

Wong's Essentials of Pediatric Nursing Practice Test (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

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- 1. Approximately how long before a procedure should EMLA be applied for maximal effectiveness?**
 - A. 10 minutes**
 - B. 30 minutes**
 - C. 60 minutes**
 - D. 120 minutes**

- 2. Koplik spots are associated with which disease?**
 - A. Measles (rubeola)**
 - B. Mumps**
 - C. Rubella**
 - D. Varicella**

- 3. What is the role of teaching skills in nursing care?**
 - A. To Instruct The Patient And Family Rather Than Doing Everything For Them**
 - B. To Do Everything For The Patient**
 - C. To Avoid Family Input**
 - D. To Rely On Physicians Alone**

- 4. What is the most reliable pulse assessment method for infants and young children?**
 - A. Radial pulse**
 - B. Carotid pulse**
 - C. Apical pulse**
 - D. Dorsalis pedis pulse**

- 5. To avoid misperceptions about protein in diets with reduced meat and dairy, which statement is correct?**
 - A. They can be sufficient with proper food combinations**
 - B. They are automatically lacking in protein**
 - C. They always lack essential minerals**
 - D. They cannot support growth without meat**

- 6. What should a nurse consider when providing care to children?**
- A. The child's developmental stage and its impact on injury susceptibility.**
 - B. The caregiver's work schedule.**
 - C. The hospital's accreditation status.**
 - D. The child's favorite color.**
- 7. To assess for pruritus in a patient on opioids, the nurse should...**
- A. Observe itching and skin reactions.**
 - B. Measure blood oxygen saturation.**
 - C. Check urinary output.**
 - D. Assess for facial droop.**
- 8. What are the positive behaviors by a nurse that indicate a therapeutic relationship with children and families?**
- A. Asking questions if families are not participating in care, clarifying information for families, and learning about the family's religious preferences**
 - B. Visiting families on off-duty days**
 - C. Purchasing clothes and toys for the child**
 - D. Ignoring family input**
- 9. What is the duration of chronic pain?**
- A. More than 3 months daily**
 - B. Less than 1 month**
 - C. Exactly 3 weeks**
 - D. Less than 3 months**
- 10. Vesicular breath sounds are normally heard over most of the lung surface except which areas?**
- A. Upper intrascapular area**
 - B. Area beneath the manubrium**
 - C. Both A and B**
 - D. The costal margins**

Answers

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

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Explanations

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1. Approximately how long before a procedure should EMLA be applied for maximal effectiveness?

- A. 10 minutes**
- B. 30 minutes**
- C. 60 minutes**
- D. 120 minutes**

EMLA needs time to diffuse through the outer skin layer and reach the nerve endings so it can block conduction and numb the area. When applied under an occlusive dressing, this diffusion is enhanced, and the maximal numbness on intact skin typically develops after about 60 minutes. Shorter times don't allow full penetration, while longer times don't significantly increase effect and can raise the risk of systemic absorption. Therefore, applying it roughly an hour before the procedure provides the best balance of effective analgesia and safety.

2. Koplik spots are associated with which disease?

- A. Measles (rubeola)**
- B. Mumps**
- C. Rubella**
- D. Varicella**

Koplik spots signal measles infection in its early stage. These tiny bluish-white spots with a red base appear on the inner cheek (buccal mucosa), usually one to two days before the measles rash. They help distinguish measles from other illnesses that can cause fever and rash, such as mumps (parotid swelling), rubella (usually milder symptoms and rash), or varicella (vesicular lesions). Because they show up before the rash and mark the period of high contagiousness, recognizing Koplik spots prompts rapid isolation and public health notification to prevent spread.

3. What is the role of teaching skills in nursing care?

- A. To Instruct The Patient And Family Rather Than Doing Everything For Them**
- B. To Do Everything For The Patient**
- C. To Avoid Family Input**
- D. To Rely On Physicians Alone**

Teaching skills in nursing care empower patients and families to participate in care and make informed decisions. The goal is to instruct the patient and family on the condition, medications, self-care tasks, safety precautions, and when to seek help so they can manage care at home and prevent complications. This approach promotes independence, improves adherence, and supports safe transitions from hospital to home. Doing everything for the patient bypasses learning and self-efficacy; avoiding family input misses the support system and daily routines that influence care; relying solely on physicians ignores the essential nursing role in education and care coordination.

4. What is the most reliable pulse assessment method for infants and young children?

- A. Radial pulse**
- B. Carotid pulse**
- C. Apical pulse**
- D. Dorsalis pedis pulse**

Measuring the apical pulse provides the most accurate reflection of an infant's and young child's heart rate. Peripheral pulses like the radial or dorsalis pedis can be difficult to assess in this age group because their arteries are small and perfusion can vary with crying, movement, or poor circulation, which makes those counts unreliable. The carotid pulse, while easier to locate in some cases, isn't ideal for infants due to the potential for distress and vagal stimulation, and it doesn't directly reflect the heart's actual rate when the heart is compensating. By listening with a stethoscope at the apex—the point of maximal impulse, usually at the left fifth intercostal space in the midclavicular line—you hear the heart's beats directly and can count for a full minute to capture any irregularities or variability typical in early childhood. This approach remains the standard for accurately determining heart rate in infants and young children, especially when precise measurement is important.

5. To avoid misperceptions about protein in diets with reduced meat and dairy, which statement is correct?

- A. They can be sufficient with proper food combinations**
- B. They are automatically lacking in protein**
- C. They always lack essential minerals**
- D. They cannot support growth without meat**

The idea being tested is that kids don't need meat or dairy to get enough protein if their diet is planned properly. Plant-based proteins can meet a child's protein needs when total calories are adequate and a variety of protein sources are eaten across the day. Some plant foods are lower in certain essential amino acids, but combining different sources—such as beans with grains, or choosing soy or quinoa—provides all the essential amino acids over the course of the day. You don't have to rely on meat every meal, and growth can proceed normally with careful planning and attention to overall protein and energy intake. So the statement that they can be sufficient with proper food combinations is the accurate message. It's not true that they're automatically lacking protein, nor that they always lack essential minerals or cannot support growth without meat; those concerns can be addressed with well-planned, nutrient-dense plant-based choices and, when needed, fortified foods or supplements for nutrients like vitamin B12, iron, calcium, and zinc.

6. What should a nurse consider when providing care to children?

- A. The child's developmental stage and its impact on injury susceptibility.**
- B. The caregiver's work schedule.**
- C. The hospital's accreditation status.**
- D. The child's favorite color.**

Understanding how development shapes injury risk guides every pediatric care decision. A child's age and abilities determine what they can understand, how they move, and what safety behaviors they can perform. When care is tailored to the developmental level, the nurse can anticipate common hazards and implement age-appropriate safety measures and teaching. For example, toddlers are exploring with limited impulse control, so supervision, safe environments, and prevention of burns, falls, and choking are priorities. Preschoolers still rely on adults but can start practicing simple safety routines with guidance. School-age children are more active and curious, so clear, concrete safety rules and involvement in planning help them stay safe. Adolescents may take more risks and benefit from respectful, autonomy-supporting education that addresses real-life choices and peer influences. This development-focused approach makes safety planning practical and understandable for both the child and the family. Other factors like a caregiver's work schedule or the hospital's accreditation influence system operations, not the child-specific safety plan. A child's favorite color has no bearing on clinical care decisions in this context.

7. To assess for pruritus in a patient on opioids, the nurse should...

- A. Observe itching and skin reactions.**
- B. Measure blood oxygen saturation.**
- C. Check urinary output.**
- D. Assess for facial droop.**

Opioid-induced pruritus is a common adverse effect that can occur due to histamine release and central nervous system effects of the drug. To assess it, focus on the patient's experience and visible signs: ask the patient to describe any itching, note the intensity and location, and observe for scratching or skin changes such as excoriations, flushing, or rashes. Pruritus can occur with or without a visible rash, so the patient's subjective report is essential and should be paired with careful observation of the skin and scratching patterns. This assessment direction matches why pruritus is being evaluated in someone receiving opioids, rather than monitoring oxygen saturation, urinary output, or facial motor function, which relate to respiratory status, renal/urinary status, and neurologic deficits, respectively. If pruritus is identified, consider adjusting analgesia or adding antihistamines, but the priority here is confirming the presence and extent of itching and skin reactions.

8. What are the positive behaviors by a nurse that indicate a therapeutic relationship with children and families?

A. Asking questions if families are not participating in care, clarifying information for families, and learning about the family's religious preferences

B. Visiting families on off-duty days

C. Purchasing clothes and toys for the child

D. Ignoring family input

Building trust and partnership with the family through active, respectful communication shows a therapeutic relationship in pediatric care. When a nurse asks questions to engage families who aren't participating, it invites them into the care plan and shows they're valued as partners. Clarifying information ensures families understand what's happening, what the plan is, and what to expect, which reduces anxiety and errors. Learning about the family's religious preferences demonstrates respect for beliefs and helps tailor care to fit cultural and spiritual needs, strengthening rapport and adherence to the care plan. Visiting families on off-duty days crosses professional boundaries and can blur roles. Purchasing clothes and toys for the child risks boundary issues and conflicts of interest. Ignoring family input contradicts family-centered care and erodes trust.

9. What is the duration of chronic pain?

A. More than 3 months daily

B. Less than 1 month

C. Exactly 3 weeks

D. Less than 3 months

Chronic pain is defined by duration: it lasts beyond the normal healing period, typically more than 3 months. That threshold is what makes the pain chronic, not necessarily that it is present every single day. In practice, pain can be intermittent or constant and still be considered chronic as long as the total duration exceeds 3 months. The other options describe shorter timeframes (under 3 months or much shorter), which would fall into acute or subacute categories, not chronic.

10. Vesicular breath sounds are normally heard over most of the lung surface except which areas?

- A. Upper intrascapular area**
- B. Area beneath the manubrium**
- C. Both A and B**
- D. The costal margins**

Vesicular breath sounds come from air moving through the small airways and alveoli and are soft and low-pitched, heard over most of the lung surface, especially the peripheral fields. They're not typical over central airways where louder, higher-pitched bronchial sounds dominate because air travels through larger passages there. Specifically, the area beneath the manubrium sits right over the trachea, so bronchial-type sounds are expected rather than vesicular. Likewise, in the upper intrascapular region, the scapula and overlying tissues alter sound transmission and the central airways can mask the peripheral vesicular pattern. Therefore these two areas are not where vesicular sounds are normally heard, whereas vesicular sounds are typically present over the costal margins and other peripheral lung surfaces.

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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://wongspedianursing.examzify.com>

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

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