

Unitek Nursing History, Communication, and Wellness Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

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Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	16

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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. Which statement best completes this: Hippocrates is traditionally regarded as the father of medicine.**
 - A. He introduced germ theory**
 - B. He wrote the Declaration of Independence**
 - C. He developed modern nursing theory**
 - D. He is traditionally regarded as the father of medicine**

- 2. In Orem's Self-Care Deficit Model, the nurse's intervention occurs to:**
 - A. Fill in the self-care deficit when a patient cannot participate in self-care**
 - B. Conduct laboratory testing**
 - C. Perform routine surgeries**
 - D. Create public health policy**

- 3. Holistic care in nursing is best described as:**
 - A. A helping profession focusing on the whole person, including physical, emotional, social, and spiritual needs**
 - B. Focusing solely on physical symptoms**
 - C. Relying only on technology for care**
 - D. Isolating patient needs from family input**

- 4. Which of the following is a core domain in nursing practice?**
 - A. All of the above**
 - B. Assessment**
 - C. Medication**
 - D. Communication**

- 5. What is the primary purpose of the American Nurses Association (ANA)?**
 - A. Define nursing**
 - B. Regulate hospitals**
 - C. Set patient care protocols**
 - D. Promote educational and professional advancement of nurses**

- 6. Which hospital opened the first school of nursing in 1873?**
- A. Johns Hopkins Hospital**
 - B. Massachusetts General Hospital**
 - C. Bellevue Hospital**
 - D. NewYork-Presbyterian Hospital**
- 7. The level that involves self-respect and recognition from others is which Maslow level?**
- A. Love & Belonging**
 - B. Self-Actualization**
 - C. Esteem**
 - D. Physiological**
- 8. How did hospital sanitation impact outcomes during wartime?**
- A. Lower mortality rate**
 - B. Higher mortality rate**
 - C. No change in mortality**
 - D. Increased length of stay**
- 9. What describes tertiary prevention?**
- A. The prevention of disease before it occurs**
 - B. Providing palliative care**
 - C. The management of care activities for those with serious health problems who seek to improve the quality of life and reduce further loss of function**
 - D. Emergency intervention for acute illness**
- 10. The wellness-illness continuum is best described as:**
- A. The range of a person's total health; one's position is ever changing and influenced by physical condition, mental condition, and social well-being**
 - B. A fixed level of health determined at birth**
 - C. Health is only the absence of disease**
 - D. Wellness is constant and unchanging**

Answers

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

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Explanations

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- 1. Which statement best completes this: Hippocrates is traditionally regarded as the father of medicine.**
- A. He introduced germ theory**
 - B. He wrote the Declaration of Independence**
 - C. He developed modern nursing theory**
 - D. He is traditionally regarded as the father of medicine**

Understanding who is credited with founding medicine helps you see why repeating Hippocrates' title fits best. The sentence already states that Hippocrates is traditionally regarded as the father of medicine, so the natural completion is to echo that attribution and affirm the claim. Other options mix in historically unrelated ideas: germ theory belongs to a later era and to figures like Pasteur and Koch; the Declaration of Independence is a political document with no medical relevance; modern nursing theory is associated with Florence Nightingale. Because the prompt's structure calls for finishing the established statement about Hippocrates' role in medicine, the repetition of that idea is the most coherent and accurate completion.

- 2. In Orem's Self-Care Deficit Model, the nurse's intervention occurs to:**
- A. Fill in the self-care deficit when a patient cannot participate in self-care**
 - B. Conduct laboratory testing**
 - C. Perform routine surgeries**
 - D. Create public health policy**

Orem's Self-Care Deficit Model views nursing as filling gaps in a person's ability to care for themselves. When a patient cannot participate in self-care activities, a self-care deficit exists, and the nurse intervenes to bridge that gap. This intervention may involve helping with activities of daily living, teaching and supporting the patient to regain self-care capabilities, or providing the resources and environment needed to enable independent self-care. The goal is to restore the patient's self-care agency, not to perform unrelated tasks. Options like conducting laboratory testing, performing routine surgeries, or creating public health policy fall outside this model's focus.

3. Holistic care in nursing is best described as:

- A. A helping profession focusing on the whole person, including physical, emotional, social, and spiritual needs
- B. Focusing solely on physical symptoms**
- C. Relying only on technology for care
- D. Isolating patient needs from family input

Holistic care in nursing treats the person as a whole and recognizes how physical health, emotional well-being, social relationships, and spiritual beliefs all influence each other. In practice this means not only assessing and managing physical symptoms but also supporting mood, coping, meaning, cultural values, and family and community connections. Technology and clinical skills are important tools, but they should enhance care without replacing the human connection and the broader context of the patient's life. Involving family and social supports is often essential to recovery and well-being. Focusing solely on physical symptoms misses how emotional, social, and spiritual factors shape health and healing. Relying only on technology reduces care to devices rather than addressing the person's lived experience. Isolating patient needs from family input disregards important support systems and patient preferences that influence outcomes.

4. Which of the following is a core domain in nursing practice?

- A. All of the above
- B. Assessment
- C. Medication
- D. Communication**

Communication is a fundamental domain in nursing practice because it enables every part of care to happen safely and effectively. Clear, therapeutic communication with patients, families, and the health care team helps gather accurate information during assessment, supports informed consent and shared decision-making, coordinates care across disciplines, and ensures patient education is understood. When communication is strong, risks associated with care, including those related to medications, are reduced because important details are conveyed clearly and questions are addressed. While assessment is an essential nursing activity and medication knowledge is crucial, this framework treats communication as the overarching domain that underpins safe, patient-centered practice.

- 5. What is the primary purpose of the American Nurses Association (ANA)?**
- A. Define nursing**
 - B. Regulate hospitals**
 - C. Set patient care protocols**
 - D. Promote educational and professional advancement of nurses**

Professional nursing associations aim to elevate the nursing profession by supporting education and ongoing development for nurses. The American Nurses Association does this by promoting continuing education, establishing ethical and practice standards, supporting credentialing and professional growth, and advocating for policies that improve nursing practice and patient outcomes. It's not a regulatory body that runs hospitals, nor does it define nursing for the entire field; it provides guidelines and standards that teams and regulators may reference, while focusing its main energy on helping nurses advance professionally. That emphasis on education and career advancement makes promoting educational and professional advancement of nurses the best fit.

- 6. Which hospital opened the first school of nursing in 1873?**
- A. Johns Hopkins Hospital**
 - B. Massachusetts General Hospital**
 - C. Bellevue Hospital**
 - D. NewYork-Presbyterian Hospital**

Formal, hospital-based nursing education began with Bellevue Hospital in New York when it opened its nursing school in 1873. This established a structured curriculum and supervised clinical training inside a hospital, moving nursing away from informal apprenticeship toward professional education. It set a precedent that other hospitals would follow, making Bellevue the earliest example among the options.

- 7. The level that involves self-respect and recognition from others is which Maslow level?**
- A. Love & Belonging**
 - B. Self-Actualization**
 - C. Esteem**
 - D. Physiological**

Esteem is the level in Maslow's hierarchy that centers on self-respect and recognition from others. It includes feeling competent, achievement, independence, and the social feedback of respect, praise, and status from people around you. These needs come after basic physiological and safety needs and belonging, and before Self-Actualization, which is about realizing your full potential and growth. When esteem needs are met, you feel valued and capable; when they're unmet, you may experience feelings of inferiority or doubt. So self-respect and recognition from others clearly align with Esteem.

8. How did hospital sanitation impact outcomes during wartime?

- A. Lower mortality rate**
- B. Higher mortality rate**
- C. No change in mortality**
- D. Increased length of stay**

Reducing infection through hospital sanitation lowers deaths among wounded in wartime settings. In battlefield care, wounds are often contaminated, and without proper cleaning, aseptic technique, instrument sterilization, and clean wards, bacteria can cause serious infections such as septicemia, gangrene, and tetanus. When sanitation and infection-control measures are strong, these infections are prevented or treated more effectively, so more patients survive their injuries. That direct link—clean conditions leading to fewer infections and therefore lower mortality—is why this answer is best. While length of stay can vary for many reasons, the primary impact of better sanitation in wartime hospitals is a reduction in mortality, not an increase or no change.

9. What describes tertiary prevention?

- A. The prevention of disease before it occurs**
- B. Providing palliative care**
- C. The management of care activities for those with serious health problems who seek to improve the quality of life and reduce further loss of function**
- D. Emergency intervention for acute illness**

Tertiary prevention happens after a disease or problem is established and aims to minimize disability, prevent further complications, and help people regain or maintain function. The described approach focuses on ongoing management for those with serious health problems to improve quality of life and reduce further loss of function, which is exactly the purpose of tertiary prevention. It captures the idea of rehabilitating, coordinating long-term care, and supporting adaptations to maintain functioning. While palliative care can be part of tertiary efforts, the broader focus on managing established illness to prevent further decline best matches this concept. Emergency intervention targets immediate stabilization of acute illness, and primary prevention aims to prevent disease before it occurs.

10. The wellness-illness continuum is best described as:

- A. The range of a person's total health; one's position is ever changing and influenced by physical condition, mental condition, and social well-being**
- B. A fixed level of health determined at birth**
- C. Health is only the absence of disease**
- D. Wellness is constant and unchanging**

The wellness-illness continuum presents health as a dynamic spectrum rather than a fixed point, with a person's position shifting as physical condition, mental state, and social well-being change. It recognizes that wellness can exist even when illness is present and that factors like stress, sleep, nutrition, relationships, and environment move someone along the line. This view contrasts with thinking health is fixed at birth, simply the absence of disease, or that wellness never changes, all of which are too narrow. In real life, people improve or decline along the continuum as lifestyle, support, and conditions change, making this model a more accurate way to understand health.

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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://uniteknursinghistcommwellness.examzify.com>

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

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