

Western Governors University (WGU) NURS2508 D236 Pathophysiology 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. What does lymphocytosis indicate in a patient?**
 - A. Abnormal decrease in lymphocytes**
 - B. Normal levels of lymphocytes**
 - C. Abnormal increase in lymphocytes**
 - D. Necessity for lymphocyte replacement**
- 2. What defines a cerebral contusion?**
 - A. The accumulation of fluid in the brain**
 - B. The bruising of brain tissue resulting from a head injury**
 - C. The formation of scar tissue in the brain**
 - D. The occurrence of a stroke**
- 3. What is a common cause of type 1 diabetes?**
 - A. Obesity**
 - B. Beta cells in pancreas are destroyed**
 - C. Hormones during pregnancy**
 - D. Insulin resistance**
- 4. What condition can lead to pancreatitis by blocking the common bile duct?**
 - A. Gallstones**
 - B. Kidney stones**
 - C. Urinary tract infections**
 - D. Hepatitis**
- 5. What is the medical term for fluid volume excess?**
 - A. Hypovolemia**
 - B. Hypervolemia**
 - C. Isovolemia**
 - D. Edema**

- 6. Which sexually transmitted infection is caused by a gonococcus bacterium and results in burning pain during urination?**
- A. Gonorrhea**
 - B. Chlamydia**
 - C. Endometriosis**
 - D. Polycystic ovary syndrome**
- 7. Which of the following is a symptom of hypernatremia?**
- A. Nausea**
 - B. Fatigue**
 - C. Agitation**
 - D. Chest pain**
- 8. Which of the following is a symptom of colon cancer associated with right-sided lesions?**
- A. Obstruction**
 - B. Iron deficiency anemia**
 - C. Pencil thin stools**
 - D. Colicky pain**
- 9. What is a distinct feature of ulcerative colitis?**
- A. Presence of kidney stones**
 - B. Ulcers in the colon**
 - C. Absence of bowel function**
 - D. Excessive hydration**
- 10. Which process describes atherosclerosis?**
- A. Inflammation of the blood vessels**
 - B. Hardening and narrowing of the arteries due to plaque buildup**
 - C. The formation of excess blood cells in the arteries**
 - D. Increased blood flow to the heart muscles**

Answers

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

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Explanations

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1. What does lymphocytosis indicate in a patient?

- A. Abnormal decrease in lymphocytes
- B. Normal levels of lymphocytes
- C. Abnormal increase in lymphocytes**
- D. Necessity for lymphocyte replacement

Lymphocytosis refers to an abnormal increase in the number of lymphocytes in the blood. This condition can arise due to various factors, including infections (particularly viral infections), certain types of cancer, and autoimmune disorders. The presence of lymphocytosis signals that the immune system is actively responding to a stimulus, which could be an infectious agent or a pathological condition. Recognizing lymphocytosis is crucial for diagnosis and management, as it guides healthcare providers in further investigation and treatment to address the underlying cause.

2. What defines a cerebral contusion?

- A. The accumulation of fluid in the brain
- B. The bruising of brain tissue resulting from a head injury**
- C. The formation of scar tissue in the brain
- D. The occurrence of a stroke

A cerebral contusion is defined as the bruising of brain tissue resulting from a head injury. This type of injury typically occurs when the brain impacts the inside of the skull due to a sudden movement, such as during a fall or a car accident. The forceful impact can cause blood vessels to rupture, leading to localized bleeding and swelling, which contributes to the bruising effect observed in contusions. This process differs from other types of brain injuries such as a stroke, which involves the disruption of blood flow to the brain and can lead to tissue death rather than bruising. Similarly, the accumulation of fluid in the brain relates more to conditions like edema or hydrocephalus, while the formation of scar tissue typically follows healing after an injury rather than being a direct result of the immediate trauma. Understanding these distinctions is vital for recognizing the mechanisms and consequences of brain injuries in clinical settings.

3. What is a common cause of type 1 diabetes?

- A. Obesity
- B. Beta cells in pancreas are destroyed**
- C. Hormones during pregnancy
- D. Insulin resistance

Type 1 diabetes is primarily characterized by the autoimmune destruction of the beta cells in the pancreas, which are responsible for producing insulin. When these cells are destroyed, the body is unable to produce sufficient insulin, leading to high blood glucose levels. This type of diabetes is typically diagnosed in children and young adults, which is why it was previously known as juvenile diabetes. The other options do not relate to the primary cause of type 1 diabetes. Obesity is more commonly associated with type 2 diabetes, where insulin resistance develops. Hormonal changes during pregnancy can affect glucose metabolism and may lead to gestational diabetes, but they do not directly cause type 1 diabetes. Insulin resistance primarily pertains to type 2 diabetes, where the body can initially produce insulin but cannot use it effectively. Thus, the destruction of the pancreatic beta cells is the fundamental cause of type 1 diabetes, making this answer accurate.

4. What condition can lead to pancreatitis by blocking the common bile duct?

- A. Gallstones**
- B. Kidney stones**
- C. Urinary tract infections**
- D. Hepatitis**

The presence of gallstones can lead to pancreatitis by obstructing the common bile duct. When gallstones form in the gallbladder, they may migrate and become lodged in the common bile duct, which is the duct that carries bile from the liver and gallbladder to the small intestine. This blockage prevents bile from flowing properly into the intestine, which can cause an increase in pressure and inflammation in the pancreas. The pancreas also shares a duct with the common bile duct, known as the pancreatic duct. If bile is unable to flow and backs up, it can lead to autodigestion of the pancreatic tissue due to the enzymes that the pancreas secretes, resulting in pancreatitis. Other conditions listed, such as kidney stones, urinary tract infections, and hepatitis, do not directly block the common bile duct, and therefore, do not lead to pancreatitis through this mechanism. Kidney stones mainly affect the urinary system, while urinary tract infections are localized in the bladder and urethra, and hepatitis typically involves inflammation of the liver but does not cause direct obstruction of the bile duct.

5. What is the medical term for fluid volume excess?

- A. Hypovolemia**
- B. Hypervolemia**
- C. Isovolemia**
- D. Edema**

Hypervolemia is the medical term used to describe fluid volume excess in the body. This condition occurs when there is an abnormal increase in the amount of fluid in the blood or extracellular spaces. It can lead to increased blood pressure and can put a strain on the heart and kidneys, potentially resulting in complications such as heart failure or pulmonary edema. In contrast, hypovolemia refers to a state of decreased blood volume, often resulting from fluid loss due to factors like dehydration or hemorrhage. Isovolemia indicates a normal volume of fluid within the circulatory system, while edema refers specifically to the accumulation of fluid in the interstitial spaces, which can be a consequence of hypervolemia but does not encompass the totality of fluid volume excess. Thus, hypervolemia accurately captures the overall condition of fluid overload.

6. Which sexually transmitted infection is caused by a gonococcus bacterium and results in burning pain during urination?

A. Gonorrhea

B. Chlamydia

C. Endometriosis

D. Polycystic ovary syndrome

The chosen answer, Gonorrhea, is the correct response because it is specifically caused by the bacterium *Neisseria gonorrhoeae*, commonly known as gonococcus. This infection is characterized by symptoms such as burning pain during urination, which occurs due to inflammation of the urethra. The presence of the gonococcus bacterium leads to a mucopurulent discharge and discomfort, particularly during urination, making it a definitive marker of gonorrhea. In contrast, conditions like Chlamydia, endometriosis, and polycystic ovary syndrome (PCOS) may result in discomfort or various symptoms related to the reproductive system but do not stem from the gonococcus bacterium. Chlamydia is caused by a different bacterium, *Chlamydia trachomatis*, and while it can also cause similar urinary symptoms, it is a separate infection. Endometriosis and PCOS are related to hormonal imbalances and structural issues within the reproductive organs, and although they may present with pelvic pain or other symptoms, they are not classified as sexually transmitted infections caused by bacteria.

7. Which of the following is a symptom of hypernatremia?

A. Nausea

B. Fatigue

C. Agitation

D. Chest pain

Hypernatremia is characterized by an elevated sodium level in the blood, which can result in various neurological and physiological symptoms due to the osmotic effect of hyperosmolarity. Among the symptoms associated with hypernatremia, agitation is particularly notable. This symptom arises from changes in neuronal excitability; high sodium levels can cause water to move out of cells, leading to cellular dehydration and affecting brain function. Agitation can manifest as restlessness or confusion, reflecting the central nervous system's response to ionic imbalances. It's important to recognize that while nausea, fatigue, and chest pain can be present in various conditions, agitation is more specifically linked to the hyperosmolar state created by hypernatremia. In clinical practice, recognizing agitation in a patient may prompt further investigation into sodium levels and the possibility of hypernatremia, aiding in timely and appropriate management.

8. Which of the following is a symptom of colon cancer associated with right-sided lesions?

- A. Obstruction**
- B. Iron deficiency anemia**
- C. Pencil thin stools**
- D. Colicky pain**

Iron deficiency anemia is frequently associated with right-sided lesions in colon cancer due to the tendency of these tumors to bleed more subtly and chronically. Right-sided lesions can arise in the cecum or ascending colon, which might not cause a significant obstruction initially but can lead to slow, intermittent bleeding. As this bleeding occurs over time, it can deplete the body's iron stores, leading to anemia. In contrast, left-sided bowel lesions are more likely to result in obstructive symptoms due to the narrower lumen of the descending colon and rectum, which is why symptoms like pencil-thin stools and colicky pain are more commonly observed with those types of lesions. Obstruction is also primarily associated with left-sided lesions. Therefore, the presentation of iron deficiency anemia in the context of right-sided lesions helps to highlight a more insidious form of bleeding that is typical of this area of the colon when affected by cancer.

9. What is a distinct feature of ulcerative colitis?

- A. Presence of kidney stones**
- B. Ulcers in the colon**
- C. Absence of bowel function**
- D. Excessive hydration**

Ulcerative colitis is characterized primarily by the presence of ulcers in the colon, specifically affecting the innermost lining of the large intestine. This inflammatory condition leads to symptoms such as abdominal pain, diarrhea, and rectal bleeding, which are directly related to the ulceration of the colonic mucosa. The ulcers are a result of the chronic inflammation that defines this disease and distinguish it clearly from other gastrointestinal disorders. In contrast, the other options provided do not accurately describe features of ulcerative colitis. For instance, kidney stones are not a typical manifestation of this condition. The absence of bowel function is more characteristic of conditions like bowel obstruction or severe intestinal paralysis rather than ulcerative colitis, which typically involves increased bowel activity due to inflammation. Excessive hydration is not a recognized feature related to ulcerative colitis and does not directly pertain to the pathology of the disease. Therefore, the presence of ulcers in the colon is the defining characteristic of ulcerative colitis.

10. Which process describes atherosclerosis?

- A. Inflammation of the blood vessels
- B. Hardening and narrowing of the arteries due to plaque buildup**
- C. The formation of excess blood cells in the arteries
- D. Increased blood flow to the heart muscles

Atherosclerosis is characterized by the hardening and narrowing of the arteries, which occurs due to the accumulation of plaque within the arterial walls. This plaque is composed of fats, cholesterol, and other substances found in the blood. Over time, as the plaque builds up, it leads to a reduction in blood flow through the affected arteries, which can result in serious cardiovascular complications, such as heart attacks or strokes. Understanding the mechanics of this process is crucial; the buildup of plaque causes inflammatory responses in the vascular system, and as it progresses, it can calcify and further hinder arterial elasticity. This condition not only reduces blood flow but also increases blood pressure, compounding the risk of damaging the heart and other organs. In contrast, inflammation of blood vessels is a broader condition and may contribute to atherosclerosis but does not define it. The formation of excess blood cells in the arteries does not directly relate to atherosclerosis and instead describes a hematological issue. Increased blood flow to the heart muscles might occur in some conditions but is not a characteristic process of atherosclerosis itself. Thus, the refined and accurate description of atherosclerosis is indeed the hardening and narrowing of arteries due to plaque buildup.

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://wgu-nurs2508-d236.examzify.com>

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