GALEN 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. The Braden Scale is used to assess risk for which condition?

A. Pain intensity

B. Fall risk

C. Infection

D. Pressure ulcers

2. What is the general dosage calculation formula for weight-based dosing?

A. Dose = (mg per kg) × body weight in kilograms.

B. Dose = total mg ÷ body weight in pounds.

C. Dose = (mg per kg) ÷ body weight in kilograms.

D. Dose = (mg per kilogram) × body weight in pounds.

3. The HAL-101 is available with which cover option for finger separators?

A. Soft Terrycloth Cover

B. Headliner Removable Cover

C. Foam Cover

D. No Cover

4. Which term refers to skin breakdown caused by prolonged pressure?

A. Decubitus ulcers

B. Bedsores

C. Venous ulcers

D. Pressure ulcers

5. Which description corresponds to serous drainage?

A. Blood-tinged

B. Thick, yellow-green purulent

C. Clear, watery plasma-like fluid

D. Blood-filled

6. The Braden scale is used to assess risk for which of the following?

A. Pressure injuries

B. Skin integrity

C. Skin and pressure ulcers

D. Circulatory problems

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7. What device is used to prevent external rotation of the hip by placing a wedge from the ilium to mid-thigh?

A. Trochanter Roll

B. Hand Rolls

C. Slide Board

D. Gait Belt

8. Which term describes the elimination of all microorganisms and maintenance of a sterile field?

A. Clean technique

B. Medical asepsis

C. Surgical asepsis

D. Sterile technique

9. Which term means abnormally rapid heart rate?

A. Hypertension

B. Stridor

C. Tachycardia

D. Eupnea

10. What constitutes sterile technique during dressing changes?

A. Using a clean field with occasional gloves changes.

B. Hand hygiene is not required for dressing changes.

C. Maintaining a sterile field and sterile gloves; avoid nonsterile surfaces; aseptic technique.

D. Sterile technique is optional if the patient's skin is intact.

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Answers

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

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Explanations

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1. The Braden Scale is used to assess risk for which condition?

A. Pain intensity

B. Fall risk

C. Infection

D. Pressure ulcers

The Braden Scale focuses on skin integrity under pressure and what makes someone more likely to develop pressure ulcers. It looks at six factors that affect risk: sensory perception, moisture, activity, mobility, nutrition, and friction or shear. Each factor is scored, and the total score indicates how high the risk is—the lower the score, the greater the risk. This guides preventive actions such as more frequent repositioning, use of pressure-relieving surfaces, careful skin care, keeping skin dry, and addressing nutrition to support skin health. It isn't a measure of pain, fall risk, or infection, but specifically targets the likelihood of pressure-related skin breakdown.

2. What is the general dosage calculation formula for weight-based dosing?

A. Dose = (mg per kg) × body weight in kilograms.

B. Dose = total mg ÷ body weight in pounds.

C. Dose = (mg per kg) ÷ body weight in kilograms.

D. Dose = (mg per kilogram) × body weight in pounds.

Weight-based dosing scales the dose to the patient's size using kilograms. The standard approach is to multiply the prescribed amount in mg per kilogram by the patient's weight in kilograms to get the total dose in milligrams. For example, if the order is 10 mg/kg and the patient weighs 22 kg, the dose is 220 mg. Using pounds or mixing units isn't appropriate unless you first convert to kilograms (1 kg ≈ 2.2046 lb). Dividing total mg by pounds or multiplying by pounds without conversion would produce an incorrect dose because the units wouldn't be consistent.

3. The HAL-101 is available with which cover option for finger separators?

A. Soft Terrycloth Cover

B. Headliner Removable Cover

C. Foam Cover

D. No Cover

The option being tested is how the HAL-101 finger separators are covered to support hygiene and maintenance. The removable headliner cover is the option available for the finger separators. This cover is designed to come off easily for thorough cleaning or replacement, which helps prevent cross-contamination and keeps the separators protected during use. It also allows the cover to be swapped if it becomes soiled or worn, maintaining a consistent fit and ease of sanitation. Other coverings may not clean as easily, can trap moisture or fibers, or may not provide the same level of protection, and having no cover leaves the components more exposed to dirt and damage.

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4. Which term refers to skin breakdown caused by prolonged pressure?

A. Decubitus ulcers

B. Bedsores

C. Venous ulcers

D. Pressure ulcers

Prolonged pressure over a body area, especially over bony prominences, blocks blood flow, leading to tissue ischemia and eventually skin breakdown that can progress to an ulcer. This condition is named pressure ulcers in current clinical practice; the term conveys both the cause and the injury clearly and is the standard for documentation and communication. The other terms—decubitus ulcers and bedsores—are older or more colloquial ways to refer to the same problem, but they're less precise in formal medical language. Venous ulcers, by contrast, come from chronic venous insufficiency and edema, not from pressure, so they describe a different mechanism.

5. Which description corresponds to serous drainage?

A. Blood-tinged

B. Thick, yellow-green purulent

C. Clear, watery plasma-like fluid

D. Blood-filled

Serous drainage is a clear, watery fluid that resembles plasma. It is thin, pale, and watery, often seen in the early stage of wound healing as part of the normal inflammatory response. This type indicates healing progress without infection or active bleeding. The description of clear, watery plasma-like fluid matches serous drainage. The other descriptions describe blood-tinged or bloody fluid, purulent pus, or blood-filled drainage, none of which are serous.

6. The Braden scale is used to assess risk for which of the following?

A. Pressure injuries

B. Skin integrity

C. Skin and pressure ulcers

D. Circulatory problems

The Braden Scale is a risk assessment tool that looks at factors that contribute to skin breakdown when a person is exposed to sustained pressure. By evaluating sensory perception, moisture, activity, mobility, nutrition, and friction/shear, it estimates how likely a patient is to develop pressure ulcers. This makes it best described as assessing risk to both the skin and the potential for pressure ulcers, rather than measuring current skin conditions alone or unrelated circulatory issues. The score guides prevention efforts such as turning schedules, pressure-relieving surfaces, and nutrition or hydration interventions.

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7. What device is used to prevent external rotation of the hip by placing a wedge from the ilium to mid-thigh?

A. Trochanter Roll

B. Hand Rolls

C. Slide Board

D. Gait Belt

Preventing external rotation of the hip in a bed-bound patient is achieved with a trochanter roll. A rolled wedge or blanket is placed along the lateral hip from the ilium down to the mid-thigh, pressing against the greater trochanter to hold the femur in a neutral position and stop outward rotation. This helps maintain proper hip alignment, supports healing after hip surgery or extended immobility, and reduces strain on the joints. Hand rolls protect the hands, a slide board aids transfers, and a gait belt assists with safely moving a patient; they do not address hip rotation.

8. Which term describes the elimination of all microorganisms and maintenance of a sterile field?

A. Clean technique

B. Medical asepsis

C. Surgical asepsis

D. Sterile technique

Sterile technique is the set of practices that aims to render and keep a field completely free of microorganisms, creating a sterile environment for procedures where infection risk must be minimized. It involves meticulous hand hygiene, using sterile gloves and instruments, sterile drapes, and ensuring that no nonsterile item touches the sterile field. If the sterile field is breached, it must be reestablished to prevent contamination. This is different from medical asepsis (clean technique), which reduces and controls microorganisms and prevents their spread but does not remove all microbes. Clean technique is used for routine care to maintain a clean environment, not to maintain a truly sterile field. Clean technique is also distinct from sterile technique in the level of sterility it aims to achieve.

9. Which term means abnormally rapid heart rate?

A. Hypertension

B. Stridor

C. Tachycardia

D. Eupnea

The term describes a heart rate that is faster than normal. In medical terms, tachycardia means the heart is beating more rapidly than the resting rate—typically defined in adults as over 100 beats per minute. This term specifically addresses the speed of the heart, which is why it's the correct choice for "abnormally rapid heart rate." Hypertension refers to high blood pressure, not heart rate. Stridor is a high-pitched sound heard with breathing due to airway obstruction, not the rate of the heartbeat. Eupnea means normal, unlabored breathing. So tachycardia uniquely captures the idea of an abnormally fast heart rate.

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10. What constitutes sterile technique during dressing changes?

A. Using a clean field with occasional gloves changes.

B. Hand hygiene is not required for dressing changes.

C. Maintaining a sterile field and sterile gloves; avoid nonsterile surfaces; aseptic technique.

D. Sterile technique is optional if the patient's skin is intact.

Sterile technique during dressing changes means protecting the wound from infection by maintaining a sterile field, using sterile gloves, and following aseptic practices throughout the procedure. This involves establishing and keeping a sterile setup, handling dressings and solutions with sterile technique, and avoiding any contact of sterile items with nonsterile surfaces or hands. The goal is to prevent pathogens from entering the wound and causing infection. The other options don't meet this standard. A clean field with only occasional glove changes can allow contamination, since any lapse can introduce organisms. Saying hand hygiene isn't required contradicts fundamental infection control, as hand hygiene is essential before and during any dressing change. Sterile technique isn't optional even if the skin appears intact, because contamination can occur at any time and a sterile approach provides the best protection against infection.

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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://galenfundamentalsofnursing.examzify.com

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

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