

UNITEK NURSING HISTORY, COMMUNICATION, AND WELLNESS PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE

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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 element is essential to informed consent?**
 - A. Physician's Decision Without Patient Input.
 - B. Written Signature Only.
 - C. Patient Voluntary Agreement After Understanding Risks, Benefits, and Alternatives.
 - D. Consent Provided After Procedure.
- 2. Wellness is defined as an active pursuit of health. Which set comprises the six dimensions commonly used in nursing practice?**
 - A. Physical, emotional, social, financial, occupational, and environmental.
 - B. Physical, emotional, social, intellectual, spiritual, and occupational.
 - C. Physical, emotional, social, spiritual, cognitive, and recreational.
 - D. Physical, emotional, social, intellectual, spiritual, and dietary.
- 3. 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
- 4. What does primary prevention aim to do?**
 - A. Seek to AVOID disease through wellness activities and preemptive screening programs
 - B. Limit effects after injury
 - 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. Provide rehabilitation
- 5. Which ethical principle most directly supports the patient's right to make their own healthcare decisions?**
 - A. Beneficence
 - B. Autonomy
 - C. Justice
 - D. Nonmaleficence

- 6. Which set correctly lists the four basic concepts that form the basis for nursing models of care?**
- A. Nursing Practice, Patients, Wellness, Environment
 - B. Nursing, Care, Health, Environment
 - C. Patient, Health, Environment, Nursing
 - D. Nursing, Patient, Health, Environment
- 7. Under typical nursing supervision, the LVN's role includes which of the following?**
- A. Independently modifying the care plan
 - B. Observing and reporting status but not changing the plan
 - C. Prescribing medications
 - D. Delegating to RNs
- 8. How is health defined?**
- A. Absence of illness
 - B. Ability to perform tasks
 - C. A state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity
 - D. Wealth and happiness
- 9. Which nurse is associated with the Crimean War and is considered founder of modern nursing?**
- A. Mary Eliza Mahoney
 - B. Florence Nightingale
 - C. Clara Barton
 - D. Dorothea Dix
- 10. When a patient does not understand instructions, which approach is recommended?**
- A. Rephrase sentences
 - B. Speak more rapidly
 - C. Repeat the same sentence louder
 - D. Write it down and walk away

Answers

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

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Explanations

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1. Which element is essential to informed consent?

- A. Physician's Decision Without Patient Input.
- B. Written Signature Only.
- C. Patient Voluntary Agreement After Understanding Risks, Benefits, and Alternatives.**
- D. Consent Provided After Procedure.

Informed consent rests on the patient's autonomy and voluntary decision after being informed about what will be done, including the risks, benefits, and alternatives. The essential element is that the patient freely agrees to proceed only after understanding these factors, and has the capacity to decide. This means information is shared in a way the patient can understand, questions are encouraged and answered, and the patient can choose to proceed, refuse, or seek another option. The other scenarios miss the mark because they don't guarantee understanding or voluntariness: a physician deciding without patient input bypasses the patient's right to choose; a signature alone doesn't ensure that the patient truly understood what they were agreeing to or that their choice was voluntary; and agreeing after a procedure is not informed consent at all, since the decision and understanding must occur beforehand.

2. Wellness is defined as an active pursuit of health. Which set comprises the six dimensions commonly used in nursing practice?

- A. Physical, emotional, social, financial, occupational, and environmental.
- B. Physical, emotional, social, intellectual, spiritual, and occupational.**
- C. Physical, emotional, social, spiritual, cognitive, and recreational.
- D. Physical, emotional, social, intellectual, spiritual, and dietary.

Wellness is about thriving across multiple areas of life, not just physical health. In nursing practice, the six dimensions most commonly used are physical, emotional, social, intellectual, spiritual, and occupational. This framework encourages looking at health as a balance among body, mind, relationships, learning and growth, beliefs and meaning, and meaningful work or daily roles. Each dimension influences the others, so a comprehensive assessment considers how feelings, social connections, coping skills, learning, purpose, and work contribute to overall wellness, not just the absence of illness. Other options include dimensions like environmental or financial, which aren't part of this standard six-dimension model; replacing intellectual with cognitive or recreation, or focusing on dietary rather than occupation, shifts away from the widely taught framework used in nursing to capture holistic well-being.

3. 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.

4. What does primary prevention aim to do?

- A. Seek to AVOID disease through wellness activities and preemptive screening programs
- B. Limit effects after injury
- 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. Provide rehabilitation

Primary prevention aims to prevent disease before it starts by promoting wellness and protective measures. This includes actions that reduce risk factors and prevent exposure to hazards, as well as preemptive screening programs to catch problems early or prevent their development. Examples include vaccines, healthy lifestyle changes (such as regular exercise and good nutrition), avoiding risk behaviors, and routine screenings that detect disease before symptoms appear. Interventions that focus on limiting effects after an injury or managing care for those with established health problems describe later stages of prevention (secondary or tertiary). They aim to minimize damage, slow progression, restore function, or protect quality of life once illness or injury has occurred. That's why the option about avoiding disease through wellness activities and preemptive screening is the best fit for primary prevention.

5. Which ethical principle most directly supports the patient's right to make their own healthcare decisions?

- A. Beneficence
- B. Autonomy
- C. Justice
- D. Nonmaleficence

The main idea here is patient autonomy—the right of individuals to make their own health care decisions. Autonomy means recognizing that a person has the capacity to choose what happens to their body, based on understanding the options, benefits, and risks, and making a voluntary, informed decision. This principle directly supports the patient's ability to accept or refuse treatment, pursue preferences, and control their own care, which is why it underpins informed consent and self-determination in health care. Beneficence focuses on doing good for the patient, and nonmaleficence is about not causing harm, but neither alone guarantees that the patient's preferences and choices are respected. Justice concerns fair distribution of care and resources. While these principles guide practice, autonomy is the one that most directly protects the patient's right to decide.

6. Which set correctly lists the four basic concepts that form the basis for nursing models of care?

- A. Nursing Practice, Patients, Wellness, Environment
- B. Nursing, Care, Health, Environment
- C. Patient, Health, Environment, Nursing
- D. Nursing, Patient, Health, Environment

The main idea tested is identifying the four concepts that nursing models of care use as their foundation: Nursing, Patient, Health, and Environment. In these models, nursing is the active role that delivers care, the patient is the recipient of that care, health is the goal or outcome sought, and the environment is the context that influences both the care process and the outcome. This four-part set is used because it neatly integrates who is delivering care, to whom, for what result, and under what conditions, all of which are essential to understanding how nursing models guide practice. The other options swap or substitute terms (like Wellness or Care) that shift emphasis away from the standard concepts of the nurse as the agent, the patient as the focus, health as the goal, and environment as the context.

7. Under typical nursing supervision, the LVN's role includes which of the following?

- A. Independently modifying the care plan
- B. Observing and reporting status but not changing the plan**
- C. Prescribing medications
- D. Delegating to RNs

Under supervision, the LVN functions as a key data gatherer who monitors a patient's status, observes responses to treatment, and reports those findings to the supervising nurse so the plan can be evaluated and adjusted if needed. The LVN does not independently modify the care plan or make changes to orders; that responsibility lies with the registered nurse (and, when appropriate, the physician). Medications and other plan decisions are typically carried out or authorized by the RN within approved protocols, not by the LVN alone. Delegation patterns generally flow from the RN to the LVN or other staff, not the other way around. So the most accurate role is to observe and report status without changing the plan.

8. How is health defined?

- A. Absence of illness
- B. Ability to perform tasks
- C. A state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity**
- D. Wealth and happiness

Health is defined as a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity. This holistic view, attributed to the World Health Organization, emphasizes that health includes how people feel and function across multiple dimensions, not just whether they are sick. Relying only on the absence of illness misses important aspects like mental health and social functioning, while focusing solely on the ability to perform tasks describes functioning rather than overall well-being. Wealth and happiness may influence quality of life but do not constitute a medical definition of health.

9. Which nurse is associated with the Crimean War and is considered founder of modern nursing?

- A. Mary Eliza Mahoney
- B. Florence Nightingale**
- C. Clara Barton
- D. Dorothea Dix

This question tests knowledge of who is historically tied to the Crimean War and who is regarded as the founder of modern nursing. Florence Nightingale arrived to care for wounded soldiers during the Crimean War and fundamentally changed nursing by organizing hygienic, systematic care, improving sanitation, and showing how data and evidence could guide practice. Her efforts didn't stop at bedside care; she established formal nurse training and professional standards, laying the foundation for modern nursing as a profession. The other nurses mentioned are notable for important achievements in different contexts—Mary Eliza Mahoney as a pioneer for Black nurses in the United States, Clara Barton for civilian relief and founding the American Red Cross, and Dorothea Dix for reforming mental health care and leading nurse efforts in the Civil War—but none is as directly linked to the Crimean War or to founding modern nursing as Nightingale.

10. When a patient does not understand instructions, which approach is recommended?

- A. Rephrase sentences
- B. Speak more rapidly
- C. Repeat the same sentence louder
- D. Write it down and walk away**

When a patient doesn't understand instructions, giving them a written version of the guidance provides a durable reference they can review at their own pace, which helps reinforce what was explained and supports memory after the encounter. Pairing this with a plan to check back and clarify any remaining questions gives you a chance to confirm understanding and address misunderstandings before problems arise. In practice, this approach respects different learning styles and literacy levels and reduces reliance on memory alone. Rephrasing spoken instructions can help, but without a written reference, the patient may still struggle to recall details later. Speaking more rapidly or repeating the same sentence louder typically makes understanding harder, not easier. Simply writing something down and then walking away misses the opportunity to verify comprehension and ensure safe, effective care. Providing written instructions and scheduling a follow-up check is the most reliable way among the options to support learning and safety.

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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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