

Saunders Respiratory Practice (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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Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	6
Answers	9
Explanations	11
Next Steps	17

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. If a client's oxygen saturation is noted to be 89% during suctioning, what should the nurse do?**
 - A. Increase oxygen flow**
 - B. Continue suctioning**
 - C. Stop the suctioning procedure**
 - D. Reposition the client**
- 2. What is a benefit of using a fenestrated tracheostomy tube?**
 - A. Prevents aspiration completely**
 - B. Enables the client to speak**
 - C. Allows for continuous suctioning**
 - D. Inhibits airflow through the tube**
- 3. What effect does aging have on respiratory function?**
 - A. It has a positive effect on lung elasticity**
 - B. It has no effect on respiratory strength**
 - C. It can lead to decreased lung elasticity and reduced muscle strength**
 - D. It improves gas exchange efficiency**
- 4. What is the primary treatment for a pulmonary embolism?**
 - A. Oxygen therapy**
 - B. Anticoagulants**
 - C. Corticosteroids**
 - D. Antibiotics**
- 5. In what situation should the steps outlined in the asthma action plan be followed?**
 - A. Only during stable periods of asthma**
 - B. During an asthma exacerbation**
 - C. When visiting a healthcare provider**
 - D. Only after new symptoms develop**

- 6. What is the first nursing intervention when caring for a client with pneumonia upon admission to the hospital?**
- A. Administer prescribed antibiotics**
 - B. Obtain a culture and sensitivity of sputum**
 - C. Provide supplemental oxygen**
 - D. Perform a respiratory assessment**
- 7. Which individual is at the least risk for developing a tuberculosis infection?**
- A. A healthcare worker in a hospital**
 - B. A person living with HIV**
 - C. A man who is an inspector for the U.S. Postal Service**
 - D. A resident in a long-term care facility**
- 8. What is the appropriate action for a nurse observing bloody secretions during nasopharyngeal suctioning?**
- A. Increase the suction pressure**
 - B. Check the amount of suction pressure being applied**
 - C. Discontinue the suctioning procedure**
 - D. Notify the physician immediately**
- 9. What is pleural effusion?**
- A. Inflammation of the bronchial tubes**
 - B. Accumulation of fluid in the pleural space**
 - C. Expansion of air spaces in the lungs**
 - D. Constriction of airway passages**
- 10. Which of the following interventions would best support a client with suspected TB while waiting for diagnosis?**
- A. Provide high-calorie snacks throughout the day**
 - B. Encourage isolation from healthy individuals**
 - C. Maintain a warm room temperature for comfort**
 - D. Limit fluid intake to reduce coughing**

Answers

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

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Explanations

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1. If a client's oxygen saturation is noted to be 89% during suctioning, what should the nurse do?

- A. Increase oxygen flow**
- B. Continue suctioning**
- C. Stop the suctioning procedure**
- D. Reposition the client**

When a client's oxygen saturation drops to 89% during suctioning, it is crucial for the nurse to stop the suctioning procedure immediately. Maintaining adequate oxygenation is vital, and a drop to 89% indicates that the client may not be receiving enough oxygen, possibly due to the suctioning disrupting their airway or exacerbating a pre-existing respiratory condition. Stopping suctioning allows the airway to be cleared, the client's breathing pattern to stabilize, and provides an opportunity for the nurse to reassess the situation. This includes evaluating the patient's need for supplemental oxygen or other interventions to restore normal oxygen saturation levels. Continuing with suctioning or attempting interventions that may compromise the airway while the client is hypoxic could lead to further complications. Repositioning the client may be beneficial in some cases to improve oxygenation, but it's important to first cease suctioning to prevent exacerbation of the oxygen desaturation. This approach prioritizes the patient's immediate needs and focuses on restoring stable oxygen saturation levels.

2. What is a benefit of using a fenestrated tracheostomy tube?

- A. Prevents aspiration completely**
- B. Enables the client to speak**
- C. Allows for continuous suctioning**
- D. Inhibits airflow through the tube**

Using a fenestrated tracheostomy tube provides the significant benefit of enabling the client to speak. Fenestrated tubes are designed with openings or "fenestrations" that allow air to flow through the vocal cords, which is essential for phonation. When the cuff of the tracheostomy tube is deflated, air can bypass the tube through the fenestrations into the upper airway, allowing the individual to produce sounds and communicate more effectively. This feature is particularly valuable for patients who are conscious and able to benefit from speaking while receiving respiratory support, improving their quality of life and social interactions. It's important to note that while other options suggest various functionalities, they do not align with the purpose of a fenestrated tracheostomy tube. Total prevention of aspiration or continuous suctioning is not guaranteed with this type of tube, and the tube does not inhibit airflow; rather, it enhances it by providing alternate pathways for airflow.

3. What effect does aging have on respiratory function?

- A. It has a positive effect on lung elasticity
- B. It has no effect on respiratory strength
- C. It can lead to decreased lung elasticity and reduced muscle strength**
- D. It improves gas exchange efficiency

Aging significantly affects respiratory function, primarily leading to decreased lung elasticity and reduced muscle strength. As individuals age, the connective tissue in the lungs becomes stiffer, impacting the ability of the lungs to expand and contract efficiently. This decline in lung elasticity can hinder the overall ventilation process, making it more challenging to take deep breaths and effectively expel air during exhalation. Additionally, muscle strength, particularly in the respiratory muscles such as the diaphragm and intercostal muscles, tends to diminish with age. This reduction can result in lower tidal volumes and an increased work of breathing, further compromising respiratory efficiency. As a consequence, older adults may be more susceptible to respiratory conditions and may demonstrate a decreased overall capacity for physical exertion and reduced endurance during activities that require increased respiratory effort. In contrast, options that suggest an improvement in lung elasticity, no effect on respiratory strength, or enhanced gas exchange efficiency do not accurately reflect the physiological changes associated with aging. These other responses do not consider the comprehensive impacts that aging has on both lung structure and function.

4. What is the primary treatment for a pulmonary embolism?

- A. Oxygen therapy
- B. Anticoagulants**
- C. Corticosteroids
- D. Antibiotics

The primary treatment for a pulmonary embolism is anticoagulants, which are medications designed to prevent new clots from forming and to stop existing clots from getting larger. These medications work by inhibiting clotting factors in the blood, which is essential in managing the condition, as pulmonary embolism occurs when a blood clot travels to the lungs, blocking blood flow and causing significant complications. Timely administration of anticoagulants can significantly reduce the mortality rate associated with pulmonary embolism, making it a critical component of the treatment protocol. While oxygen therapy may be used to address hypoxia in some patients, it does not address the underlying issue of the blood clot. Corticosteroids and antibiotics do not play a role in the management of pulmonary embolism, as they are used for other inflammatory or infectious processes rather than for thrombosis. Thus, the use of anticoagulants is centered on directly resolving the thrombotic event, making it the primary treatment choice.

5. In what situation should the steps outlined in the asthma action plan be followed?

- A. Only during stable periods of asthma**
- B. During an asthma exacerbation**
- C. When visiting a healthcare provider**
- D. Only after new symptoms develop**

The steps outlined in the asthma action plan are specifically designed to guide individuals during an asthma exacerbation. An asthma action plan provides detailed instructions on how to recognize worsening symptoms, when to use rescue medications, how to adjust ongoing maintenance therapy, and when to seek emergency care. During an exacerbation, asthma symptoms such as increased wheezing, shortness of breath, chest tightness, or a decline in peak flow readings can become more pronounced. Following the action plan in such situations is crucial for effectively managing the exacerbation and preventing further complications. It empowers individuals to take immediate and appropriate actions based on their predetermined guidelines. While the action plan may be referenced during stable periods of asthma or when visiting a healthcare provider, its primary purpose is to address acute worsening of symptoms. Similarly, waiting until new symptoms develop before referring to the action plan might not provide timely intervention, which is critical in managing asthma effectively.

6. What is the first nursing intervention when caring for a client with pneumonia upon admission to the hospital?

- A. Administer prescribed antibiotics**
- B. Obtain a culture and sensitivity of sputum**
- C. Provide supplemental oxygen**
- D. Perform a respiratory assessment**

The first nursing intervention for a client with pneumonia upon admission to the hospital is to obtain a culture and sensitivity of sputum. This step is crucial because it helps identify the causative organism of the pneumonia, which informs the most effective antibiotic treatment for the patient. Prompt identification of the pathogen allows for targeted therapy, which can lead to improved patient outcomes. While administering prescribed antibiotics and providing supplemental oxygen are important components of pneumonia management, these interventions rely on accurate identification of the bacteria involved. A respiratory assessment is also vital for determining the severity of the condition and the client's baseline status; however, collecting sputum for culture and sensitivity directly contributes to ensuring that treatment is appropriately tailored. Thus, obtaining sputum cultures takes precedence as it sets the foundation for subsequent nursing interventions and treatment plans.

7. Which individual is at the least risk for developing a tuberculosis infection?

- A. A healthcare worker in a hospital**
- B. A person living with HIV**
- C. A man who is an inspector for the U.S. Postal Service**
- D. A resident in a long-term care facility**

The individual who is at the least risk for developing a tuberculosis (TB) infection is indeed the inspector for the U.S. Postal Service. TB is primarily spread through inhalation of airborne particles containing the bacteria, and certain occupations and living conditions pose higher risks due to increased exposure. Healthcare workers in a hospital, for instance, often encounter patients with active TB, which significantly raises their risk of exposure. Similarly, individuals living with HIV have compromised immune systems, making them more susceptible to infections, including TB. Residents in long-term care facilities are also at a higher risk due to close living quarters and the potential for chronic health conditions that can increase the likelihood of infection. In contrast, a U.S. Postal Service inspector typically works in environments where they would not be directly interacting with individuals who have active TB. Their job does not generally involve exposure to environments that are high-risk for TB transmission, making them the individual with the least likelihood of developing a TB infection among the options presented.

8. What is the appropriate action for a nurse observing bloody secretions during nasopharyngeal suctioning?

- A. Increase the suction pressure**
- B. Check the amount of suction pressure being applied**
- C. Discontinue the suctioning procedure**
- D. Notify the physician immediately**

The appropriate action when observing bloody secretions during nasopharyngeal suctioning is to check the amount of suction pressure being applied. If the suction pressure is set too high, it can lead to trauma of the nasal mucosa or other respiratory structures, which may cause bleeding. By verifying the suction pressure, the nurse can ensure it is within the safe and recommended range, which helps to minimize the risk of injury and reduce the likelihood of further bleeding. If the suction pressure is found to be excessive, adjustments can be made to decrease the pressure, thereby providing a safer suctioning environment for the patient. Maintaining appropriate suction pressures is critical to promoting patient safety and comfort during the procedure.

9. What is pleural effusion?

- A. Inflammation of the bronchial tubes
- B. Accumulation of fluid in the pleural space**
- C. Expansion of air spaces in the lungs
- D. Constriction of airway passages

Pleural effusion refers to the accumulation of fluid within the pleural space, which is the thin cavity between the lungs and the chest wall. This condition can occur due to various reasons, including infections, heart failure, malignancies, or inflammatory processes, leading to symptoms such as difficulty breathing, chest pain, and cough. Understanding pleural effusion is crucial in respiratory practice as it can significantly impact respiratory function and needs to be differentiated from other respiratory conditions like pneumonia or pulmonary embolism. By identifying pleural effusion correctly, appropriate diagnostic measures such as imaging and possible therapeutic interventions, like thoracentesis, can be employed to manage the patient's condition effectively. In contrast, the other options pertain to different respiratory issues, such as bronchitis, which involves inflammation of the bronchial tubes, or conditions affecting airflow and lung capacity, like airway constriction or abnormal lung expansion. Recognizing pleural effusion specifically helps healthcare professionals provide focused and effective care for respiratory complications.

10. Which of the following interventions would best support a client with suspected TB while waiting for diagnosis?

- A. Provide high-calorie snacks throughout the day
- B. Encourage isolation from healthy individuals**
- C. Maintain a warm room temperature for comfort
- D. Limit fluid intake to reduce coughing

The best intervention to support a client with suspected tuberculosis (TB) while awaiting diagnosis is to encourage isolation from healthy individuals. This is critical because TB is a contagious disease that spreads through the air when an infected person coughs, sneezes, or talks. Isolating the client minimizes the risk of transmitting the bacteria to others while the diagnosis is pending, helping to protect the health of those around them. Maintaining isolation not only safeguards public health but also allows for proper monitoring and care of the client in a controlled environment, where precautions can be taken to prevent infection. This is especially important if the patient exhibits symptoms such as a persistent cough, night sweats, or respiratory distress. While nutritional support may also be important in the long term for clients with TB, particularly for those at risk of malnutrition due to the disease, immediate isolation is paramount. Keeping the room warm for comfort or limiting fluid intake to reduce coughing does not address the critical public health aspect of managing TB and may not contribute effectively to the patient's overall care in the context of supporting suspected infectious disease processes.

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://saundersrespiratory.examzify.com>

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