

RNPEDIA: PNLE NURSING PRACTICE 5 TEST 1 PRACTICE (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED 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. 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. Which clinical sign indicates dehydration in an adult?**
 - A. Edema
 - B. Skin tenting and dry mucous membranes; tachycardia
 - C. Hypotension
 - D. Increased urine output

- 2. Which SpO2 target is appropriate for many COPD patients to avoid CO2 retention?**
 - A. 88-92%
 - B. 95-100%
 - C. 92-96%
 - D. 98-100%

- 3. Which intervention is most helpful for panic disorder with agoraphobia to prevent hyperventilation?**
 - A. Breathing control
 - B. Cognitive restructuring
 - C. Medication adjustment
 - D. Exposure therapy

- 4. In the adolescent's stealing behavior, which developmental concept is implicated?**
 - A. Id
 - B. Ego
 - C. Superego
 - D. Oedipal complex

- 5. Which combination of signs best indicates that a patient is experiencing severe pain?**
 - A. Bradycardia, hypotension, calmness, flushed
 - B. Normal vital signs with high pain score
 - C. Hypoglycemia with diaphoresis
 - D. Tachycardia, hypertension, anxiety, and pallor

- 6. Which defense mechanism describes seeing the world as all good or all bad, a pattern often seen in personality disorders?**
- A. Intellectualization
 - B. Transference
 - C. Triangulation
 - D. Splitting
- 7. In the middle stage of Alzheimer's disease, which symptom becomes evident?**
- A. Impaired communication.
 - B. Lack of spontaneity.
 - C. Inability to perform self-care activities.
 - D. Wandering.
- 8. Which statement best describes the relationship between panic attacks and mood changes?**
- A. Panic attacks are rarely associated with mood changes.
 - B. Panic attacks are always accompanied by mood changes.
 - C. Panic attacks occur only with psychosis.
 - D. Panic attacks are never treated with antidepressants.
- 9. Most crisis situations resolve in about how long?**
- A. 1 to 2 weeks
 - B. 4 to 6 weeks
 - C. 4 to 6 months
 - D. 6 to 12 months
- 10. What does a nursing diagnosis represent?**
- A. A treatment plan
 - B. A clinical judgment about a client's response to actual or potential health problems.
 - C. A laboratory value
 - D. A medical diagnosis

Answers

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

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Explanations

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1. Which clinical sign indicates dehydration in an adult?

- A. Edema
- B. Skin tenting and dry mucous membranes; tachycardia**
- C. Hypotension
- D. Increased urine output

Dehydration shows up when the body loses fluids and the remaining volume is reduced, so signs reflect this loss. Skin that tents up when pinched and dry mucous membranes indicate low fluid in the body and poor skin turgor, which are classic markers of volume depletion. Tachycardia accompanies dehydration as the body tries to maintain perfusion with less circulating fluid. Edema points to fluid overload rather than depletion, hypotension can occur but is not as reliable a marker and may appear later, and increased urine output would contradict dehydration because the kidneys conserve water when volume is low, leading to decreased urine output. So the combination of skin tenting, dry mucous membranes, and tachycardia best signals dehydration in an adult.

2. Which SpO2 target is appropriate for many COPD patients to avoid CO2 retention?

- A. 88-92%**
- B. 95-100%
- C. 92-96%
- D. 98-100%

The main idea is balancing oxygen delivery with the risk of CO2 retention in COPD. In many COPD patients, especially those with chronic CO2 retention, giving too much oxygen can blunt the drive to breathe and worsen ventilation-perfusion mismatch, leading to higher CO2 levels. Keeping SpO2 in the lower yet safe range ensures tissues stay adequately oxygenated without suppressing breathing or increasing hypercapnia. An SpO2 target of 88-92% is chosen for this reason. It provides enough oxygenation for most patients while minimizing the chance that oxygen therapy will cause CO2 retention or reduce respiratory drive. Higher targets, such as 95-100% or even above 92%, can raise the risk of CO2 retention in susceptible individuals, making 88-92% the more appropriate choice for many COPD patients. Monitor clinically and adjust as needed to avoid both hypoxemia and hypercapnia.

3. Which intervention is most helpful for panic disorder with agoraphobia to prevent hyperventilation?

- A. Breathing control**
- B. Cognitive restructuring
- C. Medication adjustment
- D. Exposure therapy

Breathing control is the most helpful approach because it directly interrupts the physiological trigger of a panic attack in panic disorder with agoraphobia. When a panic attack begins, rapid, shallow breathing (hyperventilation) lowers carbon dioxide levels in the blood, which can cause dizziness, tingling, lightheadedness, and a sense of suffocation. These sensations amplify fear and perpetuate the attack. Teaching and practicing controlled breathing—slow, diaphragmatic, paced breathing—helps restore CO2 balance, calms the autonomic nervous system, and reduces the intensity and duration of the episode. Patients can use this skill during or between attacks to regain a sense of control. Cognitive restructuring targets thoughts, exposure therapy reduces avoidance, and medication adjustments address overall symptoms but don't directly prevent the immediate hyperventilation that fuels panic.

4. In the adolescent's stealing behavior, which developmental concept is implicated?

- A. Id
- B. Ego**
- C. Superego
- D. Oedipal complex

The key idea here is how the ego mediates between inner drives and external rules. In adolescence, the ego is still developing the ability to control impulses, plan ahead, and weigh consequences—the reality principle. When stealing, the teen is showing the tug between the id's desire for immediate gratification and the superego's moral standards. The behavior points to the ego's ongoing effort to regulate impulses and navigate social norms, rather than being driven purely by primitive urges or by a fixed conscience. Why the other options fit less well: the id alone would push for immediate gratification with little regard for rules, which doesn't capture the moderating process. the superego represents internalized moral standards, but theft involves real-time impulse control and decision-making that require the ego to balance competing demands. the Oedipal complex is a psychosexual stage from earlier childhood with little direct connection to adolescent stealing.

5. Which combination of signs best indicates that a patient is experiencing severe pain?

- A. Bradycardia, hypotension, calmness, flushed
- B. Normal vital signs with high pain score
- C. Hypoglycemia with diaphoresis
- D. Tachycardia, hypertension, anxiety, and pallor**

Severe pain often triggers a sympathetic stress response, so the body increases heart rate and blood pressure, and the patient may appear anxious with pallor from vasoconstriction. This pattern—tachycardia, hypertension, anxiety, and pallor—best indicates significant pain among the given options. The other sets of signs don't fit the usual pain response: bradycardia with hypotension and calmness isn't typical of severe pain; normal vitals with a high pain score can occur but vitals don't reliably track pain; and hypoglycemia with diaphoresis points to a metabolic issue rather than pain. Remember that patient self-report remains the primary measure of pain, but these autonomic signs can support the assessment when they align with the pain experience.

6. Which defense mechanism describes seeing the world as all good or all bad, a pattern often seen in personality disorders?

- A. Intellectualization
- B. Transference
- C. Triangulation
- D. Splitting**

The idea being tested is the use of a primitive defense that splits perceptions into extremes. Splitting describes seeing people or situations as all good or all bad, with rapid swings between idealization and devaluation. This pattern helps manage anxiety and ambivalence by keeping experiences dichotomous and simple, but it also leads to unstable relationships and shifting opinions, which are often seen in personality disorders. In contrast, intellectualization relies on detached, factual thinking to avoid emotions; transference is the unconscious redirection of feelings onto another person; and triangulation involves bringing a third party into a conflict to diffuse or escalate tension. The all-good/all-bad split is the hallmark feature that best fits the description given.

7. In the middle stage of Alzheimer's disease, which symptom becomes evident?

- A. Impaired communication.**
- B. Lack of spontaneity.
- C. Inability to perform self-care activities.
- D. Wandering.

In the middle stage, the most evident change is in communication skills. As Alzheimer's progresses beyond early memory trouble, language abilities begin to deteriorate. People often have word-finding difficulties, speak in shorter, less fluent sentences, and may have trouble following or participating in conversations. They might repeat questions, misuse words, or have trouble naming familiar objects. This decline in expressive and receptive language makes interacting with others noticeably harder and is a defining feature of the middle stage. Other changes—such as needing help with self-care or wandering—can occur as the condition advances, but the clear and observable shift in daily interactions is the growing impairment in communication.

8. Which statement best describes the relationship between panic attacks and mood changes?

- A. Panic attacks are rarely associated with mood changes.**
- B. Panic attacks are always accompanied by mood changes.
- C. Panic attacks occur only with psychosis.
- D. Panic attacks are never treated with antidepressants.

Panic attacks are sudden surges of intense fear with physical symptoms like a racing heart, sweating, and shortness of breath. They're features of anxiety-related conditions and aren't defined by mood changes. Mood alterations aren't inherent to a panic episode; they can occur if a person also has a mood disorder, or as a temporary aftereffect, but they're not a central part of the panic attack itself. That's why the idea that panic attacks are rarely associated with mood changes best captures their typical relationship. The other statements don't fit: mood changes aren't always present during panic attacks, they don't occur only with psychosis, and panic disorders are commonly treated with antidepressants along with therapy, so saying they're never treated with antidepressants isn't correct.

9. Most crisis situations resolve in about how long?

- A. 1 to 2 weeks
- B. 4 to 6 weeks**
- C. 4 to 6 months
- D. 6 to 12 months

Crises are short-term disruptions in functioning, and with focused support they often settle within a few weeks. When someone receives active crisis intervention—emotional support, safety planning, problem-solving help, and connections to resources—the acute distress and disruption typically resolve in about four to six weeks. This timeframe reflects the period needed for people to regain coping strategies and return to baseline functioning. Shorter durations, like one to two weeks, may be too quick for full adjustment, while longer spans of several months to a year suggest a more prolonged or different underlying challenge beyond a single crisis episode.

10. What does a nursing diagnosis represent?

- A. A treatment plan
- B. A clinical judgment about a client's response to actual or potential health problems.**
- C. A laboratory value
- D. A medical diagnosis

A nursing diagnosis is the nurse's clinical judgment about how a client's health problems affect their responses, and how nursing care can address those responses. It focuses on the patient's actual or potential problems from the nursing perspective, guiding what nursing actions are needed to improve or prevent issues. This is distinct from a treatment plan, which lays out the specific actions to carry out; from a laboratory value, which is just a data result; and from a medical diagnosis, which identifies the underlying disease or condition from a physician's or other clinician's perspective. The nursing diagnosis names the problem in terms of the client's responses and needs that nursing care can address.

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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://rnpediapnlenp5test1.examzify.com>

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

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