LEARNING SYSTEM RN 3.0 NURSING CARE OF CHILDREN PRACTICE TEST (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 should a nurse do if a child refuses medication?

A. Administer the medication forcefully

B. Assess the reason for refusal and educate the child about the importance of the medication

C. Ignore the refusal

D. Call the physician immediately

2. What statement by the parents of a 3-year-old with persistent otitis media indicates understanding of preventive measures?

A. We should keep our child indoors during cold weather

B. We should not smoke around our child

C. We should ensure our child receives daily vitamins

D. We should limit the number of vaccinations

3. What is a primary goal of positioning a child correctly for a lumbar puncture?

A. To ensure the procedure is completed quickly

B. To provide optimal access to the spinal column

C. To assist in the child's healing process

D. To prevent the child from moving during the procedure

4. What condition is characterized by an imbalance of electrolytes leading to dehydration in children?

A. Diarrheal disease

B. Respiratory distress syndrome

C. Allergic reaction

D. Asthma

5. Where should a nurse administer an intramuscular injection to a 2-month-old infant?

A. Dorsogluteal site

B. Vastus lateralis

C. Deltoid muscle

D. Rectus femoris

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6. What can the nurse do to help alleviate fear in a school-age child about the lumbar puncture?

A. Using medical jargon to explain the procedure

B. Offering a reward after the procedure

C. Providing a clear, simple explanation of what to expect

D. Telling them it will be quick and they won't remember it

7. What is the appropriate use of an epinephrine auto-injector?

A. For mild allergic reactions

B. For skin irritations and rashes

C. For severe allergic reactions (anaphylaxis)

D. For asthma attacks

8. Which psychosocial stage is characterized by exploration and curiosity about the environment?

A. Trust vs. mistrust

B. Autonomy vs. shame and doubt

C. Initiative vs. guilt

D. Industry vs. inferiority

9. Which of the following is the priority nursing intervention for a child with a high fever suspected to have an ear infection?

A. Administer antipyretics

B. Encourage hydration

C. Monitor temperature closely

D. Document fever history

10. How many ml of diphenhydramine should a nurse administer to a 50 lb child based on a dose of 5mg/kg/day?

A. 10 ml

B. 15 ml

C. 20 ml

D. 25 ml

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Answers

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

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Explanations

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1. What should a nurse do if a child refuses medication?

A. Administer the medication forcefully

B. Assess the reason for refusal and educate the child about the importance of the medication

C. Ignore the refusal

D. Call the physician immediately

When a child refuses medication, assessing the reason for the refusal and providing education about the importance of the medication is crucial. This approach acknowledges the child's autonomy and encourages open communication. By understanding the child's concerns—such as fear of side effects, dislike of the taste, or confusion about the purpose of the medication—the nurse can address these issues effectively and help ease the child's apprehensions. Education is key, as it empowers the child and helps foster a sense of trust between the nurse and the patient. The nurse can explain how the medication works, its benefits, and the consequences of not taking it, which can lead to improved compliance. This strategy not only addresses the immediate situation but also promotes better healthcare practices in the long term by encouraging children to communicate their feelings and questions about their healthcare. Providing education and support can transform a difficult situation into a collaborative one, fostering an environment where the child feels safe to express their concerns.

2. What statement by the parents of a 3-year-old with persistent otitis media indicates understanding of preventive measures?

A. We should keep our child indoors during cold weather

B. We should not smoke around our child

C. We should ensure our child receives daily vitamins

D. We should limit the number of vaccinations

The statement indicating understanding of preventive measures in the context of a 3-year-old with persistent otitis media is about not smoking around the child. This is significant because exposure to tobacco smoke can increase the risk of ear infections and other respiratory illnesses in young children. The smoke can lead to inflammation and congestion in the Eustachian tubes, contributing to the development of otitis media. By acknowledging the harmful effects of secondhand smoke and committing to not smoking around their child, the parents demonstrate an understanding of a key preventive measure that can help reduce the incidence of otitis media. Proper awareness and action regarding environmental factors, such as tobacco exposure, play a crucial role in the health and well-being of children, especially those who are already experiencing recurrent medical issues like ear infections.

3. What is a primary goal of positioning a child correctly for a lumbar puncture?

A. To ensure the procedure is completed quickly

B. To provide optimal access to the spinal column

C. To assist in the child's healing process

D. To prevent the child from moving during the procedure

Providing optimal access to the spinal column is essential during a lumbar puncture because the procedure involves inserting a needle into the spinal space to collect cerebrospinal fluid or administer medication. Proper positioning, typically sitting up and leaning forward or lying on the side with the knees drawn up, allows for better visibility and access to the intervertebral spaces. This optimal positioning helps the healthcare provider locate the appropriate site for needle insertion, minimizes the risk of complications, and enhances the chances of a successful and accurate procedure. This ensures that the procedure can be performed efficiently and safely, which is paramount for the child's health and comfort during the process.

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4. What condition is characterized by an imbalance of electrolytes leading to dehydration in children?

A. Diarrheal disease

B. Respiratory distress syndrome

C. Allergic reaction

D. Asthma

Diarrheal disease is characterized by the loss of fluids and electrolytes, often leading to dehydration in children. When a child experiences diarrhea, especially if it is severe or prolonged, there is a significant expulsion of water and essential electrolytes such as sodium, potassium, and chloride from the body. This can result in an imbalance, making it crucial to monitor hydration status and replace lost fluids and electrolytes to prevent complications associated with dehydration. This condition is distinct from respiratory distress syndrome, which primarily affects breathing and gas exchange, allergic reactions that may involve skin or respiratory symptoms, and asthma, which is characterized by airway constriction and inflammation. None of these conditions primarily focuses on the loss of fluids and electrolytes in the same way that diarrheal disease does.

5. Where should a nurse administer an intramuscular injection to a 2-month-old infant?

A. Dorsogluteal site

B. Vastus lateralis

C. Deltoid muscle

D. Rectus femoris

The vastus lateralis site is the preferred location for administering intramuscular injections in a 2-month-old infant due to its size and accessibility. In infants, the muscle mass in the vastus lateralis is well developed and provides a safe and effective location for injections. This muscle is located on the outer thigh, and because it is farther from major nerves and blood vessels, it minimizes the risk of injury during the injection process. Using the dorsogluteal site is not recommended for infants due to the potential for injury to the sciatic nerve and the underdevelopment of muscle mass in this area at such a young age. The deltoid muscle may not be sufficiently developed in infants for safe use; therefore, it is typically avoided until the child is older. The rectus femoris, while a possible site, is less commonly used than the vastus lateralis because it may lead to discomfort and is not as easily accessible in infants. Thus, the vastus lateralis offers the best combination of safety and efficacy for intramuscular injections in this age group.

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6. What can the nurse do to help alleviate fear in a school-age child about the lumbar puncture?

A. Using medical jargon to explain the procedure

B. Offering a reward after the procedure

C. Providing a clear, simple explanation of what to expect

D. Telling them it will be quick and they won't remember it

Providing a clear, simple explanation of what to expect during a lumbar puncture is crucial in alleviating a school-age child's fear. Children in this age group often have specific anxieties regarding medical procedures, and addressing these fears directly can help manage their apprehension. By explaining the procedure in straightforward, age-appropriate language, the nurse can demystify the process and reduce the child's anxiety. This approach encourages trust and helps the child understand that while the procedure may be uncomfortable, it is also a normal part of their medical care. The clarity in communication allows the child to feel more in control and less fearful of the unknown. Understanding the child's perspective is vital; they may have heard or seen things about medical procedures that cause fear. Thus, a simple explanation can help dispel misconceptions and provide reassurance, making the experience less intimidating. In contrast, using medical jargon may confuse the child, and offering rewards might distract from their primary concerns rather than directly addressing their fears. Additionally, telling them it will be quick and they won't remember it may lead to mistrust if the experience does not align with their expectations, potentially increasing anxiety rather than alleviating it.

7. What is the appropriate use of an epinephrine auto-injector?

A. For mild allergic reactions

B. For skin irritations and rashes

C. For severe allergic reactions (anaphylaxis)

D. For asthma attacks

The appropriate use of an epinephrine auto-injector is specifically for severe allergic reactions, known as anaphylaxis. Anaphylaxis is a life-threatening condition characterized by rapid onset of symptoms such as difficulty breathing, swelling of the throat or tongue, a drop in blood pressure, and hives. Epinephrine works quickly to counteract these effects by relaxing the muscles in the airways, reducing swelling, and increasing heart rate and blood pressure. Using an epinephrine auto-injector during anaphylaxis is crucial because it can be the difference between life and death. It acts rapidly to reverse the severe symptoms and buy time before emergency medical services arrive. In contrast, other scenarios such as mild allergic reactions, skin irritations, or general asthma attacks require different treatments and may not necessitate the immediate administration of epinephrine. Thus, recognizing the specific condition that warrants the use of an epinephrine auto-injector is vital for effective emergency care.

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8. Which psychosocial stage is characterized by exploration and curiosity about the environment?

A. Trust vs. mistrust

B. Autonomy vs. shame and doubt

C. Initiative vs. guilt

D. Industry vs. inferiority

The correct answer is the stage characterized by exploration and curiosity about the environment, which aligns with the concept of initiative vs. guilt. This psychosocial stage, identified by Erik Erikson, typically occurs between the ages of 3 and 6 years. During this time, children begin to assert their power and control over the world through directing play and other social activities. In this stage, children develop a sense of initiative as they explore their surroundings, engage in imaginative play, and take on new challenges. This exploration fosters their curiosity about different aspects of life and encourages them to interact with their environment, which is crucial for their cognitive and social development. When children are encouraged and supported while exploring, they gain confidence and feel a sense of initiative. On the contrary, if their efforts are met with criticism, they may develop feelings of guilt regarding their exploration and creativity, which can inhibit their development. The other psychosocial stages mentioned focus on different aspects of development: trust vs. mistrust deals with the infant's basic needs and trust in caregivers; autonomy vs. shame and doubt revolves around toddlers gaining independence; and industry vs. inferiority concerns school-aged children developing a sense of competence in their skills and abilities. Each of these stages encompasses unique developmental tasks

9. Which of the following is the priority nursing intervention for a child with a high fever suspected to have an ear infection?

A. Administer antipyretics

B. Encourage hydration

C. Monitor temperature closely

D. Document fever history

The priority nursing intervention for a child with a high fever suspected to have an ear infection is administering antipyretics. This action is crucial as it directly addresses the child's discomfort and helps to reduce the fever. High fevers can lead to discomfort, irritability, and potential complications such as febrile seizures, especially in young children. By lowering the fever with antipyretics, the child's comfort level improves, which can facilitate better hydration and overall recovery. While encouraging hydration is important to prevent dehydration, especially when the child has a fever, it comes after addressing immediate comfort through fever reduction. Monitoring temperature closely is essential for ongoing assessment but does not provide active relief from the fever. Documenting the fever history is important for medical records but does not have an immediate impact on the child's current state. Therefore, administering antipyretics is prioritized to manage the symptoms effectively and provide relief to the child.

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10. How many ml of diphenhydramine should a nurse administer to a 50 lb child based on a dose of 5mg/kg/day?

A. 10 ml

B. 15 ml

C. 20 ml

D. 25 ml

To determine the correct dosage of diphenhydramine for a 50 lb child based on the prescribed dosage of 5 mg/kg/day, one must first convert the child's weight from pounds to kilograms. The conversion factor is that 1 kg equals approximately 2.2 lbs. Therefore, the child's weight in kilograms can be calculated as follows: 50 lbs ÷ 2.2 = approximately 22.73 kg. Next, to find the total daily dose of diphenhydramine required for the child, multiply the weight in kilograms by the dosage: 22.73 kg × 5 mg/kg/day = approximately 113.65 mg/day. Since diphenhydramine comes in a liquid form (often with a concentration where 1 tsp (5 ml) contains 12.5 mg), the next step is to determine how many milliliters are needed for the calculated daily dose. If the medication concentration is known, the nurse would find that 12.5 mg/5 ml is equivalent to: 113.65 mg ÷ 12.5 mg = approximately 9.09 ml. This total daily dose can then be rounded appropriately if necessary, and since it's typically administered in divided doses (for example,

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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://learningsysrn3careofchildren.examzify.com

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

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