

NURSING FOUNDATIONS (NFDN) PRACTICE TEST (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

**VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE**

<https://nursingfoundations.examzify.com>



Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	16

SAMPLE

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

SAMPLE

- 1. What is essential for a successful organizational structure?**
 - A. Ignoring mission and philosophy
 - B. Compliance with federal regulations only
 - C. Reflection of the organization's mission and philosophy
 - D. Segmented departments operating independently
- 2. Which of the following is a component of effective communication in nursing?**
 - A. Using medical jargon exclusively
 - B. Encouraging patient feedback and questions
 - C. Speaking only with other healthcare professionals
 - D. Documenting without patient interaction
- 3. What is the primary goal of updating a CV for a new position that involves teaching?**
 - A. To secure a higher salary
 - B. To demonstrate teaching experience for interview opportunities
 - C. To impress colleagues with a well-designed format
 - D. To fulfill a requirement for licensing
- 4. How does Maslow's hierarchy of needs assist nurses?**
 - A. By offering a checklist for surgical procedures.
 - B. By prioritizing care based on patients' basic and psychological needs.
 - C. By creating boundaries in nurse-patient interactions.
 - D. By guiding financial decisions in patient care.
- 5. Which of the following is a key component in assessing goal achievement for interventions?**
 - A. Assuming goals are met
 - B. Price of medication
 - C. Patient outcomes
 - D. Availability of time

6. Which step is NOT part of the assessment phase of the Nursing Process?

- A. Collecting data
- B. Validating data
- C. Organizing data
- D. Implementing interventions

7. What does the acronym ADPIE stand for in nursing?

- A. Assess, Decide, Plan, Implement, Evaluate
- B. Assessment, Diagnosis, Planning, Implementation, Evaluation
- C. Analyze, Document, Process, Intervene, Examine
- D. Assess, Develop, Provide, Invest, Examine

8. What is the primary role of a nurse in patient care?

- A. To prescribe medication
- B. To perform surgical procedures
- C. To assess patient needs and advocate for patients
- D. To conduct laboratory tests

9. What is involved in the patient assessment process in nursing?

- A. Only observing patient behavior
- B. Gathering data through interviews, observation, and examinations
- C. Focusing exclusively on physical examinations
- D. Administering treatment based on a brief interview

10. What are some common barriers to effective communication in nursing?

- A. Motivation, flexibility, insight, and determination
- B. Language differences and cultural misunderstandings
- C. Skills in technology and medical terminology
- D. Availability of resources and tools

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. What is essential for a successful organizational structure?

- A. Ignoring mission and philosophy
- B. Compliance with federal regulations only
- C. Reflection of the organization's mission and philosophy**
- D. Segmented departments operating independently

A successful organizational structure is fundamentally built on a reflection of the organization's mission and philosophy. This alignment ensures that all aspects of the organization work towards a common purpose and vision, promoting coherence across the various operations and initiatives. When the organizational structure aligns with its mission and philosophy, it enhances communication, collaboration, and the overall effectiveness of the organization. This alignment not only helps in creating a shared understanding among staff and stakeholders but also fosters a culture that reinforces the organization's values. It allows for strategic decision-making that is consistent with the goals and objectives of the organization, leading to improved service delivery and satisfaction for both employees and clients. In contrast, ignoring the mission and philosophy would create disarray and confusion, leading to disjointed efforts among employees. Focusing solely on compliance with federal regulations does not address the holistic framework necessary for an organization to thrive; regulations are important but should not be the sole focus. Additionally, having segmented departments that operate independently can hinder collaboration and communication, which are vital for achieving the organization's overarching goals. Thus, a structure that reflects the organization's mission and philosophy is key to fostering unity and purpose.

2. Which of the following is a component of effective communication in nursing?

- A. Using medical jargon exclusively
- B. Encouraging patient feedback and questions**
- C. Speaking only with other healthcare professionals
- D. Documenting without patient interaction

Encouraging patient feedback and questions is a vital component of effective communication in nursing for several reasons. It fosters an environment of openness and trust, allowing patients to feel valued and understood. When nurses invite questions, they demonstrate respect for the patient's perspective, leading to better understanding and adherence to medical advice. This two-way communication not only helps in addressing any concerns the patient may have but also enhances patient engagement in their own care. Effective communication is essential for assessing a patient's understanding of their condition and treatment, as well as for identifying any barriers they may face. Actively involving patients in conversations about their care can lead to improved health outcomes, as patients are more likely to follow treatment plans when they feel their voices are heard. In contrast, relying exclusively on medical jargon creates a barrier to understanding, as patients may not comprehend complex terminology. Speaking only with other healthcare professionals limits the communication necessary to ensure comprehensive patient care. Documenting without patient interaction misses the opportunity for valuable dialogue that can guide treatment and improve patient satisfaction.

3. What is the primary goal of updating a CV for a new position that involves teaching?

- A. To secure a higher salary
- B. To demonstrate teaching experience for interview opportunities**
- C. To impress colleagues with a well-designed format
- D. To fulfill a requirement for licensing

The primary goal of updating a curriculum vitae (CV) for a new position that involves teaching is to effectively demonstrate teaching experience for interview opportunities. A well-crafted CV highlights relevant qualifications, educational background, professional experiences, and specific teaching roles or responsibilities the individual has undertaken. This information is crucial for potential employers, as it showcases the candidate's suitability for the teaching position and conveys an understanding of pedagogical principles, classroom management, and curriculum development. Tailoring the CV to emphasize teaching-related experiences not only helps in securing interviews but also allows the candidate to align their skills and accomplishments with the expectations of the prospective educational institution. This strategic focus can make a significant difference in the competitive arena of academic job applications, highlighting why option B is the most relevant answer. While considerations like salary, aesthetic appeal, or licensing requirements may be factors in the broader context of career planning, they do not serve as the primary objective of updating a CV specifically for a teaching role. Therefore, the focus on showcasing teaching experience stands central to the task at hand.

4. How does Maslow's hierarchy of needs assist nurses?

- A. By offering a checklist for surgical procedures.
- B. By prioritizing care based on patients' basic and psychological needs.**
- C. By creating boundaries in nurse-patient interactions.
- D. By guiding financial decisions in patient care.

Maslow's hierarchy of needs is a psychological theory that categorizes human needs into a five-tier model, ranging from physiological needs, such as food and safety, to higher-level needs like esteem and self-actualization. In the context of nursing, this framework is particularly valuable as it helps nurses prioritize care based on the fundamental and psychological needs of patients. When prioritizing interventions, nurses can assess which needs are unmet for a particular patient and respond accordingly. For instance, if a patient is experiencing pain (a physiological need), addressing this pain becomes a priority before considering emotional support or rehabilitation goals that involve higher-level needs. By ensuring that a patient's basic needs are met first, nurses can enhance the overall well-being of patients, promoting a more holistic approach to care and contributing to better health outcomes. The other options do not effectively align with the primary use of Maslow's theory in nursing practice. While clarity in surgical procedures, establishing boundaries, and making financial decisions are important aspects of nursing, they do not directly relate to the prioritization of a patient's needs as articulated by Maslow's hierarchy. This focused utilization of the theory ensures that patient care is tailored to address both immediate and long-term needs systematically.

5. Which of the following is a key component in assessing goal achievement for interventions?

- A. Assuming goals are met
- B. Price of medication
- C. Patient outcomes**
- D. Availability of time

Assessing goal achievement for interventions primarily centers on evaluating patient outcomes. This means that healthcare professionals must look at whether the intended goals of care have been met through measurable results in the patient's health status, functionality, or overall well-being. Patient outcomes provide concrete evidence of the effectiveness of the interventions implemented. For example, if the intervention aimed to reduce pain, the healthcare provider would assess the patient's self-reported pain level after the intervention to determine if the goal was achieved. The other options do not directly assess the effectiveness of interventions in terms of patient progress towards health objectives. Assuming goals are met does not involve any verification through assessment data, making it an unreliable method. The price of medication, while important for financial considerations, does not reflect the clinical outcomes of the interventions employed. Similarly, the availability of time relates more to the practicality of delivering care rather than assessing whether desired health outcomes have been achieved. Thus, focusing on patient outcomes allows for an objective evaluation of the impact of nursing interventions.

6. Which step is NOT part of the assessment phase of the Nursing Process?

- A. Collecting data
- B. Validating data
- C. Organizing data
- D. Implementing interventions**

The assessment phase of the Nursing Process involves systematically collecting, validating, and organizing information about a patient's health status. This phase is foundational for understanding the patient's needs and developing an appropriate care plan. Implementing interventions is not part of the assessment phase; rather, it belongs to the implementation phase of the Nursing Process. In the implementation phase, nurses perform the interventions that were planned based on the assessment and diagnosis. Therefore, recognizing the distinction between gathering and analyzing information during assessment and executing care during implementation is essential for understanding the full cycle of nursing practice. The other steps—collecting, validating, and organizing data—are crucial components of the assessment phase, as they ensure that the nurse has an accurate and comprehensive understanding of the patient's condition before moving on to the next steps of the Nursing Process.

7. What does the acronym ADPIE stand for in nursing?

- A. Assess, Decide, Plan, Implement, Evaluate
- B. Assessment, Diagnosis, Planning, Implementation, Evaluation**
- C. Analyze, Document, Process, Intervene, Examine
- D. Assess, Develop, Provide, Invest, Examine

The acronym ADPIE stands for Assessment, Diagnosis, Planning, Implementation, and Evaluation. This sequence represents a systematic approach used by nurses to provide comprehensive patient care. Assessment involves collecting data about the patient's health status through observation, interviews, and physical examinations. This foundational step ensures that the nurse understands the patient's needs and conditions accurately. Diagnosis follows assessment, where the nurse analyzes the data collected to identify actual or potential health problems. This step is critical for determining the appropriate nursing interventions. Planning is the process where nurses develop a strategy for addressing the identified problems, including setting measurable goals and deciding on the necessary interventions. Effective planning is key to providing tailored and efficient care to patients. Implementation consists of executing the planned interventions. This could involve administering medications, educating patients, or coordinating care with other health professionals. Implementation translates the care plan into action and is essential for patient recovery and well-being. Finally, Evaluation is the step where the nurse assesses the effectiveness of the care provided and determines whether the health goals were met. This ongoing process allows for adjustments to the care plan as needed to ensure optimal patient outcomes. This systematic approach highlights the importance of each step in ensuring that nurses can deliver high-quality, evidence-based care. Other options do not accurately

8. What is the primary role of a nurse in patient care?

- A. To prescribe medication
- B. To perform surgical procedures
- C. To assess patient needs and advocate for patients**
- D. To conduct laboratory tests

The primary role of a nurse in patient care centers around assessing patient needs and advocating for patients. This involves a comprehensive understanding of the patient's health status, including gathering vital information, monitoring changes in condition, and understanding the patient's preferences and values. Nurses play a crucial role in patient advocacy, ensuring that patients' voices are heard within the healthcare system, and promoting their interests and welfare. Assessing patient needs allows nurses to develop individualized care plans, implement appropriate interventions, and communicate effectively with other healthcare professionals involved in the patient's care. This holistic approach not only focuses on the medical aspects but also considers emotional and social support, which are vital for patient recovery and well-being. While prescribing medication, performing surgical procedures, and conducting laboratory tests are important functions in healthcare, they typically fall within the scope of practice for other healthcare providers. Nurses collaborate with these professionals, but their primary role is rooted in direct patient assessment and advocacy, making them integral to the overall care and support of patients.

9. What is involved in the patient assessment process in nursing?

- A. Only observing patient behavior
- B. Gathering data through interviews, observation, and examinations**
- C. Focusing exclusively on physical examinations
- D. Administering treatment based on a brief interview

The patient assessment process in nursing is fundamentally about gathering comprehensive data to understand the patient's health status and needs. This encompasses a holistic approach that includes interviews, observations, and physical examinations. Conducting interviews allows nurses to collect pertinent health history, understand the patient's concerns, and establish a rapport, which can lead to a more accurate assessment. Observations enable nurses to note non-verbal cues, behavior, and environmental factors that may impact the patient's health. Physical examinations are also crucial, providing vital signs and other relevant physical indicators that contribute to a patient's clinical picture. By integrating various methods of data collection, nurses can form a well-rounded assessment, which is essential for effective diagnosis and planning of care. This approach recognizes that health and wellness encompass more than just physical symptoms; it includes emotional, psychological, and social factors as well. This comprehensive assessment is key to creating an effective and individualized care plan that addresses all aspects of the patient's needs.

10. What are some common barriers to effective communication in nursing?

- A. Motivation, flexibility, insight, and determination
- B. Language differences and cultural misunderstandings**
- C. Skills in technology and medical terminology
- D. Availability of resources and tools

Effective communication is essential in nursing for ensuring quality patient care and fostering understanding between healthcare providers and patients. One significant barrier to communication in nursing is the presence of language differences and cultural misunderstandings. These barriers can lead to misinterpretations of information, decreased patient satisfaction, and even safety risks if care instructions are not understood properly. Language differences can manifest when patients and healthcare providers do not share a common language, making it difficult for nurses to gather important health information or provide necessary instructions. This situation can result in incorrect treatments or failure to adhere to medical advice if patients do not fully comprehend their condition or how to manage it. Cultural misunderstandings also play a critical role in effective communication. Different cultures have varying beliefs about health, illness, and care practices, which can influence how patients express their needs and how they interpret the information provided by healthcare professionals. For instance, a culture that emphasizes family involvement in decision-making may lead to conflicts if a healthcare provider does not acknowledge this aspect during patient care discussions. In contrast, the other options focus on characteristics or tools that may not directly reflect barriers in communication itself. While motivation, flexibility, insight, and determination may contribute positively to a nurse's effectiveness, they are not barriers. Similarly, skills in technology and

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://nursingfoundations.examzify.com>

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

SAMPLE