

Pediatrics Examination and Assessment Questionnaire (EAQ) Practice Exam (Sample)

Study Guide



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SAMPLE

Questions

SAMPLE

- 1. What condition is characterized by the inability of the body to regulate blood sugar levels?**
 - A. Hypothyroidism**
 - B. Diabetes mellitus**
 - C. Hypertension**
 - D. Cystic fibrosis**
- 2. In the post-cardiac catheterization unit, what aspect of a child's report should an incoming nurse question?**
 - A. Vital signs every 30 minutes**
 - B. Voided 100 mL since admission**
 - C. Pressure dressing over entry site**
 - D. Bed rest with bathroom privileges**
- 3. Which statement by parents suggests inadequate learning about adolescent psychosocial changes?**
 - A. Adolescents search for personal identity.**
 - B. Adolescents establish close peer relationships.**
 - C. Adolescents love their parents in every situation.**
 - D. Adolescents wish to be independent while keeping good family ties.**
- 4. What immunizations should a child receive before starting kindergarten?**
 - A. IPV, HepB, Td.**
 - B. DTaP, IPV, MMR.**
 - C. DTaP, HepB, Td.**
 - D. MMR, DTaP, Hib.**
- 5. Which nutrient is essential for brain development during early childhood?**
 - A. Carbohydrates**
 - B. Omega-3 fatty acids**
 - C. Vitamin D**
 - D. Proteins**

- 6. Which method of contraception offers adolescents the longest duration of protection?**
- A. NuvaRing**
 - B. Levonorgestrel implant**
 - C. Spermicidal suppositories**
 - D. Levonorgestrel intrauterine system**
- 7. What psychological disorder is characterized by excessive anxiety and worry?**
- A. Attention Deficit Hyperactivity Disorder**
 - B. Generalized Anxiety Disorder**
 - C. Major Depressive Disorder**
 - D. Social Anxiety Disorder**
- 8. What could frequent swallowing indicate in a child who just underwent a tonsillectomy?**
- A. This is a sign of respiratory distress.**
 - B. The child is experiencing throat pain.**
 - C. The child is bleeding from the surgical site.**
 - D. This is a reaction from the general anesthesia.**
- 9. What is the most appropriate nursing intervention for a 6-year-old with acute spasmodic bronchitis experiencing respiratory distress?**
- A. Placing the child in the orthopneic position**
 - B. Stopping the bath and replacing the mask**
 - C. Suctioning the child's nasal passages**
 - D. Performing postural drainage and clapping the chest**
- 10. What is the primary focus of family-centered care in pediatrics?**
- A. Providing treatment solely by healthcare professionals**
 - B. Involving families in the treatment and decision-making process**
 - C. Ensuring financial support for families**
 - D. Focusing on child development practices only**

Answers

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

SAMPLE

Explanations

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1. What condition is characterized by the inability of the body to regulate blood sugar levels?

- A. Hypothyroidism**
- B. Diabetes mellitus**
- C. Hypertension**
- D. Cystic fibrosis**

The condition characterized by the inability of the body to regulate blood sugar levels is diabetes mellitus. This disorder involves problems with insulin production, function, or both, leading to elevated levels of glucose in the blood. Diabetes can be broadly categorized into type 1 and type 2, where type 1 typically results from autoimmune destruction of insulin-producing beta cells in the pancreas, and type 2 is largely associated with insulin resistance and often linked to obesity and lifestyle factors. In diabetes, the body struggles to move glucose from the bloodstream into the cells, which is essential for energy use. This disruption can lead to various complications if not effectively managed, including cardiovascular disease, nerve damage, kidney damage, and vision problems. Other conditions listed do not primarily focus on the regulation of blood sugar levels. Hypothyroidism affects metabolism broadly, often slowing down the body's processes; hypertension involves elevated blood pressure rather than glucose levels; and cystic fibrosis primarily impacts the lungs and digestive system rather than directly affecting blood sugar regulation. Understanding the distinct nature of diabetes mellitus as a metabolic disorder focused on glucose regulation is crucial for identifying its diagnosis and management.

2. In the post-cardiac catheterization unit, what aspect of a child's report should an incoming nurse question?

- A. Vital signs every 30 minutes**
- B. Voided 100 mL since admission**
- C. Pressure dressing over entry site**
- D. Bed rest with bathroom privileges**

In the post-cardiac catheterization unit, bed rest is crucial for ensuring proper healing and minimizing complications following the procedure. This is particularly important after cardiac catheterization, where a child's vascular access site needs to be monitored closely to prevent bleeding or hematoma formation. Allowing bathroom privileges could potentially compromise the integrity of the entry site since getting out of bed may increase the risk of movement around the insertion point. Bed rest helps to minimize strain on the site, ensuring that the child remains stable and comfortable during the recovery period. The other options, such as checking vital signs regularly, monitoring urine output, and ensuring a pressure dressing is in place, are all standard practices after cardiac catheterization to ensure the patient's safety and early detection of any complications. Proper monitoring of vital signs and urine output is necessary to assess the child's overall status, while a pressure dressing is vital to manage bleeding at the catheter insertion site effectively.

3. Which statement by parents suggests inadequate learning about adolescent psychosocial changes?

- A. Adolescents search for personal identity.**
- B. Adolescents establish close peer relationships.**
- C. Adolescents love their parents in every situation.**
- D. Adolescents wish to be independent while keeping good family ties.**

The statement that adolescents love their parents in every situation reflects a misunderstanding of the complexities of adolescent development. During adolescence, it is common for individuals to experience a shift in their emotional dynamics with parents. This period is marked by the search for identity, increased independence, and a strong focus on peer relationships, often leading to a more complicated and at times, strained relationship with parents. Adolescents do form emotional ties with their parents, but these ties can fluctuate based on their developmental stage. It is typical for adolescents to test boundaries and prioritize peer influence, which can result in conflicts or a perceived distance from parental affection. The idea that they love their parents in every situation oversimplifies their emotional experiences and does not acknowledge the normal developmental behaviors and challenges that occur during this age, such as seeking autonomy and forming their personal identity. Understanding the psychosocial changes in adolescents is crucial for parents, as it helps them navigate their relationships more effectively. The other statements reflect typical behaviors and psychological developments that are critical during adolescence, such as the search for personal identity, the formation of peer relationships, and the desire to balance independence with familial bonds.

4. What immunizations should a child receive before starting kindergarten?

- A. IPV, HepB, Td.**
- B. DTaP, IPV, MMR.**
- C. DTaP, HepB, Td.**
- D. MMR, DTaP, Hib.**

Before starting kindergarten, children typically need a series of vaccinations to ensure they are protected against several serious diseases. The vaccines recommended for this age group include those that protect against diphtheria, tetanus, and pertussis (DTaP), poliovirus (IPV), and measles, mumps, and rubella (MMR). The DTaP vaccine is crucial as it helps prevent three potentially fatal diseases, particularly in young children. The IPV vaccine protects against poliomyelitis, a viral disease that can cause paralysis. The MMR vaccine is vital for preventing three highly contagious viral infections that can lead to severe health issues or complications. This combination of DTaP, IPV, and MMR provides a broad defense against these common yet serious illnesses, making it essential for children entering kindergarten. It's important for children to be up to date on these vaccinations to promote herd immunity within the school environment, helping protect those who may be unable to be vaccinated for medical reasons. While other combinations of vaccines listed in the options may include important vaccines, they do not meet the specific recommendations for children at this transitional stage into formal schooling, focusing on the most critical diseases addressed in the kindergarten population.

5. Which nutrient is essential for brain development during early childhood?

- A. Carbohydrates
- B. Omega-3 fatty acids**
- C. Vitamin D
- D. Proteins

Omega-3 fatty acids are crucial for brain development during early childhood due to their role in the formation and function of brain cells. These essential fatty acids, particularly Docosahexaenoic acid (DHA), are vital for the development of neuronal membranes, which contribute to the structural integrity and functionality of the brain. During early childhood, the brain undergoes rapid growth and maturation, and omega-3 fatty acids are instrumental in processes such as synaptic plasticity, neurogenesis, and the formation of synapses, which are critical for cognitive development and learning. Studies have shown that adequate intake of omega-3 fatty acids is associated with improved cognitive performance and mental health outcomes in children. While carbohydrates provide a primary source of energy for the body and brain, and proteins are important for growth and development, omega-3 fatty acids specifically target brain health, making them uniquely significant during this critical developmental stage. Vitamin D, although important for overall health and bone development, does not have a direct impact on brain development relative to omega-3 fatty acids. Therefore, the emphasis on omega-3 fatty acids highlights their unique contribution to supporting optimal brain development in early childhood.

6. Which method of contraception offers adolescents the longest duration of protection?

- A. NuvaRing
- B. Levonorgestrel implant
- C. Spermicidal suppositories
- D. Levonorgestrel intrauterine system**

The levonorgestrel intrauterine system (LNG-IUS) provides adolescents with the longest duration of protection among the options given. This form of contraception is designed to be effective for up to five years, making it a highly convenient choice for long-term prevention of pregnancy without the need for frequent intervention. The LNG-IUS works by releasing a small amount of the hormone levonorgestrel directly into the uterus, which thickens the cervical mucus and thins the uterine lining, reducing the likelihood of sperm reaching an egg and preventing implantation of a fertilized egg. Its long duration of effectiveness alleviates the need for daily compliance, which can be particularly beneficial for adolescents who may struggle with the routine of taking a daily pill. Other options, such as the NuvaRing and spermicidal suppositories, offer shorter durations of effectiveness. The NuvaRing needs to be replaced monthly, while spermicidal suppositories must be used during each act of intercourse, which can lead to less reliable protection if adhered to inconsistently. Although the levonorgestrel implant does have a long duration of action (up to three years), it still does not provide as long-lasting protection as the LNG-IUS. Thus, the LNG

7. What psychological disorder is characterized by excessive anxiety and worry?

- A. Attention Deficit Hyperactivity Disorder**
- B. Generalized Anxiety Disorder**
- C. Major Depressive Disorder**
- D. Social Anxiety Disorder**

The psychological disorder characterized by excessive anxiety and worry is Generalized Anxiety Disorder (GAD). Individuals with GAD often find themselves worrying about a variety of everyday issues such as health, finances, relationships, and work, even when there is little or no reason to be concerned. This persistent worry typically occurs on most days and can last for six months or longer, making it difficult for the person to control their anxiety. GAD is also associated with physical symptoms, such as restlessness, fatigue, difficulty concentrating, irritability, muscle tension, and sleep disturbances, which can significantly impact daily functioning. The essence of the disorder lies in the chronic nature of the anxiety, not just situational stressors, setting it apart from other anxiety disorders. In contrast, the other mentioned disorders do not center on excessive worry in the same way. Attention Deficit Hyperactivity Disorder (ADHD) focuses on attention and hyperactivity issues, Major Depressive Disorder primarily involves depressed mood and its associated symptoms rather than anxiety, and Social Anxiety Disorder is specifically related to fear of social interactions, rather than generalized anxiety about a broad range of life circumstances.

8. What could frequent swallowing indicate in a child who just underwent a tonsillectomy?

- A. This is a sign of respiratory distress.**
- B. The child is experiencing throat pain.**
- C. The child is bleeding from the surgical site.**
- D. This is a reaction from the general anesthesia.**

Frequent swallowing in a child who has just undergone a tonsillectomy can be an important clinical sign indicating that the child might be bleeding from the surgical site. After this type of surgery, it is essential to monitor for signs of hemorrhage, as bleeding can occur in the immediate postoperative period or later as the surgical site heals. The act of swallowing frequently may indicate that the child is trying to clear blood from their throat or may be attempting to manage discomfort or fear associated with the sensation of blood. While throat pain can also lead to some swallowing, this behavior is more indicative of the presence of blood, which can prompt repeated swallowing in an effort to cope with the situation. Therefore, recognizing this symptom early can be crucial in managing any potential complications after the surgery. Understanding these signs enables caregivers to seek timely medical intervention if needed.

9. What is the most appropriate nursing intervention for a 6-year-old with acute spasmodic bronchitis experiencing respiratory distress?

- A. Placing the child in the orthopneic position**
- B. Stopping the bath and replacing the mask**
- C. Suctioning the child's nasal passages**
- D. Performing postural drainage and clapping the chest**

In the context of managing acute spasmodic bronchitis in a child experiencing respiratory distress, replacing the mask during treatment is crucial. When a child is having difficulty breathing due to spasmodic bronchitis, maintaining an optimal delivery of medication, especially if nebulized treatments are being used, is essential for their comfort and effective therapy administration. If the child is using a mask for aerosol treatments and it is inappropriate, malfunctioning, or not fitting well, it can lead to inadequate medication delivery and potential exacerbation of respiratory distress. Ensuring that the mask is replaced with a functional one will help optimize treatment and improve the child's breathing by allowing effective medication aerosolization directly into the airways. In contrast, other interventions may not address the immediate need for efficient respiratory treatment. While placing the child in an orthopneic position can aid in comfort and breathing, it is not specific to addressing the medication delivery issue. Suctioning the nasal passages may be suitable if there is significant nasal congestion, but it does not address the underlying bronchitis directly. Postural drainage and clapping the chest can be beneficial for clearing secretions but are not as immediately relevant in this scenario where the child is in respiratory distress requiring prompt medication delivery.

10. What is the primary focus of family-centered care in pediatrics?

- A. Providing treatment solely by healthcare professionals**
- B. Involving families in the treatment and decision-making process**
- C. Ensuring financial support for families**
- D. Focusing on child development practices only**

The primary focus of family-centered care in pediatrics is to involve families in the treatment and decision-making process. This approach recognizes that families play an essential role in a child's health and well-being. It emphasizes partnership between healthcare providers and families, allowing caregivers to actively participate in the care process, which can lead to improved health outcomes. This collaboration helps ensure that treatment plans align with the family's values, preferences, and understanding of their child's needs. Family-centered care acknowledges that a child's health is influenced not just by medical interventions but also by the family's environment, dynamics, and culture. It fosters open communication, respect, and shared decision-making, which are crucial for effective treatment and support. Options that focus exclusively on treatment administered by healthcare professionals, financial support, or child development practices alone miss the holistic view that family-centered care encompasses. Such options do not incorporate the critical engagement of families in the care process, which is essential for achieving optimal health outcomes in pediatrics.