

Theoretical Foundations of Nursing Practice Test (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. What is the focus of “Promoting a teaching-learning” carative factor in nursing?**
 - A. Encouraging self-reflection**
 - B. Facilitating knowledge acquisition**
 - C. Supporting emotional expression**
 - D. Enhancing trust in patient relationships**

- 2. What is the primary outcome of the scientific methods?**
 - A. Acceptance of all assumptions**
 - B. Gathering verifiable knowledge**
 - C. Interpretation of theoretical knowledge**
 - D. Development of cultural beliefs**

- 3. During which period did the development of baccalaureate and advanced degree programs occur?**
 - A. Period of Intuitive Nursing**
 - B. Period of Apprentice Nursing**
 - C. Period of Educated Nursing**
 - D. Period of Contemporary Nursing**

- 4. Florence Nightingale's philosophy highlights the impact of what on human beings?**
 - A. Their family structure**
 - B. Their economic status**
 - C. Their environment**
 - D. Their educational background**

- 5. Which type of nursing theories are not action-oriented and do not attempt to change a situation?**
 - A. Prescriptive Theories**
 - B. Descriptive Theories**
 - C. Grand Nursing Theories**
 - D. Middle-Range Theories**

- 6. Which foundation is primarily concerned with sensory experience as the source of knowledge?**
- A. Rationalism**
 - B. Empiricism**
 - C. Constructivism**
 - D. Idealism**
- 7. What aspect of nursing was emphasized during the development era of Apprentice Nursing?**
- A. Compassionate care**
 - B. Informal mentorship and hands-on training**
 - C. Use of ancient practices**
 - D. Advanced technology utilization**
- 8. What type of needs does Watson classify as 'lower-order psychophysical needs'?**
- A. Basic physical requirements for survival**
 - B. Social interactions and relationships**
 - C. Creative and self-expressive needs**
 - D. Psychological support needs**
- 9. What does "Environmental Theory" primarily address in nursing?**
- A. The physical and social environment of patients**
 - B. The administrative aspects of healthcare**
 - C. Theoretical frameworks for education**
 - D. The ethical standards in nursing**
- 10. Which practice laid the groundwork for understanding disease causation beyond supernatural beliefs?**
- A. Natural Philosophy**
 - B. Hippocratic Medicine**
 - C. Rational Medicine**
 - D. Spiritual Medicine**

Answers

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

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Explanations

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1. What is the focus of "Promoting a teaching-learning" carative factor in nursing?

- A. Encouraging self-reflection
- B. Facilitating knowledge acquisition**
- C. Supporting emotional expression
- D. Enhancing trust in patient relationships

The focus of "Promoting a teaching-learning" carative factor in nursing centers on facilitating knowledge acquisition. This aspect emphasizes the importance of education in nursing practice, where the nurse takes an active role in helping patients understand their health conditions, treatment options, and ways to manage their health. The teaching-learning process is fundamental in empowering patients, equipping them with the necessary knowledge to make informed decisions about their care. By successfully facilitating knowledge acquisition, nurses help patients grasp complex information, which can lead to better adherence to treatment plans, improved health outcomes, and increased patient autonomy. This approach also fosters an environment of engagement and active participation, encouraging patients to take ownership of their health journey.

2. What is the primary outcome of the scientific methods?

- A. Acceptance of all assumptions
- B. Gathering verifiable knowledge**
- C. Interpretation of theoretical knowledge
- D. Development of cultural beliefs

The primary outcome of the scientific methods is gathering verifiable knowledge. This process is foundational in the acquisition of credible and reliable information through systematic observation, experimentation, and analysis. Scientific methods emphasize the importance of evidence that can be tested and replicated, allowing for the development of theories and hypotheses that are grounded in empirical data. By focusing on verifiable knowledge, scientific methods enable researchers to uncover truths about phenomena, validate findings, and contribute to a body of knowledge that can inform practice, policy, and further research. This approach is essential in nursing, as it promotes evidence-based practice, ensuring that care provided to patients is based on solid research rather than assumptions or beliefs, ultimately improving patient outcomes. Other outcomes, such as interpretation of theoretical knowledge or the development of cultural beliefs, may be influenced by scientific findings but do not encapsulate the primary goal of the scientific method, which is firmly rooted in the collection and validation of observable and empirical evidence.

3. During which period did the development of baccalaureate and advanced degree programs occur?

- A. Period of Intuitive Nursing**
- B. Period of Apprentice Nursing**
- C. Period of Educated Nursing**
- D. Period of Contemporary Nursing**

The development of baccalaureate and advanced degree programs is associated with the Period of Contemporary Nursing. This period, which began in the mid-20th century and continues today, represents a significant evolution in the nursing profession where higher education and specialized training have become prominent. The establishment of baccalaureate programs aimed to provide nurses with a more comprehensive education that encompasses not only clinical skills but also critical thinking and leadership abilities. Moreover, the creation of advanced degree programs, such as master's and doctoral levels, reflects the growing complexity of healthcare needs and the demand for nursing professionals who can engage in research, education, and advanced practice roles. This era marked a shift towards a more scientific and evidence-based approach to nursing, emphasizing the importance of academic knowledge in providing high-quality patient care.

4. Florence Nightingale's philosophy highlights the impact of what on human beings?

- A. Their family structure**
- B. Their economic status**
- C. Their environment**
- D. Their educational background**

Florence Nightingale's philosophy emphasizes the crucial role of the environment in influencing human health and well-being. Nightingale believed that a well-managed environment could enhance patients' conditions and promote healing. This belief was foundational in her development of nursing practice, as she advocated for clean air, fresh water, adequate nutrition, and proper sanitation in patient care settings. Through her observations during the Crimean War, she demonstrated that improving environmental conditions led to better health outcomes. For example, she noted that soldiers who were housed in unhygienic conditions suffered higher mortality rates compared to those in clean environments. Thus, her emphasis on environmental factors as vital to health care underscores the importance of creating and maintaining a healing environment as a fundamental aspect of nursing practice. While aspects such as family structure, economic status, and educational background certainly play a role in a person's overall health, Nightingale specifically articulated the direct impact of environmental conditions. Therefore, her philosophy is rooted in the understanding that modifying the environment can lead to significant improvements in health—making it the cornerstone of her nursing theory and practice.

5. Which type of nursing theories are not action-oriented and do not attempt to change a situation?

- A. Prescriptive Theories**
- B. Descriptive Theories**
- C. Grand Nursing Theories**
- D. Middle-Range Theories**

Descriptive theories provide a framework for understanding phenomena by offering a detailed representation of concepts or specific situations without prescribing interventions or actions. They aim to describe characteristics, relationships, or differences and help to clarify and enhance understanding of nursing concepts and the context in which they operate. This focus on observation and articulation rather than action sets descriptive theories apart from other types of nursing theories. In contrast, prescriptive theories are explicitly action-oriented and provide guidance on interventions to achieve desired outcomes. Grand nursing theories encompass a broad scope that addresses the overall philosophy of nursing and typically include actionable components as they seek to guide practice at a high level. Middle-range theories also focus on specific phenomena but are designed to inform practice and lead to interventions, showing a connection to action-oriented outcomes.

6. Which foundation is primarily concerned with sensory experience as the source of knowledge?

- A. Rationalism**
- B. Empiricism**
- C. Constructivism**
- D. Idealism**

Empiricism is primarily concerned with sensory experience as the source of knowledge. This philosophical foundation emphasizes that knowledge comes primarily from sensory experience, meaning that our understanding of the world is largely shaped by what we observe and experience through our senses. Empiricists argue that knowledge is gained through direct interaction with the environment, which can lead to the formulation of theories based on evidence collected from observations. In the context of nursing, empiricism supports the importance of evidence-based practice where clinical decisions are grounded in observed outcomes, assessments, and patient feedback. This aligns with the nursing discipline's reliance on scientific research and clinical guidelines that are derived from empirical data. Rationalism, while valuable, bases knowledge primarily on reason and logical deduction rather than sensory experience. Constructivism focuses on how individuals construct knowledge and meanings through interactions, which does incorporate sensory experiences but is not solely focused on them. Idealism, on the other hand, posits that reality is mentally constructed or immaterial, thus straying from the emphasis on sensory experience. Therefore, it is empiricism that directly connects the process of knowing with sensory experiences.

7. What aspect of nursing was emphasized during the development era of Apprentice Nursing?

- A. Compassionate care**
- B. Informal mentorship and hands-on training**
- C. Use of ancient practices**
- D. Advanced technology utilization**

The development era of Apprentice Nursing was characterized by informal mentorship and hands-on training. During this period, nursing was primarily learned through direct experience under the guidance of more experienced nurses or practitioners. This method allowed apprentice nurses to acquire practical skills in real-life settings, fostering a deep understanding of patient care and the complexities of the healthcare environment. The emphasis on mentorship was crucial because it facilitated the transfer of knowledge and skills that were often not formally documented or taught in academic settings. The relationship between the apprentice and the mentor enabled nurses to develop critical thinking and problem-solving abilities in direct response to patient needs. This experiential learning informed their clinical judgment and laid the groundwork for professional practice in nursing. While compassionate care is an integral aspect of nursing, it is the method of learning through mentorship and hands-on training that defines the focus of this era. Similarly, the utilization of ancient practices and advanced technology were not the primary goals during this epoch but rather a reflection of evolving practices and innovations made later on in nursing history.

8. What type of needs does Watson classify as 'lower-order psychophysical needs'?

- A. Basic physical requirements for survival**
- B. Social interactions and relationships**
- C. Creative and self-expressive needs**
- D. Psychological support needs**

Jean Watson, known for her theory of human caring, classifies 'lower-order psychophysical needs' as basic physical requirements necessary for survival. These needs include fundamental necessities such as food, water, shelter, and safety, which are essential for maintaining life. In the context of nursing practice, understanding these basic needs is crucial because they must be met before a patient can focus on higher-order needs related to wellness and personal development. In Watson's caring theory, meeting lower-order needs is foundational for effective patient care. When nurses address these basic needs, they establish a stable environment that enables patients to engage in coping mechanisms, seek social interactions, and pursue higher-level psychological and self-actualization needs. The other types of needs mentioned, such as social interactions, creative needs, and psychological support, pertain to higher-order needs that become relevant only after lower-order needs are sufficiently addressed. Therefore, recognizing and fulfilling lower-order psychophysical needs is vital for a holistic approach in nursing practice and effective patient outcomes.

9. What does "Environmental Theory" primarily address in nursing?

- A. The physical and social environment of patients**
- B. The administrative aspects of healthcare**
- C. Theoretical frameworks for education**
- D. The ethical standards in nursing**

"Environmental Theory," particularly as developed by Florence Nightingale, focusing on the impact of the environment on patient health and well-being. This theory emphasizes that a patient's surroundings—such as cleanliness, ventilation, light, noise, and nutrition—can significantly affect their recovery and overall health. The core idea is that a conducive environment can promote healing and health maintenance, highlighting the role of nurses in manipulating these environmental factors to benefit their patients. Nightingale's work stressed that nursing is not only about providing direct care but also about safeguarding and enhancing the environment surrounding the patient. In this way, the correct answer encapsulates the essence of Environmental Theory by acknowledging the interplay between a patient's physical and social environments and their health outcomes, illustrating the holistic approach to nursing care.

10. Which practice laid the groundwork for understanding disease causation beyond supernatural beliefs?

- A. Natural Philosophy**
- B. Hippocratic Medicine**
- C. Rational Medicine**
- D. Spiritual Medicine**

The correct response is rooted in the historical significance of Hippocratic Medicine, which represents a pivotal shift in understanding health and disease. Hippocratic Medicine, attributed to Hippocrates and his followers in ancient Greece, emphasized the importance of empirical observation and clinical practice. This approach marked a departure from the supernatural explanations for disease that prevailed during earlier times, where illness was often attributed to divine punishment or spiritual forces. Hippocratic thinkers introduced the concept of natural causes for diseases, proposing that human health was influenced by factors such as diet, environment, and lifestyle. They laid the foundation for a systematic study of clinical symptoms, patient observation, and ethical considerations in medical practice. This transition to a more rational and scientific understanding of health significantly influenced subsequent medical theories and practices, effectively establishing the basis for modern medicine. While Natural Philosophy incorporates broader philosophical thinking about nature and the human body, it does not focus specifically on health and illness in the way Hippocratic Medicine does. Rational Medicine may suggest a logical approach to healing but does not specifically denote the historical impact of the Hippocratic tradition. Spiritual Medicine, on the other hand, continues to emphasize non-physical factors in healing, akin to earlier supernatural beliefs rather than moving beyond them. Thus, Hippocratic Medicine is distinctly recognized.

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://theoreticalfoundationsnursing.examzify.com>

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

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