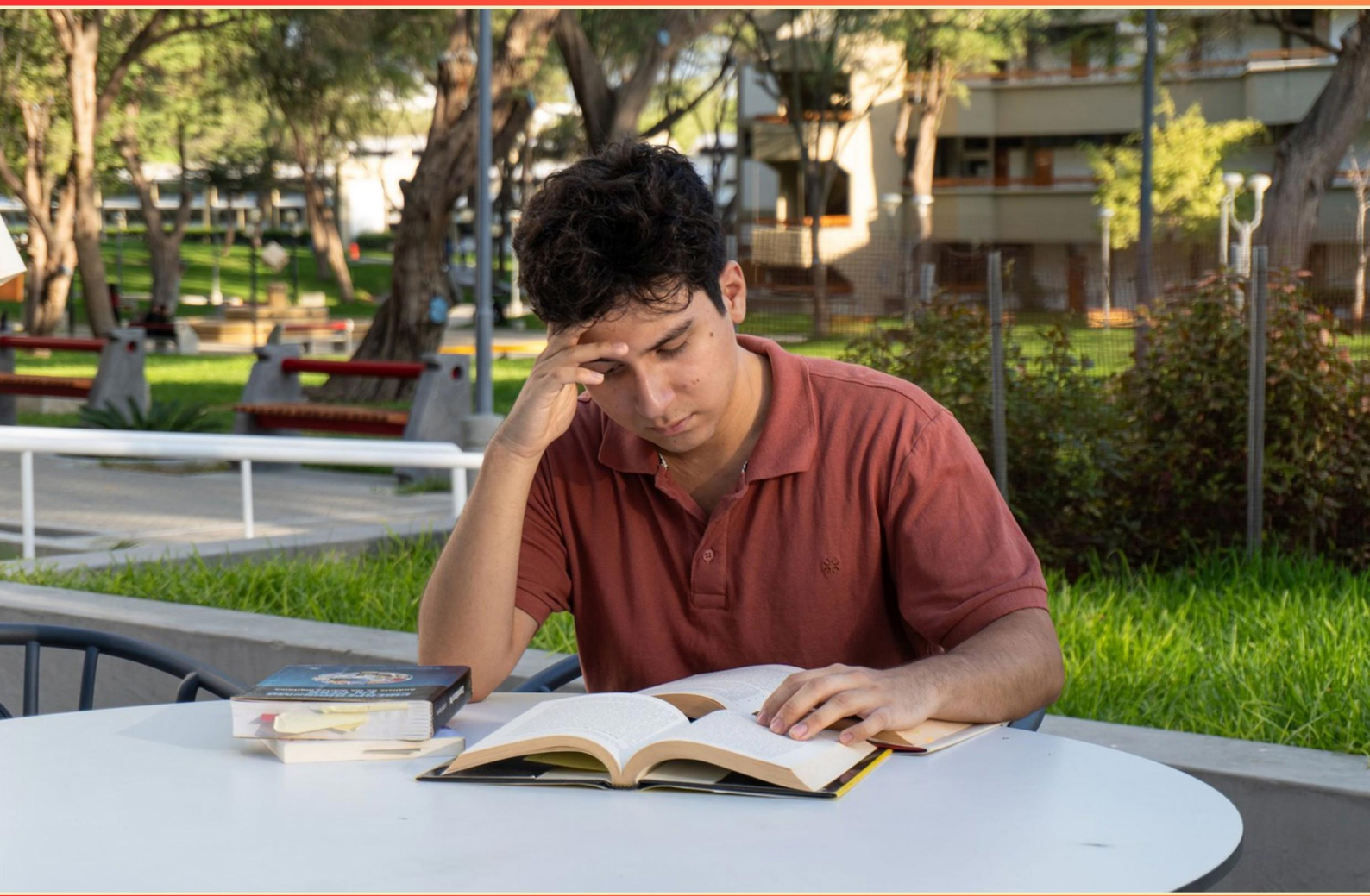
BACHELOR OF SCIENCE IN NURSING (BSN DEGREE) PRACTICE EXAM (SAMPLE)

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 is a disadvantage of high reliance on electronic communication in nursing?**

   A. Improves health literacy among patients

   B. May lead to unprofessional behavior in staff

   C. Encourages rapid patient assessments

   D. Facilitates effective staff training

2. **Which minimum standard must be maintained to progress through the nursing program?**

   A. Achieve a weighted GPA of 2.5 or higher

   B. Complete prerequisite courses in level one

   C. All science courses must be taken within the last ten years

   D. Submit informal transcripts from all attended schools

3. **What is a primary responsibility of team members in patient care?**

   A. To remain uninformed about team activities

   B. To provide constructive criticism only

   C. To assist one another and minimize work strain

   D. To avoid accountability for actions

4. **What is one barrier to change in nursing that needs to be addressed?**

   A. Increasing the number of regulations

   B. Scope of practice limitations

   C. Standardized patient care forms

   D. Limited access to patient feedback

5. **What are the four primary ethical principles in nursing?**

   A. Autonomy, beneficence, non-maleficence, and justice

   B. Integrity, compassion, accountability, and professionalism

   C. Respect, dignity, empathy, and trust

   D. Confidentiality, honesty, courage, and commitment

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6. What does the term 'unfreeze' in Lewin's Change Theory refer to?

A. Creating complacency in current practices

B. Establishing a readiness for change

C. Finalizing current behaviors

D. Promoting existing norms

7. Which of the following best describes the societal position of women affecting nursing development?

A. It led to decreased opportunities in healthcare.

B. It provided a foundation for nursing recognition and education.

C. It had no significant impact on nursing history.

D. It discouraged women from entering the profession.

8. Which stage of grief involves negotiating to change a situation?

A. Denial

B. Anger

C. Bargaining

D. Acceptance

9. Which role within nursing focuses specifically on teaching and guiding clients or students?

A. Researcher

B. Educator

C. Change Agent

D. Manager

10. What is the definition of culture?

A. A set of beliefs held by a certain group of people

B. The medical history of an individual

C. A specific sociopolitical ideology

D. A psychological construct of an individual

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Answers

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

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Explanations

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1. What is a disadvantage of high reliance on electronic communication in nursing?

A. Improves health literacy among patients

B. May lead to unprofessional behavior in staff

C. Encourages rapid patient assessments

D. Facilitates effective staff training

A high reliance on electronic communication in nursing can lead to unprofessional behavior among staff. This concern arises because the informal nature of many electronic communication tools, such as texting or social media, may blur the lines of professionalism. Nurses might feel empowered to express themselves in ways that would be considered inappropriate in face-to-face situations. For example, the use of emojis, slang, or casual language can undermine the seriousness and professionalism typically required in the medical field. Additionally, electronic communication may also create misunderstandings or convey messages without the appropriate tone, which can lead to conflicts among staff or with patients. Therefore, while electronic communication offers several advantages, it also poses challenges that can affect professionalism and the overall work environment in healthcare settings.

2. Which minimum standard must be maintained to progress through the nursing program?

A. Achieve a weighted GPA of 2.5 or higher

B. Complete prerequisite courses in level one

C. All science courses must be taken within the last ten years

D. Submit informal transcripts from all attended schools

The standard of completing prerequisite courses in level one is crucial for progression through the nursing program, as these courses lay the foundational knowledge and skills necessary for more advanced study in nursing. Prerequisite courses often cover essential topics in biology, anatomy, physiology, and other critical areas that inform nursing practice. Successfully completing these courses ensures that students are adequately prepared for subsequent coursework and clinical experiences. In addition to establishing foundational knowledge, meeting this requirement reflects the program's emphasis on a structured educational pathway. By prioritizing prerequisite completion, the program ensures that all students have a comparable level of understanding, which is vital for collaborative learning and effective patient care. While maintaining a minimum GPA, completing courses within a certain timeframe, and submitting transcripts may also be important aspects of a nursing program's criteria, the completion of level one prerequisites is fundamental to ensure that students possess the necessary competencies before advancing further in their education.

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3. What is a primary responsibility of team members in patient care?

A. To remain uninformed about team activities

B. To provide constructive criticism only

C. To assist one another and minimize work strain

D. To avoid accountability for actions

One of the primary responsibilities of team members in patient care is to assist one another and minimize work strain. This collaborative approach is essential in healthcare settings, where patient safety and quality of care rely heavily on teamwork. By supporting one another, team members can share the workload more effectively, help manage stress, and ultimately ensure that patients receive comprehensive and consistent care. Effective teamwork includes communication, shared responsibility, and offering help when needed. These actions foster an environment where team members feel empowered to collaborate, leading to better patient outcomes and a more efficient healthcare system. This kind of environment not only benefits the patients but also promotes a positive workplace culture among healthcare providers.

4. What is one barrier to change in nursing that needs to be addressed?

A. Increasing the number of regulations

B. Scope of practice limitations

C. Standardized patient care forms

D. Limited access to patient feedback

Scope of practice limitations represent a significant barrier to change in nursing because they can restrict nurses' ability to function to the full extent of their training and education. When the scope of practice is narrowly defined, nurses may be unable to implement new evidence-based practices or participate in innovative care models. This limitation can hinder advancements in patient care and prevent nurses from playing a vital role in interdisciplinary teams. Addressing these limitations can empower nurses to take on more responsibilities that align with their competencies, ultimately leading to improved patient outcomes and more efficient healthcare systems. By advocating for changes in scope of practice, nursing professionals can facilitate their involvement in healthcare reform initiatives and enable more adaptive and responsive patient care. The other options, such as increasing regulations or standardized patient care forms, may create challenges but don't directly impede the professional growth and practice autonomy of nurses the same way scope limitations do. Limited access to patient feedback, while important, mainly pertains to quality improvement rather than the fundamental constraints imposed on nursing roles.

5. What are the four primary ethical principles in nursing?

A. Autonomy, beneficence, non-maleficence, and justice

B. Integrity, compassion, accountability, and professionalism

C. Respect, dignity, empathy, and trust

D. Confidentiality, honesty, courage, and commitment

The four primary ethical principles in nursing are autonomy, beneficence, non-maleficence, and justice. Autonomy emphasizes the right of patients to make informed decisions about their own healthcare, underscoring the importance of informed consent and respecting patients' choices. Beneficence refers to the obligation of healthcare professionals to act in ways that promote the well-being and health of patients, ensuring that their actions contribute positively to patients' health outcomes. Non-maleficence is the principle of "do no harm," highlighting the duty of nurses to avoid causing harm to patients and to mitigate any risks associated with their care. Finally, justice involves fairness in treatment and the equitable distribution of healthcare resources, ensuring that all patients receive the care they deserve without discrimination. These principles serve as foundational guidelines for ethical decision-making in nursing practice, providing a framework for nurses to navigate complex clinical situations while prioritizing patient welfare and rights.

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6. What does the term 'unfreeze' in Lewin's Change Theory refer to?

A. Creating complacency in current practices

B. Establishing a readiness for change

C. Finalizing current behaviors

D. Promoting existing norms

In Lewin's Change Theory, the term 'unfreeze' is associated with preparing individuals or organizations for change. During this phase, the focus is on creating a sense of urgency or readiness for change by challenging the current state and encouraging participants to recognize the necessity for transformation. This involves dismantling existing mindsets and behaviors that may be resistant to change, allowing individuals to move comfortably toward new processes or practices. Establishing a readiness for change means helping people understand why the change is needed and preparing them emotionally and psychologically to engage in the new direction. This phase is crucial as it sets the foundation for the subsequent steps, where change is implemented, and finally, a new equilibrium is established. Other options do not align with the core concept of initiating change. Complacency in current practices, finalizing behaviors, and promoting existing norms all reflect a static state rather than the dynamic process of preparing for transformation that 'unfreeze' encapsulates.

7. Which of the following best describes the societal position of women affecting nursing development?

A. It led to decreased opportunities in healthcare.

B. It provided a foundation for nursing recognition and education.

C. It had no significant impact on nursing history.

D. It discouraged women from entering the profession.

The societal position of women has historically had a significant impact on the development of nursing, particularly in providing a foundation for nursing recognition and education. In many societies, women were often the primary caregivers, inherently shaping their roles in healthcare. This caregiving tradition laid the groundwork for the acceptance and evolution of nursing as a formal profession. As women took on the responsibility of caring for others within the home and community, this experience contributed to the development of nursing skills and knowledge. Additionally, during times of crisis, such as wars and pandemics, women's roles in caregiving were often highlighted, leading to their increased recognition in healthcare. This societal perception shifted towards a more organized structure for nursing, ultimately leading to the establishment of nursing schools and formal education programs. Thus, the recognition of women's role in society directly influenced nursing development, elevating the profession and fostering an environment where it could flourish academically and practically.

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8. Which stage of grief involves negotiating to change a situation?

A. Denial

B. Anger

C. Bargaining

D. Acceptance

The stage of grief that involves negotiating to change a situation is bargaining. This stage often occurs after the individual has processed some of the pain associated with their loss or hardship. During bargaining, individuals may try to regain control by making deals or promises to a higher power or themselves in an effort to reverse or lessen their suffering. This can manifest in thoughts such as "If only I could have done this differently" or "I will change if I can have this person back." Bargaining serves as a coping mechanism, allowing individuals to negotiate their way out of the distress brought on by the loss. It reflects a desire to find a way to avoid the inevitable or to minimize the impact of the event on their lives. This stage is often characterized by hope that the individual can avoid a cause of grief through their actions or changes in behavior. Understanding bargaining helps to recognize that this is a normal part of the grieving process as individuals seek to make sense of their loss and to cope with the reality of their situation.

9. Which role within nursing focuses specifically on teaching and guiding clients or students?

A. Researcher

B. Educator

C. Change Agent

D. Manager

The role within nursing that focuses specifically on teaching and guiding clients or students is the educator. Educators play a vital part in the healthcare system by developing and implementing educational programs for both patients and nursing staff. This may involve teaching patients about self-care procedures, medication management, disease prevention, and health promotion, as well as instructing new nurses on best practices, protocols, and clinical skills. Nursing educators must possess in-depth knowledge of nursing practices and theories and are often involved in evaluating the effectiveness of teaching methods and learning outcomes. Their role is crucial in promoting health literacy and ensuring that individuals understand their health conditions and management plans, ultimately leading to better patient outcomes and empowerment. The other roles mentioned, while important in their own right, do not center on the primary mission of education. Researchers focus on generating new knowledge within the nursing field, change agents advocate for innovation and improvement in healthcare practices, and managers oversee nursing operations and staff. Each role contributes to nursing practice, but the educator specifically emphasizes instructional engagement and knowledge transfer.

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10. What is the definition of culture?

A. A set of beliefs held by a certain group of people

B. The medical history of an individual

C. A specific sociopolitical ideology

D. A psychological construct of an individual

The definition of culture as a set of beliefs held by a certain group of people captures the essence of what culture encompasses. Culture includes the shared values, norms, behaviors, and traditions that characterize a specific community or society. It influences how individuals perceive the world around them, communicate, and interact with one another. Culture is not static; it can evolve over time, reflecting the experiences and historical contexts of the group. The other options do not accurately reflect the comprehensive nature of culture. The medical history of an individual pertains to their health background and is more focused on personal medical information rather than a collective set of beliefs or practices. A specific sociopolitical ideology represents a particular political viewpoint or belief system, which is only one aspect of culture. A psychological construct of an individual refers to internal mental processes and does not address the broader societal beliefs and practices that define culture. Thus, the first choice aligns most closely with the established understanding of culture.

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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://bsndegree.examzify.com

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

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