

Rosdahl's Basic Nursing Practice Test (Sample)

Study Guide



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Questions

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- 1. Which of the following is NOT a step in the nursing process?**
 - A. Assessment**
 - B. Diagnosis**
 - C. Prescription**
 - D. Evaluation**
- 2. How can nurses ensure patient confidentiality?**
 - A. By sharing patient information freely with coworkers**
 - B. By safeguarding patient information and obtaining consent for disclosure**
 - C. By documenting all patient interactions publicly**
 - D. By discussing patient cases in open forums**
- 3. Which of the following is a vital product that cholesterol helps to produce in the body?**
 - A. Antibodies**
 - B. Hormones**
 - C. Enzymes**
 - D. Carbohydrates**
- 4. In which bodily process is digestion a major area of enzyme action?**
 - A. Respiration**
 - B. Metabolism**
 - C. Circulation**
 - D. Excretion**
- 5. Which trace mineral is essential for thyroid function?**
 - A. Iron**
 - B. Iodine**
 - C. Zinc**
 - D. Copper**

- 6. In addition to cholesterol, what is another important molecule produced from fatty acids?**
- A. Amino acids**
 - B. Vitamin D**
 - C. Glucose**
 - D. Ketones**
- 7. Which type of amino acids cannot be synthesized by the human body?**
- A. Essential amino acids**
 - B. Nonessential amino acids**
 - C. Conditional amino acids**
 - D. Trace amino acids**
- 8. Which method is primarily used for collecting data during the assessment phase?**
- A. Observational surveys and chart reviews**
 - B. Patient interviews and physical examinations**
 - C. Online questionnaires and telephonic interviews**
 - D. Family history assessments and medication lists**
- 9. What does the informed consent process ensure?**
- A. Patients understand their allergies to medications**
 - B. Patients receive treatment after they sign the forms**
 - C. Patients understand and agree to proposed medical interventions**
 - D. Patients are informed of general risks only**
- 10. Which vitamin is critical in energy metabolism and is part of coenzyme A?**
- A. Vitamin B6**
 - B. Vitamin B2**
 - C. Pantothenic acid**
 - D. Vitamin B12**

Answers

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

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Explanations

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1. Which of the following is NOT a step in the nursing process?

- A. Assessment**
- B. Diagnosis**
- C. Prescription**
- D. Evaluation**

The nursing process is a systematic and dynamic approach that consists of several key steps essential for delivering effective patient care. The steps are assessment, diagnosis, planning, implementation, and evaluation. In this context, "prescription" does not belong to the recognized steps in the nursing process. While nurses may collaborate with healthcare providers on prescriptions and medication management, the formal nursing process itself does not include it as a distinct step. Each step in the nursing process serves a specific function: assessment involves gathering information about the patient, diagnosis refers to identifying the patient's health issues based on this information, planning outlines the goals for patient care, implementation refers to executing the planned interventions, and evaluation assesses the effectiveness of those interventions and determines if goals have been met. Thus, recognizing "prescription" as not being one of the essential steps of the nursing process aligns with the defined scope of nursing practice, emphasizing the collaborative nature of healthcare rather than framing it as part of the nursing process itself.

2. How can nurses ensure patient confidentiality?

- A. By sharing patient information freely with coworkers**
- B. By safeguarding patient information and obtaining consent for disclosure**
- C. By documenting all patient interactions publicly**
- D. By discussing patient cases in open forums**

To ensure patient confidentiality, it is crucial for nurses to safeguard patient information and obtain consent before any disclosure. This practice is grounded in ethical standards and legal regulations, such as the Health Insurance Portability and Accountability Act (HIPAA), which emphasizes the importance of protecting personal health information. By safeguarding patient information, nurses demonstrate their commitment to maintaining trust in the nurse-patient relationship. Obtaining consent is also essential; it empowers patients by giving them control over who accesses their sensitive information, thereby promoting autonomy and privacy. This approach not only protects patients' rights but also helps prevent unauthorized sharing of data, which can lead to breaches of confidentiality. Strategies such as secure documentation practices, using privacy screens, and discussing information in private settings further reinforce the commitment to confidentiality. This dedication is vital for the integrity of nursing practice and for fostering a secure environment where patients feel safe to share information necessary for their care.

3. Which of the following is a vital product that cholesterol helps to produce in the body?

A. Antibodies

B. Hormones

C. Enzymes

D. Carbohydrates

Cholesterol is a crucial substance in the body, primarily known for its role as a building block for various hormones. It is a precursor for steroid hormones, including sex hormones such as estrogen and testosterone, as well as corticosteroids and adrenal hormones. These hormones are vital for numerous physiological processes, including metabolism, immune function, and the regulation of salt and water balance in the body. While antibodies play a significant role in the immune system and enzymes are essential for biochemical reactions, neither of them is directly synthesized from cholesterol. Carbohydrates serve as a different category of macronutrients altogether and are not produced from cholesterol. Thus, the unique role of cholesterol in synthesizing specific hormones underlines its importance in overall health and bodily functions.

4. In which bodily process is digestion a major area of enzyme action?

A. Respiration

B. Metabolism

C. Circulation

D. Excretion

Digestion is a crucial stage in metabolism where enzymes play a significant role in breaking down food substances into smaller, absorbable components. During digestion, enzymes such as amylases, proteases, and lipases facilitate the breakdown of carbohydrates, proteins, and fats, respectively. This enzymatic action allows nutrients to be absorbed into the bloodstream and utilized by the body for energy, growth, and cellular repair. Metabolism encompasses all biochemical processes occurring in the body, including those involved in the conversion of food into energy and the utilization of nutrients. Thus, digestion is often considered a foundational process within the broader context of metabolism, highlighting the importance of enzymatic action in food breakdown and nutrient assimilation.

5. Which trace mineral is essential for thyroid function?

- A. Iron
- B. Iodine**
- C. Zinc
- D. Copper

Iodine is essential for thyroid function because it is a crucial component in the synthesis of thyroid hormones, specifically thyroxine (T4) and triiodothyronine (T3). These hormones are critical for regulating metabolism, growth, and development in the body. The thyroid gland takes up iodine from the bloodstream, and without adequate iodine intake, the body cannot produce sufficient amounts of these hormones, which can lead to thyroid disorders such as goiter and hypothyroidism. While iron, zinc, and copper are important trace minerals with various roles in the body, they are not directly involved in the production of thyroid hormones. Iron plays a vital role in oxygen transport and cellular metabolism, zinc is important for immune function and enzyme activity, and copper is involved in iron metabolism and the maintenance of healthy connective tissues, but none of these minerals substitutes for the role of iodine in thyroid hormone production. Thus, iodine is the essential trace mineral specifically required for thyroid function.

6. In addition to cholesterol, what is another important molecule produced from fatty acids?

- A. Amino acids
- B. Vitamin D**
- C. Glucose
- D. Ketones

The production of vitamin D from fatty acids is influenced by the presence of cholesterol, which is a precursor for its synthesis. However, it is important to note that vitamin D is primarily obtained through sunlight exposure and dietary sources, rather than being directly produced from fatty acids alone. The correct misconception regarding the connection between fatty acids and important molecules hinges on the fact that ketones are produced during the metabolism of fatty acids, specifically in states where carbohydrates are scarce, such as fasting or prolonged exercise. The liver converts fatty acids into ketone bodies, which serve as an alternative energy source for the body, particularly for the brain. This metabolic process underscores the significance of ketones as a vital energy substrate derived from fatty acids, highlighting their role in maintaining energy homeostasis when glucose availability is limited. While understanding the pathways of vitamin D synthesis is valuable, focusing on the direct metabolic outcome of fatty acid breakdown clearly indicates the relevance of ketones in the context of energy production.

7. Which type of amino acids cannot be synthesized by the human body?

- A. Essential amino acids**
- B. Nonessential amino acids**
- C. Conditional amino acids**
- D. Trace amino acids**

The correct answer is essential amino acids. These amino acids are termed "essential" because the human body cannot synthesize them; therefore, they must be obtained through dietary sources. There are nine essential amino acids that the body requires for various functions, including building proteins, repairing tissues, and supporting metabolic processes. In contrast, nonessential amino acids can be synthesized by the human body, meaning that they do not need to be obtained from food. Conditional amino acids are generally categorized as nonessential, as the body can produce them, but under specific conditions (such as illness or stress), the body may require them from dietary sources. Trace amino acids is not a recognized category in the context of amino acids and their synthesis. Understanding the distinction between essential and nonessential amino acids is crucial for nutritional science and diet planning, as it emphasizes the importance of incorporating a variety of protein sources to ensure adequate intake of all essential amino acids for optimal health.

8. Which method is primarily used for collecting data during the assessment phase?

- A. Observational surveys and chart reviews**
- B. Patient interviews and physical examinations**
- C. Online questionnaires and telephonic interviews**
- D. Family history assessments and medication lists**

The assessment phase in nursing revolves around gathering comprehensive information about the patient's health status and needs to create an effective care plan. The methods used in this stage are crucial for building a thorough understanding of the patient. Patient interviews and physical examinations are foundational in this process. Patient interviews allow nurses to gather subjective data directly from the patient regarding their health history, symptoms, concerns, and lifestyle. This dialogue is essential for establishing rapport and understanding patient perspectives on their health. Physical examinations complement this data collection by providing objective measurements that help assess the patient's current condition. Through observation of physical signs and symptoms, nurses can identify anomalies and establish baselines for health indicators. While the other methods listed can contribute valuable information, they do not encompass the primary tools used in the assessment phase as comprehensively as patient interviews and physical examinations. Observational surveys and chart reviews may provide insights, but they lack the personalized nature that direct patient interaction offers. Online questionnaires and telephonic interviews may not always capture the depth of information needed for a holistic assessment. Family history assessments and medication lists are also important but are typically part of a broader data-gathering process rather than core methods used primarily in initial assessments. Thus, patient interviews and physical examinations stand out as the most effective and widely employed

9. What does the informed consent process ensure?

- A. Patients understand their allergies to medications**
- B. Patients receive treatment after they sign the forms**
- C. Patients understand and agree to proposed medical interventions**
- D. Patients are informed of general risks only**

The informed consent process is a critical component of ethical medical practice that ensures patients are fully aware and understand the proposed medical interventions they may undergo. This includes a clear explanation of the procedures, potential benefits, risks, and alternatives, allowing patients to make informed decisions about their health care. By engaging in this process, healthcare providers ensure that patients actively participate in their treatment plans and empower them to make choices that align with their values and preferences. Informed consent is not merely about signing a document; it emphasizes the necessity of communication between the patient and healthcare provider to uphold the patient's autonomy and rights. This aligns with the healthcare principle of respect for individuals and their decisions regarding their own bodies and medical treatments. The other options, while related to patient care, do not encapsulate the core purpose of the informed consent process as accurately.

10. Which vitamin is critical in energy metabolism and is part of coenzyme A?

- A. Vitamin B6**
- B. Vitamin B2**
- C. Pantothenic acid**
- D. Vitamin B12**

Pantothenic acid is critical in energy metabolism as it plays a key role in the formation of coenzyme A, which is essential for the metabolism of carbohydrates, fats, and proteins. Coenzyme A is necessary for the synthesis and oxidation of fatty acids and for the metabolism of pyruvate, which is derived from glucose. This ability to facilitate the metabolic pathways demonstrates the importance of pantothenic acid in energy production at the cellular level. Other vitamins, while also important, serve different roles in the body. For instance, vitamin B6 is involved in amino acid metabolism and neurotransmitter synthesis, vitamin B2 (riboflavin) is crucial for energy production and cellular function, and vitamin B12 plays a vital role in red blood cell formation and neurological function. However, none of these directly contribute to the structure and function of coenzyme A in the way that pantothenic acid does.