

PALMER PNLE 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 statement correctly describes common delivery methods for oxygen therapy?**
 - A. Non-invasive ventilation is the only method
 - B. Oxygen must be given by IV infusion
 - C. Oxygen therapy is provided only as a nasal spray
 - D. Common delivery methods include nasal cannula, simple face mask, non-rebreather, Venturi mask, CPAP/BiPAP as indicated
- 2. Which leadership style is demonstrated when a nurse manager reprimands a staff member for missing tasks, and insists tasks should be completed anyway when the staff tries to explain?**
 - A. Democratic
 - B. Laissez-faire
 - C. Autocratic
 - D. Free reign
- 3. What principle is demonstrated when a nurse ensures informed consent is obtained before procedures?**
 - A. Beneficence.
 - B. Autonomy.
 - C. Nonmaleficence.
 - D. Justice.
- 4. Daily dietary fiber guidelines commonly recommend approximately how many grams per day for adults?**
 - A. About 15–20 grams per day
 - B. About 5–10 grams per day
 - C. About 25–30 grams per day
 - D. About 40–50 grams per day
- 5. Which are common signs of infection in pediatric patients and how should they be managed?**
 - A. Cough with clear sputum and fatigue; treat with antibiotics.
 - B. Rash with stable vitals; treat with antihistamines.
 - C. Fever, irritability, poor feeding, lethargy, vomiting; manage with supportive care, hydration, antipyretics; escalate if symptoms persist or if child under 3 months with fever.
 - D. No fever and no irritability; discharge home.

- 6. An advantage of automated or computerized patient care system is**
- A. Information concerning the client can be easily updated
 - B. The nursing diagnosis for a client's data can be accurately determined
 - C. Cost of confinement will be reduced
 - D. The number of people to take care of the client will be reduced
- 7. What is the primary purpose of a pilot study?**
- A. To Check The Procedures Of The Research
 - B. To Validate The Main Hypothesis
 - C. To Recruit Participants
 - D. To Publish Results
- 8. What is the initial step in neonatal resuscitation for a non-breathing newborn?**
- A. Dry and warm, stimulate to breathe; if not breathing or gasping, begin positive-pressure ventilation with bag-mask; reassess after 30 seconds; proceed with chest compressions if HR <60 after ventilation
 - B. Place the infant on the side to prevent aspiration
 - C. Begin chest compressions immediately without ventilation
 - D. Administer epinephrine intratracheally
- 9. In adaptive immunity, which cells differentiate into antibody-secreting plasma cells?**
- A. B lymphocytes
 - B. T lymphocytes
 - C. Natural killer cells
 - D. Macrophages
- 10. Which statement is NOT a characteristic of experimental research?**
- A. Research Subjects Are Randomly Selected and Placed into Groups for the Purpose of Manipulation
 - B. Value Plays a Significant Part in Research
 - C. Research Ideas Are Capable of Being Tested
 - D. Results of Tests Made on the Groups Are Compared

Answers

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

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Explanations

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1. Which statement correctly describes common delivery methods for oxygen therapy?

- A. Non-invasive ventilation is the only method
- B. Oxygen must be given by IV infusion
- C. Oxygen therapy is provided only as a nasal spray
- D. Common delivery methods include nasal cannula, simple face mask, non-rebreather, Venturi mask, CPAP/BiPAP as indicated**

Oxygen therapy is delivered through a range of devices that control how much oxygen reaches the patient and whether any ventilation support is needed. A nasal cannula provides a comfortable, low-flow option for modest oxygen needs. A simple face mask increases the concentration of delivered oxygen when more support is required. A non-rebreather mask can supply high concentrations of oxygen when flow and reservoir conditions are appropriate. A Venturi mask offers a precise, fixed oxygen concentration using different adapters, which is helpful when exact FiO₂ is important. For patients who need help with breathing in addition to oxygen, CPAP or BiPAP provides non-invasive ventilation, delivering positive airway pressure to support ventilation.

2. Which leadership style is demonstrated when a nurse manager reprimands a staff member for missing tasks, and insists tasks should be completed anyway when the staff tries to explain?

- A. Democratic
- B. Laissez-faire
- C. Autocratic**
- D. Free reign

Autocratic leadership centers on the leader making decisions unilaterally and expecting firm obedience, with little room for staff input or discussion. In this scenario, the nurse manager reprimands a staff member for missing tasks and insists the tasks be completed regardless of the staff member's attempt to explain. That direct, controlling approach, with emphasis on obedience and punishment rather than collaboration or discussion, is characteristic of autocratic leadership. Democratic leadership would involve inviting the staff member's input and explaining decisions after weighing feedback. Laissez-faire leadership is more hands-off, giving staff substantial freedom with minimal direction. Free rein is similar to laissez-faire, implying very little guidance or supervision. The situation described aligns best with autocratic leadership because of the reprimand and insistence on completion without considering the staff's explanation.

3. What principle is demonstrated when a nurse ensures informed consent is obtained before procedures?

- A. Beneficence.
- B. Autonomy.**
- C. Nonmaleficence.
- D. Justice.

Respecting patient autonomy is demonstrated when a nurse ensures informed consent is obtained before procedures. Autonomy means patients have the right to decide what happens to their own bodies after receiving clear information about what will be done, the risks and benefits, and any alternatives. The nurse's role is to present this information in an understandable way, verify the patient's comprehension, assess capacity to decide, and ensure there is no coercion. When the patient agrees or declines, that choice is respected, which is the essence of autonomy. While beneficence (acting in the patient's best interest), nonmaleficence (avoiding harm), and justice (fairness) are important in care, obtaining informed consent is the clearest demonstration of honoring the patient's personal decision-making authority.

4. Daily dietary fiber guidelines commonly recommend approximately how many grams per day for adults?

- A. About 15–20 grams per day
- B. About 5–10 grams per day
- C. About 25–30 grams per day**
- D. About 40–50 grams per day

Daily dietary fiber guidelines for adults point to about 25–30 grams of fiber each day. Fiber is the indigestible part of plant foods that adds bulk to stool and helps food move smoothly through the digestive tract. It comes in soluble form, which can help with cholesterol and blood sugar by slowing digestion, and insoluble form, which adds bulk and speeds intestinal transit. Reaching roughly 25–30 grams gives you the best balance of digestive health, heart benefits, and glycemic control recommended by dietary guidelines. You can hit this target by including a variety of fiber-rich foods at meals—fruits, vegetables, whole grains, legumes, nuts, and seeds. Many people consume less than this, around 15–20 grams, so increasing intake gradually and drinking water helps prevent discomfort if you're not used to a high-fiber diet.

5. Which are common signs of infection in pediatric patients and how should they be managed?

- A. Cough with clear sputum and fatigue; treat with antibiotics.
- B. Rash with stable vitals; treat with antihistamines.
- C. Fever, irritability, poor feeding, lethargy, vomiting; manage with supportive care, hydration, antipyretics; escalate if symptoms persist or if child under 3 months with fever.**
- D. No fever and no irritability; discharge home.

In children, fever is a common signal of infection, but accompanying signs help you gauge severity and the appropriate response. The combination of fever with irritability, poor feeding, lethargy, and vomiting points to a pediatric illness that should be managed with supportive care: ensure adequate hydration with frequent fluids, and use age-appropriate antipyretics to reduce fever and discomfort. Importantly, escalate to prompt clinical evaluation if symptoms persist or if the child is under 3 months with fever, since young infants can have serious infections that aren't obvious from feeding or activity alone. Other signs like a cough with clear sputum or fatigue don't automatically mandate antibiotics, since many pediatric illnesses are viral and self-limiting; a rash with stable vitals may be benign but still warrants assessment if it evolves, and discharge home isn't appropriate when there are fever and other red flags.

6. An advantage of automated or computerized patient care system is

- A. Information concerning the client can be easily updated**
- B. The nursing diagnosis for a client's data can be accurately determined
- C. Cost of confinement will be reduced
- D. The number of people to take care of the client will be reduced

Automated patient care systems improve how easily a patient's information can be kept current. With electronic records, updates to a patient's data—such as new medications, allergies, diagnoses, or test results—can be entered once and become immediately accessible to all members of the care team, across shifts and departments. This ensures that care decisions are based on the most up-to-date information and reduces the risk of relying on outdated or conflicting records. While these systems can support accurate data analysis and aid in forming nursing diagnoses, the final diagnosis still depends on clinician judgment and input, not automatic determination. Likewise, cost of confinement and the number of staff needed are influenced by many factors beyond the presence of computerized records, such as workflow design, staffing policies, and overall resource management. So the clear advantage is the ease and immediacy of updating client information, which promotes accuracy and continuity of care.

7. What is the primary purpose of a pilot study?

- A. To Check The Procedures Of The Research**
- B. To Validate The Main Hypothesis
- C. To Recruit Participants
- D. To Publish Results

Pilot studies are about testing the research procedures and workflow before launching a full-scale study. They let you try out data collection tools, measurement instruments, consent processes, and the overall protocol to see if everything works as intended and is understandable to participants. Running a small version helps you spot logistical issues, confirm that timing and recruitment plans are feasible, and identify any adjustments needed for data management and analysis. Because the sample is small, the goal isn't to prove or disprove the main hypothesis or to publish results; it's to ensure the procedures are sound so the larger study can collect reliable data.

8. What is the initial step in neonatal resuscitation for a non-breathing newborn?

- A. Dry and warm, stimulate to breathe; if not breathing or gasping, begin positive-pressure ventilation with bag-mask; reassess after 30 seconds; proceed with chest compressions if HR <60 after ventilation**
- B. Place the infant on the side to prevent aspiration
- C. Begin chest compressions immediately without ventilation
- D. Administer epinephrine intratracheally

When a newborn isn't breathing, the first priority is to establish warmth and stimulate breathing. If spontaneous respiration doesn't begin, provide positive-pressure ventilation with a bag-mask and look for chest rise. Reassess after about 30 seconds; if the heart rate remains under 60 beats per minute despite ventilation, start chest compressions while continuing ventilation. Epinephrine isn't given at this initial step; it's considered only if the heart rate stays low despite adequate ventilation and compressions. Placing the infant on the side to prevent aspiration isn't part of the initial resuscitation sequence.

9. In adaptive immunity, which cells differentiate into antibody-secreting plasma cells?

- A. B lymphocytes**
- B. T lymphocytes
- C. Natural killer cells
- D. Macrophages

In adaptive immunity, B cells differentiate into antibody-secreting plasma cells. When a B cell encounters its specific antigen and receives help from helper T cells, it activates and proliferates, then becomes a plasma cell that churns out antibodies. These antibodies circulate to neutralize pathogens and tag them for attack by other immune cells. The other cell types have different roles: T lymphocytes drive cellular immunity, natural killer cells participate in early, innate defense, and macrophages are phagocytes that digest microbes and present antigens. Thus, B lymphocytes are the ones that become antibody-secreting plasma cells.

10. Which statement is NOT a characteristic of experimental research?

- A. Research Subjects Are Randomly Selected and Placed into Groups for the Purpose of Manipulation**
- B. Value Plays a Significant Part in Research
- C. Research Ideas Are Capable of Being Tested
- D. Results of Tests Made on the Groups Are Compared

Experimental research focuses on manipulating an independent variable and observing the effects while keeping other factors under control. The defining method is random assignment of subjects to different groups so that the groups are comparable at the start, making it possible to attribute observed differences to the manipulation rather than preexisting differences. However, random selection of subjects from a population is not required for an experiment to be valid; researchers often use convenience or non-random samples and still perform experimental manipulations and comparisons. So a statement that emphasizes random selection as part of the setup is not a fundamental characteristic of experimental research. The other ideas—having testable research ideas and comparing the results across groups to see the effect of the manipulation—fit the experimental approach, reinforcing that the core practice is controlled testing of hypotheses with group comparisons.

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:

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

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