# ATI FUNDAMENTALS OF NURSING PRACTICE EXAM (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. What indicates that a client understands how to use crutches properly while climbing stairs?**

A. The client leans on the crutches for support while standing still

B. The client advances the unaffected leg first while climbing stairs

C. The client stands 5 cm (2 in) from the front of a chair before sitting

D. The client bears weight on their axilla while standing in the tripod position

**2. Which laboratory value is most indicative of kidney function?**

A. Blood urea nitrogen

B. Serum creatinine level

C. Glucose level

D. Electrolyte panel

**3. What is a primary goal of nursing care?**

A. To promote the health and well-being of patients

B. To solely administer medications

C. To perform surgical procedures

D. To document patient complaints

**4. Which practice is critical when communicating with patients?**

A. Using medical jargon to ensure clarity

B. Actively listening and confirming understanding

C. Delivering messages quickly to save time

D. Using written communication only

**5. What is the appropriate action for a nurse when a client refuses medical treatment?**

A. Explain the negative consequences of the refusal

B. Discuss with the client's partner why the treatment is necessary

C. Document the client's refusal of the treatment

D. Try to convince the client that the treatment is needed

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**6. What is an essential aspect of patient-centered care?**

A. Focusing on clinical protocols only

B. Prioritizing healthcare provider convenience

C. Involving patients in their own care decisions

D. Minimizing patient feedback

**7. Which type of healthcare professional is primarily responsible for creating a patient's care plan?**

A. Licensed practical nurse

B. Medical doctor

C. Registered nurse

D. Nurse practitioner

**8. What should the nurse emphasize about health promotion for young adult clients?**

A. Young adults should receive a dental assessment every 6 months

B. Young adult males should have a testicular examination every 5 years

C. Young adult females should have a routine physical examination every 4 years

D. Young adults should receive a tuberculosis skin test every 3 years

**9. Which client statement following a total bilateral mastectomy indicates a need for immediate intervention?**

A. I don't understand why everyone is so worried about me

B. I don't know if I'll ever find someone who wants to marry me

C. When I look at myself in the mirror, I don't know if I can go on

D. I feel like the doctor pressured me into having the mastectomy

**10. What technique is used to assess a patient's reflexes during a neurological exam?**

A. Using a reflex hammer

B. Looking for eye movement

C. Measuring muscle strength

D. Checking sensory response

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# Answers

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

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# Explanations

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## 1. What indicates that a client understands how to use crutches properly while climbing stairs?

A. The client leans on the crutches for support while standing still

B. The client advances the unaffected leg first while climbing stairs

C. The client stands 5 cm (2 in) from the front of a chair before sitting

D. The client bears weight on their axilla while standing in the tripod position

*The indication that a client understands how to use crutches properly while climbing stairs is demonstrated by advancing the unaffected leg first. This method follows the guideline of "up with the good, down with the bad," which means that when going upstairs, the stronger leg moves up first, followed by bringing the crutches and then the affected leg to the same level. This technique helps maintain balance and prevents injury. Using crutches correctly while navigating stairs is fundamental for ensuring safety and effective mobility. Proper technique minimizes the risk of falling and promotes weight distribution that is safe for the injured leg. This understanding signifies a solid grasp of the crutch-walking principles and is vital for any client needing assistance with mobility-related tasks.*

## 2. Which laboratory value is most indicative of kidney function?

A. Blood urea nitrogen

B. Serum creatinine level

C. Glucose level

D. Electrolyte panel

*The serum creatinine level is a key indicator of kidney function because it reflects how well the kidneys are filtering waste products from the blood. Creatinine is a waste product generated from muscle metabolism and is typically produced at a fairly constant rate, depending on muscle mass. The kidneys are primarily responsible for excreting creatinine; therefore, elevated levels in the serum suggest impaired renal function or decreased glomerular filtration rate (GFR). Monitoring serum creatinine levels is essential in assessing kidney function, as even minor increases can signal renal impairment, while significant increases may indicate severe kidney dysfunction or acute kidney injury. This makes it a more reliable marker for kidney health compared to other laboratory values. In contrast, while blood urea nitrogen can also reflect kidney function, it is influenced by factors such as hydration status, protein intake, and liver function, making it less specific than serum creatinine. Glucose levels provide information about metabolic conditions like diabetes rather than renal function, and an electrolyte panel assesses the balance of essential minerals in the body but does not directly measure kidney performance.*

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## 3. What is a primary goal of nursing care?

A. To promote the health and well-being of patients

B. To solely administer medications

C. To perform surgical procedures

D. To document patient complaints

*The primary goal of nursing care is to promote the health and well-being of patients. This encompasses a broad range of responsibilities that nurses undertake to support patients throughout their healthcare journey. Promoting health and well-being involves not just addressing illness, but also encouraging preventative measures, providing education about healthy lifestyles, and advocating for patients' needs and preferences. In the nursing profession, the focus is holistic, considering not just physical health, but also emotional, psychological, and social factors that affect patient welfare. Nurses play a critical role in assessing patients, implementing care plans, coordinating with other healthcare professionals, and evaluating outcomes, all of which contribute to enhancing patients' overall quality of life. The other options, while important aspects of healthcare, do not solely encompass the broad responsibilities and ultimate goal of nursing practice. Administering medications is an important function, but it is one part of a much larger role that includes patient education and emotional support. Performing surgical procedures is typically outside the scope of nursing practice, as this is usually the responsibility of surgeons and surgical teams. Documenting patient complaints is essential for effective communication and record-keeping but does not reflect the primary aim of nursing, which is centered on holistic patient care.*

## 4. Which practice is critical when communicating with patients?

A. Using medical jargon to ensure clarity

B. Actively listening and confirming understanding

C. Delivering messages quickly to save time

D. Using written communication only

*Actively listening and confirming understanding is essential in patient communication because it fosters a trusting relationship and ensures that the patient's needs and concerns are fully understood. This practice allows healthcare providers to demonstrate empathy and validate the patient's feelings and experiences. It also involves clarifying and summarizing information, which helps to avoid misunderstandings and ensures that patients comprehend their health conditions, treatment options, and care plans. Effective communication is a two-way process; it requires not only transmitting information but also receiving and processing feedback from the patient. By confirming understanding, the healthcare provider can address any questions or uncertainties the patient may have, ultimately leading to better health outcomes and increased patient satisfaction. This practice emphasizes the importance of patient-centered care and enhances the overall healthcare experience for patients.*

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## 5. What is the appropriate action for a nurse when a client refuses medical treatment?

A. Explain the negative consequences of the refusal

B. Discuss with the client's partner why the treatment is necessary

C. Document the client's refusal of the treatment

D. Try to convince the client that the treatment is needed

*Documenting the client's refusal of treatment is essential because it serves as a formal record that the client made a choice about their care. This documentation protects both the nurse and the healthcare facility by providing evidence that the client was informed and understood their options, as well as the implications of their choice. It ensures that the healthcare team is aware of the decision and can respect the client's autonomy going forward, abiding by ethical standards regarding patient rights. While discussing the negative consequences or attempting to persuade the client might seem helpful, these actions can undermine the client's autonomy and may not take into account their values and preferences. Engaging a partner in discussions about the treatment could breach the client's confidentiality and rights unless consent has been given. Thus, thorough documentation is a critical and appropriate action in this scenario, ensuring compliance with legal and ethical standards in nursing practice.*

## 6. What is an essential aspect of patient-centered care?

A. Focusing on clinical protocols only

B. Prioritizing healthcare provider convenience

C. Involving patients in their own care decisions

D. Minimizing patient feedback

*In patient-centered care, involving patients in their own care decisions is essential because it empowers individuals and acknowledges their unique preferences, values, and needs. When patients are actively involved in their treatment choices, they are more likely to experience greater satisfaction with their care and adhere to treatment plans. This collaborative approach not only fosters a therapeutic relationship between patients and healthcare providers but also enhances the quality of care. By prioritizing patient involvement, healthcare teams can ensure that interventions align closely with what matters most to the patient, ultimately leading to better health outcomes. The other options do not emphasize the importance of collaboration and respect for patient autonomy, with some being contrary to the principles of patient-centered care. For instance, focusing solely on clinical protocols or prioritizing healthcare provider convenience disregards the individual patient's experience and preferences, while minimizing patient feedback can lead to a disconnect between the care provided and the patient's needs and expectations.*

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**7. Which type of healthcare professional is primarily responsible for creating a patient's care plan?**

A. Licensed practical nurse

B. Medical doctor

C. Registered nurse

D. Nurse practitioner

*The registered nurse is primarily responsible for developing a patient's care plan due to their comprehensive training in nursing processes, including assessment, diagnosis, planning, implementation, and evaluation. Registered nurses are trained to assess patients' needs thoroughly and collaborate with other healthcare team members to create a holistic and individualized care plan that addresses the physical, emotional, and social needs of the patient. In developing a care plan, registered nurses consider various factors, including the patient's medical history, current health status, and preferences, thus ensuring the plan is tailored to meet the unique needs of each patient. They also play a key role in monitoring the patient's progress and modifying the care plan as necessary, based on ongoing assessments and evaluations. While other healthcare professionals, such as licensed practical nurses and nurse practitioners, may contribute to the care plan, it is the registered nurse who has the primary responsibility for its overall creation and coordination, ensuring that all aspects of the patient's care are integrated and managed effectively. Medical doctors also play a vital role in the healthcare team, focusing primarily on diagnosis and treatment, but they typically do not take charge of crafting the day-to-day care plan, which is where the nurse's expertise becomes crucial.*

**8. What should the nurse emphasize about health promotion for young adult clients?**

A. Young adults should receive a dental assessment every 6 months

B. Young adult males should have a testicular examination every 5 years

C. Young adult females should have a routine physical examination every 4 years

D. Young adults should receive a tuberculosis skin test every 3 years

*Emphasizing the importance of regular dental assessments for young adults aligns with promoting overall health and wellness. Regular dental check-ups are crucial not only for oral health but also for the prevention of systemic health issues that can arise from poor dental hygiene, such as heart disease and diabetes. The recommendation for dental assessments every six months is widely endorsed by health organizations, indicating that this frequency helps in early detection and management of dental problems, reducing the risk of more serious health issues later. While the other options outline important health measures, they do not reflect as standard or universally applicable guidelines for young adults. Testicular examinations and routine physical exams are certainly important, but the recommended frequency may differ based on individual risk factors rather than a standard for all young adult males or females. Similarly, tuberculosis skin tests are typically recommended based on specific risk factors or exposure rather than set intervals for all young adults. Therefore, focusing on the necessity of regular dental assessments is a more universally applicable aspect of health promotion for this age group.*

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## 9. Which client statement following a total bilateral mastectomy indicates a need for immediate intervention?

A. I don't understand why everyone is so worried about me

B. I don't know if I'll ever find someone who wants to marry me

C. When I look at myself in the mirror, I don't know if I can go on

D. I feel like the doctor pressured me into having the mastectomy

*The statement indicating a need for immediate intervention is the one expressing feelings of hopelessness and despair. When a client states, "When I look at myself in the mirror, I don't know if I can go on," it signals a significant emotional crisis. This level of distress suggests that the individual may be experiencing deep depression or suicidal ideation, which requires urgent attention to ensure their safety and mental well-being. Addressing mental health is a crucial aspect of holistic care, especially after a significant and life-altering procedure like a total bilateral mastectomy. Clients can feel a profound sense of loss not only physically but also concerning their identity, body image, and future, leading to the kind of emotional turmoil expressed in that statement. Immediate intervention can involve mental health support, crisis counseling, and possibly a psychiatric evaluation, allowing the client to process their feelings in a safe environment. Other statements, though concerning, do not present the same immediate risk level. Concerns about social acceptance or feelings of external pressure, while important to address, do not indicate the same level of urgency. Therefore, the specific expression of hopelessness in the statement is what necessitates immediate intervention.*

## 10. What technique is used to assess a patient's reflexes during a neurological exam?

A. Using a reflex hammer

B. Looking for eye movement

C. Measuring muscle strength

D. Checking sensory response

*Using a reflex hammer is the standard technique for assessing a patient's reflexes during a neurological exam. This tool allows the healthcare provider to elicit deep tendon reflexes, which are important indicators of the central and peripheral nervous systems' functionality. When the reflex hammer strikes a tendon, it stretches the associated muscle, prompting a reflexive contraction that can be evaluated for strength, latency, and symmetry. This assessment helps in diagnosing potential neurological issues. Other methods such as looking for eye movement, measuring muscle strength, or checking sensory responses evaluate different aspects of neurological function but do not specifically assess reflexes. Each of these methods plays a role in a comprehensive neurological assessment, but they do not utilize the reflex hammer, which is specifically designed for that purpose.*

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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://atifundamentalsnursing.examzify.com

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

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