

Trauma Nursing Core Course (TNCC) 9th Edition Provider Practice Exam (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. A patient presents with a deformity of the left wrist after a fall. They refuse to move due to pain. What is the most appropriate intervention?**
 - A. Administer pain medication**
 - B. Apply a splint and elevate the extremity above the level of the heart**
 - C. Encourage gentle range of motion**
 - D. Refer for surgical evaluation**

- 2. Which fluid is appropriate for electrolyte replacement in burn patients?**
 - A. Normal Saline.**
 - B. Dextrose 5% in Water.**
 - C. Ringer's Lactate.**
 - D. Hypotonic Saline.**

- 3. What is a common sign of traumatic brain injury that may occur after a motor vehicle accident?**
 - A. Severe headache**
 - B. Nausea and vomiting**
 - C. Both A and B**
 - D. Visual disturbances**

- 4. What is the most important intervention to manage cerebral blood flow in a patient with severe head trauma being manually ventilated?**
 - A. Increase the rate of manual ventilation**
 - B. Decrease the rate of manual ventilation**
 - C. Administer additional intravenous fluids**
 - D. Perform a rapid sequence intubation**

- 5. An older patient with a history of anticoagulant use presents with a hematoma and neurological symptoms after a fall. What is the most likely cause of these symptoms?**
 - A. Intracranial hemorrhage**
 - B. Subdural hematoma**
 - C. Chronic subdural hematoma**
 - D. Brain contusion**

- 6. Which of the following is considered a late sign of increased intracranial pressure?**
- A. Headache**
 - B. Decreased respiratory effort**
 - C. Bradycardia**
 - D. Hypertension**
- 7. What is the primary focus when conducting a primary survey in trauma assessment?**
- A. In-depth history taking**
 - B. Identifying immediate life-threatening conditions**
 - C. Documenting vital signs**
 - D. Performing a full head-to-toe examination**
- 8. What is a key consideration when assessing abdominal trauma?**
- A. Presence of bruising only**
 - B. Signs of peritonitis, such as tenderness and guarding**
 - C. Patient's ability to move their legs**
 - D. Measurement of blood pressure**
- 9. In trauma care, which assessment finding would indicate the need for immediate surgical intervention?**
- A. Stable vital signs with minor abrasions**
 - B. Signs of hypovolemic shock with abdominal tenderness**
 - C. Persistent headache and dizziness**
 - D. Localized pain without distension**
- 10. Why is it important for trauma nurses to be familiar with mechanism of injury?**
- A. To establish rapport with the patient**
 - B. To predict possible injuries and required interventions**
 - C. To increase workplace efficiency**
 - D. To communicate effectively with family members**

Answers

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

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Explanations

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1. A patient presents with a deformity of the left wrist after a fall. They refuse to move due to pain. What is the most appropriate intervention?
 - A. Administer pain medication
 - B. Apply a splint and elevate the extremity above the level of the heart**
 - C. Encourage gentle range of motion
 - D. Refer for surgical evaluation

Applying a splint and elevating the extremity above the level of the heart is the most appropriate intervention in this scenario. This approach helps to stabilize the wrist and prevent further injury while alleviating swelling, which is critical in the initial management of a suspected fracture or severe sprain. Elevation can decrease edema by promoting venous return, and immobilization through splinting protects the area from unnecessary movement, which can exacerbate pain and potential injury. In cases where a patient presents with deformity and significant pain, it is crucial to first stabilize the injury before considering other interventions. While administering pain medication may address discomfort, it does not prevent further damage nor provide the necessary support to the injured site. Similarly, encouraging range of motion could lead to further pain and injury, as the patient is already hesitant to move their wrist due to pain. Referring for surgical evaluation may be necessary later, depending on the findings after initial assessment, but the immediate focus should be on splinting and elevation for proper stabilization and symptom management.

2. Which fluid is appropriate for electrolyte replacement in burn patients?
 - A. Normal Saline.
 - B. Dextrose 5% in Water.
 - C. Ringer's Lactate.**
 - D. Hypotonic Saline.

Ringer's Lactate is the appropriate fluid for electrolyte replacement in burn patients due to its composition, which closely mimics the body's plasma and provides a balanced electrolyte solution. This fluid contains sodium, potassium, calcium, and lactate, which is vital for metabolic processes, especially in hypermetabolic states such as those following severe burns. In the context of burn injuries, patients often experience significant fluid loss due to evaporation and damage to the skin barrier, leading to electrolyte imbalances. Ringer's Lactate helps to restore these imbalances effectively and supports cellular function and repair processes. The choice of Ringer's Lactate also aligns with trauma resuscitation protocols, particularly in managing burn injuries, where maintaining hemodynamic stability and adequate tissue perfusion is crucial. The lactate component additionally serves a metabolic purpose, as it can be converted to bicarbonate in the body, helping to combat metabolic acidosis that can occur in the aftermath of severe burns. The other fluids, while they may have their indications in various clinical situations, do not offer the same level of metabolic support or electrolyte replacement tailored for the needs of burn patients.

3. What is a common sign of traumatic brain injury that may occur after a motor vehicle accident?

- A. Severe headache**
- B. Nausea and vomiting**
- C. Both A and B**
- D. Visual disturbances**

Traumatic brain injury (TBI) can present with a range of symptoms following an incident such as a motor vehicle accident. Both severe headaches and nausea and vomiting are notable signs of TBI. Severe headaches can occur due to various factors related to brain injury, such as swelling, bleeding, or changes in intracranial pressure. These headaches may start immediately after the injury or develop over time. Nausea and vomiting are also common responses following a head injury. These symptoms can be due to increased intracranial pressure or as a result of the body's inflammatory response to trauma affecting the brain. Because both symptoms are frequently seen in patients with TBI, recognizing them is critical for timely assessment and intervention. This understanding emphasizes the need for thorough evaluation and monitoring of patients after any traumatic event, particularly related to the head.

4. What is the most important intervention to manage cerebral blood flow in a patient with severe head trauma being manually ventilated?

- A. Increase the rate of manual ventilation**
- B. Decrease the rate of manual ventilation**
- C. Administer additional intravenous fluids**
- D. Perform a rapid sequence intubation**

In managing cerebral blood flow in a patient with severe head trauma, it is crucial to maintain adequate ventilation and oxygenation while avoiding increased intracranial pressure (ICP). The choice to decrease the rate of manual ventilation plays a vital role in this context. When a patient is manually ventilated, increasing the rate can lead to hyperventilation, resulting in excessive carbon dioxide (CO₂) elimination. Lower levels of CO₂ can cause vasoconstriction of the cerebral blood vessels, decreasing cerebral blood flow and potentially leading to ischemia in the brain. Therefore, decreasing the rate of manual ventilation allows CO₂ levels to rise, promoting vasodilation and thereby improving cerebral blood flow. This careful balance in ventilation is essential in head trauma patients, where cerebral perfusion is already compromised due to potential swelling or bleeding. Management strategies focus on minimizing increases in ICP while ensuring adequate perfusion, making the approach of regulating ventilation rates particularly important in this scenario.

5. An older patient with a history of anticoagulant use presents with a hematoma and neurological symptoms after a fall. What is the most likely cause of these symptoms?

- A. Intracranial hemorrhage**
- B. Subdural hematoma**
- C. Chronic subdural hematoma**
- D. Brain contusion**

In the context of an older patient with a history of anticoagulant use who presents with a hematoma and neurological symptoms after a fall, the most likely cause of these symptoms is subdural hematoma. Subdural hematomas often occur in older adults, especially those on anticoagulants, due to the increased risk of bleeding and the atrophy of the brain that makes the bridging veins more susceptible to tearing during minor trauma, such as a fall. The symptoms can develop either acutely, often presenting within days or weeks after the injury, particularly if it was a more significant impact, or chronically, especially in cases where the bleeding is slow. The age and anticoagulant history of the patient heighten the risk factors for this condition. While intracranial hemorrhage could also be a consideration, subdural hematomas are more prevalent in older adults, especially when accounting for the likely mechanism of injury from a fall. Chronic subdural hematomas refer specifically to those that have existed for a longer period before symptoms present, and brain contusions generally involve direct injury to the brain tissue itself rather than bleeding into the space between the brain and its protective covering.

6. Which of the following is considered a late sign of increased intracranial pressure?

- A. Headache**
- B. Decreased respiratory effort**
- C. Bradycardia**
- D. Hypertension**

Decreased respiratory effort is indeed a concerning sign that can indicate increased intracranial pressure (ICP), particularly in late stages. As ICP rises significantly, it can lead to herniation of brain tissue, which impacts the area responsible for regulating respiratory functions. Specifically, pressure on the brainstem, where vital respiratory centers are located, can result in diminished or irregular respiratory effort. This signifies a critical deterioration in the patient's neurological status and requires immediate medical intervention. Increased ICP is often associated with a progression of symptoms that may start with more subtle signs, such as headache, and can escalate to marked changes in vital signs like bradycardia and hypertension. While these are also important indicators to monitor in relation to ICP, they may present earlier in the evolution of raised pressure. Decreased respiratory effort, on the other hand, tends to arise when the condition is becoming more severe and the brain's ability to protect vital functions is compromised. Thus, it is crucial for practitioners to recognize this late sign as part of the overall assessment and to respond appropriately to prevent further complications.

7. What is the primary focus when conducting a primary survey in trauma assessment?

A. In-depth history taking

B. Identifying immediate life-threatening conditions

C. Documenting vital signs

D. Performing a full head-to-toe examination

The primary focus when conducting a primary survey in trauma assessment is to identify immediate life-threatening conditions. This initial assessment is crucial in the management of trauma patients, as it allows healthcare providers to quickly diagnose and address issues that pose an immediate risk to the patient's life, such as airway obstruction, severe bleeding, or spinal cord injury. The primary survey typically follows a systematic approach, utilizing the ABCDE framework: Airway, Breathing, Circulation, Disability, and Exposure. This method emphasizes the need for prompt and efficient evaluation and intervention, ensuring that any critical issues are addressed without delay. Identifying and managing life-threatening conditions takes precedence over other tasks, such as obtaining a detailed history or performing comprehensive examinations, which can be performed later after stabilizing the patient.

8. What is a key consideration when assessing abdominal trauma?

A. Presence of bruising only

B. Signs of peritonitis, such as tenderness and guarding

C. Patient's ability to move their legs

D. Measurement of blood pressure

When assessing abdominal trauma, a key consideration is the presence of signs of peritonitis, which includes tenderness and guarding. These signs indicate irritation of the peritoneum, which is crucial as they may suggest underlying injuries such as organ lacerations or perforations. Tenderness refers to pain experienced upon palpation of the abdomen, while guarding is an involuntary reaction where the abdominal muscles tense and tighten to protect a painful area. Detecting these signs is vital for identifying the need for further evaluation and potential surgical intervention, as peritonitis can lead to serious complications if not addressed promptly. Other factors, such as bruising, can be important but may not provide a complete picture of the internal injuries present. Assessing a patient's ability to move their legs could give information about neurological function or associated injuries, but it is not a direct indicator of the abdominal trauma itself. Measurement of blood pressure is essential for evaluating the overall hemodynamic status of the patient, but it does not specifically address abdominal injuries. Therefore, identifying signs of peritonitis is a crucial aspect of the assessment in cases of potential abdominal trauma.

9. In trauma care, which assessment finding would indicate the need for immediate surgical intervention?

- A. Stable vital signs with minor abrasions**
- B. Signs of hypovolemic shock with abdominal tenderness**
- C. Persistent headache and dizziness**
- D. Localized pain without distension**

The presence of signs indicating hypovolemic shock, along with abdominal tenderness, suggests a potentially life-threatening condition that requires immediate surgical intervention. Hypovolemic shock occurs when there is a significant loss of blood or fluid, resulting in inadequate perfusion of vital organs. In the context of trauma, this can be indicative of internal bleeding, possibly from injuries to the spleen, liver, or major blood vessels within the abdominal cavity. Abdominal tenderness in conjunction with hypovolemic shock often suggests that there is internal bleeding or an injury causing significant blood loss, necessitating urgent evaluation. Timely surgical intervention is critical to address the source of hemorrhage and stabilize the patient, as delays can lead to multiple organ failure and increased mortality. Other assessment findings, such as stable vital signs with minor abrasions, persistent headache and dizziness, or localized pain without distension, do not indicate an immediate surgical need. While these may require further evaluation and treatment, they do not present the same level of urgency as hypovolemic shock combined with abdominal tenderness, making this the correct answer in this scenario.

10. Why is it important for trauma nurses to be familiar with mechanism of injury?

- A. To establish rapport with the patient**
- B. To predict possible injuries and required interventions**
- C. To increase workplace efficiency**
- D. To communicate effectively with family members**

Understanding the mechanism of injury is critical for trauma nurses because it allows them to anticipate potential injuries and the necessary interventions to address those injuries. Knowing how an injury occurred helps nurses to identify the likely patterns of injury associated with specific types of trauma, such as blunt or penetrating injuries, falls, or vehicle collisions. This knowledge equips nurses to perform focused assessments and prioritize interventions based on the most serious and life-threatening conditions that could arise from that mechanism. For instance, a high-speed motor vehicle accident may suggest potential for cervical spine injuries, traumatic brain injuries, or internal organ damage, prompting rapid evaluation and necessary imaging or treatments. By being attuned to the mechanism of injury, trauma nurses enhance their decision-making abilities, ensuring that they recognize critical signs early and intervene promptly, ultimately improving patient outcomes. This foundational understanding is essential in a fast-paced trauma setting where time is often of the essence.

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://tncc9thedprovider.examzify.com>

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

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