

# Nursing Practice II (NP2) Preboard Practice Exam (Sample)

## Study Guide



**Everything you need from our exam experts!**

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# Table of Contents

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

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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. What is the proper order to don personal protective equipment (PPE)?**
  - A. Gloves, gown, mask, goggles/face shield**
  - B. Gown, mask, gloves, goggles/face shield**
  - C. Mask, goggles/face shield, gown, gloves**
  - D. Mask, gown, gloves, goggles/face shield**
  
- 2. Which family planning method involves identifying fertile and infertile days through observations of cervical mucus and basal body temperature?**
  - A. Basal Body Temperature**
  - B. Standard Days Method**
  - C. Sympto-thermal Method**
  - D. Lactational Amenorrhea Method**
  
- 3. What is a key outcome of effective post-operative assessment?**
  - A. Increased patient comfort**
  - B. Early identification of complications**
  - C. Lower hospital readmission rates**
  - D. Higher satisfaction scores**
  
- 4. Why is the planning phase critical in the nursing process?**
  - A. It helps in assessing patient satisfaction**
  - B. It determines the need for additional equipment**
  - C. It sets priorities and defines desired outcomes**
  - D. It focuses on diagnosing medical conditions**
  
- 5. Which Republic Act is known as the Generics Act of 1988?**
  - A. Republic Act 6675**
  - B. Dangerous Drug Act**
  - C. Hospital Licensure Act**
  - D. AIDS Prevention and Control**

- 6. For a neonate suspected of having a tracheoesophageal fistula, what is the priority nursing care until diagnosis is confirmed?**
- A. Monitoring the neonate during feedings.**
  - B. Elevating the neonate's head after feedings.**
  - C. Feeding only glucose.**
  - D. Feeding nothing by mouth.**
- 7. What type of medication is Niyug-niyogan classified as?**
- A. Analgesic**
  - B. Anti-helminthic**
  - C. Anti-hypertensive**
  - D. Anti-gout**
- 8. In a precipitous delivery situation, what is the best initial action for the nurse?**
- A. Place a hand gently on the fetal head to guide delivery.**
  - B. Ask her to push with the next contraction so delivery is rapid.**
  - C. Assess blood pressure and pulse to detect placental bleeding.**
  - D. Attach a fetal monitor to determine fetal status.**
- 9. What is the significance of the ANA Code of Ethics for Nurses?**
- A. It establishes a set of legal guidelines for practice**
  - B. It provides a framework for ethical decision-making in nursing**
  - C. It contains disciplinary measures for ethical violations**
  - D. It outlines the necessary educational requirements for nurses**
- 10. What benefit does breastfeeding provide to mothers according to the nurse's response?**
- A. It increases the risk of blood loss after birth.**
  - B. It helps reduce the risk of excessive blood loss.**
  - C. It causes adverse reproductive complications.**
  - D. It enhances cancer risk.**

## Answers

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

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## **Explanations**

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**1. What is the proper order to don personal protective equipment (PPE)?**

- A. Gloves, gown, mask, goggles/face shield
- B. Gown, mask, gloves, goggles/face shield**
- C. Mask, goggles/face shield, gown, gloves
- D. Mask, gown, gloves, goggles/face shield

The proper order to don personal protective equipment (PPE) is to put on the gown first, followed by the mask, then the gloves, and lastly, goggles or a face shield if required. This sequence is essential for ensuring maximum protection and minimizing the risk of contamination. Donning the gown first helps to create a protective barrier between the healthcare worker and the patient or environment, preventing any potential exposure to infectious materials. Wearing the mask after the gown helps to shield the respiratory system from airborne pathogens. Gloves are the last item put on because they can get contaminated while putting on the gown and mask, and it is crucial to have them on when there is a risk of exposure to bodily fluids. Finally, goggles or a face shield can be added for eye protection, especially when there is a potential for splashes or sprays. This order maintains the integrity of the protective gear and the safety of both the healthcare provider and the patient, which is why it is essential to follow these guidelines carefully.

**2. Which family planning method involves identifying fertile and infertile days through observations of cervical mucus and basal body temperature?**

- A. Basal Body Temperature
- B. Standard Days Method
- C. Sympto-thermal Method**
- D. Lactational Amenorrhea Method

The sympto-thermal method is a comprehensive approach to family planning that involves monitoring various fertility indicators, primarily cervical mucus patterns and basal body temperature. This method allows individuals to accurately determine their fertile and infertile days, which can facilitate natural family planning. The observation of cervical mucus helps to identify changes in the quantity and consistency of mucus throughout the menstrual cycle, indicating ovulation. The basal body temperature is measured each morning, and a slight increase in temperature typically occurs after ovulation. By tracking these two parameters together, users can gain a better understanding of their fertility patterns and make informed decisions regarding conception or contraception. In contrast, other methods mentioned do not combine the same level of detailed fertility tracking. While the basal body temperature method alone focuses on temperature tracking, it does not consider cervical mucus. The Standard Days Method relies on a fixed cycle length to determine fertile days without observing physiological signs. The Lactational Amenorrhea Method is based on the natural postpartum infertility that occurs with exclusive breastfeeding, rather than active monitoring of fertility indicators.

### 3. What is a key outcome of effective post-operative assessment?

- A. Increased patient comfort
- B. Early identification of complications**
- C. Lower hospital readmission rates
- D. Higher satisfaction scores

Effective post-operative assessment is crucial because it enables healthcare providers to detect any complications at an early stage. This is significant as the post-operative period can present various risks, from infection to hemorrhage. Through diligent monitoring and assessment of vital signs, surgical sites, and patient responses, healthcare professionals can identify deviations from expected recovery patterns. Early identification of complications allows for timely intervention, which can significantly improve patient outcomes. By catching potential issues before they escalate, healthcare teams can manage or mitigate the complications effectively, leading to safer care overall. While increased patient comfort, lower hospital readmission rates, and higher satisfaction scores are important aspects of patient care, they are often influenced by the outcomes of effective post-operative assessments. Ultimately, the primary benefit of these assessments is the proactive management of complications, which is vital for ensuring patient safety and promoting successful recovery.

### 4. Why is the planning phase critical in the nursing process?

- A. It helps in assessing patient satisfaction
- B. It determines the need for additional equipment
- C. It sets priorities and defines desired outcomes**
- D. It focuses on diagnosing medical conditions

The planning phase is critical in the nursing process because it involves setting priorities and defining desired outcomes for patient care. During this phase, the nurse collaborates with the patient and other healthcare team members to establish specific, measurable, achievable, relevant, and time-bound (SMART) goals that align with the patient's needs and preferences. This structured approach ensures that care is tailored to the individual's circumstances, which is crucial for promoting effective healing and recovery. By defining desired outcomes, the planning phase allows nurses to identify what success will look like in the context of patient care, offering a clear framework for evaluation in subsequent phases of the nursing process. Moreover, setting priorities helps to allocate resources efficiently and establish timelines for interventions, ensuring that the most critical needs of the patient are addressed first. This ultimately enhances the overall quality and effectiveness of patient care.

**5. Which Republic Act is known as the Generics Act of 1988?**

- A. Republic Act 6675**
- B. Dangerous Drug Act**
- C. Hospital Licensure Act**
- D. AIDS Prevention and Control**

The Generics Act of 1988 is officially known as Republic Act 6675. This legislation was enacted to promote, require, and ensure the use of generic drugs in healthcare settings. The primary aim of the act is to provide consumers with access to safe, effective, and affordable medication by encouraging the use of generic versions of pharmaceuticals instead of their branded counterparts. This approach helps in reducing healthcare costs and improving the overall health outcomes in the community by making medications more accessible to a broader population. The other options refer to different areas of healthcare regulation. The Dangerous Drug Act focuses on the control and regulation of narcotics and other dangerous drugs, while the Hospital Licensure Act pertains to the regulation and licensing of hospitals to ensure they meet certain standards of care and safety. The AIDS Prevention and Control Act addresses a specific public health issue related to the prevention and control of HIV/AIDS. Each of these acts serves its own distinct purpose within the broader healthcare framework, but they do not relate to the promotion and regulation of generic drug usage, which is the focus of the Generics Act.

**6. For a neonate suspected of having a tracheoesophageal fistula, what is the priority nursing care until diagnosis is confirmed?**

- A. Monitoring the neonate during feedings.**
- B. Elevating the neonate's head after feedings.**
- C. Feeding only glucose.**
- D. Feeding nothing by mouth.**

In cases where a tracheoesophageal fistula is suspected in a neonate, the most critical nursing intervention is to ensure that the infant does not receive any oral feedings, thus the correct answer is to withhold all feedings by mouth. This is essential because oral feedings can lead to aspiration. In a tracheoesophageal fistula, there is an abnormal connection between the trachea and the esophagus, which can result in milk or formula entering the airway instead of the stomach, leading to respiratory distress and potentially life-threatening complications. By not feeding the neonate, the risk of aspiration pneumonia or airway obstruction is minimized. After confirmation of the diagnosis, appropriate treatment can be initiated, often involving surgical intervention. Monitoring during feedings and elevating the head post-feeding may seem reasonable in other contexts, but they are not the appropriate priorities in the case of suspected tracheoesophageal fistula. Feeding only glucose also does not mitigate the risk of aspiration and is not a substitute for ensuring airway safety until a definitive diagnosis and appropriate intervention can take place.

**7. What type of medication is Niyug-niyogan classified as?**

- A. Analgesic**
- B. Anti-helminthic**
- C. Anti-hypertensive**
- D. Anti-gout**

Niyug-niyogan is correctly classified as an anti-helminthic medication. This classification refers to drugs designed to treat infections caused by helminths, which are parasitic worms such as roundworms, tapeworms, and flukes. Niyug-niyogan, which comes from the seeds of the plant, has been traditionally used in folk medicine to expel intestinal worms. Its active compounds have demonstrated effectiveness against certain types of parasitic infections, which aligns it with the characteristics of anti-helminthic medications. In contrast, an analgesic is used primarily to relieve pain and would not be appropriate for the purposes Niyug-niyogan serves. Anti-hypertensive medications aim to lower blood pressure and are not related to the treatment of parasitic infections. Similarly, anti-gout medications target the management of gout, a type of arthritis caused by high uric acid levels, again unrelated to the effects of Niyug-niyogan. Understanding these distinctions clarifies why anti-helminthic is the correct classification for this medication.

**8. In a precipitous delivery situation, what is the best initial action for the nurse?**

- A. Place a hand gently on the fetal head to guide delivery.**
- B. Ask her to push with the next contraction so delivery is rapid.**
- C. Assess blood pressure and pulse to detect placental bleeding.**
- D. Attach a fetal monitor to determine fetal status.**

In a precipitous delivery, which is characterized by an unusually rapid labor and delivery, the immediate priority is to ensure the safety of both the mother and the newborn. Placing a hand gently on the fetal head to guide delivery is the best initial action in this situation. This technique helps to control the speed of the delivery, preventing potential trauma to both the baby and the mother. By gently guiding the fetal head, the nurse can help manage the delivery, allowing for a smoother transition for the baby as it emerges. In such fast-paced circumstances, asking the mother to push with the next contraction may not be appropriate, as this could result in an uncontrolled or traumatic delivery for both the mother and infant. Assessing blood pressure and pulse is essential in many scenarios, but in the case of an imminent delivery, the immediate concern is facilitating safe birth rather than evaluating for placental bleeding. Similarly, attaching a fetal monitor to assess fetal status could delay necessary actions; instead, the nurse should focus on the delivery process itself since the baby is already close to being born. Overall, the priority during a precipitous delivery is to provide assistance that ensures a controlled and safe birth experience, making the action of guiding the fetal head crucial in this situation.

## 9. What is the significance of the ANA Code of Ethics for Nurses?

- A. It establishes a set of legal guidelines for practice
- B. It provides a framework for ethical decision-making in nursing**
- C. It contains disciplinary measures for ethical violations
- D. It outlines the necessary educational requirements for nurses

The ANA Code of Ethics for Nurses serves as a foundational document that provides a framework for ethical decision-making in the nursing profession. This framework is essential for guiding nurses in how to approach and navigate complex ethical situations they may encounter in their practice. The code outlines the values and obligations inherent in nursing, emphasizing principles such as respect for patients, advocacy, integrity, and accountability. By offering clear ethical standards, the code helps nurses reflect on their professional responsibilities and guides their conduct in a way that aligns with the fundamental principles of care, promoting patient well-being and upholding the dignity of individuals. This guidance is particularly important in situations where ethical dilemmas may arise, enabling nurses to evaluate various factors and make informed decisions that align with nursing values and ethics. While other options address important aspects of nursing, they do not capture the central role that the Code of Ethics plays in everyday clinical practice. For example, it does not establish legal guidelines or outline educational requirements directly; instead, it complements these areas by promoting a culture of ethical practice. It also does not contain disciplinary measures; such measures are typically governed by state licensure boards or institutional policies, rather than within the ethical code itself. Thus, the significance of the ANA Code of Ethics lies in its role

## 10. What benefit does breastfeeding provide to mothers according to the nurse's response?

- A. It increases the risk of blood loss after birth.
- B. It helps reduce the risk of excessive blood loss.**
- C. It causes adverse reproductive complications.
- D. It enhances cancer risk.

Breastfeeding provides significant benefits to mothers, notably in reducing the risk of excessive blood loss after childbirth. This occurs because breastfeeding promotes the release of oxytocin, a hormone that not only aids in milk ejection but also stimulates uterine contractions. These contractions help the uterus return to its pre-pregnancy size more efficiently, which can minimize the potential for post-partum hemorrhage. Additionally, breastfeeding has been associated with various other health benefits for mothers, such as improved emotional well-being and a decreased risk of certain chronic conditions. The focus on reducing excessive blood loss highlights the physiological advantages of breastfeeding in the immediate postnatal period. In contrast, the other options present adverse effects or misconceptions. Increasing the risk of blood loss or causing reproductive complications contradicts established research on the protective effects of breastfeeding. Similarly, the notion of enhanced cancer risk is unfounded, as some studies suggest that prolonged breastfeeding may actually lower the risk of specific cancers, like breast and ovarian cancer. Thus, the answer aligns with the positive health outcomes associated with breastfeeding for mothers.

## 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://np2preboard.examzify.com>**

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

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