MARK KLIMEK NCLEX-RN YELLOW BOOK 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 is the duration of contractions during the transition phase?

A. 15-30 seconds

B. 30-60 seconds

C. 60-90 seconds

D. 90-120 seconds

2. What is the primary focus during the fourth stage of labor?

A. Monitoring fetal health

B. Managing labor pains

C. Ensuring maternal recovery

D. Preparing for neonatal care

3. Which change in a patient's condition would most likely indicate an adverse reaction to Haldol?

A. Increased energy levels

B. Development of a high fever

C. Improved sleep patterns

D. Stable mood

4. What are the primary respiratory symptoms associated with anthrax?

A. Fever and chills

B. Cough and chest pain

C. Respiratory flu-like symptoms

D. Wheezing and stridor

5. What is the primary goal of effective hand scrubbing?

A. To save time

B. To prevent contamination

C. To maintain skin health

D. To avoid the use of gloves

6. Which type of language should be avoided when answering questions?

A. Vague terms

B. Relative terms

C. Absolute terms

D. Common terms

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7. In a Total Thyroidectomy, what is required for the patient's management post-surgery?

A. Calcium supplements

B. Regular blood transfusions

C. Hormone replacement therapy

D. Increased dietary iodine

8. When answering a 'select all that apply' question, on what should you base your selections?

A. Your previous choices

B. The question itself

C. Your gut feeling

D. General knowledge

9. Which of the following is NOT one of the three phases of labor?

A. Latent

B. Active

C. Transitional

D. Transition

10. What does acrocyanosis indicate in newborns?

A. A severe medical emergency in infants

B. Normal cyanosis appearing in hands and feet

C. A sign of respiratory distress

D. A condition that lasts throughout infancy

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Answers

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

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Explanations

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1. What is the duration of contractions during the transition phase?

A. 15-30 seconds

B. 30-60 seconds

C. 60-90 seconds

D. 90-120 seconds

During the transition phase of labor, contractions typically last between 60 to 90 seconds. This phase is the most intense part of labor, occurring after the active phase and just before the pushing stage. Contractions during this period are not only longer in duration but also more frequent, often occurring every 2 to 3 minutes. This intensity is essential as it helps the cervix to fully dilate to 10 centimeters, preparing the body for the next stage of labor. Understanding the characteristics of contractions during the transition phase is vital for monitoring a laboring individual and providing appropriate support and interventions as needed.

2. What is the primary focus during the fourth stage of labor?

A. Monitoring fetal health

B. Managing labor pains

C. Ensuring maternal recovery

D. Preparing for neonatal care

The primary focus during the fourth stage of labor is ensuring maternal recovery. This stage occurs immediately after delivery and lasts for about one to four hours, during which the mother transitions into recovery from childbirth. During this period, healthcare providers closely monitor the mother's vital signs, uterine tone, and bleeding to ensure she is stable and to prevent complications such as hemorrhage. Additionally, this stage is crucial for bonding between the mother and the newborn, as well as for initiating breastfeeding if the mother chooses to do so. Ensuring the mother's comfort and assessing her physical and emotional healing are also central to this phase. This focus on maternal well-being is essential for a positive postpartum experience and sets the foundation for recovery and adjustment after labor.

3. Which change in a patient's condition would most likely indicate an adverse reaction to Haldol?

A. Increased energy levels

B. Development of a high fever

C. Improved sleep patterns

D. Stable mood

An increase in body temperature, particularly the development of a high fever, can indicate an adverse reaction to Haldol, especially in the context of potential neuroleptic malignant syndrome (NMS). NMS is a serious and rare side effect associated with antipsychotic medications like Haldol. It can present with symptoms such as hyperthermia, muscle rigidity, altered mental status, and autonomic instability. The occurrence of a high fever might be one of the first indicators that the patient is experiencing this severe reaction. Other symptoms of NMS can include elevated creatine kinase levels and leukocytosis, and it typically occurs within the first two weeks of treatment or after dosage increases. Recognizing this change promptly is crucial for patient safety and treatment management. In contrast, increased energy levels might simply indicate an improvement in mood or psychological status due to the medication's antipsychotic effects. Improved sleep patterns and a stable mood are generally seen as positive outcomes and do not indicate adverse reactions to the medication.

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4. What are the primary respiratory symptoms associated with anthrax?

A. Fever and chills

B. Cough and chest pain

C. Respiratory flu-like symptoms

D. Wheezing and stridor

The primary respiratory symptoms associated with anthrax typically present as respiratory flu-like symptoms. This is due to the nature of the infection, which begins with non-specific symptoms similar to those of the flu, making it hard to diagnose in the early stages. Patients may experience fever, malaise, and respiratory distress as the infection progresses, but initially, the presentation resembles common viral respiratory illnesses. While other symptoms such as cough, chest pain, wheezing, and stridor can occur, they are not the primary symptoms used to characterize the onset of inhalational anthrax. Recognizing the condition in its early flu-like stage is crucial for effective treatment and management, which is why identifying these initial symptoms can significantly influence patient outcomes.

5. What is the primary goal of effective hand scrubbing?

A. To save time

B. To prevent contamination

C. To maintain skin health

D. To avoid the use of gloves

The primary goal of effective hand scrubbing is to prevent contamination. This practice is crucial in healthcare settings, as it significantly reduces the number of pathogens on the hands, thereby minimizing the risk of transmitting infections to patients or oneself. When hands are not properly scrubbed, harmful microorganisms can remain, increasing the likelihood of cross-contamination and posing a threat to patient safety. While saving time may be a consideration during busy shifts, it should never compromise the thoroughness of hand hygiene. Maintaining skin health is important for healthcare workers, but it is secondary to the critical objective of preventing infection. Avoiding the use of gloves does not align with the primary focus of hand scrubbing, as gloves are part of the broader infection prevention strategy but do not replace the need for rigorous hand hygiene techniques.

6. Which type of language should be avoided when answering questions?

A. Vague terms

B. Relative terms

C. Absolute terms

D. Common terms

The use of absolute terms should be avoided when answering questions because they leave no room for interpretation or exceptions. Absolute language is definitive and can lead to misunderstandings, as it suggests that there are no varying circumstances—this can misrepresent clinical situations which often have nuances and complexities. Clinical scenarios rarely allow for such rigid classifications, and being too definitive can result in overlooking important variables that might affect patient care or outcomes. In contrast, vague terms may lack specificity but still allow for a degree of interpretation, relative terms provide context, and common terms facilitate understanding among a variety of audiences. Therefore, absolute terms can be detrimental in a clinical setting where flexibility and critical thinking are crucial.

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7. In a Total Thyroidectomy, what is required for the patient's management post-surgery?

A. Calcium supplements

B. Regular blood transfusions

C. Hormone replacement therapy

D. Increased dietary iodine

Following a Total Thyroidectomy, patients typically experience a significant decrease in thyroid hormone production because the thyroid gland, which produces these hormones, has been completely removed. As a result, hormone replacement therapy becomes essential to maintain normal metabolic function and overall health. Without adequate thyroid hormones, patients can develop symptoms of hypothyroidism, such as fatigue, weight gain, and depression. Hormone replacement therapy usually involves the administration of levothyroxine, which is a synthetic form of the thyroid hormone thyroxine (T4). Regular monitoring of thyroid hormone levels post-operatively is crucial to ensure that the dosage of medication is appropriate and to prevent complications associated with hypothyroidism. Management options such as calcium supplements may be necessary in cases where the parathyroid glands are affected during surgery, as they regulate calcium levels in the body. However, the immediate and critical need after a Total Thyroidectomy is to provide the patient with the necessary thyroid hormones, which is why hormone replacement therapy is a fundamental aspect of post-surgical care.

8. When answering a 'select all that apply' question, on what should you base your selections?

A. Your previous choices

B. The question itself

C. Your gut feeling

D. General knowledge

The focus when answering a 'select all that apply' question should be on the question itself. This means thoroughly reading and understanding the wording of the question, as it often contains key details that guide you in determining which options are correct. The specificity of the question is crucial because it outlines the parameters of what constitutes an appropriate selection. Your previous choices may inform your thinking but do not dictate your next decision, as each question is independent. Relying solely on a gut feeling can lead to inaccuracy, as intuition may not always align with clinical knowledge or the specifics of the question. While general knowledge can certainly support your reasoning, it is the direct reference to the question's criteria that ultimately ensures the selections are aligned with what is being asked. Focusing on the content and context of the question itself enables a more accurate and thoughtful approach in this format of questioning.

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9. Which of the following is NOT one of the three phases of labor?

A. Latent

B. Active

C. Transitional

D. Transition

The correct answer pertains to the phases of labor typically recognized in obstetrics. Labor is traditionally divided into three stages: the latent phase, the active phase, and the transition phase. The latent phase involves the onset of cervical changes and early contractions that progressively become more intense. The active phase signifies a more pronounced progression of cervical dilation and more regular contractions. Finally, the transition phase represents the intense and often challenging final part of the first stage, where the cervix dilates from about 8 to 10 centimeters. The option labeled "Transitional," while it may sound similar to "transition," is not a recognized phase. Therefore, identifying "Transitional" as not being one of the three distinct phases of labor is correct. Understanding these stages is crucial for monitoring labor progress and providing appropriate support and intervention during the childbirth process.

10. What does acrocyanosis indicate in newborns?

A. A severe medical emergency in infants

B. Normal cyanosis appearing in hands and feet

C. A sign of respiratory distress

D. A condition that lasts throughout infancy

Acrocyanosis in newborns refers to a common and usually benign condition characterized by a bluish discoloration of the hands and feet. It occurs due to the transition of the infant's circulatory system from fetal to neonatal life, resulting in temporary vasomotor instability. This condition often arises when the newborn is exposed to cooler temperatures or is not fully adapted to the outside environment. Acrocyanosis typically resolves on its own as the infant matures, generally within the first few days to weeks of life, and does not indicate any underlying health issues. In this context, while other choices may refer to serious conditions, they do not apply to acrocyanosis. For instance, severe medical emergencies in infants or signs of respiratory distress would manifest with more systemic symptoms and require immediate medical attention, while acrocyanosis is not associated with adverse health outcomes. Additionally, the condition does not last throughout infancy; it is a transient phase that does not have long-term implications for the newborn.

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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:

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

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