

# Nursing Sciences Examination and Assessment Questionnaire (EAQ) 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. Which of the following internal variables influences health beliefs and practices?**
  - A. Socioeconomic status**
  - B. Intellectual background**
  - C. Cultural traditions**
  - D. Geographical location**
  
- 2. Which of the following behaviors might indicate a mental health concern?**
  - A. Withdrawn behavior**
  - B. Increased social interaction**
  - C. Improved sleep patterns**
  - D. Consistent mood stability**
  
- 3. What indicates a need for further cardiovascular assessment?**
  - A. Elevated blood pressure**
  - B. Changes in heart rhythm or new onset of chest pain**
  - C. Increased respiratory rate**
  - D. Improved exercise tolerance**
  
- 4. What is the typical age range considered to be in the phallic stage according to Freud?**
  - A. 1 to 3 years old**
  - B. 3 to 6 years old**
  - C. 6 to 12 years old**
  - D. 12 to 18 years old**
  
- 5. What is a primary concern addressed in public health nursing?**
  - A. Individual health issues**
  - B. Community health resources**
  - C. Population health challenges**
  - D. Private health histories**

**6. Which model is commonly used to guide nursing assessments?**

- A. The Nursing Process model**
- B. The Clinical Decision Making model**
- C. The Evidence-Based Practice model**
- D. The Patient-Centered Care model**

**7. What vital sign is critical for assessing cardiac function?**

- A. Blood pressure**
- B. Respiratory rate**
- C. Heart rate**
- D. Body temperature**

**8. What is the primary objective when caring for a patient after a myocardial infarction?**

- A. To ensure they receive immediate surgery**
- B. To stabilize the patient's condition and prevent further complications**
- C. To prepare them for discharge**
- D. To start rehabilitation immediately**

**9. What factors should be considered when assessing pain in older adults?**

- A. Communication barriers and atypical presentation of pain symptoms**
- B. Age-related decline in muscle strength**
- C. Presence of chronic illnesses only**
- D. Patient's religious beliefs about pain**

**10. What is the first step in the nursing process?**

- A. Evaluation**
- B. Diagnosis**
- C. Assessment**
- D. Planning**

## **Answers**

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

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## **Explanations**

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**1. Which of the following internal variables influences health beliefs and practices?**

- A. Socioeconomic status**
- B. Intellectual background**
- C. Cultural traditions**
- D. Geographical location**

The internal variables that influence health beliefs and practices are often rooted in an individual's intellectual background. This encompasses a person's knowledge, education, cognitive abilities, and experiences, which shape how they perceive health, illness, and wellness. An educated individual may have a different understanding of health practices, preventive care, and the importance of following medical advice compared to someone with less exposure to healthcare education. Intellectual background also affects critical thinking skills, allowing individuals to evaluate health information, differentiate between credible sources and misinformation, and make informed decisions regarding their health behaviors. Furthermore, how one processes information and learns about health topics contributes significantly to their attitudes and beliefs toward healthcare practices. In contrast, while socioeconomic status, cultural traditions, and geographical location certainly play significant roles in health behaviors and access to care, these are considered external variables. They shape the environment in which a person lives but do not directly influence an individual's belief system in the same intrinsic way that intellectual background does.

**2. Which of the following behaviors might indicate a mental health concern?**

- A. Withdrawn behavior**
- B. Increased social interaction**
- C. Improved sleep patterns**
- D. Consistent mood stability**

Withdrawn behavior can be a significant indicator of a mental health concern. When an individual begins to isolate themselves, avoiding social interactions and activities they once enjoyed, it may signal underlying issues such as depression, anxiety, or other psychological disorders. This shift in behavior can reflect an individual's struggle with their mental state, diminishing their ability to engage with the world around them and suggesting that they may be experiencing emotional distress. In contrast, increased social interaction, improved sleep patterns, and consistent mood stability are generally positive signs and do not indicate mental health concerns. Increased social interaction often points to a person feeling more connected and engaged, improved sleep patterns suggest a healthier emotional state, and consistent mood stability indicates emotional resilience and balance. These behaviors are usually associated with better mental health, making them less likely to signify a mental health issue compared to withdrawal from social engagement.

### 3. What indicates a need for further cardiovascular assessment?

- A. Elevated blood pressure**
- B. Changes in heart rhythm or new onset of chest pain**
- C. Increased respiratory rate**
- D. Improved exercise tolerance**

The presence of changes in heart rhythm or the new onset of chest pain signifies a critical situation that warrants immediate further cardiovascular assessment. These symptoms can indicate underlying conditions such as arrhythmias, ischemic heart disease, or other serious cardiac issues. The heart rhythm changes may provoke concerns regarding the heart's electrical activity, and new chest pain may suggest angina or even an impending myocardial infarction. Therefore, these clinical manifestations represent red flags that healthcare providers must investigate further to determine the underlying cause and implement appropriate interventions. When considering the other choices, elevated blood pressure alone may not immediately necessitate further assessment without accompanying symptoms or an extensive history of cardiovascular issues. An increased respiratory rate could indicate other contextual factors, such as anxiety or transient physical effects, rather than being a direct indicator of cardiovascular distress. Lastly, improved exercise tolerance typically reflects a positive response to treatment and does not suggest the need for further assessment. Hence, the specific combination of changes in heart rhythm or new chest pain clearly points to the need for a deeper investigation into cardiovascular health.

### 4. What is the typical age range considered to be in the phallic stage according to Freud?

- A. 1 to 3 years old**
- B. 3 to 6 years old**
- C. 6 to 12 years old**
- D. 12 to 18 years old**

The phallic stage in Freud's theory of psychosexual development occurs from approximately 3 to 6 years old. This stage is characterized by the child's exploration of their own body and an emerging awareness of gender differences. Children at this age typically begin to identify with their same-sex parent and develop a sense of sexual identity. They also start to experience complex feelings towards the opposite-sex parent, illustrated in Freud's Oedipus and Electra complexes. Understanding the nuances of this developmental stage is crucial. During the phallic stage, children might engage in behaviors that reflect their developing understanding of sexuality and relationships, and they start to form their moral character based on both parental guidance and internal conflicts related to these feelings. This stage lays the foundation for future psychosexual development and interpersonal relationships in adulthood. The ages before and after this stage pertain to other developmental phases. For instance, the oral and anal stages occur earlier, while the latency stage follows the phallic stage. This understanding helps clarify how Freud's developmental stages interconnect and influence personality formation.

## 5. What is a primary concern addressed in public health nursing?

- A. Individual health issues**
- B. Community health resources**
- C. Population health challenges**
- D. Private health histories**

The focus of public health nursing is primarily on the health of populations and communities rather than on individual health issues. Public health nurses work to identify and address the systemic health challenges that affect groups of people, which can include the prevalence of certain diseases, health disparities, and the social determinants of health. By concentrating on population health challenges, public health nursing strives to implement strategies and interventions that can improve the overall health outcomes of a community or a larger population. Community health resources, while important, are more of a means to address health challenges than a primary focus in public health nursing. Individual health issues and private health histories pertain to more personal aspects of health care and do not align with the broader scope of public health initiatives.

## 6. Which model is commonly used to guide nursing assessments?

- A. The Nursing Process model**
- B. The Clinical Decision Making model**
- C. The Evidence-Based Practice model**
- D. The Patient-Centered Care model**

The Nursing Process model is fundamental in guiding nursing assessments because it provides a structured approach that encompasses five key steps: assessment, diagnosis, planning, implementation, and evaluation. This model emphasizes the importance of gathering comprehensive data about the patient's health status, which is the first crucial step in effective nursing practice. Through assessment, nurses can identify the patient's needs and problems, which informs subsequent steps in the nursing process. Moreover, the Nursing Process model is not only systematic but also flexible, allowing for adjustments as new information is gathered. It encourages critical thinking, prioritization, and the use of clinical judgment, making it particularly relevant in a clinical setting where patient conditions can change rapidly. In contrast, while the Clinical Decision Making model focuses on the reasoning processes that nurses use when faced with patient care decisions, it does not specifically provide a sequential approach for assessment. The Evidence-Based Practice model emphasizes using research and evidence in clinical decision-making but does not serve as the framework specifically guiding assessments. Lastly, the Patient-Centered Care model concentrates on the individual's specific needs and preferences rather than providing a structured assessment framework, making it less focused on the assessment process itself.

## 7. What vital sign is critical for assessing cardiac function?

- A. Blood pressure
- B. Respiratory rate
- C. Heart rate**
- D. Body temperature

Heart rate is a critical vital sign for assessing cardiac function because it directly reflects the heart's ability to pump blood effectively and maintain adequate circulation throughout the body. Changes in heart rate can indicate various cardiac conditions, including arrhythmias, heart block, or response to stress and other physiological changes. Monitoring heart rate helps healthcare providers gauge the effectiveness of cardiac output, which is crucial during evaluations of cardiac health and in response to treatment interventions. While blood pressure also provides important information regarding cardiovascular status, the heart rate specifically reflects changes in the rhythm and efficiency of the heart itself. In contrast, respiratory rate and body temperature are vital signs that can indicate other health issues but do not provide as direct an assessment of cardiac function as heart rate does.

## 8. What is the primary objective when caring for a patient after a myocardial infarction?

- A. To ensure they receive immediate surgery
- B. To stabilize the patient's condition and prevent further complications**
- C. To prepare them for discharge
- D. To start rehabilitation immediately

The primary objective when caring for a patient after a myocardial infarction is to stabilize the patient's condition and prevent further complications. This phase is crucial as it involves monitoring vital signs, managing pain, and administering medications to improve heart function and reduce the risk of further cardiac events. In the aftermath of a myocardial infarction, the heart is vulnerable and more susceptible to issues such as arrhythmias or further ischemic events. Therefore, the care team focuses on ensuring that the patient's condition is stable through interventions like administering antiplatelet agents, anticoagulants, and beta-blockers, while also closely observing for any signs of complications. This stabilization period lays the groundwork for subsequent interventions such as rehabilitation and discharge planning, but the immediate focus is always on the patient's safety and recovery from the acute event. This objective encompasses both physical and physiological aspects of care, ensuring the patient is well-monitored and supported throughout their recovery journey.

## 9. What factors should be considered when assessing pain in older adults?

- A. Communication barriers and atypical presentation of pain symptoms**
- B. Age-related decline in muscle strength**
- C. Presence of chronic illnesses only**
- D. Patient's religious beliefs about pain**

When assessing pain in older adults, it is crucial to consider communication barriers and the atypical presentation of pain symptoms. Older adults may have cognitive impairments, sensory deficits, or may not express pain in the same manner as younger populations. They might use different descriptors or fail to report pain due to cultural norms or fear of negative implications, such as being perceived as difficult. Atypical presentations of pain often manifest as changes in behavior, such as increased confusion, withdrawal from social interactions, or changes in appetite and sleep patterns, rather than the typical verbal expressions of pain. This understanding is essential for accurate assessment and effective intervention. Considering factors like age-related decline in muscle strength, the presence of chronic illnesses alone, or the patient's religious beliefs about pain provides valuable information but does not encompass the comprehensive assessment required for effective pain management in the older adult population. These aspects may influence pain perception or management but are not as directly relevant to the immediate pain assessment process as effective communication and recognition of unusual pain presentations.

## 10. What is the first step in the nursing process?

- A. Evaluation**
- B. Diagnosis**
- C. Assessment**
- D. Planning**

The first step in the nursing process is assessment. This step involves the systematic collection of data about a patient's health status. During the assessment phase, nurses gather comprehensive information through interviews, observations, physical examinations, and reviewing medical history. This initial step is critical because it lays the foundation for all subsequent actions in the nursing process, such as diagnosis, planning, implementation, and evaluation. Without a thorough assessment, the nurse lacks the necessary information to accurately identify the patient's needs or problems and develop an appropriate care plan. This step is essential for understanding the patient's situation and ensuring that nursing interventions are tailored to meet their specific needs. It involves not only physical health aspects but also emotional, psychological, and social factors, promoting a holistic approach to 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](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://nursingscienceseaq.examzify.com>**

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

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