

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

- 1. What key information should a nurse teach parents of a child with leukemia regarding infection exposure?**
  - A. Use an electric toothbrush for oral care.**
  - B. Limit the child's contact with peers to avoid infections.**
  - C. Withhold antineoplastic medications when vomiting.**
  - D. Notify the practitioner for any low-grade temperature.**
- 2. What is a key characteristic of pediatric hypertension?**
  - A. Highly symptomatic with severe symptoms**
  - B. Often asymptomatic, leading to cardiovascular issues**
  - C. Always noticeable with marked weight gain**
  - D. Only occurs in overweight children**
- 3. What is an important dietary consideration for infants?**
  - A. Introducing solids at 4 months**
  - B. Exclusive breastfeeding for the first 6 months**
  - C. Providing cow's milk from 1 year**
  - D. Low-fat milk should be introduced as early as possible**
- 4. What type of play is most beneficial for a child's social development?**
  - A. Solitary play**
  - B. Parallel play**
  - C. Associative play**
  - D. Cooperative play**
- 5. Which psychosocial screening tool is commonly used in pediatric assessments?**
  - A. The Pediatric Symptom Checklist (PSC)**
  - B. The Child Behavior Checklist (CBCL)**
  - C. The Strengths and Difficulties Questionnaire (SDQ)**
  - D. The Conners Rating Scale**

- 6. Why are antibiotics required before dental work in a child with a cardiac defect?**
- A. To prevent gingivitis.**
  - B. To prevent myocarditis.**
  - C. To prevent endocarditis.**
  - D. To prevent pericarditis.**
- 7. At what age do most children begin to show fear of strangers?**
- A. 3-5 months**
  - B. 6-8 months**
  - C. 9-12 months**
  - D. 12-15 months**
- 8. What should an adolescent with type 1 diabetes do to prevent foot complications?**
- A. Soak the feet in hot water each day.**
  - B. Inspect both feet frequently for signs of trauma.**
  - C. Rub the feet thoroughly with a towel after a bath.**
  - D. Treat minor cuts with iodine antiseptic.**
- 9. Which of the following is a key component of a healthy attachment between caregiver and child?**
- A. Consistent disciplinary measures**
  - B. Physical affection and responsiveness**
  - C. Providing material possessions**
  - D. Setting strict boundaries**
- 10. What should clinicians assess for during the physical examination of a newborn?**
- A. Sign of dehydration**
  - B. Signs of congenital anomalies**
  - C. Presence of jaundice**
  - D. Neurological reflexes**



## **Answers**

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

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## **Explanations**

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**1. What key information should a nurse teach parents of a child with leukemia regarding infection exposure?**

- A. Use an electric toothbrush for oral care.**
- B. Limit the child's contact with peers to avoid infections.**
- C. Withhold antineoplastic medications when vomiting.**
- D. Notify the practitioner for any low-grade temperature.**

Informing parents that they should notify the practitioner for any low-grade temperature is essential in the context of a child with leukemia. Children undergoing treatment for leukemia often have compromised immune systems due to the effects of both the disease and the antineoplastic therapies used to treat it. A fever can be an early sign of infection, which poses a significant risk for these patients. Prompt reporting of any temperature elevation allows for timely assessment and intervention, which is crucial for preventing severe complications from infections that can be life-threatening in immunocompromised individuals. Monitoring temperature regularly and recognizing that even a low-grade fever can indicate an impending infection empowers parents to be vigilant. This approach supports proactive management and can significantly improve health outcomes for children with leukemia.

**2. What is a key characteristic of pediatric hypertension?**

- A. Highly symptomatic with severe symptoms**
- B. Often asymptomatic, leading to cardiovascular issues**
- C. Always noticeable with marked weight gain**
- D. Only occurs in overweight children**

Pediatric hypertension is often referred to as the "silent killer" because it usually presents without noticeable symptoms, making it easy to overlook or misdiagnose. Many children with high blood pressure may not exhibit any obvious signs, which can lead to the condition going undetected for extended periods. This lack of symptoms can result in significant cardiovascular issues over time, including damage to the heart and arteries, and increases the risk of developing conditions such as heart disease, stroke, or renal complications. In contrast, the other options suggest characteristics that do not typically align with pediatric hypertension. The condition is not highly symptomatic or associated with severe symptoms that would prompt immediate concern. Marked weight gain is not a consistent feature and does not necessarily correlate with hypertension since children of various body types can develop elevated blood pressure. Additionally, while obesity is a risk factor, pediatric hypertension can also affect children who are not classified as overweight, making the notion that it only occurs in overweight children misleading.

### 3. What is an important dietary consideration for infants?

- A. Introducing solids at 4 months
- B. Exclusive breastfeeding for the first 6 months**
- C. Providing cow's milk from 1 year
- D. Low-fat milk should be introduced as early as possible

Exclusive breastfeeding for the first six months is a crucial dietary consideration for infants due to the numerous benefits it provides for both the baby and the mother. During this period, breast milk offers a complete source of nutrition that is perfectly suited to meet the infant's developmental needs. It contains all the essential nutrients, antibodies, and enzymes that help protect the baby against infections and diseases, fostering robust immune function. Breastfeeding exclusively for six months also contributes to the proper development of the infant's digestive system, reducing the risk of gastrointestinal infections and other health issues. It is recommended by major health organizations, including the World Health Organization and the American Academy of Pediatrics, as it supports optimal growth and development. The timing for introducing solid foods is important, and doing so too early (such as at four months) can pose risks, such as increased chances of allergies or digestive issues. Similarly, introducing cow's milk before one year can place unnecessary stress on an infant's kidneys and does not provide sufficient iron, leading to potential deficiencies. Low-fat milk is also not recommended for infants under one year, as they require the higher calorie content of whole milk for healthy growth and energy. Thus, the emphasis on exclusive breastfeeding for the first six months encompasses a holistic approach to infant

### 4. What type of play is most beneficial for a child's social development?

- A. Solitary play
- B. Parallel play
- C. Associative play
- D. Cooperative play**

Cooperative play is the most beneficial for a child's social development because it involves children working together towards a common goal, fostering collaboration, communication, and problem-solving skills. In cooperative play, children engage in activities that require them to share resources, take turns, and negotiate roles, which are all critical skills for effective interpersonal relationships. During this type of play, children not only learn to interact with peers but also develop a sense of empathy and understanding of social dynamics. They experience the importance of teamwork, learn to compromise, and understand how to respect each other's perspectives and ideas. These social skills are foundational for future relationships in school and beyond, where collaboration is essential. In contrast, solitary play involves children playing alone and does not facilitate interaction with others, which limits opportunities for social engagement. Parallel play, where children play alongside each other but do not interact directly, is a stage that precedes more engaged types of play but does not promote the same level of social interaction. Associative play allows some interaction but often lacks cohesive teamwork or joint objectives, making cooperative play distinctly more advantageous for developing robust social skills.

**5. Which psychosocial screening tool is commonly used in pediatric assessments?**

- A. The Pediatric Symptom Checklist (PSC)**
- B. The Child Behavior Checklist (CBCL)**
- C. The Strengths and Difficulties Questionnaire (SDQ)**
- D. The Conners Rating Scale**

The Pediatric Symptom Checklist (PSC) is a widely recognized psychosocial screening tool utilized in pediatric assessments. Its primary purpose is to identify emotional, behavioral, and learning issues in children aged 4 to 16 years. The PSC consists of a questionnaire that covers various domains such as attention, anxiety, and somatic complaints, allowing healthcare providers to effectively screen for potential psychosocial concerns. By using this tool, clinicians can gather essential information from parents or guardians about a child's behavior in different settings, which facilitates early detection of problems that may require further evaluation or intervention. Its straightforward format and focus on the psychosocial aspects of a child's development make it invaluable in pediatric practice. This engagement with families helps to form a holistic view of a child's needs, prompting timely support or referrals to mental health services when necessary. Other tools, while also relevant in pediatric assessments, serve somewhat different purposes or populations. For example, the Child Behavior Checklist (CBCL) is more comprehensive and can be used for in-depth assessments of several psychological issues but may not be as straightforward for quick screenings. The Strengths and Difficulties Questionnaire (SDQ) is similar but used in different contexts and countries, while the Conners Rating Scale primarily focuses on Attention Deficit Hyper

**6. Why are antibiotics required before dental work in a child with a cardiac defect?**

- A. To prevent gingivitis.**
- B. To prevent myocarditis.**
- C. To prevent endocarditis.**
- D. To prevent pericarditis.**

Antibiotics are required before dental work in a child with a cardiac defect primarily to prevent endocarditis. Endocarditis is an infection of the inner lining of the heart, typically the heart valves. In individuals with certain heart conditions, particularly congenital defects or valve diseases, there is an increased risk of bacteria entering the bloodstream during procedures that manipulate the gums or oral tissues, such as dental work. If these bacteria reach the heart, they can adhere to damaged areas and cause an infection. The use of prophylactic antibiotics is a critical preventive measure recommended by health organizations to safeguard these vulnerable patients. This is particularly essential in procedures that are likely to create bacteremia, which can lead to endocarditis, thus helping to maintain their health and prevent serious complications related to their underlying cardiac conditions.

**7. At what age do most children begin to show fear of strangers?**

**A. 3-5 months**

**B. 6-8 months**

**C. 9-12 months**

**D. 12-15 months**

Most children typically begin to show fear of strangers around 6 to 8 months of age. This period is associated with a developmental stage known as "stranger anxiety," where infants start to recognize familiar faces and differentiate between known caregivers and unfamiliar individuals. This anxiety can be linked to the developmental advancements in social cognition and attachment. During this stage, infants become more aware of their surroundings and develop a stronger attachment to their primary caregivers, leading to apprehension when encountering unfamiliar people. This behavior is a normal part of emotional development and signifies that the child is forming secure attachments. While some children may start to show signs of this anxiety slightly earlier or later, the 6 to 8-month window is generally recognized as the onset of fear of strangers in most children.

**8. What should an adolescent with type 1 diabetes do to prevent foot complications?**

**A. Soak the feet in hot water each day.**

**B. Inspect both feet frequently for signs of trauma.**

**C. Rub the feet thoroughly with a towel after a bath.**

**D. Treat minor cuts with iodine antiseptic.**

Adolescents with type 1 diabetes are at increased risk of foot complications due to potential nerve damage (neuropathy) and reduced blood circulation. To mitigate these risks, regular foot inspection is crucial. Inspecting both feet frequently for signs of trauma allows the individual to identify any injuries, blisters, or skin changes early on, which can lead to prompt treatment and prevent complications such as infections or ulcers. Engaging in foot care routines, like checking for abnormalities, can help maintain foot health and prevent serious issues from developing. By being proactive in monitoring their feet, adolescents with type 1 diabetes can significantly reduce their risk of serious foot problems, ensuring better overall health and well-being.

**9. Which of the following is a key component of a healthy attachment between caregiver and child?**

- A. Consistent disciplinary measures**
- B. Physical affection and responsiveness**
- C. Providing material possessions**
- D. Setting strict boundaries**

A key component of a healthy attachment between caregiver and child is physical affection and responsiveness. This aspect of attachment is rooted in the emotional bond that develops through loving interactions between the caregiver and the child. When caregivers provide physical affection, such as hugs, cuddling, and holding, it fosters a sense of safety and security in the child. This nurturing behavior encourages exploration and social development, allowing the child to thrive emotionally and psychologically. Additionally, responsiveness to the child's needs—whether that be through comforting when they are upset, responding to their cues, or engaging in their interests—reinforces the attachment bond. Children learn to trust that their caregivers will be there for them, developing a secure base from which they can explore the world. In contrast, other options like consistent disciplinary measures, providing material possessions, and setting strict boundaries do not address the emotional and relational aspects critical for healthy attachment. While discipline and boundaries can play a role in a well-rounded parenting approach, they do not substitute for the emotional safety and connection established through affection and responsiveness. Material possessions may provide comfort or pleasure, but they do not create the deep-seated emotional bonds necessary for secure attachment.

**10. What should clinicians assess for during the physical examination of a newborn?**

- A. Sign of dehydration**
- B. Signs of congenital anomalies**
- C. Presence of jaundice**
- D. Neurological reflexes**

During the physical examination of a newborn, assessing for signs of congenital anomalies is crucial because early detection can lead to timely interventions and better outcomes. Newborns may present with a variety of congenital conditions, which can include structural anomalies affecting the heart, lungs, limbs, and other vital systems. Identifying these anomalies at birth allows for immediate referral to specialists and can also inform caregivers about potential challenges and management strategies. Furthermore, the assessment for congenital anomalies often includes a thorough examination of the entire body, not just for visible physical deformities but also for functional issues that may not be immediately apparent. This holistic approach ensures that any underlying problems can be addressed as early as possible. Other aspects of the newborn examination, such as checking for signs of dehydration, the presence of jaundice, and evaluating neurological reflexes, are also essential components. However, the identification of congenital anomalies often holds the highest priority, as it directly impacts the long-term healthcare needs and development of the child. By focusing on congenital anomalies, clinicians can better support newborns and their families in navigating potential health challenges.



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

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