-based practices are better equipped to provide high-quality care, as they continually evaluate and update their knowledge based on the latest findings in the field. The inclusion of patient values signifies a respectful recognition of the individual needs and choices of patients, ensuring that care not only adheres to scientific standards but also aligns with what patients prefer and understand regarding their treatment. In this way, evidence-based practice creates a more holistic approach to healthcare, enhancing the overall patient experience and satisfaction.

## 10. What approach should nurses take when educating patients about their medications?

- A. Focus solely on the potential side effects
- B. Discuss the importance of adherence and how to manage medications**
- C. Encourage patients to avoid any questions regarding their medications
- D. Only provide written information without verbal communication

The focus on discussing the importance of adherence and how to manage medications is crucial in patient education regarding medications. This approach equips patients with the necessary knowledge and skills to take their medications correctly and consistently, which is essential for the effectiveness of their treatment. When patients understand the significance of adhering to their medication regimen, they are more likely to follow the prescribed instructions, thus improving their health outcomes. Furthermore, providing strategies for managing their medications, such as scheduling doses, using pill organizers, or utilizing reminder apps, empowers patients to take control of their health, reducing the risk of medication errors or missed doses. In contrast, focusing solely on the potential side effects may lead to unnecessary anxiety or fear about the treatment, while discouraging questions would hinder open communication, which is vital for building trust and understanding between the nurse and the patient. Relying only on written information limits the opportunity for personalized interaction, where patients can seek clarification and engage in a dialogue about their treatment. Thus, the chosen approach aligns with best practices in nursing that prioritize patient education, engagement, and support for medication management.



## 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://nlm-nex.examzify.com>**

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