

# Nursing Skills and Patient Care Procedures Practice Test (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

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- 1. Which overarching process encompasses techniques like active listening and finding common ground to resolve disputes?**
  - A. De-Escalation Techniques**
  - B. Infection Control**
  - C. Conflict Resolution**
  - D. Post-Operative Care**
  
- 2. Which techniques are used to calm agitated or aggressive patients, such as maintaining a calm tone and giving them space?**
  - A. De-Escalation Techniques**
  - B. Physical Restraint**
  - C. Sedation Protocols**
  - D. Verbal Aggression Management**
  
- 3. What term describes intentional physical contact with a patient without their consent?**
  - A. Battery**
  - B. Assault**
  - C. Neglect**
  - D. Invasion of privacy**
  
- 4. Which abnormal breathing pattern is characterized by a gradual increase and decrease in breathing depth followed by apnea?**
  - A. Kussmaul Breathing**
  - B. Biot's Respiration**
  - C. Apnea**
  - D. Cheyne-Stokes Respiration**
  
- 5. Which measure is commonly used to aid venous return and prevent deep vein thrombosis in immobile patients?**
  - A. Condom Catheter**
  - B. TED Hose**
  - C. Full Liquid Diet**
  - D. I&O Monitoring**

- 6. What does the measurement referred to as I&O stand for in fluid balance?**
- A. Ingestion and Excretion**
  - B. Input and Output**
  - C. Intake and Output**
  - D. Fluid Balance Tracking**
- 7. What term describes a heart rate that is slower than normal, typically under 60 beats per minute?**
- A. Tachycardia**
  - B. Arrhythmia**
  - C. Bradycardia**
  - D. Atrial flutter**
- 8. What is the name for a thermometer used to measure body temperature rectally?**
- A. Rectal Thermometer**
  - B. Oral Thermometer**
  - C. Temporal Thermometer**
  - D. Axillary Thermometer**
- 9. A condition caused by insufficient fluid intake.**
- A. Hypovolemia**
  - B. Dehydration**
  - C. Electrolyte imbalance**
  - D. Edema**
- 10. Which techniques are used to teach patients how to walk safely with crutches?**
- A. Nebulizer**
  - B. Crutch Walking**
  - C. HIPAA Compliance**
  - D. Epistaxis**

## **Answers**

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

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## **Explanations**

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**1. Which overarching process encompasses techniques like active listening and finding common ground to resolve disputes?**

**A. De-Escalation Techniques**

**B. Infection Control**

**C. Conflict Resolution**

**D. Post-Operative Care**

The overarching process used to resolve disputes with techniques like active listening and finding common ground is conflict resolution. It involves bringing parties together, clarifying the issue, and then using focused communication to understand each perspective. Active listening shows respect, helps you accurately reflect what the other person is saying, and reveals underlying concerns, which makes it easier to move toward a shared solution. Finding common ground centers on identifying shared goals or needs and building a plan that satisfies those points, rather than getting stuck on opposing positions. De-escalation techniques aim to reduce immediate tension or danger, which is related but not the broad process of solving disputes. Infection control and post-operative care address other areas of nursing, such as preventing infection and supporting recovery after surgery.

**2. Which techniques are used to calm agitated or aggressive patients, such as maintaining a calm tone and giving them space?**

**A. De-Escalation Techniques**

**B. Physical Restraint**

**C. Sedation Protocols**

**D. Verbal Aggression Management**

De-escalation techniques focus on calming communication and creating a safe environment to prevent harm. The key is to reduce the patient's arousal without escalating the situation, using a calm, slow tone, open and non-threatening body language, and giving the person space to regain control. This approach also involves listening, validating feelings, offering choices, and setting gentle boundaries, all of which help diffuse tension and preserve the patient's dignity. These steps are preferred first because they address the emotion and triggers behind agitation rather than relying on force or medication. Physical restraint is reserved for situations where there is clear imminent danger to the patient or others and can increase agitation, so it isn't the initial strategy. Sedation protocols involve pharmacologic management and carry risks; they're used when de-escalation has failed or isn't feasible and safety is at serious risk. Verbal aggression management is part of communication skills within de-escalation, but the broader de-escalation techniques encompass those strategies and more to safely resolve the situation.

**3. What term describes intentional physical contact with a patient without their consent?**

**A. Battery**

**B. Assault**

**C. Neglect**

**D. Invasion of privacy**

Intentional physical contact without a patient's consent is battery. This means touching someone on purpose without permission, even if no harm results—the act itself is considered wrongful contact. In contrast, assault refers to the threat or attempt to cause harm that creates fear of imminent violence; it does not require actual touching in some legal definitions, though the two offenses are related. Neglect involves failing to provide necessary care or protection, not unauthorized contact. Invasion of privacy involves intruding on a patient's private affairs or exposing private information, not the act of touching. In clinical practice, always obtain informed consent before any examination or procedure, and use implied consent only in true emergencies when delaying care could jeopardize life or health.

**4. Which abnormal breathing pattern is characterized by a gradual increase and decrease in breathing depth followed by apnea?**

**A. Kussmaul Breathing**

**B. Biot's Respiration**

**C. Apnea**

**D. Cheyne-Stokes Respiration**

Cheyne-Stokes respiration is a rhythmic breathing pattern in which the depth and rate gradually increase, then decrease, followed by a pause in breathing (apnea) before the cycle repeats. The apneic interval typically lasts 10-60 seconds, and the entire cycle can take from a half minute to a couple of minutes. This waxing and waning occur because of a delayed feedback in the brain's respiratory control centers, and it is often seen in serious conditions such as advanced heart failure or central nervous system injuries. It differs from other patterns by its regular crescendo-decrescendo flow with a distinct apnea, whereas Kussmaul breathing is steady, deep, and rapid with no apnea, and Biot's respiration shows irregular clusters of breaths followed by unpredictable pauses. So the described pattern matches Cheyne-Stokes respiration.

**5. Which measure is commonly used to aid venous return and prevent deep vein thrombosis in immobile patients?**

- A. Condom Catheter**
- B. TED Hose**
- C. Full Liquid Diet**
- D. I&O Monitoring**

Immobility slows blood flow in the legs, increasing the risk of venous pooling and deep vein thrombosis. TED hose provide graduated compression—greatest at the ankle and gradually less up the leg—which helps push blood back toward the heart, speeds venous return, reduces venous stasis, and lowers clot risk. They're a common, noninvasive preventive measure for patients who can't move much. The other options don't address venous return: a condom catheter is for urine containment, a full liquid diet has no role in circulation, and I&O monitoring tracks fluid balance rather than preventing clots. When using compression stockings, ensure proper fit, smooth any wrinkles, inspect the skin regularly, and follow protocol for use and removal.

**6. What does the measurement referred to as I&O stand for in fluid balance?**

- A. Ingestion and Excretion**
- B. Input and Output**
- C. Intake and Output**
- D. Fluid Balance Tracking**

I&O is all about tracking fluid status by recording what a patient takes in and what leaves the body. The measurement stands for Intake and Output. Intake includes all fluids the patient consumes, such as drinks and IV fluids, while Output includes all fluid losses like urine, vomiting, diarrhea, and drainage. This paired tracking helps nurses assess hydration, kidney function, and guide fluid management, especially in patients with dehydration, heart failure, or kidney issues. The other wording isn't the standard term used in nursing practice, so the accepted meaning is Intake and Output.

**7. What term describes a heart rate that is slower than normal, typically under 60 beats per minute?**

- A. Tachycardia**
- B. Arrhythmia**
- C. Bradycardia**
- D. Atrial flutter**

Slower than normal heart rate is described as bradycardia. In adults, a resting heart rate of 60 beats per minute or less fits this term. Some people, like trained athletes, may have a resting rate below 60 without symptoms, but bradycardia becomes clinically relevant if it causes dizziness, fatigue, or fainting because the heart isn't pumping enough blood to meet the body's needs. Tachycardia would mean a rate that's fast (over 100 bpm). Arrhythmia is a broad term for any abnormal rhythm, which can be fast, slow, or irregular, so it doesn't specify a slow rate. Atrial flutter is a specific rhythm disturbance with rapid atrial activity, not simply a slow heart rate. So bradycardia is the term that best fits a heart rate under 60 bpm.

**8. What is the name for a thermometer used to measure body temperature rectally?**

- A. Rectal Thermometer**
- B. Oral Thermometer**
- C. Temporal Thermometer**
- D. Axillary Thermometer**

A rectal thermometer is the instrument designed for measuring body temperature through the rectal route. It's named for the site where it's placed, and it's known for providing a very accurate reflection of core temperature, which is why it's often used in infants and in certain clinical situations. Other thermometers are named for their measurement sites—an oral thermometer for the mouth, a temporal thermometer for the forehead/temporal artery, and an axillary thermometer for the armpit. When using a rectal thermometer, apply lubrication and insert gently to the recommended depth, then clean the device after use. Rectal readings are typically about a degree Fahrenheit (around 0.5°C) higher than oral readings.

**9. A condition caused by insufficient fluid intake.**

- A. Hypovolemia**
- B. Dehydration**
- C. Electrolyte imbalance**
- D. Edema**

When fluid intake is too low, the body's total water content decreases, creating dehydration. This condition means the body has less water overall and often higher serum osmolality, with signs like dry mouth, dry mucous membranes, and concentrated urine. It's distinct from hypovolemia, which is a reduction in circulating blood volume and can occur with fluid losses (vomiting, bleeding, sweating) and may or may not coincide with dehydration. Electrolyte imbalance refers to abnormal levels of minerals such as sodium or potassium, which can accompany dehydration but aren't defined by insufficient intake alone. Edema is excess fluid accumulating in tissues, not a deficit of intake. So the condition directly caused by not drinking enough fluids is dehydration.

**10. Which techniques are used to teach patients how to walk safely with crutches?**

- A. Nebulizer**
- B. Crutch Walking**
- C. HIPAA Compliance**
- D. Epistaxis**

The essential idea is teaching crutch walking—the proper way to fit, position, and move with crutches to stay safe and maintain balance. The technique covers how to fit the crutches so they're comfortable and effective (correct height, grip, and avoiding pressure under the arms), how to bear weight through the hands rather than the armpits, and how to coordinate movement in a safe gait. In practice, you move the crutches forward first, then bring the injured leg forward to a comfortable point, and finally step through with the other leg, keeping the body upright and eyes forward to prevent falls. Remembering to use a clear path, take it slow on stairs with a handrail, and practice on level ground first helps patients walk more safely with crutches. The other options relate to inhaled therapy, privacy regulations, or nosebleeds and do not teach ambulation with crutches.

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

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

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