

PSI Family Nurse Practitioner (FNP) Practice Exam (Sample)

Study Guide



Everything you need from our exam experts!

This is a sample study guide. To access the full version with hundreds of 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. Don't worry about getting everything right, 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, and take breaks to retain information better.

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.

7. Use Other Tools

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!

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Questions

- 1. During an employment physical exam, bruising around the areola on a 21-year-old female is noted. Which health history aspect is least relevant?**
 - A. Current social relationships**
 - B. History of present or past traumas**
 - C. Mental health status**
 - D. Socioeconomic status**
- 2. What pharmacotherapeutic is most important for a patient with a corneal abrasion?**
 - A. Olopatadine (Patanol)**
 - B. Cromolyn ophthalmic (Crolom)**
 - C. Timolol (Timoptic)**
 - D. Gentamycin Ophthalmic (Genoptic)**
- 3. To assess spinal function at the S1 level, which deep tendon reflex should be tested?**
 - A. Patellar**
 - B. Cremasteric**
 - C. Achilles**
 - D. Anal wink**
- 4. Which of the following symptoms could be related to diabetes?**
 - A. Weight gain**
 - B. Muscle spasms**
 - C. Weight loss**
 - D. Joint swelling**
- 5. Which of the following is a normal response when assessing the cremasteric reflex in males?**
 - A. Immediate contraction of the rectus abdominis**
 - B. Immediate contraction of the cremaster muscle**
 - C. Relaxation of the cremaster muscle**
 - D. No response**

- 6. What type of intervention is most effective for managing pain in pediatric patients?**
- A. Pharmacological methods only**
 - B. Pediatric-focused pain management approaches**
 - C. Ignoring patient discomfort**
 - D. Only therapeutic play activities**
- 7. What is the risk assessment tool for stroke called?**
- A. HAS-BLED**
 - B. CHADS2**
 - C. Framingham**
 - D. ASCVD**
- 8. A 32 year old patient reports a 6-month history of intermittent symmetrical swelling of the wrists and daily morning stiffness lasting 1 hour or more. What is the most likely diagnosis?**
- A. Rheumatoid arthritis**
 - B. Osteoarthritis**
 - C. Gouty arthritis**
 - D. Reiter's syndrome**
- 9. What function is associated with cranial nerve IX?**
- A. Vision**
 - B. Gag reflex and swallowing**
 - C. Facial expression**
 - D. Taste perception**
- 10. Koplik's spots are associated with which disease?**
- A. Poxvirus infections**
 - B. Measles**
 - C. Kawasaki's disease**
 - D. Reye's syndrome**

Answers

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

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Explanations

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1. During an employment physical exam, bruising around the areola on a 21-year-old female is noted. Which health history aspect is least relevant?

- A. Current social relationships**
- B. History of present or past traumas**
- C. Mental health status**

D. Socioeconomic status

In this scenario, the focus is on identifying the least relevant aspect of health history to explore further, given the observation of bruising around the areola in a young female patient. The correct answer, which indicates that socioeconomic status is the least relevant, is based on the understanding that the other options directly relate to potential causes or contributing factors for the bruising. Current social relationships, for example, may provide insight into potential interpersonal conflicts or abuse situations, which is essential for evaluating unexplained bruising. A history of present or past traumas is crucial as it can reveal previous incidents that might have led to the current physical findings. Mental health status is also significant because mental health issues can intersect with behavioral patterns that may result in self-harm or victimization. On the other hand, socioeconomic status does not have a direct or immediate link to the physical symptoms observed in this context. While socioeconomic factors can impact access to healthcare or resources, they do not specifically explain the presence of bruising, making this aspect less relevant in this particular situation.

2. What pharmacotherapeutic is most important for a patient with a corneal abrasion?

- A. Olopatadine (Patanol)**
- B. Cromolyn ophthalmic (Crolom)**
- C. Timolol (Timoptic)**

D. Gentamycin Ophthalmic (Genoptic)

In the case of a patient with a corneal abrasion, the most important pharmacotherapeutic is Gentamycin Ophthalmic (Genoptic). Corneal abrasions are often susceptible to bacterial infections, especially if there is trauma that disrupts the protective epithelial layer of the cornea. Gentamicin, an aminoglycoside antibiotic, is effective against various types of bacteria that can lead to infection in the eye. Using Gentamicin can help prevent potential complications from infection, which can worsen the abrasion and lead to more serious issues, including corneal ulcers. In addition to its antibacterial properties, Gentamicin also has anti-inflammatory effects to some extent, which can aid in the healing process. Other options listed do not address the primary concern of preventing or treating infection in the context of a corneal abrasion. Medications like Olopatadine and Cromolyn are primarily used for allergic conjunctivitis, while Timolol is a beta-blocker used mainly in the management of glaucoma, and does not have any role in treating corneal abrasions or preventing infection in that context.

3. To assess spinal function at the S1 level, which deep tendon reflex should be tested?

- A. Patellar**
- B. Cremasteric**
- C. Achilles**
- D. Anal wink**

To assess spinal function at the S1 level, testing the Achilles deep tendon reflex is appropriate because this reflex is primarily mediated by the S1 nerve root. The Achilles reflex, also known as the ankle reflex, involves the contraction of the gastrocnemius and soleus muscles when the Achilles tendon is tapped. This response serves as a vital indicator of the integrity of the S1 nerve root and has specific relevance in evaluating lower limb neurological function. While other reflexes like the patellar reflex (associated with L2-L4), the cremasteric reflex (associated with L1-L2), and the anal wink reflex (associated with the S2-S4 region) are important for assessing different parts of the neurological system, they do not specifically target the S1 nerve root. Therefore, the Achilles reflex is the most direct means of assessing spinal function at that particular level.

4. Which of the following symptoms could be related to diabetes?

- A. Weight gain**
- B. Muscle spasms**
- C. Weight loss**
- D. Joint swelling**

In the context of diabetes, weight loss is a notable symptom that can occur, particularly in individuals with Type 1 diabetes or advanced Type 2 diabetes. This weight loss is often a result of the body's inability to utilize glucose effectively due to insufficient insulin or insulin resistance. As a consequence, the body starts to break down fat and muscle for energy, leading to unintentional weight loss. In individuals with diabetes, it is also common for increased urination (polyuria) and loss of fluids to contribute to this weight loss. This indicates that the condition is potentially severe enough to have metabolic implications that lead to a shift in the body's energy usage and composition. Understanding this symptom helps clinicians identify potential signs of undiagnosed diabetes or poorly controlled diabetes, which may require further evaluation and management strategies, such as medication adjustment, lifestyle changes, or more intensive diabetes education.

5. Which of the following is a normal response when assessing the cremasteric reflex in males?

- A. Immediate contraction of the rectus abdominis**
- B. Immediate contraction of the cremaster muscle**
- C. Relaxation of the cremaster muscle**
- D. No response**

The appropriate response when assessing the cremasteric reflex in males is immediate contraction of the cremaster muscle. This reflex is elicited by gently stroking the skin on the inner thigh, which stimulates the sensory fibers associated with the ilioinguinal nerve. In response to this stimulus, the cremaster muscle, which surrounds the spermatic cord and testicle, contracts, drawing the testicle closer to the body. This reflex serves as a protective mechanism to regulate the temperature of the testes and protect them from injury. The other options provided do not accurately reflect the physiological response associated with the cremasteric reflex. Immediate contraction of the rectus abdominis does not occur as part of this reflex pathway. Relaxation of the cremaster muscle or no response would indicate an absent or impaired reflex, which is not the normal reaction expected during a proper assessment.

6. What type of intervention is most effective for managing pain in pediatric patients?

- A. Pharmacological methods only**
- B. Pediatric-focused pain management approaches**
- C. Ignoring patient discomfort**
- D. Only therapeutic play activities**

Pediatric-focused pain management approaches are the most effective for managing pain in pediatric patients because they take into account the unique physiological, psychological, and developmental aspects of children. These approaches are comprehensive and often combine both pharmacological and non-pharmacological strategies tailored to a child's specific needs and preferences. By incorporating methods such as age-appropriate communication, distraction techniques, and therapeutic play, healthcare providers can effectively reduce children's anxiety and improve their coping mechanisms. This multi-faceted approach not only addresses the physical sensation of pain but also considers the emotional and psychological well-being of the child, facilitating a more holistic and empathetic care environment. Pharmacological methods alone may not be sufficient, as they do not address the psychological aspects of pain management in children. Ignoring patient discomfort is counterproductive and can lead to increased anxiety and fear, complicating the healing process. Similarly, relying solely on therapeutic play activities may not adequately manage pain without pharmacological support or other strategies. Therefore, a pediatric-focused pain management approach is essential for safe, effective, and compassionate care for children experiencing pain.

7. What is the risk assessment tool for stroke called?

- A. HAS-BLED**
- B. CHADS2**
- C. Framingham**
- D. ASCVD**

The correct answer is the CHADS2 score, a widely used risk assessment tool designed specifically for evaluating the risk of stroke in patients with atrial fibrillation (AF). This tool incorporates several clinical factors: Congestive heart failure, Hypertension, Age (≥ 75 years), Diabetes mellitus, and prior Stroke or transient ischemic attack (TIA). Each factor contributes to a cumulative score that helps healthcare providers determine the appropriate stroke risk and make decisions regarding anticoagulation therapy. Understanding the need for a tailored approach to stroke prevention makes the CHADS2 scoring system critical in clinical practice. It simplifies the assessment process and guides clinical decision-making by quantifying the risk of thromboembolic events in patients with AF. The other tools mentioned serve different purposes. The HAS-BLED score is utilized for assessing bleeding risk in patients on anticoagulants, the Framingham risk score evaluates the risk of coronary heart disease, and the ASCVD (Atherosclerotic Cardiovascular Disease) risk calculator estimates the 10-year risk of developing cardiovascular disease, but none are specifically intended for stroke risk assessment in atrial fibrillation patients.

8. A 32 year old patient reports a 6-month history of intermittent symmetrical swelling of the wrists and daily morning stiffness lasting 1 hour or more. What is the most likely diagnosis?

- A. Rheumatoid arthritis**
- B. Osteoarthritis**
- C. Gouty arthritis**
- D. Reiter's syndrome**

The symptoms described in the scenario are highly indicative of rheumatoid arthritis (RA). The patient is experiencing a 6-month history of symmetrical swelling in the wrists, which is a hallmark of RA, as the condition typically affects both sides of the body in a symmetrical manner. Additionally, morning stiffness lasting for one hour or more is another classic symptom associated with rheumatoid arthritis. This stiffness often improves with activity, which also aligns with RA characteristics. In contrast, osteoarthritis typically presents with asymmetrical joint involvement and may not result in significant morning stiffness lasting longer than 30 minutes. Gouty arthritis generally presents with acute, unilateral joint swelling and intense pain, often starting in the big toe, rather than with symmetrical swelling of the wrists over a prolonged period. Reiter's syndrome, or reactive arthritis, is usually associated with a recent infection and often includes symptoms such as conjunctivitis and urethritis along with joint symptoms, which are not mentioned in this case. Thus, considering the combination of the patient's age, the nature of the joint involvement, and the specific symptoms reported, rheumatoid arthritis is most consistent with this clinical presentation.

9. What function is associated with cranial nerve IX?

- A. Vision
- B. Gag reflex and swallowing**
- C. Facial expression
- D. Taste perception

Cranial nerve IX, also known as the glossopharyngeal nerve, plays a critical role in several functions, primarily associated with the throat and swallowing mechanism. It is involved in the gag reflex, which is an important physiological response to protect the airway during swallowing, preventing aspiration of food or liquids. Additionally, this nerve contributes to the swallowing process by innervating certain muscles in the pharynx. Furthermore, cranial nerve IX provides sensory innervation to the posterior one-third of the tongue, allowing it to transmit taste sensations, but its primary functions are centered around the gag reflex and the muscular actions involved in swallowing. This multifactorial role highlights the importance of cranial nerve IX in both the sensory and motor aspects of the oropharyngeal region, distinguishing it from other cranial nerves that are associated with distinct functions like vision, facial expression, or taste alone.

10. Koplik's spots are associated with which disease?

- A. Poxvirus infections
- B. Measles**
- C. Kawasaki's disease
- D. Reye's syndrome

Koplik's spots are specific mucosal lesions that are classic for measles. These spots typically appear as small, irregularly shaped, bluish-white spots with a red halo, found on the inner lining of the cheeks. They usually present a few days before the characteristic measles rash appears. The presence of Koplik's spots is often considered a pathognomonic sign for measles, meaning that when they are observed in conjunction with other signs and symptoms of the infection, they strongly indicate that the patient has measles. In contrast, the other conditions listed do not feature Koplik's spots as a prominent clinical sign. Poxvirus infections, Kawasaki's disease, and Reye's syndrome are linked to distinct symptoms and clinical presentations that do not include these specific oral lesions. Thus, recognizing Koplik's spots helps healthcare providers diagnose measles accurately and facilitates timely intervention, important for preventing complications associated with this viral illness.

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://psifamilynursepractitioner.examzify.com>

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