

# PNLE Nursing Practice I (NP1) Practice Test (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

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- 1. The Philippine Nursing Act of 1991 corresponds to which RA number?**
  - A. RA 7164**
  - B. RA 9173**
  - C. RA 6000**
  - D. RA 8001**
  
- 2. An advantage of Team Nursing is:**
  - A. Work is shared with others.**
  - B. Care remains isolated to each nurse.**
  - C. Consistent patient-nurse pair across shifts.**
  - D. Increased fragmentation.**
  
- 3. Which signs indicate respiratory distress in an infant requiring immediate evaluation?**
  - A. Only fever.**
  - B. Sneezing and runny nose.**
  - C. Tachypnea, grunting, nasal flaring, intercostal or subcostal retractions, cyanosis, poor feeding.**
  - D. Normal breathing.**
  
- 4. If a nurse references RA 7164, what is the subject?**
  - A. Philippine Nursing Act of 1991**
  - B. Code of Ethics**
  - C. Nursing Act of 2002**
  - D. Hospital Administration**
  
- 5. Which leadership style obtains emotional commitment from followers and inspires loyalty and enthusiasm?**
  - A. Transformational**
  - B. Charismatic**
  - C. Transactional**
  - D. Democratic/Participative**

- 6. A patient has a radial pulse of 52 beats per minute. What is the most appropriate initial nursing action?**
- A. Immediately administer atropine**
  - B. Assess for symptoms, monitor rhythm, review medications, and notify clinician if symptomatic**
  - C. Ignore the pulse rate**
  - D. Document it as normal**
- 7. Which respiratory complication is commonly associated with immobility?**
- A. Decubitus ulcer**
  - B. Hypo pneumonia**
  - C. Atelectasis**
  - D. Deep vein thrombosis**
- 8. Use soap and water instead of an alcohol-based hand rub in which situation?**
- A. Always after patient contact**
  - B. When hands are visibly dirty or after exposure to spore-forming organisms**
  - C. After using gloves**
  - D. Never use soap and water**
- 9. Which of the following is NOT a sign of dehydration in older adults?**
- A. Dry mucous membranes.**
  - B. Increased urine output.**
  - C. Skin tenting (decreased turgor).**
  - D. Dizziness.**
- 10. The Primary Nursing Model is described as an extension of decentralization and nursing process driven.**
- A. True**
  - B. False**
  - C. Not Mentioned**
  - D. Not Applicable**

## Answers

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

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## **Explanations**

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**1. The Philippine Nursing Act of 1991 corresponds to which RA number?**

- A. RA 7164**
- B. RA 9173**
- C. RA 6000**
- D. RA 8001**

The main idea here is knowing which law regulates nursing practice in the Philippines and its year. The Philippine Nursing Act of 1991 is Republic Act No. 7164. This law established the regulatory framework for nursing: it created the Board of Nursing under the Professional Regulation Commission, sets the requirements for licensure, oversees licensure examinations and registration, defines the scope and standards of nursing practice, and outlines penalties for unauthorized practice. This act formalizes how nurses are educated, licensed, and held to professional standards across settings. The other numbers refer to different laws that are not the Nursing Act of 1991, so they don't designate the regulation of nursing practice from that year.

**2. An advantage of Team Nursing is:**

- A. Work is shared with others.**
- B. Care remains isolated to each nurse.**
- C. Consistent patient-nurse pair across shifts.**
- D. Increased fragmentation.**

Team Nursing brings together a group of staff to care for a set of patients, with tasks assigned to the team members based on their skills. The key benefit is that work is shared with others, so the workload is distributed rather than resting on a single nurse. This allows more efficient use of the team, ensures patient needs are addressed promptly, and provides reliable coverage when someone is busy or takes a break. The team leader coordinates and oversees the plan of care, promoting coordinated, holistic care for all patients. This contrasts with models where care stays with one nurse across shifts or where care becomes fragmented, which are not advantages of Team Nursing.

**3. Which signs indicate respiratory distress in an infant requiring immediate evaluation?**

**A. Only fever.**

**B. Sneezing and runny nose.**

**C. Tachypnea, grunting, nasal flaring, intercostal or subcostal retractions, cyanosis, poor feeding.**

**D. Normal breathing.**

Infants with respiratory distress show signs of increased work of breathing and possible hypoxemia. Tachypnea means rapid breathing, while grunting is a sound made with exhalation that helps keep the airways open and indicates airway resistance. Nasal flaring shows the baby is working hard to inhale. Intercostal or subcostal retractions are the chest wall pulling inward with breathing, signaling effort beyond normal respiration. Cyanosis points to low oxygen levels, and poor feeding reflects fatigue and compromised oxygen delivery to the body. When these signs are present, they indicate a breathing problem that can deteriorate quickly and requires immediate evaluation. Fever alone doesn't indicate distress, and sneezing or a runny nose without increased work of breathing isn't an urgent respiratory emergency. Normal breathing likewise does not indicate distress.

**4. If a nurse references RA 7164, what is the subject?**

**A. Philippine Nursing Act of 1991**

**B. Code of Ethics**

**C. Nursing Act of 2002**

**D. Hospital Administration**

RA 7164 is the Philippine Nursing Act of 1991, the law that regulates nursing practice in the Philippines. It sets who may practice nursing, defines the scope of nursing, and establishes licensure requirements and regulatory oversight by the Board of Nursing under the Professional Regulation Commission. In other words, it is the statute that governs nursing practice and its standards. This is why the option referring to the Philippine Nursing Act of 1991 is correct. The Code of Ethics guides professional behavior but isn't the law itself; the Nursing Act of 2002 is a different, later statute; and Hospital Administration pertains to organizational management, not the nursing practice act.

**5. Which leadership style obtains emotional commitment from followers and inspires loyalty and enthusiasm?**

- A. Transformational**
- B. Charismatic**
- C. Transactional**
- D. Democratic/Participative**

This question focuses on how a leader's style creates strong emotional loyalty and enthusiasm among followers. Charismatic leadership achieves this through the leader's personal magnetism, clear and compelling vision, and confident, persuasive communication. When a leader presents a vivid future, expresses conviction, and connects with followers' values, people respond with emotional commitment, deep loyalty, and enthusiastic support for the leader and the goals. Transformational leadership also aims to elevate and empower followers, but it centers on broad change and development through shared vision and intellectual stimulation, not solely the leader's personal appeal. Transactional leadership relies on rewards and punishments to motivate, which tends to produce compliance rather than fervent loyalty. Democratic/Participative leadership emphasizes participation and collaboration, which foster involvement but not necessarily the same level of emotional devotion to a single leader.

**6. A patient has a radial pulse of 52 beats per minute. What is the most appropriate initial nursing action?**

- A. Immediately administer atropine**
- B. Assess for symptoms, monitor rhythm, review medications, and notify clinician if symptomatic**
- C. Ignore the pulse rate**
- D. Document it as normal**

When a pulse is lower than normal, the priority is to assess the patient's condition and determine stability before acting. A rate of 52 beats per minute is bradycardia, but you don't treat it immediately with a drug or ignore it—you first gather information. Check how the patient feels (dizziness, lightheadedness, syncope, chest pain, confusion), measure blood pressure and oxygen saturation, and monitor the heart rhythm. Review current medications for agents that slow the heart rate (such as beta-blockers or certain calcium channel blockers, digoxin, or antiarrhythmics) to identify possible causes. If the patient is symptomatic or unstable, notify the clinician promptly and be prepared for potential interventions like atropine or pacing. If the patient is asymptomatic and stable, continue close monitoring and reassessment. Jumping to treatment or labeling it as normal isn't appropriate; the best initial action is a thorough assessment to guide the next steps.

7. Which respiratory complication is commonly associated with immobility?

- A. Decubitus ulcer
- B. Hypo pneumonia
- C. Atelectasis**
- D. Deep vein thrombosis

Immobility reduces chest expansion and the ability to cough effectively, leading to shallow breathing and poor clearance of secretions. When parts of the lung aren't well ventilated, air is absorbed from the alveoli and they collapse—this is atelectasis. With alveoli collapsed, gas exchange drops and the risk of infection increases because secretions pool in the poorly inflated areas. Preventing it involves encouraging deep breathing and coughing, using incentive spirometry, frequent turning and mobilization as tolerated, and ensuring good hydration to thin secretions. While immobility can contribute to other issues like pressure ulcers or venous clots, the respiratory complication most directly linked to immobility is atelectasis.

8. Use soap and water instead of an alcohol-based hand rub in which situation?

- A. Always after patient contact
- B. When hands are visibly dirty or after exposure to spore-forming organisms**
- C. After using gloves
- D. Never use soap and water

Hand hygiene choice depends on how clean the hands are and what organisms might be present. Soap and water is preferred when hands are visibly dirty or after exposure to spore-forming organisms. Spore-forming pathogens, such as *Clostridioides difficile*, are not reliably killed by alcohol-based hand rubs, and the physical action of washing with soap and rinsing helps remove these spores from the hands. So in those situations, washing hands is more effective at reducing transmission. If hands are clean and not exposed to soil or spores, an alcohol-based hand rub is usually sufficient after patient contact or glove removal.

9. Which of the following is NOT a sign of dehydration in older adults?

- A. Dry mucous membranes.
- B. Increased urine output.**
- C. Skin tenting (decreased turgor).
- D. Dizziness.

When the body is dehydrated, it conserves water by the kidneys, producing less urine that is more concentrated. That volume loss can lead to dry mucous membranes, skin that tents or loses elasticity, and dizziness from reduced blood volume. Increasing urine output would indicate the opposite situation—either adequate hydration or diuresis from another cause—so it is not a sign of dehydration. In older adults, signs can be subtler, but the fundamental physiology remains: dehydration tends to lower urine output rather than raise it.

**10. The Primary Nursing Model is described as an extension of decentralization and nursing process driven.**

**A. True**

**B. False**

**C. Not Mentioned**

**D. Not Applicable**

The main idea here is how Primary Nursing combines granting decision-making authority to bedside nurses with a structured approach to care. In this model, one primary nurse takes responsibility for the patient's plan of care from admission to discharge, coordinating all aspects of care and serving as the central point of accountability. This arrangement embodies decentralization by moving clinical decision-making closer to the patient, so decisions are made at the point of care rather than being filtered through higher levels of administration or task-centered workflows. It is also nursing process driven because all care decisions are anchored in the nursing process—assessing the patient, identifying problems, planning interventions, implementing the plan, and evaluating outcomes—so the care plan guided by the primary nurse reflects a systematic, ongoing progression rather than ad hoc tasks. The focus on continuity, accountability, and a single, coherent care plan for each patient illustrates how the model extends both decentralization and the nursing process into a unified approach to care.

## 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://pnlenp1.examzify.com>**

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

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