

NURSING PRACTICE II (NP2) PREBOARD PRACTICE EXAM (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED 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. 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 implementation in the context of nursing practice?**
 - A. The execution of nursing interventions outlined in the care plan
 - B. The assessment and diagnosis of patient conditions
 - C. The planning of patient care based on nursing theories
 - D. The monitoring of patient outcomes after discharge
- 2. Which of the following is NOT a known effect of teratogens during pregnancy?**
 - A. Increased risks of birth defects
 - B. Determining the sex of the fetus
 - C. Impact on fetal organ development
 - D. Timing of exposure can alter the severity of effects
- 3. Which vaccines are most sensitive to heat?**
 - A. OPV and BCG
 - B. DPT and HepB
 - C. OPV and Measles
 - D. OPV and HepB
- 4. Which herbal plant is known for its nutritional benefits and is prioritized for planting in the Barangay?**
 - A. Malunggay
 - B. Tomatoes
 - C. Eggplants
 - D. Pansit-pansitan
- 5. What is the practice in immunization that ensures all vaccines are utilized before their expiry date?**
 - A. First expiry and first out
 - B. Last expiry and last out
 - C. First expiry and last out
 - D. Last expiry and first out

- 6. What statement would correctly indicate a mother's understanding of the need for small sips of water during labor?**
- A. The body normally has a sufficient store of energy.
 - B. The digestive process is normally slower during labor.
 - C. The intestinal tract should be completely empty before delivery to avoid infecting the baby.
 - D. Cesarean section is always a possibility even in normal labor.
- 7. What is the Newborn Screening Act of 2004 identified as?**
- A. RA 9288
 - B. RA 8829
 - C. RA 8299
 - D. RA 9928
- 8. How is the Measles vaccine administered?**
- A. Orally
 - B. Intradermally
 - C. Subcutaneously
 - D. Intramuscularly
- 9. What is the role of planning in the nursing process?**
- A. To conduct assessments
 - B. To set measurable and achievable goals for patient care
 - C. To educate the patient
 - D. To create a diagnosis
- 10. What is the purpose of providing immediate skin-to-skin contact after birth?**
- A. To encourage bonding and breastfeeding.
 - B. To monitor the baby's temperature more closely.
 - C. To reduce the risk of infection.
 - D. To delay the first bath for the baby.

Answers

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

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Explanations

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1. What is implementation in the context of nursing practice?

- A. The execution of nursing interventions outlined in the care plan
- B. The assessment and diagnosis of patient conditions
- C. The planning of patient care based on nursing theories
- D. The monitoring of patient outcomes after discharge

Implementation in the context of nursing practice refers specifically to the execution of nursing interventions that have been established and outlined in the care plan. This step involves putting into action the strategies and tasks that have been devised to address the specific needs of a patient or a group of patients. During the implementation phase, nurses perform various activities such as administering medications, providing education to patients, coordinating with healthcare team members, and delivering direct patient care. This is crucial, as successful implementation can significantly affect patient recovery, outcomes, and overall satisfaction with care. By focusing on the established care plan, the implementation phase ensures that nursing practice is aligned with identified patient needs and that the interventions chosen are tailored to those needs. Thus, it is an integral part of the nursing process that transforms theory and planning into practical and real-world actions that enhance patient care and recovery.

2. Which of the following is NOT a known effect of teratogens during pregnancy?

- A. Increased risks of birth defects
- B. Determining the sex of the fetus
- C. Impact on fetal organ development
- D. Timing of exposure can alter the severity of effects

The choice that states determining the sex of the fetus is not a known effect of teratogens during pregnancy is correct because teratogens are substances that can cause developmental abnormalities in a fetus, leading to negative outcomes such as increased risks of birth defects and impacts on fetal organ development. Teratogenic effects are primarily linked to physical and functional alterations in fetal development rather than influencing genetic factors such as the determination of sex, which is established at conception and depends on the chromosomal contribution from the parents (XX for female and XY for male). Additionally, the timing of exposure to teratogens is critical because different stages of fetal development have varying vulnerabilities to teratogenic influences. For instance, exposure during the first trimester may lead to more severe malformations compared to later stages. Understanding these effects is crucial for minimizing risks to fetal health during pregnancy.

3. Which vaccines are most sensitive to heat?

- A. OPV and BCG
- B. DPT and HepB
- C. OPV and Measles
- D. OPV and HepB**

The correct choice highlights the vaccines that are particularly sensitive to heat, which is a crucial consideration for maintaining their effectiveness. Oral Polio Vaccine (OPV) and Hepatitis B Vaccine (HepB) are both known to be sensitive to heat due to their formulation. OPV, being a live attenuated vaccine, can lose potency if exposed to elevated temperatures. The vaccine must be stored and transported under controlled cold chain conditions to ensure its efficacy. Similarly, HepB, while not as heat-sensitive as OPV, still requires proper handling to maintain the integrity of the vaccine components, as protein-based vaccines can become denatured at high temperatures. Focusing on the other options, while BCG and DPT do require careful temperature management, they are less sensitive to heat compared to OPV and HepB. For example, DPT is generally more stable and can withstand some temperature fluctuations. Measles, like OPV, is also sensitive to heat; however, the pairing with OPV in the correct choice emphasizes the primary concern with both OPV and HepB specifically in response to heat sensitivity. Thus, the chosen answer effectively identifies the vaccines that need stringent temperature controls to preserve their effectiveness, highlighting the importance of proper vaccine storage

4. Which herbal plant is known for its nutritional benefits and is prioritized for planting in the Barangay?

- A. Malunggay**
- B. Tomatoes
- C. Eggplants
- D. Pansit-pansitan

Malunggay, also known as moringa, is recognized for its exceptional nutritional benefits, which include a high concentration of vitamins, minerals, and amino acids. This plant is often highlighted for its contribution to improving dietary intake, particularly in areas where food security may be an issue. It is rich in vitamin C, vitamin A, calcium, and iron, making it a valuable addition to a healthy diet. In many communities, particularly in the Philippines, malunggay is prioritized for cultivation due to its resilience in various climatic conditions and its rapid growth rate, which allows for quick harvesting. Its leaves can be easily incorporated into various dishes, enhancing the nutritional profile of local meals. Furthermore, its cultivation can support community health initiatives aimed at combating malnutrition. The other options, while beneficial in their own right, do not offer the same breadth of nutritional benefits or community health contributions as malunggay. Tomatoes and eggplants are also nutritious but are not emphasized as highly for planting in community initiatives focused on nutrition like malunggay. Pansit-pansitan, while known for its medicinal uses, does not match malunggay's nutritional profile or utility in everyday diets.

5. What is the practice in immunization that ensures all vaccines are utilized before their expiry date?

- A. First expiry and first out**
- B. Last expiry and last out
- C. First expiry and last out
- D. Last expiry and first out

The practice of "First expiry and first out" refers to the principle of managing inventory, particularly in the context of vaccines, to ensure that those with the closest expiration dates are used first. This approach is critical in immunization practices because vaccines have specific shelf lives, and utilizing them before their expiration ensures that patients receive effective immunizations. By implementing this method, healthcare providers can minimize waste and ensure that all vaccines administered are within their efficacy period, ultimately contributing to enhanced community health outcomes. The other options do not align with this best practice; for example, using a "Last expiry and first out" strategy could result in vaccines expiring before they are used, thereby compromising the immunization program's effectiveness.

6. What statement would correctly indicate a mother's understanding of the need for small sips of water during labor?

- A. The body normally has a sufficient store of energy.
- B. The digestive process is normally slower during labor.**
- C. The intestinal tract should be completely empty before delivery to avoid infecting the baby.
- D. Cesarean section is always a possibility even in normal labor.

The statement indicating that the digestive process is normally slower during labor correctly reflects an important physiological change that occurs in the body during this time. As labor progresses, the body undergoes stress responses that can influence gastrointestinal motility. This slow down in digestion can lead to decreased appetite and increased feelings of nausea. Therefore, consuming small sips of water can help keep the mother hydrated without overwhelming the digestive system, which is particularly beneficial as the body conserves energy and focuses on the labor process. Other statements do not accurately represent the critical aspects of hydration during labor. While the body does have energy stores, it does not imply that hydration needs can be neglected. Suggesting that the intestinal tract must be completely empty before delivery is misleading and could lead to unnecessary discomfort for the mother. The mention of cesarean sections being a possibility does not directly connect to the understanding of fluid intake and digestion during labor; rather, it addresses surgical intervention without focusing on the role hydration plays during the process of normal labor.

7. What is the Newborn Screening Act of 2004 identified as?

- A. RA 9288**
- B. RA 8829
- C. RA 8299
- D. RA 9928

The Newborn Screening Act of 2004 is officially identified as Republic Act No. 9288, commonly referred to as RA 9288. This legislation was enacted in the Philippines to ensure that newborns are screened for certain genetic, metabolic, and infectious disorders shortly after birth. It aims to detect these conditions early, facilitating timely intervention and treatment to prevent severe health consequences or disability. The importance of the act lies in its comprehensive approach to newborn health, mandating that all newborns in the Philippines be screened for a set of disorders. By establishing a national policy for newborn screening, it enhances public health outcomes by promoting early diagnosis and management of conditions that might otherwise go unnoticed until more severe symptoms arise. This context establishes why RA 9288 is the correct identification of the Newborn Screening Act of 2004, as it aligns with the purpose and function of the legislation.

8. How is the Measles vaccine administered?

- A. Orally
- B. Intradermally
- C. Subcutaneously**
- D. Intramuscularly

The Measles vaccine is administered subcutaneously. This method involves injecting the vaccine into the fatty tissue just beneath the skin using a fine needle. Subcutaneous administration allows the immune system to effectively absorb the vaccine, leading to the generation of an appropriate immune response. It is important to note that the subcutaneous route is commonly used for live virus vaccines such as those for measles, mumps, and rubella (MMR), as this ensures optimal efficacy by allowing the live attenuated virus to replicate and stimulate the immune system effectively without causing disease. Understanding the correct administration route is crucial for healthcare providers to ensure the vaccine's effectiveness and safety for the patient.

9. What is the role of planning in the nursing process?

- A. To conduct assessments
- B. To set measurable and achievable goals for patient care**
- C. To educate the patient
- D. To create a diagnosis

The role of planning in the nursing process is essential for establishing measurable and achievable goals for patient care. During the planning phase, nurses use the information gathered during assessment and evaluation to determine the expected outcomes of care. This involves collaborating with the patient and other members of the healthcare team to create a care plan that addresses the patient's specific needs, preferences, and potential obstacles to recovery. Setting measurable goals allows nurses to evaluate the effectiveness of interventions over time, ensuring that patient care is tailored to promote optimal outcomes. By defining clear objectives, nurses can monitor progress and make necessary adjustments to interventions if the desired outcomes are not being met, ultimately enhancing the quality of care and patient satisfaction. In contrast, conducting assessments is a separate phase in the nursing process dedicated to gathering relevant data about the patient's health status. Educating the patient is crucial but occurs primarily as part of the implementation phase, where nursing interventions are executed. Similarly, creating a diagnosis is a key activity that occurs after assessment and before planning, as it involves analyzing data to determine the patient's health problems before establishing goals for care.

10. What is the purpose of providing immediate skin-to-skin contact after birth?

- A. To encourage bonding and breastfeeding.**
- B. To monitor the baby's temperature more closely.
- C. To reduce the risk of infection.
- D. To delay the first bath for the baby.

Immediate skin-to-skin contact after birth serves multiple vital purposes, but primarily, it is instrumental in fostering bonding between the mother and the newborn. This close physical contact encourages the release of oxytocin, often referred to as the "love hormone," which enhances maternal bonding and promotes feelings of love and affection. Additionally, skin-to-skin contact can facilitate breastfeeding. It helps the baby find the breast instinctively, as the warmth and familiar smell lead the newborn to seek out the mother's nipple. This early initiation of breastfeeding can improve breastfeeding success and duration, providing essential nutrition and promoting health benefits for both the mother and the infant. While monitoring the baby's temperature, reducing the risk of infection, and delaying the first bath are valid considerations, they are secondary to the critical goal of bonding and supporting breastfeeding. Skin-to-skin contact does help to regulate the baby's body temperature and may contribute to a reduction in infection risk, but the primary purpose centers around nurturing the early relationship and ensuring successful feeding.

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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://np2preboard.examzify.com>

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

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