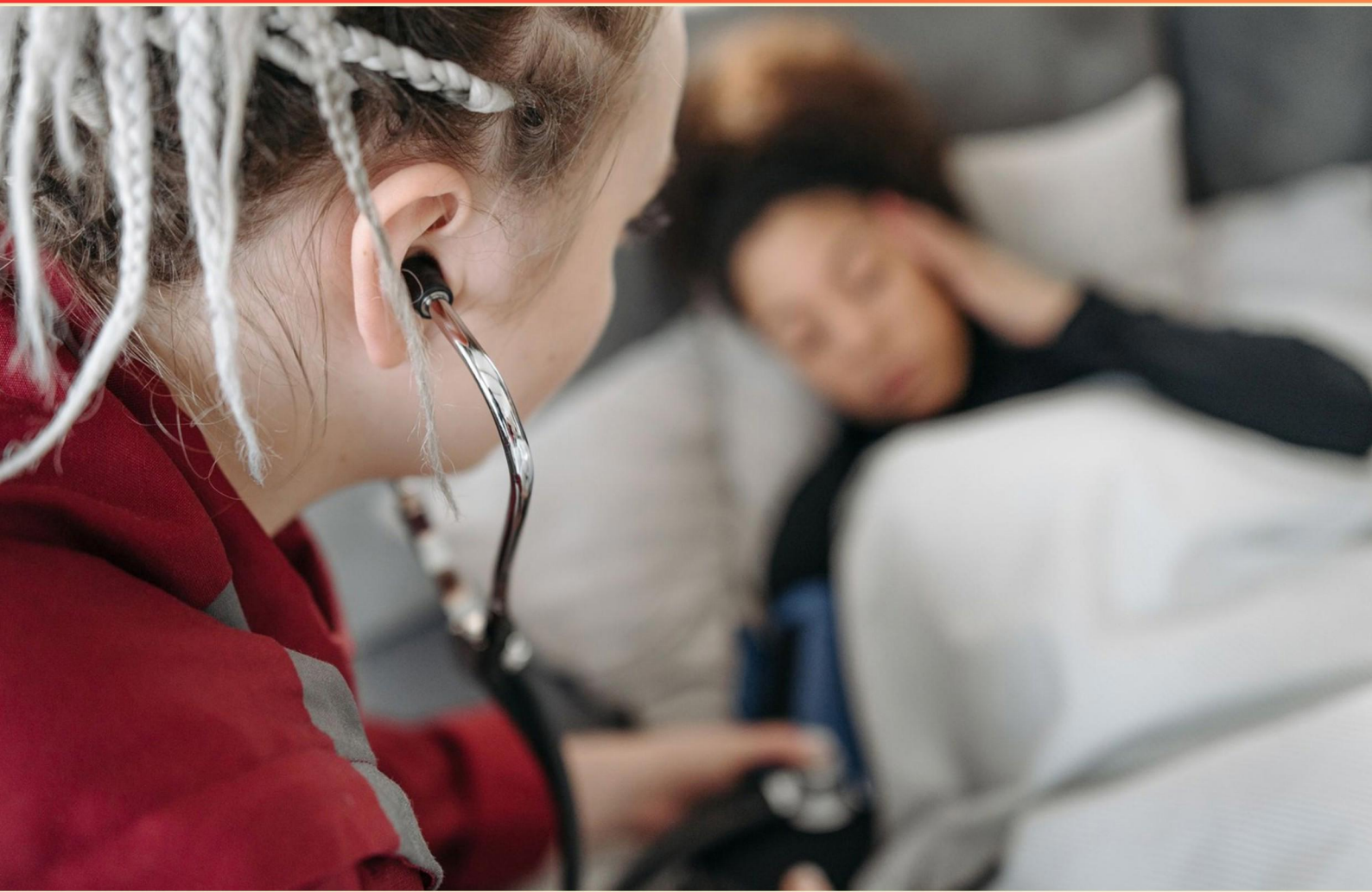


ROSDAHL'S BASIC NURSING PRACTICE TEST (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

**VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE**

<https://rosdahlsbasicnursing.examzify.com>



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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. What is the formula used to calculate Body Mass Index (BMI)?**
 - A. Height in m²/weight in kg
 - B. Weight in kg/height in m
 - C. Weight in kg/height in m²
 - D. Height in cm/weight in kg
- 2. What should be included in a patient's education plan?**
 - A. Patient's medical history and treatment results
 - B. Patient's learning needs, preferred learning styles, and educational resources
 - C. Doctor's recommendation only
 - D. Patient's insurance information
- 3. In which bodily process is digestion a major area of enzyme action?**
 - A. Respiration
 - B. Metabolism
 - C. Circulation
 - D. Excretion
- 4. What key aspects should a nurse assess in a patient with diabetes?**
 - A. Recent travel history and vaccination status
 - B. Blood glucose levels, dietary habits, and potential complications
 - C. Family medical history and lifestyle choices
 - D. Only blood glucose levels
- 5. What is the body's major source of energy?**
 - A. Proteins
 - B. Fats
 - C. Vitamins
 - D. Glucose
- 6. Which of the following is a primary role of carbohydrates in the body?**
 - A. To reduce cholesterol levels
 - B. To support immune function
 - C. To provide energy
 - D. To facilitate hormone production

7. In nursing, which principle relates to promoting well-being?

- A. Justice
- B. Autonomy
- C. Beneficence
- D. Confidentiality

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

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

9. Fats are primarily made up of which elements?

- A. Nitrogen, hydrogen, and carbon
- B. Carbon, hydrogen, and oxygen
- C. Oxygen, phosphorus, and carbon
- D. Hydrogen, nitrogen, and oxygen

10. Which nutrient is essential for the development of skin, brain, and hormonal systems?

- A. Proteins
- B. Carbohydrates
- C. Fats
- D. Vitamins

Answers

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

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Explanations

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1. What is the formula used to calculate Body Mass Index (BMI)?

- A. Height in m²/weight in kg
- B. Weight in kg/height in m
- C. Weight in kg/height in m²**
- D. Height in cm/weight in kg

The formula for calculating Body Mass Index (BMI) is derived from the relationship between a person's weight and height. The correct formula is weight in kilograms divided by height in meters squared. This means that to determine a person's BMI, you first square the height measured in meters and then divide the weight in kilograms by this value. Using this method helps standardize the assessment of body weight relative to height, allowing for comparisons across various individuals and populations. A higher BMI generally indicates higher body fat, which can be associated with increased health risks. The formula reflects this important relationship, emphasizing that both weight and height are crucial components in calculating a person's BMI accurately.

2. What should be included in a patient's education plan?

- A. Patient's medical history and treatment results
- B. Patient's learning needs, preferred learning styles, and educational resources**
- C. Doctor's recommendation only
- D. Patient's insurance information

The inclusion of the patient's learning needs, preferred learning styles, and educational resources in an education plan is essential because it focuses on tailoring the information to the patient's individual requirements. Each patient has unique preferences for how they receive and process information, whether through visual aids, hands-on demonstrations, or written materials. Understanding these learning styles enhances the effectiveness of the education provided, ensuring that the patient can comprehend and apply the information presented regarding their health conditions or treatment options. Additionally, assessing a patient's learning needs helps identify any gaps in their knowledge and allows for more personalized support. Incorporating appropriate educational resources ensures that the patient has access to relevant materials that reinforce the information and facilitate better understanding and self-management of their health. This comprehensive approach empowers patients to take an active role in their care, leading to improved health outcomes and satisfaction.

3. 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.

4. What key aspects should a nurse assess in a patient with diabetes?

- A. Recent travel history and vaccination status
- B. Blood glucose levels, dietary habits, and potential complications**
- C. Family medical history and lifestyle choices
- D. Only blood glucose levels

The assessment of a patient with diabetes requires a comprehensive approach that focuses on several critical factors to manage the condition effectively. Blood glucose levels are essential, as they directly impact the patient's diabetes management and indicate how well the diabetes is being controlled. Additionally, understanding the patient's dietary habits is crucial since nutrition plays a pivotal role in managing blood sugar levels, allowing for adjustments in diet to provide better glycemic control. Moreover, assessing potential complications is vital because diabetes can lead to a range of serious health issues, such as cardiovascular disease, neuropathy, retinopathy, and kidney damage. Identifying any early signs of these complications enables timely intervention and enhances the patient's overall health outcomes. Other considerations, like recent travel history, vaccination status, family medical history, and lifestyle choices, can provide context but do not address the immediate and specific needs of diabetes management as thoroughly as the combination of blood glucose levels, dietary habits, and potential complications does. This multifaceted assessment allows for tailored care plans that strive to optimize the patient's health and prevent further complications.

5. What is the body's major source of energy?

- A. Proteins
- B. Fats
- C. Vitamins
- D. Glucose**

Glucose is the body's major source of energy because it is a simple sugar that is readily utilized by most cells for metabolic processes. When carbohydrates are consumed, they are broken down into glucose, which can then be transported through the bloodstream to various tissues, where it is used in cellular respiration to produce adenosine triphosphate (ATP), the energy currency of the cell. This process is crucial for fueling all bodily functions, including muscle contraction, brain activity, and other vital processes. In contrast, while fats and proteins can also provide energy, they are typically used in different metabolic contexts. Fats serve as a concentrated source of energy and are utilized primarily during prolonged exercise or fasting. Proteins, while they can be converted into glucose through gluconeogenesis when necessary, are predominantly used for growth, repair, and maintenance of body tissues, rather than as a primary energy source. Vitamins, on the other hand, are essential for various biochemical reactions but do not directly contribute to energy production. Thus, glucose stands out as the most direct and primary energy source for the body's needs.

6. Which of the following is a primary role of carbohydrates in the body?

- A. To reduce cholesterol levels
- B. To support immune function
- C. To provide energy**
- D. To facilitate hormone production

Carbohydrates serve a primary role in the body by providing energy. They are one of the three macronutrients, alongside proteins and fats, and are the body's main source of fuel. When carbohydrates are consumed, they are broken down into glucose, which is then utilized by the body's cells for energy. This energy is essential for various bodily functions, including physical activity, brain function, and maintaining homeostasis. While other nutrients and processes are certainly important in the body, carbohydrates' direct contribution to energy metabolism is what makes this choice the most accurate. Reducing cholesterol levels, supporting immune function, and facilitating hormone production are roles primarily associated with other nutrients, such as fats, proteins, and vitamins, rather than carbohydrates. Thus, the primary function of carbohydrates is effectively captured by the option that emphasizes their energy-providing capability.

7. In nursing, which principle relates to promoting well-being?

- A. Justice
- B. Autonomy
- C. Beneficence**
- D. Confidentiality

The principle of beneficence focuses on promoting the well-being of patients and taking actions that benefit them. In nursing practice, this principle encourages nurses to actively contribute to the health and wellness of their patients by providing care that is aimed at improving their physical and emotional states. It encompasses not only the act of doing good but also the obligation to prevent harm and to promote the best possible outcomes for individuals in their care. Nurses implement beneficence by assessing patient needs, providing appropriate treatments, and supporting patients' health goals, ensuring that their actions align with the best interests of the individuals they serve. This principle underlines the ethical duty of healthcare providers to prioritize the patient's welfare and to advocate for positive health interventions. Justice, autonomy, and confidentiality are also important concepts in nursing ethics, but they serve different roles. Justice relates to fairness and equality in the distribution of resources and care, autonomy emphasizes respecting a patient's right to make informed decisions about their own healthcare, and confidentiality involves the ethical duty to protect patient privacy. While all of these principles are vital in promoting holistic patient care, beneficence explicitly addresses the aspect of actively improving a patient's well-being.

8. 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.

9. Fats are primarily made up of which elements?

- A. Nitrogen, hydrogen, and carbon
- B. Carbon, hydrogen, and oxygen**
- C. Oxygen, phosphorus, and carbon
- D. Hydrogen, nitrogen, and oxygen

Fats, also known as lipids, are primarily composed of carbon, hydrogen, and oxygen. The structure of fats includes long chains of carbon atoms bonded to hydrogen atoms, which form fatty acids. These fatty acids can be saturated or unsaturated depending on the presence of double bonds between carbon atoms. The oxygen in fats is usually found in the glycerol backbone of triglycerides, which are the most common form of fat in the body. The predominance of carbon and hydrogen in fats is what gives them their characteristic properties, including their hydrophobic (water-repellent) nature. This composition is essential for their function in the body, such as energy storage, insulation, and serving as structural components of cell membranes. Understanding the elemental makeup of fats is crucial in the study of nutrition and metabolism, highlighting their role in various physiological processes.

10. Which nutrient is essential for the development of skin, brain, and hormonal systems?

- A. Proteins
- B. Carbohydrates
- C. Fats**
- D. Vitamins

Fats are essential for the development of skin, brain, and hormonal systems due to their role in cellular structure and function. They are a primary component of cell membranes, which are crucial for the integrity and fluidity of the cells, including those in the skin and brain. Additionally, fats are important for the absorption of fat-soluble vitamins (A, D, E, and K) that play significant roles in various physiological functions, including skin health and brain development. Moreover, specific types of fats, such as omega-3 and omega-6 fatty acids, are vital for brain health, influencing cognitive function and overall mental health. They also play a role in the regulation of hormones, as many hormones are derived from lipid molecules. Therefore, a balanced intake of fats supports the overall development and maintenance of these critical bodily systems.

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://rosdahlsbasicnursing.examzify.com>

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

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