

Registration Exam for Practical Nursing (REx-PN) 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. When administering tiotropium bromide inhalation capsules to a client with asthma, what should the nurse ensure the client does after inhaling the medication?**
 - A. Administer the medication with a spacer to improve delivery to the lungs.**
 - B. Instruct the client to take a quick, shallow breath after activating the inhaler.**
 - C. Ensure the client holds their breath for at least 10 seconds after inhaling the medication.**
 - D. Monitor the client's serum potassium levels before and after administration.**

- 2. Which teaching points should the nurse reinforce for a client prescribed bupropion?**
 - A. This medication may cause you to gain weight and you may notice a decreased libido while on this medicine.**
 - B. You will need ongoing laboratory work while on this medicine and take this medication in the morning to prevent sleep problems.**
 - C. You may have more energy with the medication and this medication may cause you to have dry mouth.**
 - D. This medication should not be taken with food and have a diet that has a consistent intake of salt and water.**

- 3. Which symptom should a nurse assess for in a client with a recent history of chemotherapy treatment?**
 - A. Nausea**
 - B. Weight gain**
 - C. Fatigue**
 - D. Increase in appetite**

- 4. Which laboratory value is most important to monitor in a client receiving anticoagulation therapy?**
 - A. Potassium level**
 - B. Hemoglobin level**
 - C. PT/INR**
 - D. BUN level**

- 5. Which type of exercise is recommended for a client newly diagnosed with osteoporosis?**
- A. Stretching**
 - B. Stability and balance**
 - C. Cardiovascular**
 - D. Weight-bearing**
- 6. In fluid overload, which symptom is most likely to be present in the client?**
- A. Decreased urine output**
 - B. Dry mucous membranes**
 - C. Edema**
 - D. Hypotension**
- 7. What side effect of chemotherapy should the nurse prioritize discussing with teenagers undergoing treatment?**
- A. Nausea and vomiting**
 - B. Mouth ulcers**
 - C. Alopecia**
 - D. Activity intolerance**
- 8. Which blood pressure reading would be considered abnormal for a one-year-old child?**
- A. A blood pressure of 110/70 mmHg**
 - B. A blood pressure of 126/90 mmHg**
 - C. A blood pressure of 100/60 mmHg**
 - D. A blood pressure of 90/50 mmHg**
- 9. What is the first step for a nurse when collecting pain data from a client?**
- A. Accept the client's report of pain.**
 - B. Get the description of the location and intensity of the pain.**
 - C. Have the client identify coping methods.**
 - D. Determine the client's status of pain.**

- 10. When discharging a client following knee arthroplasty, which advice is important for the nurse to reinforce?**
- A. "After this procedure, you will use a wheelchair to get around."**
 - B. "You will need to resume your anticoagulants."**
 - C. "Placing a pillow under your knee will help with the pain."**
 - D. "You may ice the site for one hour at a time."**

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Answers

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

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Explanations

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- 1. When administering tiotropium bromide inhalation capsules to a client with asthma, what should the nurse ensure the client does after inhaling the medication?**
 - A. Administer the medication with a spacer to improve delivery to the lungs.**
 - B. Instruct the client to take a quick, shallow breath after activating the inhaler.**
 - C. Ensure the client holds their breath for at least 10 seconds after inhaling the medication.**
 - D. Monitor the client's serum potassium levels before and after administration.**

Holding the breath for at least 10 seconds after inhaling tiotropium bromide is important because it allows for maximum absorption of the medication in the lungs. This prolonged breath-holding helps ensure that the medication reaches the alveoli where it can exert its therapeutic effects more effectively. By preventing premature exhalation, the medication has a better chance of fully disseminating within the respiratory tract. The inhalation process is critical to the effectiveness of aerosolized medications. When the client inhales the medication deeply and holds their breath, it minimizes the amount of medication that could otherwise be exhaled immediately and ensures that the bronchodilator can work effectively to open the airways. This is particularly vital for clients with asthma, as they need optimal bronchodilation to relieve their symptoms. Other options may provide different approaches to medication administration but do not focus on the critical aspect of breath-holding for proper absorption after inhalation. For instance, using a spacer can be beneficial but is not always necessary for all types of inhalers, and shallow breathing does not optimize drug delivery to the lungs. Monitoring serum potassium levels is more relevant for specific medications rather than the general administration of bronchodilators like tiotropium.

2. Which teaching points should the nurse reinforce for a client prescribed bupropion?

- A. This medication may cause you to gain weight and you may notice a decreased libido while on this medicine.**
- B. You will need ongoing laboratory work while on this medicine and take this medication in the morning to prevent sleep problems.**
- C. You may have more energy with the medication and this medication may cause you to have dry mouth.**
- D. This medication should not be taken with food and have a diet that has a consistent intake of salt and water.**

Focusing on the selected answer regarding bupropion, it is important to note that while bupropion does have specific dietary considerations, the emphasis on not taking it with food and maintaining a consistent salt and water intake is not a primary teaching point. Bupropion is primarily known for its stimulating effects and is often prescribed for depression and smoking cessation. It is essential to inform clients that the medication can increase energy levels, which aligns with a potential benefit of the drug. Moreover, dry mouth is a common side effect, and it is crucial for clients to understand this as it can affect their comfort and adherence to the medication regimen. The recommendation to take bupropion in the morning is especially significant, as it helps to mitigate any sleep disturbances, which can be a concern due to the medication's stimulating effects. Although ongoing laboratory work is generally not required for bupropion, it's still important to monitor the client's response to the medication, especially in the early stages of treatment. In summary, the correct details concerning energy levels, dry mouth, and the timing of administration provide valuable information for managing side effects and optimizing treatment effectiveness with bupropion.

3. Which symptom should a nurse assess for in a client with a recent history of chemotherapy treatment?

- A. Nausea**
- B. Weight gain**
- C. Fatigue**
- D. Increase in appetite**

Nausea is a common and significant symptom that can result from chemotherapy treatment. Chemotherapy agents are designed to target rapidly dividing cancer cells; however, they can also affect other rapidly dividing cells in the body, such as those in the gastrointestinal tract. This can lead to gastrointestinal side effects, including nausea and vomiting. Nurses need to assess for nausea because it can greatly impact a patient's quality of life, adherence to treatment, and overall recovery. Managing nausea effectively is crucial, as it may also lead to complications such as dehydration, nutritional imbalance, and decreased ability to tolerate further treatment. While fatigue is also a relevant symptom, it is often a more generalized side effect of cancer and its treatments that may not present immediately following chemotherapy. Weight gain and an increase in appetite are not typical concerns following chemotherapy; more commonly, patients may experience weight loss and a decrease in appetite due to treatment side effects. Therefore, among the options provided, monitoring for nausea stands out as particularly critical in a patient who has undergone chemotherapy.

4. Which laboratory value is most important to monitor in a client receiving anticoagulation therapy?

- A. Potassium level**
- B. Hemoglobin level**
- C. PT/INR**
- D. BUN level**

Monitoring the PT/INR (Prothrombin Time/International Normalized Ratio) in a client receiving anticoagulation therapy is crucial for ensuring the effectiveness and safety of the treatment. The PT/INR is a laboratory test that assesses how well and how quickly blood clots. For patients on anticoagulants, particularly warfarin, maintaining the PT/INR within a specific therapeutic range is essential to prevent both thrombotic events (such as strokes) and bleeding complications. Anticoagulation therapy requires careful dosing adjustments based on the PT/INR results. A PT/INR that is too low may indicate that the blood is still capable of clotting excessively, posing a risk for clots, while a PT/INR that is too high increases the risk of significant bleeding. Therefore, regular monitoring of this value allows healthcare providers to optimize the anticoagulation regimen and respond promptly to any deviations from the desired target range. While other laboratory values, such as potassium, hemoglobin, and BUN, are important indicators of a patient's overall health and may signal other potential issues, they do not provide the specific information necessary to evaluate the effects of anticoagulation therapy directly. In this context, the PT/

5. Which type of exercise is recommended for a client newly diagnosed with osteoporosis?

- A. Stretching**
- B. Stability and balance**
- C. Cardiovascular**
- D. Weight-bearing**

Weight-bearing exercises are highly recommended for clients recently diagnosed with osteoporosis because these activities promote bone health and can help strengthen bones by improving bone density. When the body engages in weight-bearing activities, it exerts mechanical stress on the bones, which stimulates bone formation and helps to prevent further bone loss. Common examples of weight-bearing exercises include walking, dancing, and certain resistance training exercises that involve lifting weights or working against gravity. These activities not only help to build bone mass but also enhance muscle strength, which can aid in reducing the risk of falls and fractures. While stretching, stability and balance exercises, and cardiovascular exercises are beneficial for overall health and have their place in a well-rounded exercise regimen, they do not provide the same direct bone-strengthening benefits as weight-bearing exercises do. Stretching primarily enhances flexibility, stability and balance exercises focus on preventing falls, and cardiovascular activities strengthen the heart and lungs, but they do not significantly contribute to bone density improvement in individuals with osteoporosis.

6. In fluid overload, which symptom is most likely to be present in the client?

- A. Decreased urine output**
- B. Dry mucous membranes**
- C. Edema**
- D. Hypotension**

In the context of fluid overload, edema is the most likely symptom to be present in the client. Fluid overload occurs when there is an excess of fluid in the body, which can lead to an increase in intravascular volume. This excess fluid can cause swelling in various parts of the body, particularly in the extremities, abdomen, and lungs, depending on the severity of the overload and the individual's health status. Edema develops because the increased volume of fluid in the bloodstream raises hydrostatic pressure in the capillaries, leading to the leakage of fluid into the interstitial spaces. This can be particularly evident in individuals with heart or kidney problems, where fluid regulation is impaired. Consequently, edema is a clear and common clinical manifestation of fluid overload, making it the correct choice in this scenario. The other symptoms mentioned—decreased urine output, dry mucous membranes, and hypotension—are more likely associated with fluid deficit or dehydration rather than fluid overload. In fluid overload, urine output may even increase initially due to renal response to excess fluid, and dry mucous membranes typically indicate inadequate hydration. Hypotension is less common in fluid overload as increased fluid volume usually leads to higher blood pressure rather than lower.

7. What side effect of chemotherapy should the nurse prioritize discussing with teenagers undergoing treatment?

- A. Nausea and vomiting**
- B. Mouth ulcers**
- C. Alopecia**
- D. Activity intolerance**

When discussing chemotherapy with teenagers undergoing treatment, prioritizing the discussion of alopecia is particularly important due to the significant psychological and emotional impact it can have on this age group. Alopecia, or hair loss, is a common side effect of many chemotherapy regimens, and for adolescents, who are often highly concerned about their appearance and peer acceptance, the onset of this side effect can lead to feelings of self-consciousness, anxiety, and depression. Addressing alopecia allows the nurse to provide support and guidance on coping strategies, such as exploring options for wigs, hats, or scarves, and discussing how to manage the accompanying emotional distress. Open conversations about this topic can empower teenagers to express their feelings and seek the necessary support, fostering resilience during their treatment journey. While nausea and vomiting, mouth ulcers, and activity intolerance are also important side effects to discuss, they may not carry the same level of immediate and pervasive impact on the teenagers' self-image and social interactions as alopecia does. Therefore, focusing on alopecia underscores the nurse's role in addressing both physical and psychosocial aspects of care in this patient population.

8. Which blood pressure reading would be considered abnormal for a one-year-old child?

- A. A blood pressure of 110/70 mmHg
- B. A blood pressure of 126/90 mmHg**
- C. A blood pressure of 100/60 mmHg
- D. A blood pressure of 90/50 mmHg

A blood pressure reading of 126/90 mmHg would be considered abnormal for a one-year-old child. In infants and young children, normal blood pressure values are generally lower than those found in older children and adults. For a one-year-old, typical systolic blood pressure ranges from approximately 70 to 100 mmHg, with acceptable diastolic pressures being around 40 to 60 mmHg. The reading of 126/90 mmHg indicates both a high systolic and diastolic pressure, which points to hypertension, a condition that could lead to various health issues if not addressed. Monitoring blood pressure in children is important because hypertension can be an early indicator of cardiovascular problems or other underlying health conditions. On the other hand, the other blood pressure readings fall within more acceptable ranges for a child of that age. A blood pressure of 110/70 mmHg, while on the higher end, could still be seen in a child with a larger body size. A 100/60 mmHg reading is considered normal, as it is well within the expected parameters. A blood pressure of 90/50 mmHg is also normal for a one-year-old, typically representing a lower end of normal, particularly seen in children

9. What is the first step for a nurse when collecting pain data from a client?

- A. Accept the client's report of pain.**
- B. Get the description of the location and intensity of the pain.
- C. Have the client identify coping methods.
- D. Determine the client's status of pain.

Accepting the client's report of pain is the foundational step in pain assessment and management. This approach is grounded in the understanding that pain is a subjective experience; only the individual experiencing the pain can truly convey its presence and the intensity they feel. Recognizing and validating the client's report establishes trust and encourages open communication, which is essential for effective nursing care. This acceptance is key because it acknowledges the client's personal experience and emotions related to their pain, and it serves as the basis for further assessment. Once this initial acceptance is achieved, the nurse can move on to gathering more detailed information, such as the description of the pain's location and intensity, but without initially accepting the client's report as valid, it would be challenging to conduct a thorough and respectful assessment.

10. When discharging a client following knee arthroplasty, which advice is important for the nurse to reinforce?

- A. "After this procedure, you will use a wheelchair to get around."
- B. "You will need to resume your anticoagulants."**
- C. "Placing a pillow under your knee will help with the pain."
- D. "You may ice the site for one hour at a time."

Resuming anticoagulants after knee arthroplasty is crucial for maintaining proper blood flow and preventing the risk of deep vein thrombosis (DVT) or other thromboembolic events, especially in the post-surgical phase when mobility may be limited.

Anticoagulants help to prevent blood clots, which are a common concern after surgical procedures. For patients undergoing knee arthroplasty, there is often a protocol for the timing and dosage of anticoagulant medication to ensure safety and effectiveness.

Educating clients about the importance of adhering to their anticoagulant regimen is vital, as discontinuation or irregular use could lead to serious complications. While the other options touch on aspects of post-operative care, they do not address the critical importance of anticoagulation therapy in preventing complications related to reduced mobility and altered hemostasis that can follow surgery. Thus, reinforcing the need to resume anticoagulants is essential for the client's recovery and overall safety.

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://rexpn.examzify.com>

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

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