AMSA ADVANCED NURSING 2 PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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Table of Contents

Copyright 1
Table of Contents 2
Introduction 3
How to Use This Guide 4
Questions 5
Answers 8
Explanations 10
Next Steps 15

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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. What is the main feature of autolytic dressings?

A. They require frequent changes

B. They create a moist environment for healing

C. They are used only for infected wounds

D. They limit patient mobility

2. What should cold or heat treatments avoid to prevent skin damage?

A. Direct contact with skin

B. Use of ambient temperature

C. Heating pads

D. Electrical stimulation

3. What term describes a wound that fails to progress through a timely healing process?

A. Acute

B. Chronic

C. Subacute

D. Complicated

4. What is indicated by pink drainage in a wound?

A. Serosanguineous drainage

B. Purulent drainage

C. Sanguineous drainage

D. Serous drainage

5. What indicates a stage 1 pressure injury?

A. Partial thickness skin loss involving dermis

B. Full thickness tissue loss with extensive tissue necrosis

C. Skin is intact; area is red and doesn't blanch with fingertip pressure

D. Deep red crater with slough buildup

6. What is the primary function of an EKG?

A. To measure blood pressure

B. To assess heart valve function

C. To monitor electrical impulses through the heart

D. To determine oxygen levels in the blood

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7. What effect does enzymatic debridement have on healthy tissue?

A. Enhances tissue healing

B. Negatively affects healthy tissue

C. Little or none

D. Completely removes healthy tissue

8. Why is ice or ice water contraindicated for treating burns?

A. May cause vasoconstriction and cause further tissue damage

B. It causes excessive swelling in the area

C. It promotes faster healing

D. It is too cold for the skin

9. What is the term for water that contains dissolved substances like glucose, electrolytes, and proteins?

A. Interstitial fluid

B. Intravascular fluid

C. Body fluids

D. Extracellular fluid

10. Which of the following solutions would likely draw water out of a cell?

A. Normal saline

B. Hypotonic solution

C. Isotonic solution

D. Hypertonic solution

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Answers

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

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Explanations

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1. What is the main feature of autolytic dressings?

A. They require frequent changes

B. They create a moist environment for healing

C. They are used only for infected wounds

D. They limit patient mobility

Autolytic dressings are designed primarily to create a moist environment that promotes natural healing processes within a wound. This moist environment is crucial because it facilitates autolysis, where the body's own enzymes break down necrotic tissue, thereby aiding in the healing of the wound. By maintaining moisture, these dressings not only help to soften and liquefy dead tissue but also protect the surrounding skin and minimize pain during dressing changes. When a wound is kept moist, it can improve epithelial cell migration, thus accelerating the healing process. This method reduces the risk of scab formation and promotes faster recovery, which is a critical aspect of wound management. The nature of autolytic debridement used in these dressings is particularly beneficial for chronic wounds, as it allows the body to utilize its healing mechanisms more effectively. In contrast, frequent changes in dressings can disrupt the healing process by exposing the wound to air and potentially to pathogens. It is also important to note that while autolytic dressings can be utilized for a variety of wounds, they are not exclusively designated for infected wounds, nor do they inherently limit patient mobility. Instead, they promote a healthier healing environment conducive to recovery.

2. What should cold or heat treatments avoid to prevent skin damage?

A. Direct contact with skin

B. Use of ambient temperature

C. Heating pads

D. Electrical stimulation

The correct response emphasizes the importance of avoiding direct contact with the skin when applying cold or heat treatments. Direct application of very hot or cold substances can lead to skin damage, such as burns or frostbite, due to the extreme temperatures affecting the superficial layers of the skin and potentially deeper tissues. To prevent adverse reactions, healthcare professionals often recommend using barriers, such as towels or cloths, between the heat or cold source and the skin. This allows for a safer transfer of temperature while reducing the risk of thermal injuries. Proper application techniques and timing are crucial in ensuring that these treatments are both effective and safe, ultimately protecting the integrity of the skin. The other choices do not directly address the primary concern of preventing skin damage in the context of cold or heat treatments.

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3. What term describes a wound that fails to progress through a timely healing process?

A. Acute

B. Chronic

C. Subacute

D. Complicated

The term that describes a wound failing to progress through a timely healing process is "chronic." Chronic wounds are those that do not follow the normal healing trajectory, often remaining unhealed beyond the typical timeframe for tissue repair, which is generally about 4 to 6 weeks for most wounds. Various factors can contribute to the chronicity of a wound, including underlying health conditions, inadequate blood flow, infection, or inappropriate wound care. In contrast, acute wounds are typically fresh injuries that heal predictably and efficiently. Subacute wounds represent a transitional stage between acute and chronic, indicating that they are past the initial healing phase but not yet fully chronic. Complicated wounds can refer to those that may have additional factors complicating the healing process (like infection or necrosis), but they do not specifically define a wound's healing timeline as chronic does. Thus, identifying a wound as chronic helps clinicians understand that it may require more intensive or specialized treatment approaches to promote healing.

4. What is indicated by pink drainage in a wound?

A. Serosanguineous drainage

B. Purulent drainage

C. Sanguineous drainage

D. Serous drainage

Pink drainage in a wound is indicative of serosanguineous drainage. This type of drainage contains a mixture of serum (the clear, yellowish part of blood) and red blood cells, resulting in a pinkish color. It is often seen in the early stages of wound healing when there is mild bleeding along with fluid exudate, which is common after surgical procedures or traumatic injuries that are in the process of recovery. Understanding the nature of wound drainage is crucial as it helps healthcare professionals assess the healing status of the wound and identify any potential complications. The presence of pink drainage signals that the wound is still in an inflammatory phase and that tissue repair is ongoing. It can be a normal part of the healing process as long as the volume of drainage is not excessive and the patients remain without signs of infection.

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5. What indicates a stage 1 pressure injury?

A. Partial thickness skin loss involving dermis

B. Full thickness tissue loss with extensive tissue necrosis

C. Skin is intact; area is red and doesn't blanch with fingertip pressure

D. Deep red crater with slough buildup

A stage 1 pressure injury is characterized by intact skin that demonstrates signs of non-blanchable erythema. This means that while the skin remains unbroken, it displays a reddish discoloration that does not fade when pressure is applied. The pressure injury at this stage is an early signal of tissue damage, indicating that the underlying tissue may be affected, but the skin surface has not yet broken down. Recognizing this stage is crucial for early intervention to prevent progression to more severe stages of pressure injuries. In the context of the other options, partial thickness skin loss involving the dermis refers to a stage 2 injury, where there is damage to the epidermis and potentially into the dermis, but there is still some skin integrity. Full thickness tissue loss with extensive tissue necrosis describes a stage 4 injury, where the damage extends through the skin and subcutaneous tissue, potentially exposing muscle or bone. A deep red crater with slough buildup suggests that there is necrotic tissue present, which would indicate a more advanced stage, likely stage 3 or 4. Each of these other descriptions reflects differing severity and nature of pressure injuries, differentiating them clearly from the characteristics of a stage 1 injury.

6. What is the primary function of an EKG?

A. To measure blood pressure

B. To assess heart valve function

C. To monitor electrical impulses through the heart

D. To determine oxygen levels in the blood

The primary function of an EKG, or electrocardiogram, is to monitor electrical impulses through the heart. This tool records the heart's electrical activity over a period of time, providing critical information on heart rhythm, rate, and overall cardiac function. It helps diagnose various heart conditions such as arrhythmias, heart attacks, and other cardiac abnormalities by reflecting the electrical changes that occur as the heart beats. By capturing these electrical signals, healthcare providers can assess how well the heart is functioning and identify any potential issues that may require further investigation or intervention. Understanding the heart's electrical activity is essential for managing patient care effectively, particularly in acute and chronic cardiac conditions.

7. What effect does enzymatic debridement have on healthy tissue?

A. Enhances tissue healing

B. Negatively affects healthy tissue

C. Little or none

D. Completely removes healthy tissue

Enzymatic debridement is a process that involves the use of specific enzymes to selectively remove necrotic or devitalized tissue without damaging healthy tissue. This selective action is crucial because it allows for the promotion of healing in wounds by facilitating the removal of non-viable tissue that can impede the healing process. The correct choice highlights that enzymatic debridement has little or no adverse effects on healthy tissue, which is a key characteristic of this treatment approach. Healthy tissue remains unharmed, allowing it to continue supporting the healing process and promoting granulation and epithelialization. In contrast, the other options suggest outcomes that would not occur with proper enzymatic debridement. For instance, it does not enhance the healing of healthy tissue directly nor does it negatively impact or completely remove healthy tissue during the debridement process, which is why these alternatives do not reflect the true nature of enzymatic action. Rather, they reinforce the importance of selective tissue removal to maintain the integrity of viable tissue while effectively managing wound care.

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8. Why is ice or ice water contraindicated for treating burns?

A. May cause vasoconstriction and cause further tissue damage

B. It causes excessive swelling in the area

C. It promotes faster healing

D. It is too cold for the skin

Using ice or ice water to treat burns is contraindicated primarily because they can cause vasoconstriction, which can further damage the already injured tissue. Vasoconstriction leads to a decrease in blood flow to the affected area, which is crucial for healing. The body's response to a burn is to increase blood flow to the site to help repair the damage and decrease the risk of infection. When ice is applied, the cold temperature constricts blood vessels, hindering this healing process and potentially increasing the risk of complications such as tissue necrosis. Additionally, applying ice or ice water can create a temperature shock to the skin and underlying tissues, worsening the injury. Instead of promoting healing, it can lead to more pain and a longer recovery time. Therefore, immediate cooling of burns should be done with cool (not cold) running water for a set period, as recommended, to effectively reduce pain and inflammation without causing further injury.

9. What is the term for water that contains dissolved substances like glucose, electrolytes, and proteins?

A. Interstitial fluid

B. Intravascular fluid

C. Body fluids

D. Extracellular fluid

The correct answer is body fluids because this term encompasses all fluids within the body that can contain various dissolved substances, including glucose, electrolytes, and proteins. Body fluids include not only interstitial fluid and intravascular fluid but also other categories such as intracellular fluid. Understanding body fluids is essential, as they play critical roles in physiological functions, including transport, temperature regulation, and maintaining homeostasis. The composition of body fluids is vital for metabolic processes and the overall health of the organism, as they facilitate biochemical reactions and transport nutrients and waste products. While interstitial fluid specifically refers to the fluid found between cells, intravascular fluid pertains to the fluid contained within blood vessels. Extracellular fluid is a broader category that includes both interstitial fluid and intravascular fluid, but does not capture the full spectrum of all bodily fluids. Therefore, "body fluids" is the most comprehensive and accurate term among the given options.

10. Which of the following solutions would likely draw water out of a cell?

A. Normal saline

B. Hypotonic solution

C. Isotonic solution

D. Hypertonic solution

A hypertonic solution contains a higher concentration of solutes compared to the interior of the cell. When a cell is placed in a hypertonic solution, the surrounding solution has a greater osmotic pressure, which causes water to move out of the cell and into the extracellular fluid in an attempt to balance the solute concentrations on both sides of the cell membrane. As a result, the cell loses water, leading to cell shrinkage or crenation. In contrast, a normal saline solution is isotonic, meaning it has roughly the same solute concentration as the inside of the cell, which would not promote the movement of water in or out. A hypotonic solution has a lower concentration of solutes than a cell's interior, causing water to flow into the cell, potentially leading to swelling or lysis. An isotonic solution, like normal saline, does not affect cell size since it maintains the equilibrium of osmotic pressure. Therefore, the hypertonic solution is the key factor that drives water out of the cell.

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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:

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

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