# 402 FUNDAMENTALS EXAM 1 PRACTICE (SAMPLE)

## STUDY GUIDE



## SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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.

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# 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!

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# Questions

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**1. Which option is a patient right to their medical information?**

A. See and copy health record

B. Access to other patients' records

C. Modify the medical record

D. Delete the health record

**2. Which combination correctly matches a founder with her contribution: Margaret Sanger — Planned Parenthood?**

A. Margaret Sanger

B. Florence Nightingale

C. Mary Breckinridge

D. Lillian Wald

**3. Which of the following is a characteristic of nursing assessments?**

A. Purposeful

B. Random

C. Incomplete

D. Biased

**4. Which term describes the aim of returning a patient to health after illness?**

A. Restoring health

B. Prolonging life at any cost

C. Isolating the patient

D. Preserving autonomy at the expense of care

**5. Which outcome category focuses on a patient's overall sense of well-being and life satisfaction beyond strictly health status?**

A. Functional outcomes

B. Quality-of-life outcomes

C. Affective outcomes

D. Clinical outcomes

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**6. Who established Frontier Nursing Service?**

A. Mary Breckinridge

B. Lillian Wald

C. Lavinia Dock

D. Mary Mahoney

**7. What mechanisms are responsible for short-term regulation of blood pressure?**

A. Neural or humoral

B. Renal filtration changes

C. Long-term regulatory hormones only

D. Mechanical compression

**8. Which model describes how people interact with their environment and incorporates individual characteristics and experiences to motivate health-promoting behavior?**

A. Health Promotion Model

B. Health Belief Model

C. Health-Illness Continuum Model

D. Stages of Change Model

**9. Which component of SMART goals ensures a defined timeframe?**

A. Specific

B. Measurable

C. Time-bound

D. Attainable

**10. What is the normal respiration rate range (breaths per minute)?**

A. 12-20 breaths/min

B. 8-12 breaths/min

C. 20-30 breaths/min

D. 10-15 breaths/min

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# Answers

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

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# Explanations

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## 1. Which option is a patient right to their medical information?

A. See and copy health record

B. Access to other patients' records

C. Modify the medical record

D. Delete the health record

*The main idea is that patients control access to their own health information. Patients have the right to see their health records and to obtain copies of them. This transparency helps them understand what has been documented about their care, review for accuracy, and share information with other providers as needed. Access to records promotes informed decisions and safety. Access to other patients' records is restricted to protect privacy. Modifying the medical record isn't a patient right because the record is kept by the healthcare provider and changes are made by authorized staff to maintain the integrity of the record. Deleting a health record is generally not allowed due to legal retention requirements and the need to preserve a complete medical history. Therefore, seeing and copying the health record best reflects a patient's right.*

## 2. Which combination correctly matches a founder with her contribution: Margaret Sanger — Planned Parenthood?

A. Margaret Sanger

B. Florence Nightingale

C. Mary Breckinridge

D. Lillian Wald

*Margaret Sanger is known for championing birth control and building organizations that eventually became Planned Parenthood. Her work focused on giving women access to contraception and information about reproductive health, which laid the groundwork for the major provider and advocate that Planned Parenthood is today. The other figures are known for different contributions in health care: Florence Nightingale helped establish modern nursing and hospital reform; Mary Breckinridge founded the Frontier Nursing Service and advanced rural midwifery; Lillian Wald promoted public health nursing and urban community health. Because Sanger's legacy is directly tied to expanding reproductive health services and birth control through organized efforts, her link to Planned Parenthood is the best match.*

## 3. Which of the following is a characteristic of nursing assessments?

A. Purposeful

B. Random

C. Incomplete

D. Biased

*Nursing assessments are purposeful data collection carried out in a systematic, ongoing way to guide patient care. A nurse gathers both subjective information from the patient and objective findings from examinations and tests, using a planned approach to build a complete, accurate picture of health status. This intentional process helps identify actual problems, potential risks, and patient strengths, establishing a baseline to monitor progress and tailor interventions. Assessments are repeated as the patient's condition changes and as new information emerges, and they rely on standardized methods to remain consistent and comprehensive. Being unbiased and thorough is essential, because biased, random, or incomplete data would lead to incorrect conclusions about needs and priorities.*

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## 4. Which term describes the aim of returning a patient to health after illness?

A. Restoring health

B. Prolonging life at any cost

C. Isolating the patient

D. Preserving autonomy at the expense of care

*Restoring health means bringing the patient back toward their previous level of health and function after illness. In medical care, the goal is to diagnose, treat, and support the patient so they recover and can resume normal activities. The other options describe different priorities not focused on healing: prolonging life at any cost emphasizes extending life regardless of recovery prospects; isolating the patient removes essential care and social support; preserving autonomy at the expense of care prioritizes independence over needed treatment. So, restoring health is the best description of the aim after illness.*

## 5. Which outcome category focuses on a patient's overall sense of well-being and life satisfaction beyond strictly health status?

A. Functional outcomes

B. Quality-of-life outcomes

C. Affective outcomes

D. Clinical outcomes

*Quality-of-life outcomes capture a patient's overall sense of well-being and life satisfaction that goes beyond just health status. They encompass not only physical functioning but also emotional well-being, social relationships, and perceived life quality, offering a holistic view of how a person feels about their life. This is exactly what the question is asking for—an outcome category that reflects how satisfied someone is with life as a whole, beyond medical measurements alone. Functional outcomes focus on what a person can do in terms of daily activities or tasks. Clinical outcomes track medical status, such as symptoms, disease progression, or lab results. Affective outcomes relate to emotional states like mood and feelings. Tools that measure quality of life, such as standardized questionnaires, aim to capture this broad sense of well-being and satisfaction with life.*

## 6. Who established Frontier Nursing Service?

A. Mary Breckinridge

B. Lillian Wald

C. Lavinia Dock

D. Mary Mahoney

*Mary Breckinridge established Frontier Nursing Service. She founded it in 1925 to bring comprehensive maternal and child health care to rural Appalachia, introducing nurse-midwifery and a traveling, community-based approach that combined nursing, midwifery, and public health. This model helped set the standard for modern rural nursing programs. Other notable nurses made important contributions in different areas, but this service was her creation.*

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## 7. What mechanisms are responsible for short-term regulation of blood pressure?

A. Neural or humoral

B. Renal filtration changes

C. Long-term regulatory hormones only

D. Mechanical compression

*Short-term blood pressure regulation relies on rapid neural and humoral mechanisms that quickly adjust heart function and vascular tone. Baroreceptors in the carotid sinuses and aortic arch sense pressure changes and send fast signals to the brainstem, which modulates autonomic outflow. Increasing sympathetic activity raises heart rate, contractility, and vasoconstriction, raising blood pressure; reducing sympathetic activity and enhancing parasympathetic influence lowers it. In parallel, humoral signals provide quick counter-regulation: catecholamines from the adrenal medulla surge to boost cardiac output and cause vasoconstriction, while other fast-acting factors like vasopressin and angiotensin II can tighten vessels and influence circulating volume acutely. All of this happens within seconds to minutes to keep blood pressure stable during posture changes or activity. Renal filtration changes and long-term regulatory hormones primarily affect blood pressure over hours to days by adjusting blood volume and electrolyte balance, so they are not the main drivers of short-term regulation. Mechanical compression is not a primary physiological mechanism for normal short-term BP control.*

## 8. Which model describes how people interact with their environment and incorporates individual characteristics and experiences to motivate health-promoting behavior?

A. Health Promotion Model

B. Health Belief Model

C. Health-Illness Continuum Model

D. Stages of Change Model

*This item tests how motivation for health-promoting actions emerges from the dynamic interplay between a person's environment and their own characteristics and experiences. The Health Promotion Model centers exactly on that interplay: who the person is (age, gender, personal and health history, psychosocial factors), what they think and feel about health actions (perceived benefits and barriers, self-efficacy, affect), and the situational influences around them (social support, access to resources, competing demands) all combine to shape motivation and actual behavior. It recognizes health actions as the result of planning and commitment that are grounded in both personal context and environmental context, not just isolated beliefs or stages. What sets this model apart from the others is its explicit emphasis on the ongoing interaction with the environment as a driver of health-promoting behavior. The Health Belief Model focuses primarily on beliefs about risk and benefits to explain action, but it doesn't foreground environmental interaction over time. The Health-Illness Continuum presents wellness as a spectrum rather than a theory of behavior change. The Stages of Change model describes progression through readiness to change without detailing how personal experiences and environmental factors continuously influence motivation.*

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## 9. Which component of SMART goals ensures a defined timeframe?

A. Specific

B. Measurable

C. Time-bound

D. Attainable

*The part of SMART goals that ensures a defined timeframe is the time-bound element. It sets a specific deadline by which the goal should be reached, turning a general aim into a concrete target date. This helps with planning, scheduling tasks, and tracking progress, so you stay motivated and accountable rather than letting the goal drift. It also provides a clear end point to evaluate success. By contrast, other aspects focus on what you will accomplish (Specific), how you'll measure progress (Measurable), or whether the goal is realistic (Attainable); none of these by themselves impose a deadline. For example, "finish the report by the end of the month" uses a time-bound deadline to anchor the goal.*

## 10. What is the normal respiration rate range (breaths per minute)?

A. 12-20 breaths/min

B. 8-12 breaths/min

C. 20-30 breaths/min

D. 10-15 breaths/min

*Normal respiration rate at rest for a healthy adult is 12 to 20 breaths per minute. This range reflects steady, quiet breathing when the body isn't exerting itself and gas exchange is balanced. Rates within this window indicate normal oxygen intake and carbon dioxide removal. If breathing speeds up above this range, it's a sign of tachypnea and can occur with fever, illness, anxiety, or increased work of breathing. Breathing consistently slower than this range can point to bradypnea, possibly from medication effects or central nervous system changes. While some individuals may sit toward the lower end under certain conditions, the widely used reference for a resting adult remains 12–20 breaths per minute.*

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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://402fundamentals1.examzify.com

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

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