

NURSING THEORIES 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. Which aspect is central to the person concept in Kolcaba's theory?**
 - A. Focus on psychological aspects only
 - B. Recipients of care being individuals, families, or communities
 - C. Patients limited to their biological needs
 - D. Consideration of only the individual

- 2. Which key factor is integral to the Neuman Systems Model in relation to nursing?**
 - A. Focus solely on patient comfort
 - B. Addressing potential stressors
 - C. Emergency medical interventions
 - D. Individualizing treatment plans

- 3. What does the concept of consciousness in Newman's theory represent?**
 - A. The ability to think or reason
 - B. The awareness of the environment
 - C. The system's ability to interact with health
 - D. The notion of personal identity

- 4. In Orlando's theory, how is health conceptualized?**
 - A. Based on laboratory results
 - B. As feelings of adequacy and well-being from fulfilled needs
 - C. Simply the absence of illness
 - D. Only as a physical state

- 5. What does Peplau identify as the concept of environment?**
 - A. The physical health of the patient
 - B. The internal mental state of the nurse
 - C. External forces impacting the organism within a cultural context
 - D. Only the physical environment surrounding the patient

- 6. What is the fundamental function of nursing according to both Newman and Pender?**
- A. Distributing medications
 - B. Providing caring and comprehensive support
 - C. Assessing patient symptoms only
 - D. Ensuring patient compliance
- 7. How does Leininger define the concept of person?**
- A. Only individual human beings
 - B. Human beings, families, groups, communities, or institutions
 - C. A single patient receiving care
 - D. A client within a healthcare system
- 8. What does the statement "Transition is a process triggered by a change that represents a passage from a fairly stable state to another fairly stable state" imply?**
- A. Transitions are always negative
 - B. Transitions do not have a stable state
 - C. Transitions can be initiated by any event
 - D. Transitions indicate stability over time
- 9. What does Barnard consider to be part of the environment?**
- A. Only physical surroundings and objects
 - B. All encounters, including social and financial resources
 - C. Exclusively psychological factors
 - D. Only health facilities and equipment
- 10. What framework considers a patient as part of a personal system?**
- A. Johnson's Behavioral System Model
 - B. King's Interaction Model
 - C. Orem's Self-Care Theory
 - D. Neuman's Systems Model

Answers

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

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Explanations

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1. Which aspect is central to the person concept in Kolcaba's theory?

- A. Focus on psychological aspects only
- B. Recipients of care being individuals, families, or communities**
- C. Patients limited to their biological needs
- D. Consideration of only the individual

The central aspect of Kolcaba's theory is recognizing that the recipients of care can be individuals, families, or communities. This perspective is essential because it emphasizes the holistic nature of care and the need to consider various dimensions of wellness across different groups. Kolcaba's Comfort Theory extends beyond just the individual patient to include their social and familial context, thereby acknowledging that the dynamics of care involve more than just the patient alone. This comprehensive viewpoint allows nurses to tailor their interventions to better meet the diverse needs of various recipients of care, promoting overall health and well-being. It highlights the importance of understanding the interconnectedness of individuals within their families and communities and suggests that comfort can arise from a supportive network rather than just clinical interventions.

2. Which key factor is integral to the Neuman Systems Model in relation to nursing?

- A. Focus solely on patient comfort
- B. Addressing potential stressors**
- C. Emergency medical interventions
- D. Individualizing treatment plans

In the Neuman Systems Model, addressing potential stressors is a crucial factor because the model emphasizes the importance of understanding how various internal and external stressors can impact a person's health and well-being. This systems-based framework considers a holistic view of the patient, viewing stressors as anything that can disrupt the stability of a person's system. By identifying and addressing these stressors, nurses can develop comprehensive care strategies that promote health and prevent illness. The model also recognizes that stressors can affect the balance of the entire system, which includes physical, psychological, social, and spiritual aspects. Thus, addressing these stressors holistically is essential for effective nursing intervention and supports the model's goal of optimizing patient health. In contrast, a focus solely on patient comfort may neglect underlying issues caused by stressors, and emergency medical interventions typically prioritize immediate clinical stabilization rather than a holistic assessment of stressors. While individualizing treatment plans is important, it is contextually driven by the need to identify and manage those stressors effectively, making it a secondary focus rather than the integral factor highlighted in the Neuman Systems Model.

3. What does the concept of consciousness in Newman's theory represent?

- A. The ability to think or reason
- B. The awareness of the environment
- C. The system's ability to interact with health**
- D. The notion of personal identity

In Newman's theory, the concept of consciousness is best represented by the system's ability to interact with health. This idea emphasizes how consciousness is not merely a cognitive function but rather a dynamic process that reflects how individuals are aware of their health and surroundings, and how they interact with their environment. Through this lens, consciousness is seen as integral to understanding health experiences and is central to the interactions between individuals and their overall health status. Newman's perspective illustrates that consciousness encompasses a broader understanding of how individuals perceive and engage with their health narratives. It emphasizes the interconnectedness of the person and their environment in the context of health, ultimately shaping their responses and adaptations. In contrast, the other options address aspects of consciousness but do not capture its full essence in Newman's framework. The ability to think or reason represents a more limited view of cognition. The awareness of the environment is important but does not fully encompass the interactive process with health. The notion of personal identity is vital but is more reflective of the individual's self-concept rather than the dynamic health interactions emphasized in Newman's theory.

4. In Orlando's theory, how is health conceptualized?

- A. Based on laboratory results
- B. As feelings of adequacy and well-being from fulfilled needs**
- C. Simply the absence of illness
- D. Only as a physical state

In Orlando's theory, health is conceptualized as feelings of adequacy and well-being arising from fulfilled needs. This perspective emphasizes the subjective experience of health, focusing on how individuals perceive their own well-being rather than solely relying on objective measures such as laboratory results or physical examinations. Orlando proposed that achieving a sense of adequacy in meeting one's needs is fundamental to health, and this can vary greatly from person to person. By prioritizing the individual's feelings and experiences, Orlando's theory highlights the importance of personal satisfaction and the psychological dimensions of health. It acknowledges that health is not merely defined by the absence of disease or a purely physical state, but rather by a holistic understanding of well-being that encompasses emotional, psychological, and social factors. This view is more aligned with the contemporary understanding of health, which regards it as a state of complete physical, mental, and social well-being.

5. What does Peplau identify as the concept of environment?

- A. The physical health of the patient
- B. The internal mental state of the nurse
- C. External forces impacting the organism within a cultural context**
- D. Only the physical environment surrounding the patient

Peplau identifies the concept of environment as the external forces that impact the individual (organism) while considering the cultural context in which they exist. This perspective is essential in understanding how various social, psychological, and cultural factors influence a person's health and well-being. Peplau's work highlights the interplay between the individual and their environment, asserting that to fully comprehend a person's health experience, one must look beyond just the immediate physical surroundings and consider the broader social and cultural influences that affect them. This approach emphasizes that nursing care must take into account not only the patient's physical state but also the external factors that shape their experiences and interactions. By recognizing the environment as a complex interplay of external influences, practitioners can provide more holistic and effective care. This contextual understanding is vital in nursing practice as it encourages the consideration of diverse factors that contribute to a patient's health and recovery.

6. What is the fundamental function of nursing according to both Newman and Pender?

- A. Distributing medications
- B. Providing caring and comprehensive support**
- C. Assessing patient symptoms only
- D. Ensuring patient compliance

The fundamental function of nursing, as articulated by both Newman and Pender, focuses on providing caring and comprehensive support. This perspective aligns with their emphasis on holistic approaches to nursing, where the nurse not only addresses physical needs but also attends to emotional, psychological, and social dimensions of patient care. Newman's theory highlights the importance of understanding the individual as a whole, which includes their environment and experiences. In this context, nurses foster relationships that support the patient's overall well-being. Similarly, Pender's Health Promotion Model emphasizes the role of nurses in facilitating health promotion and disease prevention by empowering patients through caring relationships and comprehensive support. This comprehensive support goes beyond tasks such as simply dispensing medications or assessing symptoms; it reflects a deeper commitment to the patient's overall health and quality of life. Ensuring compliance and focusing solely on symptoms are components of nursing practice but do not encapsulate the broader, more relational aspect of what it means to provide caring support as defined by these nursing theorists.

7. How does Leininger define the concept of person?

- A. Only individual human beings
- B. Human beings, families, groups, communities, or institutions**
- C. A single patient receiving care
- D. A client within a healthcare system

Leininger's definition of the concept of person encompasses a broad perspective that includes not just individual human beings but also families, groups, communities, and institutions. This holistic view emphasizes that care is not limited to solitary patients but rather involves a network of relationships and contexts that are important for understanding health and nursing. By recognizing the various levels of human interaction and support systems, Leininger's approach aligns with the belief that nursing care should be culturally congruent and tailored to the diverse needs and backgrounds of all people involved in healthcare systems. This definition encourages nurses to consider the complexities and interdependencies present in the lives of those they serve, enhancing the effectiveness and compassion of their care. In contrast, the other options are narrower in their focus and do not capture the breadth of the concept as Leininger articulated it.

8. What does the statement "Transition is a process triggered by a change that represents a passage from a fairly stable state to another fairly stable state" imply?

- A. Transitions are always negative
- B. Transitions do not have a stable state
- C. Transitions can be initiated by any event
- D. Transitions indicate stability over time**

The statement "Transition is a process triggered by a change that represents a passage from a fairly stable state to another fairly stable state" suggests that transitions involve movement between two phases that are both characterized by a degree of stability. This indicates that during a transition, while there may be changes occurring, the individual or system is eventually moving towards another state that is also relatively stable. This concept is particularly important in nursing and healthcare because it emphasizes that while transitions can be challenging, they are also a normal part of life. For example, a patient might transition from a hospital environment to home care, moving from a stable state of being hospitalized to another stable situation at home. This implies that the end goal of a transition is not instability, but rather another state of balance and health. In this context, it shows that transitions are not inherently negative or chaotic, but rather a natural progression through life's changes where stability can be achieved in new forms. Thus, the idea that transitions indicate stability over time aligns directly with the definition provided, underscoring the importance of understanding transitions in nursing practice for patient care and support during these processes.

9. What does Barnard consider to be part of the environment?

- A. Only physical surroundings and objects
- B. All encounters, including social and financial resources**
- C. Exclusively psychological factors
- D. Only health facilities and equipment

Barnard views the environment as a comprehensive entity that encompasses all encounters and interactions that can influence individuals. This includes not only physical surroundings and objects, but also social and financial resources that shape the experiences and behavior of people within a healthcare context. By recognizing the importance of social relationships, economic conditions, and organizational structures, Barnard emphasizes that the environment is dynamic and multifaceted, significantly impacting health and well-being. This understanding aligns with broader concepts in nursing theory, which advocate for holistic care, addressing not just the immediate physical aspects of patient care but also considering the broader social determinants of health. Therefore, the correct choice effectively reflects this inclusive definition of the environment as it relates to healthcare and nursing practice.

10. What framework considers a patient as part of a personal system?

- A. Johnson's Behavioral System Model
- B. King's Interaction Model**
- C. Orem's Self-Care Theory
- D. Neuman's Systems Model

The Kings Interaction Model is founded on the concept of mutual goal setting and the dynamic relationship established between the patient and the nurse. In this framework, the patient is considered part of a personal system, which encompasses the individual's unique experiences, perceptions, and interactions. This model emphasizes the importance of interpersonal relationships and the exchange of information as critical components of effective nursing care, reflecting how patients contribute to their own health outcomes through their interactions. In contrast, Johnson's Behavioral System Model focuses on behavioral patterns and emphasizes maintaining stability in a patient's behavioral system. Orem's Self-Care Theory centers around individual capabilities and the responsibilities of individuals to take care of themselves, thus focusing more on self-management rather than interaction. Neuman's Systems Model, while recognizing the patient as part of larger systems, does not specifically emphasize a personal system in the same way that King's model does.

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://nursingtheories.examzify.com>

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

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