NCLEX HIV/AIDS PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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Table of Contents

Copyright 1

Table of Contents 2

Introduction 3

How to Use This Guide 4

Questions 5

Answers 8

Explanations 10

Next Steps 15

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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. Which factor is associated with successful adaptation to stress?

A. Exaggerated perception of the stressor

B. Healthy lifestyle

C. Church support group

D. Living alone

2. If a patient on ART experiences GI side effects and weight loss, what is a recommended management approach?

A. Ignore symptoms

B. Increase ART dose

C. Address GI side effects and weight loss with a balanced diet

D. Stop ART

3. What is the recommended duration of post-exposure prophylaxis (PEP) after exposure?

A. 7 days

B. 14 days

C. 28 days

D. 60 days

4. Which statement best demonstrates active coping by seeking information?

A. Avoid discussing the illness

B. Rely on others to decide

C. Ask questions to the healthcare team about the illness and treatment

D. Ignore prognosis

5. What occurs during Exhaustion in GAS?

A. Energy is depleted, cannot adapt, and dies

B. Hormone levels remain elevated

C. Immune function improves

D. The body returns to normal

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6. During GAS alarm stage, ACTH is released by which gland?

A. Anterior pituitary

B. Hypothalamus

C. Adrenal cortex

D. Adrenal medulla

7. Which statement best describes the significance of an undetectable viral load in someone on ART?

A. It guarantees a cure

B. It indicates effective ART, reduces disease progression, and markedly lowers transmission risk

C. It has no clinical relevance

D. It requires stopping ART

8. At the end of a meditation session which finding indicates relaxation success?

A. Decreased blood pressure

B. Decreased peripheral skin temperature

C. Increased respiratory rate

D. Increased bowel motility

9. What CD4 count range defines AIDS in adults?

A. CD4 count below 200 cells/mm3 or AIDS-defining illness

B. CD4 count below 500

C. CD4 count above 200

D. Any CD4 count with AIDS-defining illness

10. Which defense mechanism is characterized by taking on the ideas or characteristics of someone else?

A. Introjection

B. Identification

C. Rationalization

D. Intellectualization

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Answers

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

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Explanations

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1. Which factor is associated with successful adaptation to stress?

A. Exaggerated perception of the stressor

B. Healthy lifestyle

C. Church support group

D. Living alone

Focusing on resources that build resilience across body and mind is key to adapting to stress. A healthy lifestyle does just that—regular physical activity, good nutrition, adequate sleep, and avoiding substances that drain energy all help regulate mood, improve cognitive function, and lower physiological reactivity to stress. When the body is fit and well-rested, it handles stressors more effectively, recovers faster, and maintains a steadier mood, which supports better coping overall. In contrast, exaggerating the perception of a stressor tends to amplify fear and arousal, creating a cycle that makes stress harder to manage. Living alone might reduce social support, which can be helpful for coping, and a church support group provides social support, but these are not as consistently protective as the broad, ongoing benefits of a healthy lifestyle that bolster both physical and mental resources.

2. If a patient on ART experiences GI side effects and weight loss, what is a recommended management approach?

A. Ignore symptoms

B. Increase ART dose

C. Address GI side effects and weight loss with a balanced diet

D. Stop ART

When ART causes GI symptoms and weight loss, the focus is on supporting nutrition and comfort to protect health and adherence. A balanced, nutrient-dense diet helps replace lost calories and nutrients, supports energy, and can lessen GI upset, which in turn makes it easier to stay on therapy. Practical steps include small, frequent meals; choosing easily tolerated, bland or nutrient-rich foods; ensuring adequate fluids to prevent dehydration; and, when possible, tailoring meal timing to the specific ART regimen under clinician guidance. In addition, involving a dietitian and monitoring weight and symptoms are important to adjust plans and catch other causes of weight loss. This approach is preferred over ignoring symptoms, increasing the ART dose, or stopping ART. Ignoring symptoms won't resolve the issue and can worsen health, while changing the ART dose or stopping therapy without medical direction risks viral rebound and resistance.

3. What is the recommended duration of post-exposure prophylaxis (PEP) after exposure?

A. 7 days

B. 14 days

C. 28 days

D. 60 days

Post-exposure prophylaxis after potential HIV exposure uses antiretroviral therapy started promptly to block viral replication if infection has occurred. The recommended duration is 28 days (four weeks). Completing the full 28-day course provides adequate coverage during the early window when the virus can establish infection, giving the best chance to prevent seroconversion. Shorter courses, like 7 or 14 days, are not sufficient to guarantee protection and are not the standard approach. A much longer course, such as 60 days, does not increase effectiveness and raises the risk of adverse effects. For maximum effectiveness, start PEP as soon as possible, ideally within 72 hours of exposure.

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4. Which statement best demonstrates active coping by seeking information?

A. Avoid discussing the illness

B. Rely on others to decide

C. Ask questions to the healthcare team about the illness and treatment

D. Ignore prognosis

Active coping with a chronic condition like HIV/AIDS involves taking concrete steps to understand and manage the illness rather than avoiding it. Asking questions to the healthcare team about the illness and treatment is a clear, proactive move. It shows the patient is engaged, wants clarity about options, and is seeking information that can guide decisions, improve treatment adherence, and reduce uncertainty. In contrast, avoiding discussion, letting others decide, or ignoring the prognosis reflect more passive or avoidance-based coping. These approaches can leave important issues unaddressed and hinder effective management.

5. What occurs during Exhaustion in GAS?

A. Energy is depleted, cannot adapt, and dies

B. Hormone levels remain elevated

C. Immune function improves

D. The body returns to normal

During Exhaustion, the body's resources have been depleted by prolonged stress, and its ability to continue adapting is lost. The energy stores, hormonal regulation, and immune defenses that were mobilized in earlier stages become exhausted, making the organism highly vulnerable to illness and organ failure. If the stress persists, the body's compensatory mechanisms shut down, leading toward collapse and, in severe cases, death. That's why the description of energy being depleted, the capacity to adapt being lost, and death resulting best captures what happens in this stage. In contrast, staying in a state of prolonged high hormones isn't sustainable and isn't the defining feature of exhaustion; immune function generally becomes suppressed rather than improved; and the body does not spontaneously return to normal during exhaustion without recovery.

6. During GAS alarm stage, ACTH is released by which gland?

A. Anterior pituitary

B. Hypothalamus

C. Adrenal cortex

D. Adrenal medulla

The gland releasing ACTH during the alarm stage is the anterior pituitary. In the stress response, the hypothalamus first releases corticotropin-releasing hormone (CRH), which stimulates the anterior pituitary to secrete ACTH. ACTH then travels to the adrenal cortex, triggering the production of cortisol to help mobilize energy and support the stress response. The adrenal medulla releases catecholamines, and the hypothalamus releases CRH, not ACTH, so those aren't the source of ACTH.

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7. Which statement best describes the significance of an undetectable viral load in someone on ART?

A. It guarantees a cure

B. It indicates effective ART, reduces disease progression, and markedly lowers transmission risk

C. It has no clinical relevance

D. It requires stopping ART

An undetectable viral load on ART means HIV replication is suppressed to levels too low for standard tests to detect, showing that the treatment is effectively controlling the virus. This suppression helps the immune system recover and function better, slowing disease progression and reducing the risk of opportunistic infections. The public health impact is substantial: with a suppressed viral load, the likelihood of transmitting HIV through sexual contact is dramatically reduced. This is not a cure; the virus remains in hidden reservoirs and can rebound if treatment is stopped or adherence falters. Therefore, ART must be continued for life to maintain suppression and the associated health and transmission benefits.

8. At the end of a meditation session which finding indicates relaxation success?

A. Decreased blood pressure

B. Decreased peripheral skin temperature

C. Increased respiratory rate

D. Increased bowel motility

When the body experiences the relaxation response, the parasympathetic nervous system takes the lead, causing the heart to slow and the vessels to dilate. This shift typically lowers blood pressure, so a decreased blood pressure reading is a clear, direct sign that the body is relaxing after a meditation session. Other signs can vary, and they're less reliable as measures of relaxation. Peripheral skin temperature often rises with vasodilation during relaxation, not decreases. Respiratory rate tends to slow rather than increase. Bowel motility isn't a dependable indicator of relaxation success and can be influenced by many factors beyond a single session. So, a lower blood pressure most accurately reflects the relaxation response after meditation.

9. What CD4 count range defines AIDS in adults?

A. CD4 count below 200 cells/mm3 or AIDS-defining illness

B. CD4 count below 500

C. CD4 count above 200

D. Any CD4 count with AIDS-defining illness

AIDS in adults is diagnosed when the immune system is severely weakened, defined either by a CD4 T-cell count below 200 cells per mm3 or by the presence of an AIDS defining illness. The CD4 threshold below 200 signals substantial immunosuppression and a high risk for opportunistic infections, which is why it's used as a clear cutoff. But an AIDS defining illness itself also qualifies a diagnosis of AIDS, even if the CD4 count isn't below that level, because those illnesses reflect that the immune system can no longer control certain infections or cancers. So the criterion can be met by either a very low CD4 count or by having an AIDS defining condition. This is why the statement combining CD4 <200 cells/mm3 or an AIDS defining illness best defines AIDS.

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10. Which defense mechanism is characterized by taking on the ideas or characteristics of someone else?

A. Introjection

B. Identification

C. Rationalization

D. Intellectualization

Taking on the ideas or characteristics of someone else describes identification, a defense mechanism where a person imitates or adopts another's beliefs, attitudes, or ways of behaving to feel closer or to reduce anxiety. It often occurs when someone admires a role model and starts to mirror that person's traits, behaviors, or viewpoints. This differs from introjection, which is the internalization of others' values into one's own sense of self (often ongoing and unconscious internal standards). Rationalization involves creating logical-sounding excuses to justify behavior, while intellectualization means analyzing things in a detached, abstract way to avoid emotional distress. So, adopting another's traits or ideas fits identification best.

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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://nclexhivaids.examzify.com

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

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