

NURSING SKILLS AND PATIENT CARE PROCEDURES PRACTICE TEST (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 the process of obtaining a clean-catch or sterile urine sample for diagnostic purposes called?**
 - A. Blood Sampling
 - B. Collecting Urine Specimens
 - C. Urinalysis
 - D. Catheterization

- 2. A condition caused by excessive insulin leading to low blood sugar is called what?**
 - A. Insulin Shock
 - B. Hypoglycemia
 - C. Hyperglycemia
 - D. Diabetic Ketoacidosis

- 3. What does PASS stand for in fire safety?**
 - A. Pull, Activate, Stop, Save
 - B. Pull, Aim, Squeeze, Sweep
 - C. Protect, Alarm, Suppress, Evacuate
 - D. Pull, Alert, Stop, Sweep

- 4. Which term describes abnormally high blood pressure?**
 - A. Hypertension
 - B. Hypotension
 - C. Systole
 - D. Clean Catch Urine

- 5. Which practice involves using gloves, gowns, masks, and eye protection to prevent transmission during patient care?**
 - A. Transmission-Based Precautions
 - B. Isolation Procedures
 - C. Personal Protective Equipment
 - D. Footboard

- 6. Which nursing task involves arranging and smoothing bed linens with the patient in bed?**
- A. Bathing
 - B. Bedmaking
 - C. Dressing
 - D. Linen inspection
- 7. Which term describes a surgically created opening on the body's surface?**
- A. Colostomy
 - B. Urostomy
 - C. Stoma
 - D. Ombudsman
- 8. Bladder Training is a program to help patients regain control of which function?**
- A. A program to help patients regain control of bowel movements
 - B. A plan to increase bladder capacity through medications
 - C. A program to help patients regain control of urination
 - D. A procedure to insert a urinary catheter
- 9. What is the term for cleaning and maintaining a tracheostomy tube to ensure airway patency?**
- A. Tracheostomy Care
 - B. Endotracheal Cleaning
 - C. Airway Suctioning
 - D. Oxygen Therapy
- 10. Which side-lying position is commonly used for rectal exams or enemas?**
- A. Side-Lying Position
 - B. Sims' Position
 - C. Prone Position
 - D. Supine Position

Answers

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

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Explanations

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1. What is the process of obtaining a clean-catch or sterile urine sample for diagnostic purposes called?

- A. Blood Sampling
- B. Collecting Urine Specimens**
- C. Urinalysis
- D. Catheterization

Obtaining urine for diagnostic testing is called collecting urine specimens. This process covers methods like clean-catch and sterile collection, chosen to minimize contamination and ensure the sample is suitable for tests such as culture or urinalysis. A clean-catch aims to reduce microorganisms from the skin and genital area, while sterile collection seeks a completely uncontaminated sample, sometimes through catheterization or other sterile techniques. The other options don't fit because blood sampling involves drawing blood, urinalysis is the analysis performed on urine rather than the collection process, and catheterization is just one technique that may be used within urine collection, not the overall process.

2. A condition caused by excessive insulin leading to low blood sugar is called what?

- A. Insulin Shock**
- B. Hypoglycemia
- C. Hyperglycemia
- D. Diabetic Ketoacidosis

When insulin is higher than the body's need and blood glucose falls, the result is hypoglycemia. This is the current, precise term for low blood sugar. Insulin shock is an older way some clinicians described severe hypoglycemia with symptoms like confusion or unconsciousness, but the preferred term today is hypoglycemia. The other options describe different problems: hyperglycemia means high blood glucose, and diabetic ketoacidosis is a serious diabetes complication involving high glucose and ketone buildup. Knowing this helps you recognize and respond to low blood sugar appropriately—check the level, provide a fast-acting carbohydrate if the person can swallow, and seek emergency help or administer glucagon if the person is unconscious or unable to safely take fluids.

3. What does PASS stand for in fire safety?

- A. Pull, Activate, Stop, Save
- B. Pull, Aim, Squeeze, Sweep**
- C. Protect, Alarm, Suppress, Evacuate
- D. Pull, Alert, Stop, Sweep

The main idea here is how to correctly operate a portable fire extinguisher using a simple, repeatable sequence. PASS helps you do that safely and effectively: Pull the pin to break the tamper seal, Aim the nozzle at the base of the fire, Squeeze the handle to release the extinguishing agent, and Sweep the nozzle from side to side at the base of the flames. Doing it in this order ensures you disable the fuel source at the bottom of the fire and maintain control as you work across the fire. This matches the option describing those four actions. Other phrases in the distractor options refer to alarms, evacuation, or general safety steps, not the precise actions used to deploy a fire extinguisher.

4. Which term describes abnormally high blood pressure?

- A. Hypertension
- B. Hypotension
- C. Systole
- D. Clean Catch Urine

Abnormally high blood pressure is described by the term hypertension. Hypertension means that arterial pressure remains elevated beyond normal on repeated measurements, signaling a chronic condition that raises risks for heart disease, stroke, and kidney problems. This term is different from hypotension, which is low blood pressure; from systole, which is the heart's contraction phase during the heartbeat; and from Clean Catch Urine, which is simply a method for collecting a urine sample. Recognizing hypertension helps you understand why regular blood pressure checks and potential lifestyle changes or medications are important to reduce cardiovascular risk.

5. Which practice involves using gloves, gowns, masks, and eye protection to prevent transmission during patient care?

- A. Transmission-Based Precautions
- B. Isolation Procedures
- C. Personal Protective Equipment
- D. Footboard

The main concept here is personal protective equipment. The gloves, gowns, masks, and eye protection are the protective barriers used by healthcare workers to prevent exposure to infectious agents during patient care. Each item blocks a specific route of transmission: gloves guard hands, gowns protect skin and clothing, masks filter or block respiratory droplets, and eye protection shields the eyes. Together, they form PPE, which is applied as part of standard precautions and adapted to situations requiring transmission-based precautions. The other terms refer to broader practices or unrelated equipment, not the protective gear itself.

6. Which nursing task involves arranging and smoothing bed linens with the patient in bed?

- A. Bathing
- B. Bedmaking
- C. Dressing
- D. Linen inspection

Bedmaking with the patient still in bed is the task described. It focuses on arranging and smoothing the bed linens to create a clean, wrinkle-free, comfortable surface that protects the skin from friction and preserves warmth and modesty while the patient remains in bed. This includes tucking and smoothing sheets and blankets so there are no folds that could irritate or cause pressure sores, and it's done without fully moving the patient. Bathing involves cleansing the patient, dressing means putting on clothing, and linen inspection is checking linens for cleanliness or damage rather than actively arranging them on the bed.

7. Which term describes a surgically created opening on the body's surface?

- A. Colostomy
- B. Urostomy
- C. Stoma**
- D. Ombudsman

A stoma is a surgically created opening on the body's surface. It serves as an exit point for waste when the normal route is not possible. There are different types of stomas: a colostomy involves bringing a portion of the colon to the abdominal wall, while a urostomy diverts urine via a urinary conduit. These are all specific forms of a stoma, but the general term describing the opening itself is stoma. Ombudsman is unrelated to anatomy, as it refers to an official who handles complaints.

8. Bladder Training is a program to help patients regain control of which function?

- A. A program to help patients regain control of bowel movements
- B. A plan to increase bladder capacity through medications
- C. A program to help patients regain control of urination**
- D. A procedure to insert a urinary catheter

Bladder training focuses on restoring voluntary control of urination. It teaches patients to suppress the urge and gradually extend the time between voids, using a scheduled toileting plan and a voiding diary to build bladder capacity and improve continence. This approach targets urination control directly and is not about bowel movements, increasing bladder capacity with medications, or inserting a urinary catheter.

9. What is the term for cleaning and maintaining a tracheostomy tube to ensure airway patency?

- A. Tracheostomy Care**
- B. Endotracheal Cleaning
- C. Airway Suctioning
- D. Oxygen Therapy

Keeping the airway open in someone with a tracheostomy is addressed by tracheostomy care. This term encompasses cleaning around the stoma, cleaning or changing the inner cannula if present, securing the tube, and checking for signs of blockage or infection to maintain patency of the airway. Regular tracheostomy care helps prevent crusting, mucus buildup, and tube obstruction, reducing emergency risks and keeping airflow clear. Endotracheal cleaning refers to care of an endotracheal tube that sits above the carina, not a tracheostomy; airway suctioning is a related procedure focused specifically on removing secretions, not the overall maintenance of the tube; oxygen therapy provides supplemental oxygen without addressing tube upkeep.

10. Which side-lying position is commonly used for rectal exams or enemas?

A. Side-Lying Position

B. Sims' Position

C. Prone Position

D. Supine Position

Positioning for rectal exams and enemas centers on exposing the anal area and relaxing the surrounding tissues so the clinician can access the rectum easily and the patient remains comfortable. Sims' position achieves this by having the patient lie on the left side with the right knee flexed and drawn toward the chest, and the left arm placed behind the back. This setup opens the rectal area and aligns the anal canal in a favorable angle for examination or insertion of an enema, while gravity helps the enema solution flow into the colon. It also relaxes the abdominal and rectal muscles, making instrumentation smoother and more tolerable. Other positions, like lying flat on the back or lying face down, don't expose the rectum as readily and can make access more awkward or uncomfortable.

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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://nursingskillspatientcareprocedures.examzify.com>

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

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