CORE NURSING COMPETENCIES 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. Interventions that require an order from a physician or other health care professionals are called what?

A. Dependent

B. Independent

C. Collaborative

D. Interdependent

2. Which option is NOT typically considered an independent nursing intervention?

A. Medication administration

B. Patient positioning

C. Family teaching

D. Medication teaching

3. Regarding informed consent, which action is the nursing role regarding informed consent?

A. Make sure the surgeon obtained the client's consent

B. Witness the client's signature on the consent form

C. Explain the risks and benefits of the procedure

D. Describe the consequences of choosing not to have the surgery

4. Which statement best describes a nursing diagnosis?

A. A medical condition diagnosed by physician

B. A formal statement of the health problem identified by the nurse

C. An intervention plan

D. A type of patient education

5. Which ethical principle is described as a commitment to keep promises and be faithful to patients?

A. Fidelity

B. Autonomy

C. Justice

D. Nonmaleficence

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6. During mass casualty triage, which patient is the best candidate for discharge to free beds for more critically injured individuals?

A. Dehydrated patient on IV fluids

B. Patient with a small-bowel obstruction via NG tube

C. Patient who is scheduled for elective surgery

D. Patient with acute appendicitis awaiting surgery

7. What might you do before you start a pilot study?

A. Develop a plan of care to test on those few people

B. Select the sample

C. Obtain funding

D. Design data collection instruments

8. During an age-related head and neck examination, which finding is associated with aging?

A. Reddened gums

B. Lowered vocal pitch

C. Tooth loss

D. Thickened eardrums

9. A nurse who is an expert in a specialized area of nursing is typically described as which type of nurse?

A. Certified Nursing Assistant

B. Licensed Practical Nurse

C. Advanced Practice Registered Nurse

D. Registered Nurse

10. When reviewing car seat safety for a 1-month-old infant, which instruction should the nurse include?

A. Use a car seat with a three-point harness system.

B. Position the car seat so that the infant is rear-facing.

C. Secure the car seat in the front passenger seat of the vehicle.

D. Convert to a booster seat after 12 months.

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Answers

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

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Explanations

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1. Interventions that require an order from a physician or other health care professionals are called what?

A. Dependent

B. Independent

C. Collaborative

D. Interdependent

Interventions that require an order from a physician or other health care professional are categorized as dependent interventions. The nurse follows the prescribed plan and cannot initiate the action without authorization, ensuring safety, accountability, and alignment with the diagnosis and treatment goals. For example, administering a med or starting a therapy as ordered by a clinician must wait for the formal order. Independent interventions, by contrast, are actions a nurse can perform without a physician's order, such as patient education or basic comfort measures. Collaborative or interdependent care involves coordinating with other health professionals, but the key distinction here is that dependent actions require an official order to proceed.

2. Which option is NOT typically considered an independent nursing intervention?

A. Medication administration

B. Patient positioning

C. Family teaching

D. Medication teaching

Independent nursing interventions are actions nurses initiate on their own based on assessment and professional judgment. Intentionally positioning a patient to prevent pressure injuries or assist with comfort is something a nurse can do without a physician's order, and educating the patient or family about care is also within the nurse's independent role. Teaching about medications, while still part of patient education, is generally considered an independent nursing activity because it involves explaining how drugs work, safety considerations, and what to monitor. Medication administration, on the other hand, typically requires a prescription or standing protocol from a prescriber and involves confirming order details, allergies, dosing, and timing. Because it depends on an order, it is not viewed as an independent intervention.

3. Regarding informed consent, which action is the nursing role regarding informed consent?

A. Make sure the surgeon obtained the client's consent

B. Witness the client's signature on the consent form

C. Explain the risks and benefits of the procedure

D. Describe the consequences of choosing not to have the surgery

Informed consent is a process where the practitioner provides information about the procedure, its risks and benefits, and alternatives so the patient can decide. The nurse's role is to ensure the process is properly carried out and to witness the patient's signature on the consent form. This means the patient signs willingly, the person signing is the patient or a legally authorized representative, and the form is complete. The nurse may answer questions and help the patient feel comfortable, but the detailed explanation of risks, benefits, and alternatives is the physician's responsibility. Witnessing the signature helps confirm the patient's consent was given voluntarily and the documentation is valid.

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4. Which statement best describes a nursing diagnosis?

A. A medical condition diagnosed by physician

B. A formal statement of the health problem identified by the nurse

C. An intervention plan

D. A type of patient education

A nursing diagnosis is a formal statement of a health problem identified by the nurse, based on assessment data and standardized language, describing an actual or potential issue that nursing care can address. It sits at the heart of the nursing process, guiding planning, interventions, and evaluation, and it is distinct from a physician's medical diagnosis, which names the disease or condition; from an intervention plan, which outlines actions to take; and from patient education, which is teaching. For example, a nurse might document an impaired physical mobility related to postoperative pain, with supporting data showing limited movement and need for assistance. This framing lets the nurse plan appropriate nursing interventions and monitor outcomes.

5. Which ethical principle is described as a commitment to keep promises and be faithful to patients?

A. Fidelity

B. Autonomy

C. Justice

D. Nonmaleficence

Fidelity is about trust and keeping promises in the patient relationship. When a nurse commits to a plan, follows through on care, and maintains confidentiality and loyalty, they are upholding fidelity. This principle underpins reliability, so patients can count on the nurse to act in their best interests and not abandon them, even when situations are challenging. By being faithful to agreements about care, explanations, and follow-up, the nurse builds a trusting therapeutic relationship that supports effective treatment. Autonomy focuses on respecting a patient's right to make their own decisions; justice deals with fairness and resource distribution; nonmaleficence is about avoiding harm. Fidelity complements these by ensuring the nurse's actions align with promises and commitments made to patients.

6. During mass casualty triage, which patient is the best candidate for discharge to free beds for more critically injured individuals?

A. Dehydrated patient on IV fluids

B. Patient with a small-bowel obstruction via NG tube

C. Patient who is scheduled for elective surgery

D. Patient with acute appendicitis awaiting surgery

In a mass casualty situation, the aim is to keep beds and resources available for those with immediate, life-threatening needs, so stable patients whose issues can safely be postponed are candidates for discharge or downgrading care. The patient scheduled for elective surgery fits this: there is no current urgent medical problem requiring admission, and the elective procedure can be postponed until resources are available again, freeing a bed for someone in danger of deterioration. The other scenarios involve conditions that still require inpatient monitoring or potential urgent intervention—dehydration on IV fluids needs ongoing treatment, a small-bowel obstruction with an NG tube may worsen and needs surgical evaluation, and acute appendicitis awaiting surgery poses a risk of progression if delayed.

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7. What might you do before you start a pilot study?

A. Develop a plan of care to test on those few people

B. Select the sample

C. Obtain funding

D. Design data collection instruments

A pilot study is a small, trial run to test the practicality of an intervention and the procedures you'll use. Before you begin, it's essential to have a concrete plan of care to test on a few participants. This provides a clear protocol—what you'll deliver, how often, and what outcomes you'll measure—so you can assess feasibility, identify practical issues, and refine the approach before scaling up. While choosing the sample, securing funding, and designing data collection tools are important steps in research, they're best grounded in a defined plan of care for the pilot. Having that plan first helps ensure the pilot actually evaluates the intended intervention and the measurement processes, rather than testing something vague or undefined.

8. During an age-related head and neck examination, which finding is associated with aging?

A. Reddened gums

B. Lowered vocal pitch

C. Tooth loss

D. Thickened eardrums

As people age, the tympanic membrane undergoes structural changes, often becoming thicker and less elastic due to calcification and alterations in connective tissue. This reduced elasticity alters how the membrane vibrates in response to sound, contributing to the typical age-related changes in hearing. On exam, a thickened tympanic membrane is an expected, recognizable finding in older adults. Reddened gums and tooth loss are more indicative of dental disease and wear rather than a universal aging change, while a lower vocal pitch can occur with aging due to changes in the vocal cords. The thickened eardrum specifically reflects a common, age-associated change in the head and neck region.

9. A nurse who is an expert in a specialized area of nursing is typically described as which type of nurse?

A. Certified Nursing Assistant

B. Licensed Practical Nurse

C. Advanced Practice Registered Nurse

D. Registered Nurse

Expertise in a specialized area of nursing is reflected by the Advanced Practice Registered Nurse. APNs complete graduate-level education and advance into roles like nurse practitioner, clinical nurse specialist, certified nurse-midwife, or certified registered nurse anesthetist, with expanded assessment, diagnostic, and often prescriptive authority. This level of training and scope distinguishes them from a Certified Nursing Assistant, who provides basic care under supervision; from a Licensed Practical Nurse, who delivers basic nursing tasks with more supervision; and from a general Registered Nurse, who provides essential patient care but may not have the specialized advanced practice credentials unless they pursue additional certification.

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10. When reviewing car seat safety for a 1-month-old infant, which instruction should the nurse include?

A. Use a car seat with a three-point harness system.

B. Position the car seat so that the infant is rear-facing.

C. Secure the car seat in the front passenger seat of the vehicle.

D. Convert to a booster seat after 12 months.

Infants ride best when the car seat is rear-facing and placed in the back seat. This orientation better protects the head, neck, and spine in a crash by cradling the child's body and distributing forces along the seat rather than the neck. For a 1-month-old, keep the seat at the appropriate angle so the airway stays open, and use a snug harness that sits at or below the shoulders with the chest clip at armpit level. Front-seat placement, especially with an active airbag, increases injury risk and should be avoided. Booster seats are not appropriate for such a young infant; they're for older children who have outgrown rear-facing limits. Always follow the car seat's manual and current safety guidelines.

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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://corenursingcomp1.examzify.com

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

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