

# VATI Nursing Care of Children 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

- 1. After a laparoscopic appendectomy, what should be done urgently for the child?**
  - A. Restart the child's IV**
  - B. Turn the child on their left side**
  - C. Place a pillow under the child's head**
  - D. Check the child's pupils**
- 2. Which key detail should NOT be included in a child's discharge instructions?**
  - A. Medication schedules**
  - B. Signs of complications**
  - C. Favorite team statistics**
  - D. Follow-up appointments**
- 3. What activity should a child post-tonsillectomy avoid to ensure proper recovery?**
  - A. Doing homework**
  - B. Participating in sports**
  - C. Eating crunchy snacks**
  - D. Playing video games**
- 4. How should a nurse approach a child experiencing separation anxiety?**
  - A. Encourage complete isolation from caregivers**
  - B. Provide comfort and involve parents**
  - C. Ignore the child to promote independence**
  - D. Change the subject to distract the child**
- 5. What environmental factors can negatively affect a child's health?**
  - A. Consistent exposure to nature**
  - B. Exposure to pollutants and second-hand smoke**
  - C. Regular school attendance**
  - D. Access to fresh fruits and vegetables**

- 6. What is the first sign of illness in infants?**
- A. Persistent crying**
  - B. Difficulty sleeping**
  - C. Change in feeding patterns or unusual lethargy**
  - D. Fever**
- 7. What pain management advice should a nurse provide for guardians of a child with juvenile idiopathic arthritis?**
- A. Encourage the child to use pain medications only when needed**
  - B. Arrange for an elevated toilet seat for the child**
  - C. Limit physical activity to decrease pain**
  - D. Provide warm baths to ease discomfort**
- 8. Which of the following is a common symptom of pediatric anxiety in children?**
- A. Increased focus and concentration**
  - B. Unusual calmness in high-stress situations**
  - C. Avoidance of social interactions and excessive worry**
  - D. Heightened enthusiasm for new experiences**
- 9. Which vaccines are part of the pediatric immunization schedule at 18 months?**
- A. DTaP, Hib, IPV, and MMR**
  - B. Hepatitis A, Influenza, Varicella, and HPV**
  - C. Meningococcal, Pneumococcal, DTaP, and Hib**
  - D. MMR, IPV, Tdap, and Haemophilus influenzae type b**
- 10. During a sickle cell crisis, which symptom should the nurse expect to assess?**
- A. Fever**
  - B. Heart murmur**
  - C. Pain**
  - D. Rash**



## **Answers**

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

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## **Explanations**

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**1. After a laparoscopic appendectomy, what should be done urgently for the child?**

**A. Restart the child's IV**

**B. Turn the child on their left side**

**C. Place a pillow under the child's head**

**D. Check the child's pupils**

In the context of caring for a child following a laparoscopic appendectomy, it is crucial to prioritize actions that ensure the child's safety and comfort post-surgery. Turning the child onto their left side can be particularly important for promoting optimal recovery and facilitating drainage. This position can help improve respiratory function by allowing the lungs to expand more effectively and reducing pressure on the abdomen, which is significant after any abdominal surgery. Maintaining proper positioning is essential in preventing complications such as pain and aspiration. It also allows for better access for nursing assessments and interventions that may be needed following surgery. Ensuring the child is positioned appropriately can lead to a more stable recovery and contribute to a positive healing environment. Other considerations, such as restarting an IV or checking pupils, may be important but do not directly address immediate postoperative care in the context provided. While they are relevant in a broader scope of nursing assessments, they do not prioritize the acute needs following this particular surgical procedure.

**2. Which key detail should NOT be included in a child's discharge instructions?**

**A. Medication schedules**

**B. Signs of complications**

**C. Favorite team statistics**

**D. Follow-up appointments**

Including relevant details in a child's discharge instructions is essential for ensuring ongoing care and recovery. Medication schedules inform caregivers when and how to give prescribed medications, which is crucial for the child's health post-discharge. Signs of complications help the caregivers recognize any issues that may arise, allowing for timely intervention if the child's condition worsens. Follow-up appointments provide a clear plan for ongoing care and assessment of the child's recovery. In contrast, favorite team statistics do not pertain to the child's medical care or recovery process. While it may be enjoyable information, it lacks relevance in the context of post-discharge instructions and can distract from the essential care information that caregivers need to support the child's health and well-being.

**3. What activity should a child post-tonsillectomy avoid to ensure proper recovery?**

- A. Doing homework**
- B. Participating in sports**
- C. Eating crunchy snacks**
- D. Playing video games**

After a tonsillectomy, it's important for a child to avoid eating crunchy snacks as these foods can irritate the throat and may disrupt the healing process. The surgical site requires time to recover without any additional trauma, and crunchy or hard foods could potentially scratch or cause discomfort in the sensitive area where the tonsils were removed. In the context of recovery, soft, soothing foods are preferred during the initial days after surgery. This helps minimize discomfort and promotes healing. While the other activities listed may not pose as significant a risk to recovery, eating crunchy snacks directly influences the surgical site. Thus, avoiding them is crucial to ensure a smooth recovery.

**4. How should a nurse approach a child experiencing separation anxiety?**

- A. Encourage complete isolation from caregivers**
- B. Provide comfort and involve parents**
- C. Ignore the child to promote independence**
- D. Change the subject to distract the child**

The appropriate approach for a nurse dealing with a child experiencing separation anxiety is to provide comfort and involve parents. This strategy is essential because separation anxiety is a natural developmental phase, particularly common in young children, where they may become distressed when separated from primary caregivers. Involving parents helps reassure the child, as familiar and loving figures can provide significant emotional support. This connection can reduce the child's fear and anxiety, making the situation less overwhelming. Comforting activities, such as holding, talking, or reading together, can help the child feel more secure and less anxious. Encouraging isolation from caregivers would exacerbate anxiety and lead to increased distress. Ignoring the child is counterproductive, as it can enhance feelings of loneliness and discourage healthy attachment. Lastly, changing the subject to distract the child may temporarily divert attention but does not address the underlying anxiety or help the child feel secure, which is crucial for their emotional well-being during such a stressful time. This considerate and involved approach validates the child's feelings and fosters a sense of security, facilitating easier transitions away from their caregivers.

**5. What environmental factors can negatively affect a child's health?**

- A. Consistent exposure to nature**
- B. Exposure to pollutants and second-hand smoke**
- C. Regular school attendance**
- D. Access to fresh fruits and vegetables**

Exposure to pollutants and second-hand smoke is a critical environmental factor that can significantly harm a child's health. Children are particularly vulnerable to the adverse effects of these environmental hazards due to their developing respiratory systems and the higher rates of breathing compared to adults. Pollutants, such as those found in air and water, can lead to a range of health issues, including respiratory diseases, allergies, and even long-term developmental problems. Second-hand smoke, in particular, is associated with increased risk for asthma, sudden infant death syndrome (SIDS), and various ear infections in children. In contrast, consistent exposure to nature can be beneficial for children, promoting physical activity and mental well-being. Regular school attendance and access to fresh fruits and vegetables contribute positively to a child's health by providing necessary education and nutritional health, respectively. Thus, these factors do not negatively impact health in the same detrimental way that exposure to pollutants and second-hand smoke can.

**6. What is the first sign of illness in infants?**

- A. Persistent crying**
- B. Difficulty sleeping**
- C. Change in feeding patterns or unusual lethargy**
- D. Fever**

The first sign of illness in infants is often a change in feeding patterns or unusual lethargy. Infants communicate their needs and discomfort primarily through feeding behavior and activity levels. A sudden decrease in appetite or a lack of interest in feeding can indicate that something is wrong, as infants typically have a strong drive to feed. In addition, unusual lethargy or decreased alertness can be an early indicator that an infant is not feeling well. These signs prompt caregivers to seek further assessment, allowing for early intervention that may prevent worsening of the condition. While persistent crying, difficulty sleeping, and fever can also signify illness, they are generally considered later signs compared to changes in feeding or lethargy. For example, while crying may indicate discomfort or pain, it is a more generalized response and can result from various causes, not solely illness. Thus, changes in feeding habits and energy levels are more specific and often the earliest indicators that an infant is unwell.

**7. What pain management advice should a nurse provide for guardians of a child with juvenile idiopathic arthritis?**

**A. Encourage the child to use pain medications only when needed**

**B. Arrange for an elevated toilet seat for the child**

**C. Limit physical activity to decrease pain**

**D. Provide warm baths to ease discomfort**

For a child with juvenile idiopathic arthritis, providing an elevated toilet seat may help facilitate easier use of the bathroom, which can be particularly beneficial for a child experiencing pain and limited mobility due to joint swelling and discomfort. An elevated seat reduces the strain on the child's joints by allowing them to sit and stand with greater ease, thereby minimizing pain during these movements. In the context of juvenile idiopathic arthritis, managing pain and promoting comfort through practical solutions is crucial. The focus should be on improving the child's quality of life and ensuring they can engage in daily activities with as little discomfort as possible. Therefore, modifications in the environment, such as using an elevated toilet seat, can significantly aid in achieving this goal. Other strategies for managing pain, although potentially helpful, don't address the immediate need for practical support and adaptations in the child's environment. While options such as encouraging the use of medications as needed or providing warm baths can be part of a comprehensive pain management plan, they do not specifically address the functional limitations a child might face due to their condition. Limiting physical activity could also lead to further complications and isn't the best approach for maintaining joint function and overall health.

**8. Which of the following is a common symptom of pediatric anxiety in children?**

**A. Increased focus and concentration**

**B. Unusual calmness in high-stress situations**

**C. Avoidance of social interactions and excessive worry**

**D. Heightened enthusiasm for new experiences**

The choice highlighting avoidance of social interactions and excessive worry is pivotal in identifying pediatric anxiety symptoms. Children experiencing anxiety often exhibit a tendency to shy away from social settings or activities that evoke fear or stress. This avoidance behavior may manifest in various ways, such as refusing to attend school, participate in social events, or engage with peers, stemming from fears of embarrassment or anxiety about potential negative outcomes. Excessive worry is another hallmark characteristic, as anxious children may ruminate over thoughts and concerns far more than their peers. This can lead to restlessness, difficulty with concentration, and an overall sense of being overwhelmed by day-to-day situations. Together, these behaviors can significantly impact a child's functioning and quality of life, making the recognition of such symptoms crucial in supporting their emotional well-being. The other options provided do not accurately reflect common manifestations of pediatric anxiety. Increased focus and concentration typically do not align with the distracted state of a child experiencing anxiety. Unusual calmness in high-stress situations may signify resilience or coping skills rather than anxiety. Heightened enthusiasm for new experiences often indicates comfort and curiosity, which contrasts with the avoidance and worry associated with anxiety. Understanding these nuances is vital for recognizing and addressing anxiety in children effectively.

**9. Which vaccines are part of the pediatric immunization schedule at 18 months?**

**A. DTaP, Hib, IPV, and MMR**

**B. Hepatitis A, Influenza, Varicella, and HPV**

**C. Meningococcal, Pneumococcal, DTaP, and Hib**

**D. MMR, IPV, Tdap, and Haemophilus influenzae type b**

The pediatric immunization schedule recommends several vaccines to be administered at 18 months of age, and the correct choice includes DTaP (diphtheria, tetanus, and pertussis), Hib (Haemophilus influenzae type b), IPV (inactivated poliovirus), and MMR (measles, mumps, and rubella). These vaccinations play a crucial role in preventing serious, potentially life-threatening diseases among children. DTaP protects against diphtheria, tetanus, and pertussis, which can lead to severe respiratory issues in young children. Hib vaccination is vital in preventing bacterial meningitis and severe pneumonia. IPV protects against poliomyelitis, a viral infection that can cause paralysis. Lastly, the MMR vaccine is essential for preventing three major viral infections that can lead to serious complications in children. The vaccines listed in the other choices do not align with the typical immunization schedule for 18-month-olds, focusing instead on different age recommendations or combinations that are not given at this specific age. For instance, hepatitis A and influenza vaccines are usually given later, while the varicella and HPV vaccines are typically administered at different ages altogether. The meningococcal and pneumococcal

**10. During a sickle cell crisis, which symptom should the nurse expect to assess?**

**A. Fever**

**B. Heart murmur**

**C. Pain**

**D. Rash**

During a sickle cell crisis, the most prominent symptom that can be expected is pain. This pain typically arises from the blockage of blood flow due to sickle-shaped red blood cells that clump together and cause occlusion of small blood vessels. This vascular obstruction leads to ischemia and tissue hypoxia, which result in severe pain often referred to as a "sickle cell crisis" or "pain crisis." Patients may experience pain in various regions of the body, including the chest, abdomen, and joints. The intensity and location of the pain can vary, but it is one of the hallmark symptoms of the crisis. Proper management involves pain relief and supportive care to prevent complications. While fever may sometimes be present, it is not a defining characteristic of a sickle cell crisis, and it often indicates an infection or inflammation rather than the crisis itself. Heart murmurs are not typically expected during a crisis and may indicate underlying cardiac anomalies or complications. Rashes are also not a common symptom during a sickle cell crisis, although they could occur due to other conditions or complications but are not characteristic of the pain associated with a sickle cell event.



## 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](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://vatinursingcareofchildren.examzify.com>**

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