

Saunders Respiratory Practice (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. How does pulmonary fibrosis impact lung function?**
 - A. It causes swelling in the airways
 - B. It increases lung volume significantly
 - C. It reduces lung capacity due to tissue scarring
 - D. It leads to improved gas exchange
- 2. What is a common treatment for COPD?**
 - A. Antibiotics only
 - B. Bronchodilators and corticosteroids
 - C. Surgery exclusively
 - D. Medication to suppress the immune system
- 3. Why is it important to administer pain medication prior to chest tube removal?**
 - A. To facilitate better breathing
 - B. To ease anxiety for the client
 - C. To prevent discomfort during the procedure
 - D. To ensure the client can tolerate repositioning
- 4. How can monitoring symptoms benefit individuals with asthma?**
 - A. It promotes a healthy lifestyle
 - B. It helps to predict and manage asthma attacks
 - C. It reduces medication side effects
 - D. It eliminates the need for doctor visits
- 5. What is pulmonary edema?**
 - A. A type of lung infection
 - B. Fluid accumulation in lung tissue
 - C. A condition causing bronchoconstriction
 - D. A genetic lung disease

- 6. What type of room should a nurse admit a client suspected of having tuberculosis (TB) to achieve appropriate ventilation?**
- A. Standard patient room with no special ventilation
 - B. Room with high-efficiency particulate air (HEPA) filtration
 - C. Venting to the outside, six air exchanges per hour, and ultraviolet light
 - D. Negative pressure room with no window access
- 7. In caring for a client with fractured ribs, which statement from the client indicates a need for further teaching?**
- A. "My pain will decrease over the next few days"
 - B. "I need to take deep breaths regularly"
 - C. "My ribs will be healed in a month"
 - D. "I should avoid activities that worsen pain"
- 8. What occurs during the process of inhalation?**
- A. Diaphragm relaxes and volume decreases
 - B. Diaphragm contracts and volume increases
 - C. Intercostal muscles contract only
 - D. Air is expelled from the lungs
- 9. What is the primary role of pulmonary circulation?**
- A. To supply oxygenated blood to the body
 - B. To circulate blood from the left side of the heart to the lungs
 - C. To carry deoxygenated blood to the lungs for oxygenation
 - D. To filter toxins from the blood
- 10. What is the primary purpose of incentive spirometry?**
- A. To measure lung volume
 - B. To encourage deep breathing
 - C. To treat infections
 - D. To perform lung surgeries

Answers

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

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Explanations

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1. How does pulmonary fibrosis impact lung function?

- A. It causes swelling in the airways
- B. It increases lung volume significantly
- C. It reduces lung capacity due to tissue scarring**
- D. It leads to improved gas exchange

Pulmonary fibrosis primarily affects lung function through the process of tissue scarring, which results in a significant reduction in lung capacity. In this condition, the lung tissue becomes thickened and stiff due to excess fibrous connective tissue formation. As the lung tissue becomes scarred, it loses its elasticity, making it difficult for the lungs to expand fully during inhalation. This leads to a decrease in overall lung capacity, which translates to reduced oxygen intake and impaired gas exchange, ultimately contributing to symptoms like shortness of breath and a diminished ability to engage in physical activity. When evaluating other aspects, swelling in the airways would typically be associated with conditions such as asthma or bronchitis, and not pulmonary fibrosis. Additionally, pulmonary fibrosis does not lead to significant increases in lung volume; rather, it causes restrictions that prevent the lungs from inflating properly. Similarly, it does not improve gas exchange; instead, it hampers the effective transfer of oxygen and carbon dioxide due to the compromised lung tissue. Thus, the effects of pulmonary fibrosis on lung function are characterized by the reduction in capacity due to the scarring of lung tissue.

2. What is a common treatment for COPD?

- A. Antibiotics only
- B. Bronchodilators and corticosteroids**
- C. Surgery exclusively
- D. Medication to suppress the immune system

Bronchodilators and corticosteroids are a cornerstone in the management of chronic obstructive pulmonary disease (COPD). Bronchodilators work by relaxing the muscles around the airways, making it easier to breathe and improving airflow. This is crucial for COPD patients, who often struggle with narrowed air passages. Corticosteroids help to reduce inflammation in the airways, which can further enhance breathing capacity and reduce flare-ups of COPD symptoms. These two types of medications can be used in combination to provide symptomatic relief and improve lung function. Utilizing bronchodilators and corticosteroids together allows for a more comprehensive approach in managing COPD, addressing both airflow limitation and the inflammatory component of the disease.

3. Why is it important to administer pain medication prior to chest tube removal?

- A. To facilitate better breathing
- B. To ease anxiety for the client
- C. To prevent discomfort during the procedure**
- D. To ensure the client can tolerate repositioning

Administering pain medication prior to chest tube removal is significant primarily because it helps to prevent discomfort during the procedure. The process of removing a chest tube can be uncomfortable and sometimes painful due to the presence of inflammation or irritation of the pleura, as well as the physical sensation of removing a foreign object from the body. By providing analgesia beforehand, it minimizes the patient's experience of pain, promotes a more relaxed atmosphere, and can lead to a smoother procedure with potential less stress for both the patient and the healthcare provider. While alleviating anxiety, facilitating better breathing, or ensuring the client can tolerate repositioning are important considerations in overall patient care, they do not address the immediate physical discomfort that may occur specifically during the chest tube removal. Therefore, the primary focus of pain management in this context is to enhance comfort and prevent pain during the procedure itself.

4. How can monitoring symptoms benefit individuals with asthma?

- A. It promotes a healthy lifestyle
- B. It helps to predict and manage asthma attacks**
- C. It reduces medication side effects
- D. It eliminates the need for doctor visits

Monitoring symptoms is crucial for individuals with asthma because it helps to predict and manage asthma attacks effectively. By keeping track of symptoms such as wheezing, coughing, shortness of breath, and chest tightness, patients can recognize patterns that may indicate worsening asthma control. This proactive approach allows individuals to respond promptly, whether by adjusting their medication, utilizing a rescue inhaler, or seeking medical attention before an acute exacerbation occurs. Understanding their symptom patterns also empowers patients to identify triggers, such as allergens or irritants, which can further inform their management strategies and lifestyle adjustments. In this way, monitoring not just enhances day-to-day control, but it significantly contributes to long-term health outcomes by potentially reducing the frequency and severity of attacks. Overall, consistent symptom monitoring is a foundational aspect of effective asthma management.

5. What is pulmonary edema?

- A. A type of lung infection
- B. Fluid accumulation in lung tissue**
- C. A condition causing bronchoconstriction
- D. A genetic lung disease

Pulmonary edema refers specifically to the accumulation of fluid in the lung tissue and air spaces, which can lead to difficulties in breathing and decreased oxygen exchange. This condition often results from various underlying issues such as heart problems that cause increased pressure in the pulmonary circulation, leading to fluid leakage from the capillaries into the lung interstitium and alveoli. The presence of excess fluid hinders the normal function of the lungs, making it challenging for oxygen to enter the bloodstream and for carbon dioxide to be expelled. Understanding pulmonary edema in this context is crucial. It is not a lung infection, nor does it involve bronchoconstriction or stem from a genetic condition. Each of these alternatives represents separate respiratory conditions with distinct pathophysiological mechanisms. Recognizing the correct definition of pulmonary edema allows for better identification and management of this potentially serious condition.

6. What type of room should a nurse admit a client suspected of having tuberculosis (TB) to achieve appropriate ventilation?

- A. Standard patient room with no special ventilation
- B. Room with high-efficiency particulate air (HEPA) filtration
- C. Venting to the outside, six air exchanges per hour, and ultraviolet light**
- D. Negative pressure room with no window access

For a client suspected of having tuberculosis (TB), admitting them to a room that includes venting to the outside, provides six air exchanges per hour, and incorporates ultraviolet light is essential for effective infection control. Tuberculosis is an airborne disease that can spread through the air when an infected person coughs or sneezes. This specific type of ventilation system ensures that airborne particles are effectively removed from the room, thus reducing the risk of transmission to others. The six air exchanges per hour help in diluting potentially infectious aerosols and maintaining a safe environment. Additionally, ultraviolet light can aid in disinfecting the air by killing pathogens, contributing to overall safety. The importance of these features is critical in managing airborne infections like TB, as they help create a controlled environment that minimizes the risk of spreading the disease to healthcare workers and other patients. Thus, this approach supports the safety guidelines recommended for managing clients with suspected or confirmed TB.

7. In caring for a client with fractured ribs, which statement from the client indicates a need for further teaching?

- A. "My pain will decrease over the next few days"
- B. "I need to take deep breaths regularly"
- C. "My ribs will be healed in a month"**
- D. "I should avoid activities that worsen pain"

The statement regarding the healing timeline of fractured ribs suggests a misunderstanding about the recovery process. While it's true that many rib fractures can heal relatively quickly, the claim that all ribs will be healed in a month can be misleading. Healing depends on various factors, including the severity of the fracture, the individual's overall health, age, and adherence to proper care strategies. Generally, it may take several weeks to a couple of months for rib fractures to heal adequately, with full recovery possibly taking longer. This highlights the importance of communicating realistic expectations and educating the patient about the variability in healing times based on personal circumstances. The other statements reflect an understanding of appropriate care and the healing process. Recognizing that pain typically diminishes over time, the necessity of taking deep breaths to prevent complications like pneumonia, and the importance of avoiding activities that exacerbate pain, all align with standard practices for recovering from rib fractures.

8. What occurs during the process of inhalation?

- A. Diaphragm relaxes and volume decreases
- B. Diaphragm contracts and volume increases**
- C. Intercostal muscles contract only
- D. Air is expelled from the lungs

During inhalation, the diaphragm contracts, which causes it to move downwards. This contraction leads to an increase in the thoracic cavity's volume. As the volume of the thoracic cavity increases, the pressure within the lungs decreases relative to the atmospheric pressure outside the body. This pressure difference allows air to flow into the lungs, as air naturally moves from areas of higher pressure to areas of lower pressure. Additionally, the intercostal muscles, which are located between the ribs, also assist in this process by contracting to lift the rib cage and further expand the chest cavity, although the primary action during inhalation is the contraction of the diaphragm. This understanding of the mechanics of breathing is critical for grasping how the respiratory system functions to facilitate gas exchange in the body.

9. What is the primary role of pulmonary circulation?

- A. To supply oxygenated blood to the body
- B. To circulate blood from the left side of the heart to the lungs
- C. To carry deoxygenated blood to the lungs for oxygenation**
- D. To filter toxins from the blood

The primary role of pulmonary circulation is to carry deoxygenated blood to the lungs for oxygenation. In this process, blood low in oxygen is pumped from the right side of the heart through the pulmonary arteries to the lungs. In the lungs, carbon dioxide is exchanged for oxygen during the process of respiration. This is a critical function because it prepares the blood for circulation throughout the rest of the body, enabling the delivery of oxygen to tissues and the removal of carbon dioxide. Understanding pulmonary circulation is essential for recognizing its role in the overall cardiovascular system. While options discussing the supply of oxygenated blood or filtering toxins may relate to the circulatory system, they do not define the unique function of pulmonary circulation, which specifically addresses the conversion of deoxygenated blood to oxygenated blood in the lungs. The distinction between systemic circulation and pulmonary circulation is vital, highlighting the focus of pulmonary circulation on the lungs and its involvement in gas exchange.

10. What is the primary purpose of incentive spirometry?

- A. To measure lung volume
- B. To encourage deep breathing**
- C. To treat infections
- D. To perform lung surgeries

The primary purpose of incentive spirometry is to encourage deep breathing. This device is specifically designed to help patients take slower, deeper breaths, which can improve lung function and capacity. By motivating patients to inhale deeply, incentive spirometry promotes the expansion of the alveoli (the tiny air sacs in the lungs) and helps prevent complications such as atelectasis (lung collapse) that can occur after surgery or during prolonged immobility. Incentive spirometry is commonly used in post-operative care and among individuals with respiratory issues to enhance oxygenation and improve overall pulmonary function. By empowering patients to actively participate in their lung health, incentive spirometry plays a crucial role in respiratory therapy and recovery.

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!

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