

# University of Central Florida (UCF) NSP1800 Nursing as a Profession Practice Exam 1 (Sample)

## Study Guide



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## Questions

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1. What do consultants in the health field primarily focus on?
  - A. Promoting healthcare products
  - B. Health Policies
  - C. Patient Clinical Management
  - D. Employee Training
2. Which sleep phase is known for its progressively increasing duration throughout the night?
  - A. REM sleep
  - B. Deep sleep
  - C. Light sleep
  - D. Transitional sleep
3. What was the percentage of the RN workforce that were minorities in the year 2004?
  - A. 12.5%
  - B. 12.2%
  - C. 16.8%
  - D. 12.0%
4. What significant event related to male nurses did Luther Christman contribute to in 1974?
  - A. Founding of the National Male Nurses Association
  - B. Establishment of the first nursing theory
  - C. Introduction of mandatory nursing licensure
  - D. Creation of the first nursing school
5. Which skill is essential for assessing a patient's condition effectively?
  - A. Interpersonal Skills
  - B. Assessment Skills
  - C. Technical Writing
  - D. Fundraising Skills

6. Which factor is NOT related to the historical influences on nursing?
- A. Gender roles in healthcare
  - B. Emergence of nursing schools
  - C. Technological advancements in medicine
  - D. Variability in educational standards
7. Which era is significant for the transition of nursing education to universities as a result of the Protestant Reformation?
- A. The Industrial Revolution
  - B. The Age of Enlightenment
  - C. The Early History of Nursing
  - D. The 21st Century
8. According to the ANA, what is a component of nursing?
- A. Protection of financial investments
  - B. Promotion of political agendas
  - C. Alleviation of suffering and treatment of human responses
  - D. Monitoring societal trends
9. What documents guide a Nurse's Professional Commitment?
- A. The Nursing Process and Patient Care Guidelines
  - B. Nursing's Social Policy Statement and Code of Ethics
  - C. Patient Care Framework and Ethical Standards
  - D. Nursing Theories and Leadership Principles
10. What significant legislation was enacted in 1946 that affected hospital construction?
- A. The Hill-Burton Act
  - B. The Affordable Care Act
  - C. The Medicare Act
  - D. The Veterans Health Care Eligibility Reform Act

## Answers

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

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## Explanations

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1. What do consultants in the health field primarily focus on?

A. Promoting healthcare products

B. Health Policies

C. Patient Clinical Management

D. Employee Training

Consultants in the health field primarily focus on health policies as their central theme. This role involves analyzing existing policies, suggesting improvements, and helping organizations navigate regulatory requirements. Consultants often work on issues related to healthcare reform, funding, access to care, and system efficiencies, guiding health institutions in implementing effective practices and staying compliant with laws. In addressing health policies, consultants apply their expertise to enhance the overall quality and accessibility of healthcare services. They collaborate with stakeholders, including government agencies, health organizations, and community groups, to develop strategies that can lead to improved public health outcomes. Their focus on policy allows them to influence the broader healthcare system rather than just individual practices or products.

2. Which sleep phase is known for its progressively increasing duration throughout the night?

A. REM sleep

B. Deep sleep

C. Light sleep

D. Transitional sleep

REM sleep is characterized by its progressively increasing duration throughout a typical sleep cycle. During the first sleep cycles of the night, REM sleep lasts for a shorter period. However, as the night progresses, the duration of REM stages extends, often becoming longer and more vivid. At the beginning of the night, you may experience brief episodes of REM, but as you cycle through the stages of non-REM and REM sleep, those episodes can lengthen, especially during the latter half of the sleep period. This aspect of REM sleep supports memory consolidation and emotional processing, which are critical functions attributed to this phase. Understanding the importance of REM sleep and its dynamic nature can offer insights into healthy sleep patterns and their influence on overall well-being and cognitive function.

3. What was the percentage of the RN workforce that were minorities in the year 2004?

A. 12.5%

B. 12.2%

C. 16.8%

D. 12.0%

In 2004, the percentage of the RN workforce that identified as minorities was 12.2%. This statistic is significant as it underscores the diversity within the nursing profession at that time. Understanding the demographics of the nursing workforce is essential for addressing issues related to health equity, representation, and cultural competence in healthcare. The data reflects broader societal trends and can inform strategies aimed at increasing diversity in nursing to better meet the needs of a diverse patient population. The accurate figure also serves as a baseline for evaluating changes in diversity over time, emphasizing the importance of ongoing research and monitoring in the field of nursing.

4. What significant event related to male nurses did Luther Christman contribute to in 1974?

A. Founding of the National Male Nurses Association

B. Establishment of the first nursing theory

C. Introduction of mandatory nursing licensure

D. Creation of the first nursing school

Luther Christman played a pivotal role in advocating for the recognition and inclusion of male nurses in the nursing profession. In 1974, he was instrumental in founding the National Male Nurses Association, which was a significant step towards addressing gender issues within nursing and promoting the visibility of male nurses. This organization aimed not only to support male nurses but also to encourage a more inclusive environment in nursing as a whole. By establishing this association, Christman helped to challenge stereotypes and foster a professional identity for male nurses, marking a critical development in the history of nursing. This emphasis on inclusivity and representation in a traditionally female-dominated field was vital for advancing the profession and advocating for equal recognition for all nurses, regardless of gender.

5. Which skill is essential for assessing a patient's condition effectively?

- A. Interpersonal Skills
- B. Assessment Skills
- C. Technical Writing
- D. Fundraising Skills

Assessment skills are crucial for evaluating a patient's condition because these skills encompass the ability to collect, analyze, and interpret information pertinent to the patient's health. This includes conducting thorough physical examinations, understanding patient histories, and utilizing diagnostic tools effectively. When nurses possess strong assessment skills, they can identify abnormalities or changes in a patient's condition early, which is vital for implementing timely and appropriate interventions. This skill set allows for a comprehensive understanding of the patient's health status, leading to better care planning and improved patient outcomes. Interpersonal skills, while valuable, primarily enhance the ability to communicate and build rapport with patients, which complements assessment but is not the primary focus in assessing medical conditions. Technical writing and fundraising are skills that, although relevant in their contexts, do not directly contribute to the hands-on assessment of patient health.

6. Which factor is NOT related to the historical influences on nursing?

- A. Gender roles in healthcare
- B. Emergence of nursing schools
- C. Technological advancements in medicine
- D. Variability in educational standards

Technological advancements in medicine have not historically influenced nursing in the same foundational way that factors like gender roles, the establishment of nursing schools, and variability in educational standards have. Historically, nursing has been shaped significantly by societal perceptions and norms surrounding gender roles, with women traditionally being seen as caregivers. The emergence of nursing schools formalized the training and professionalization of nursing, establishing standards that have evolved over time. Variability in educational standards has also played a crucial role in defining the practice and status of nursing in different periods and regions. In contrast, while technological advancements do impact the practice of nursing today, they are not a historical influence on the establishment or development of the nursing profession itself. Instead, these advancements relate to the methods and tools available to nurses rather than the historical context of nursing as a profession. Therefore, focusing on the scope of historical influences, the correct answer highlights that technological changes are a more contemporary consideration rather than a foundational factor in nursing's history.

7. Which era is significant for the transition of nursing education to universities as a result of the Protestant Reformation?

- A. The Industrial Revolution
- B. The Age of Enlightenment
- C. The Early History of Nursing
- D. The 21st Century

The Age of Enlightenment is significant for the transition of nursing education into universities due to the broader cultural and intellectual movements that characterized this era. During the Age of Enlightenment, there was a strong emphasis on reason, science, and a shift toward formal education. This era led to increased advocacy for professional education across various fields, including nursing, which began moving away from religious and apprentice-based training to more structured and academic models. The Protestant Reformation played a crucial role in this transformation by challenging established religious structures and promoting education as a means of personal and societal improvement. It emphasized personal responsibility and the importance of education, which influenced the development of nursing as a respected profession that could be taught in academic settings, rather than solely through hands-on experience or under the tutelage of religious orders. The other eras mentioned do not represent the same cultural shifts that facilitated the move toward university-based nursing education. The Industrial Revolution, while significant for many societal changes, is more associated with advancements in technology and labor than with educational reform in nursing. The Early History of Nursing is focused on the practice of nursing prior to these educational advancements, and the 21st Century pertains to contemporary issues rather than the foundational shifts that occurred in earlier periods.

8. According to the ANA, what is a component of nursing?

- A. Protection of financial investments
- B. Promotion of political agendas
- C. Alleviation of suffering and treatment of human responses
- D. Monitoring societal trends

The component of nursing that focuses on the alleviation of suffering and treatment of human responses is central to the practice and philosophy of nursing as outlined by the American Nurses Association (ANA). This aspect emphasizes the holistic approach that nurses take when caring for patients, which includes not only addressing medical conditions but also understanding and responding to the emotional, psychological, and social needs of individuals. It's about recognizing the human experience with illness and striving to relieve suffering through compassionate care and interventions tailored to individual patient responses. This focus on human responses reinforces the unique role of nurses in promoting health, preventing illness, and advocating for the well-being of those they care for. In contrast, the other options do not align with the fundamental nursing principles upheld by the ANA. Protecting financial investments, while important in other fields, does not reflect the core responsibilities of a nurse. Similarly, promoting political agendas and monitoring societal trends may play roles in a broader health context, but they do not define the direct practice of nursing. Ultimately, alleviating suffering and treating human responses encapsulates what it means to be a nurse, highlighting the commitment to patient-centered care.

## 9. What documents guide a Nurse's Professional Commitment?

- A. The Nursing Process and Patient Care Guidelines
- B. Nursing's Social Policy Statement and Code of Ethics
- C. Patient Care Framework and Ethical Standards
- D. Nursing Theories and Leadership Principles

The Nurse's Professional Commitment is significantly guided by the Nursing's Social Policy Statement and the Code of Ethics. The Nursing's Social Policy Statement outlines the profession's responsibilities to society, emphasizing the social contract between nurses and the public. It provides a framework for understanding the role of nursing within the context of societal needs and expectations, reinforcing the commitment to protect, promote, and optimize health, as well as to alleviate suffering. The Code of Ethics serves as a crucial component in guiding nurses regarding their ethical responsibilities and professional conduct. It includes principles that inform nurses on how to deliver care in an ethical manner, uphold patient dignity, and maintain professional integrity. These documents collectively illustrate the fundamental values and responsibilities of the nursing profession, ensuring that nurses not only understand their duties but also the ethical implications of their actions. In contrast, while the Nursing Process and Patient Care Guidelines, Patient Care Framework and Ethical Standards, as well as Nursing Theories and Leadership Principles provide important resources and frameworks for practice, they do not encapsulate the overarching professional commitment in the same way that the Social Policy Statement and Code of Ethics do. Instead, they can be seen as tools and guidelines that support the practical application of the commitment defined by the professional statements.

## 10. What significant legislation was enacted in 1946 that affected hospital construction?

- A. The Hill-Burton Act
- B. The Affordable Care Act
- C. The Medicare Act
- D. The Veterans Health Care Eligibility Reform Act

The Hill-Burton Act, enacted in 1946, was a landmark piece of legislation designed to improve the nation's hospital infrastructure. It aimed to expand access to healthcare by providing federal funding for the construction and modernization of public and nonprofit hospitals. This act emphasized the need for equitable healthcare across the United States, particularly in rural and underserved urban areas. By offering grants and loans to assist in the development of healthcare facilities, the Hill-Burton Act significantly increased the number of hospitals and their ability to serve communities, ultimately leading to better health outcomes. The act also included provisions to ensure that facilities receiving funding would provide a reasonable volume of free care to those who could not afford to pay, thereby addressing both the physical infrastructure needs as well as equity in access to healthcare. This legislation is foundational in the context of healthcare reform, influencing not just hospital construction but also the way healthcare systems operated in terms of service availability and accessibility for all demographics. Other legislative acts mentioned, such as the Affordable Care Act or the Medicare Act, address broader healthcare policies and reforms, which were established much later and do not pertain specifically to the construction and funding of hospital facilities in the immediate post-war period.