CORE CONCEPTS OF NURSING CARE 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. What is the main characteristic of neuropathic pain?

A. It follows a predictable pattern

B. It is usually temporary and localized

C. It is caused by abnormalities in the nervous system

D. It is associated with physical injuries only

2. What is one example of tertiary healthcare services?

A. Health screenings

B. Rehabilitation and palliative care

C. Wellness checks

D. Immunizations

3. What is considered an essential part of building a therapeutic relationship with patients?

A. Professional distance

B. Active listening

C. Directive communication

D. Formal structure

4. What nursing care delivery system is currently most frequently used?

A. Primary nursing

B. Functional nursing

C. Team nursing

D. Case management

5. What are the four main types of nursing diagnoses?

A. Acute, chronic, recurrent, and new

B. Actual, risk, wellness, and syndrome

C. Primary, secondary, tertiary, and health related

D. Intensive, transitional, critical, and stable

6. What type of data clarifies client symptoms and includes vital signs?

A. Subjective data

B. Objective data

C. Emotional data

D. Psychological data

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7. What is the role of an LPN (Licensed Practical Nurse)?

A. To perform complex medical procedures independently

B. To provide basic patient care under the supervision of RNs or physicians

C. To prescribe medications for patients

D. To manage hospital operations

8. Which of the following is a key component of effective patient identification?

A. Using wristbands only

B. Relying on staff recognition

C. Confirming identity through two identifiers

D. Checking medical records solely

9. What is the purpose of the head-to-toe assessment?

A. To gather data on the patient's mental health

B. To systematically gather data on the patient's physical health

C. To assess patient satisfaction

D. To perform routine diagnostics

10. Which type of question is best for exploring a patient's feelings or thoughts?

A. Closed-ended question

B. Leading question

C. Open-ended question

D. Hypothetical question

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Answers

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

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Explanations

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1. What is the main characteristic of neuropathic pain?

A. It follows a predictable pattern

B. It is usually temporary and localized

C. It is caused by abnormalities in the nervous system

D. It is associated with physical injuries only

Neuropathic pain is characterized primarily by abnormalities in the nervous system. This type of pain arises from damage or dysfunction of nerves, spinal cord, or brain, which may be due to a variety of causes such as diabetes, shingles, or injury. Unlike nociceptive pain, which is typically a response to physical injury and follows a predictable pattern, neuropathic pain often manifests as a burning, tingling, or shooting sensation and does not correspond to a specific or localized physical cause. Moreover, neuropathic pain can persist even after the initial injury has healed, making it more chronic than typically temporary forms of pain. It can occur in response to nerve damage and can be triggered by simple stimuli that would not normally cause pain, further emphasizing its nature as a dysfunction of the nervous system rather than a straightforward response to physical injuries. This understanding is crucial for effective pain management and treatment planning in clinical settings.

2. What is one example of tertiary healthcare services?

A. Health screenings

B. Rehabilitation and palliative care

C. Wellness checks

D. Immunizations

Tertiary healthcare services are specialized consultative healthcare services that usually require a referral from primary or secondary medical care. They often involve advanced and complicated procedures or treatments typically provided in specialized facilities like hospitals. Rehabilitation and palliative care fall under this category as they are focused on providing specialized medical care to restore functionality after illness or injury, or to improve the quality of life of patients with serious, chronic illnesses. Rehabilitation includes services such as physical therapy, occupational therapy, and other therapies aimed at helping patients regain their independence after surgery or injury. Palliative care focuses on relieving symptoms and stress of serious illnesses, emphasizing comfort rather than curative treatments. These services highlight the level of specialized attention and intervention that characterizes tertiary healthcare, making them the correct choice in this context. In contrast, health screenings, wellness checks, and immunizations are more aligned with primary and preventive healthcare services. These options are designed to promote health and prevent illness rather than provide the specialized, intensive care characteristic of tertiary services.

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3. What is considered an essential part of building a therapeutic relationship with patients?

A. Professional distance

B. Active listening

C. Directive communication

D. Formal structure

Active listening is an essential component of establishing a therapeutic relationship with patients because it fosters trust and understanding. This process involves fully concentrating on, understanding, responding to, and remembering what the patient is saying. By actively listening, the nurse demonstrates empathy and validation of the patient's feelings and concerns, which can significantly enhance the quality of the interaction. Active listening encourages patients to express themselves freely, thereby promoting open communication. This openness allows for better assessment of the patient's needs and issues, leading to tailored care plans that address their specific circumstances. Such an environment of mutual respect and understanding is fundamental in nursing practice as it lays the groundwork for a supportive and healing therapeutic relationship. While professional distance, directive communication, and formal structure can have their places in nursing, they do not carry the same weight in fostering the deep connection necessary for effective therapeutic relationships. Professional distance can limit emotional connection, directive communication might inhibit patient participation, and formal structures could stifle open dialogue.

4. What nursing care delivery system is currently most frequently used?

A. Primary nursing

B. Functional nursing

C. Team nursing

D. Case management

The most frequently used nursing care delivery system is team nursing. This approach involves a group of nursing staff who collaborate to provide care for a group of patients. It emphasizes communication and teamwork, allowing nurses and clinical staff to share responsibilities. By dividing tasks among team members, each nurse can work to their strengths and optimize patient care. In team nursing, roles are typically well defined, which can enhance efficiency and improve patient outcomes. It also allows for more comprehensive care, as team members can support each other and provide input based on diverse skills and perspectives. This model adapts well to the dynamic nature of healthcare environments, where patient needs can constantly change. Other nursing care delivery systems, while effective in certain contexts, may not provide the same level of collaborative care or flexibility as team nursing. For instance, primary nursing focuses on one nurse being responsible for a patient's care throughout their stay, which can be challenging in busy healthcare settings. Functional nursing divides tasks based on specific functions, which may lead to fragmented care. Case management is typically used in specific scenarios, like coordinating long-term care, and is not as universally applied in everyday nursing practice as team nursing.

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5. What are the four main types of nursing diagnoses?

A. Acute, chronic, recurrent, and new

B. Actual, risk, wellness, and syndrome

C. Primary, secondary, tertiary, and health related

D. Intensive, transitional, critical, and stable

The four main types of nursing diagnoses are actual, risk, wellness, and syndrome because they encompass the different conditions and needs that nurses may assess in their patients. Actual diagnoses refer to existing health problems that are identified through clinical assessment and objective data, allowing for targeted interventions. Risk diagnoses identify potential health issues that a patient may develop based on their current health status and environmental factors, helping nurses to implement preventive measures. Wellness diagnoses highlight areas where patients can enhance their well-being or achieve optimal health outcomes, focusing on their strengths and resources. Finally, syndrome diagnoses group several related nursing diagnoses that share common characteristics, aiding in the organization and prioritization of care strategies. These categories provide a comprehensive framework for nursing practice, enabling nurses to formulate effective care plans tailored to individual patient needs.

6. What type of data clarifies client symptoms and includes vital signs?

A. Subjective data

B. Objective data

C. Emotional data

D. Psychological data

The correct choice is objective data because this type of data is factual and measurable, which is essential in assessing a client's symptoms and overall health status. Objective data includes vital signs like blood pressure, pulse, respiratory rate, and temperature, as well as observable signs that can be verified through physical examination or diagnostic tests. This data provides a clear and unbiased account of the client's condition, allowing healthcare professionals to monitor changes and make informed clinical decisions based on quantifiable evidence. In contrast, subjective data refers to information that is based on a person's feelings, perceptions, and self-reported experiences. While this type of data is important for understanding a client's perspective, it does not include measurable or observable elements, making it less concrete in assessing symptoms directly. Emotional and psychological data may provide insights into a client's mental health or emotional state, but these categories focus more on feelings and thoughts rather than quantifiable symptoms. Thus, objective data is crucial for a comprehensive and accurate evaluation of a client's health status.

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7. What is the role of an LPN (Licensed Practical Nurse)?

A. To perform complex medical procedures independently

B. To provide basic patient care under the supervision of RNs or physicians

C. To prescribe medications for patients

D. To manage hospital operations

The role of an LPN (Licensed Practical Nurse) primarily revolves around providing basic patient care under the supervision of registered nurses (RNs) or physicians. This position is integral to the healthcare team, as LPNs assist in various tasks, including monitoring patients' vital signs, administering medications, and offering basic care to support patients' daily needs. LPNs are trained to perform a range of tasks that are essential in environments such as hospitals, nursing homes, and clinics, but their capabilities are focused on the foundational aspects of nursing care rather than complex medical procedures or independent medical decision-making. This role emphasizes collaboration within a healthcare setting, hence the necessity for supervision by more advanced practitioners. In contrast to the other options: performing complex medical procedures independently and prescribing medications are responsibilities designated for RNs or physicians who possess the advanced training and licensure necessary for those tasks. Managing hospital operations falls outside the scope of nursing practice and typically pertains to healthcare administration roles. The scope of practice for LPNs is well-defined, allowing them to provide essential support while ensuring patient safety and quality of care under guidance.

8. Which of the following is a key component of effective patient identification?

A. Using wristbands only

B. Relying on staff recognition

C. Confirming identity through two identifiers

D. Checking medical records solely

Confirming identity through two identifiers is a critical component of effective patient identification because it significantly reduces the risk of errors in patient care. By employing two identifiers—such as the patient's name, date of birth, or medical record number—healthcare providers can verify that they are correctly identifying the patient before administering treatments, medications, or procedures. This practice adheres to established safety protocols and guidelines that emphasize accuracy in patient identification to enhance safety and minimize the potential for adverse events. Wristbands alone do not guarantee accurate identification, as they can be misread or misplaced. Relying solely on staff recognition can lead to errors due to changes in personnel or the potential for similar patient names within a healthcare facility. Checking medical records solely also poses risks, as discrepancies can occur between records and the actual patient at the bedside. Therefore, using two patient identifiers serves as a robust method to ensure accuracy in patient identification and improve overall patient safety in healthcare settings.

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9. What is the purpose of the head-to-toe assessment?

A. To gather data on the patient's mental health

B. To systematically gather data on the patient's physical health

C. To assess patient satisfaction

D. To perform routine diagnostics

The purpose of the head-to-toe assessment is to systematically gather data on the patient's physical health. This comprehensive examination allows healthcare professionals to evaluate every part of the patient's body, identify normal and abnormal findings, and develop a holistic understanding of the patient's physiological condition. By starting from the head and moving down to the toes, nurses can ensure that no area is overlooked, facilitating the detection of potential health issues early on. This type of assessment is crucial for forming a baseline against which future assessments can be compared and for guiding further diagnostic tests and treatments. While assessing mental health, patient satisfaction, or carrying out routine diagnostics are important components of overall patient care, they do not encapsulate the primary intent of a head-to-toe assessment, which focuses on the physical examination and systematic data collection.

10. Which type of question is best for exploring a patient's feelings or thoughts?

A. Closed-ended question

B. Leading question

C. Open-ended question

D. Hypothetical question

Open-ended questions are best for exploring a patient's feelings or thoughts because they encourage the patient to elaborate and express their emotions or perspectives freely. These questions typically begin with "how," "what," or "tell me about," prompting a more in-depth response rather than a simple "yes" or "no." For instance, asking a patient, "How do you feel about your treatment plan?" invites them to share their feelings and thoughts in detail, facilitating a deeper understanding of their experience and emotional state. In contrast, closed-ended questions, which usually require a one-word answer or a choice between options, limit the patient's response and do not allow for exploration of their feelings. Leading questions can bias the patient's response by suggesting a particular answer, which may not accurately reflect their true thoughts or feelings. Hypothetical questions involve scenarios that are not directly related to the patient's current situation, making them less effective for gaining insight into the patient's actual emotional state or opinions.

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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://coreconceptsnursingcare1.examzify.com

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

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