NCLEX REGISTERED NURSE (NCLEX-RN) 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. What key fact should you remember about aminoglycosides?

A. All end in "-mycin" and are safe

B. All end in "-mycin", but not all "-mycin" drugs are aminoglycosides

C. They are always taken orally

D. They are ineffective against bacteria

2. In managing post-operative care, how often should sitting be limited?

A. Every 15 minutes

B. Every hour

C. Every 20-30 minutes

D. Every 45 minutes

3. If bubbling is intermittent in the suction control chamber, what does this indicate?

A. High suction level

B. Insufficient suction

C. Normal function

D. Fluid buildup

4. What is the treatment for ventricular tachycardia?

A. Adenosine

B. Lidocaine and Amiodarone

C. Calcium Channel Blockers

D. Defibrillation

5. What characteristic makes hard plastic toys preferable in terms of hygiene?

A. They are expensive

B. They can be easily disinfected

C. They are colorful

D. They are sturdy

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6. What is the recommended treatment for hyperglycemia according to the provided information?

A. Administration of insulin

B. Only hydration

C. Frequent blood glucose monitoring

D. Application of topical agents

7. What is the primary reason for drawing drug levels for aminoglycosides?

A. To measure therapeutic effect

B. To prevent nephrotoxicity

C. To prevent ototoxicity

D. To ensure effective dosing

8. What is the primary use of Dilantin?

A. Asthma treatment

B. Muscle relaxation

C. Anti-seizure medication

D. Anemia treatment

9. A congenital heart defect that starts with a 'T' is typically associated with what type of shunt?

A. Left to right shunt

B. Right to left shunt

C. Bidirectional shunt

D. Single ventricle shunt

10. How should the diet for Type 2 diabetes be structured?

A. High-calorie meals three times a day

B. 1200-2000 calories with small frequent meals

C. High protein meals with minimal carbohydrates

D. Meals should be limited to two larger portions each day

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Answers

SAMPLE

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

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Explanations

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1. What key fact should you remember about aminoglycosides?

A. All end in "-mycin" and are safe

B. All end in "-mycin", but not all "-mycin" drugs are aminoglycosides

C. They are always taken orally

D. They are ineffective against bacteria

The correct answer highlights that while many aminoglycosides have names that end in "-mycin," it is important to understand that not all drugs with this suffix are actually aminoglycosides. Aminoglycosides are a class of antibiotics that are particularly effective against certain types of bacteria, primarily Gram-negative bacteria. Examples include gentamicin and tobramycin. This distinction is crucial because it underscores the necessity for healthcare providers to recognize specific drug classifications, especially when prescribing antibiotics. Recognizing that some "-mycin" drugs, such as erythromycin, belong to the macrolide class rather than aminoglycosides helps in understanding their different mechanisms of action and clinical uses. This understanding also aids in medication safety, as not recognizing the difference could lead to inappropriate use of antibiotics and potential treatment failures or adverse effects. Therefore, being informed that not all "-mycin" drugs are aminoglycosides reinforces the importance of precise drug classification in nursing practice.

2. In managing post-operative care, how often should sitting be limited?

A. Every 15 minutes

B. Every hour

C. Every 20-30 minutes

D. Every 45 minutes

The correct answer is that sitting should be limited every 20-30 minutes during post-operative care to promote optimal recovery. This practice is important because prolonged sitting can lead to complications such as venous stasis, which increases the risk of deep vein thrombosis (DVT). Frequent movement encourages circulation, helps prevent the buildup of fluid in the legs, and stimulates gastrointestinal activity, which is crucial after surgery. Limiting sitting to intervals of 20-30 minutes ensures that patients have regular opportunities to change position, perform leg exercises, and mobilize slightly, which is beneficial for their overall recovery process. It also helps reduce any discomfort that may be exacerbated by remaining in one position for too long. Understanding this interval supports the goal of maintaining patient safety and comfort while promoting early mobilization, which is a key aspect of post-operative care.

3. If bubbling is intermittent in the suction control chamber, what does this indicate?

A. High suction level

B. Insufficient suction

C. Normal function

D. Fluid buildup

When bubbling is intermittent in the suction control chamber of a drainage system, it generally indicates that there is insufficient suction being applied. The bubbling should ideally be continuous, as this reflects an adequate level of suction that is effectively removing air and fluids from the pleural space or the area being drained. Intermittent bubbling can suggest that there is a lack of adequate vacuum pressure being provided to maintain a steady suction. This might affect the effectiveness of the drainage system, potentially leading to complications if not addressed. It is essential to ensure that the suction source is functioning properly and set to an appropriate level to maintain consistent drainage efficacy. In the context of the other answer choices, high suction levels and fluid buildup typically cause continuous bubbling or no bubbling at all, while normal function would also be characterized by steady bubbling, not intermittent. Therefore, recognizing intermittent bubbling as a sign of insufficient suction helps in managing patient care and ensuring proper function of the drainage setup.

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4. What is the treatment for ventricular tachycardia?

A. Adenosine

B. Lidocaine and Amiodarone

C. Calcium Channel Blockers

D. Defibrillation

Ventricular tachycardia (VT) is a rapid heart rhythm originating from the ventricles, which can be life-threatening. The management of VT often depends on whether the patient is stable or unstable. In cases where the patient is stable, medications such as lidocaine and amiodarone are appropriate because they act to restore a normal heart rhythm. Lidocaine is an antiarrhythmic agent that can suppress ectopic pacemaker activity and improve conduction, whereas amiodarone is effective in both ventricular and supraventricular arrhythmias due to its multiple mechanisms of action. When a patient is unstable or experiencing hemodynamic compromise due to VT, immediate intervention may include defibrillation, but for stable patients, the medical management using these antiarrhythmics is critical. This approach allows for treatment of the arrhythmia while monitoring the patient's condition. Although adenosine is effective for certain types of supraventricular tachycardias, it is not typically used for ventricular tachycardia. Calcium channel blockers primarily target atrial arrhythmias and may not be effective in managing VT. Therefore, lidocaine and amiodarone represent the most suitable and effective treatment for stable ventricular tachycardia.

5. What characteristic makes hard plastic toys preferable in terms of hygiene?

A. They are expensive

B. They can be easily disinfected

C. They are colorful

D. They are sturdy

Hard plastic toys are considered preferable in terms of hygiene primarily because they can be easily disinfected. This is crucial in settings such as homes, daycare centers, and healthcare facilities where toys may come into contact with bodily fluids or germs. Hard plastic surfaces allow for thorough cleaning and disinfection using various agents that can eliminate pathogens, thereby reducing the risk of infection and contributing to a healthier environment for children. In contrast, the other characteristics, such as being expensive, colorful, or sturdy, do not directly impact the hygiene of the toys. While sturdiness may imply durability, which is beneficial for longevity, it does not enhance the ability to disinfect. Colorfulness may attract children and make the toys more appealing, but it also does not influence their sanitary properties. Therefore, the ability to easily disinfect hard plastic toys stands out as the key hygiene advantage they provide.

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6. What is the recommended treatment for hyperglycemia according to the provided information?

A. Administration of insulin

B. Only hydration

C. Frequent blood glucose monitoring

D. Application of topical agents

The recommended treatment for hyperglycemia primarily involves the administration of insulin. Insulin helps to lower blood glucose levels by facilitating the uptake of glucose into the cells, where it can be used for energy or stored for later use. In cases of hyperglycemia, especially in patients with diabetes, insulin may be administered in various forms such as rapid-acting, short-acting, or even long-acting, depending on the individual's needs and circumstances. While hydration is important in managing hyperglycemia, particularly if dehydration is present (as it can occur with high blood sugar levels due to osmotic diuresis), it is usually not the sole treatment. Frequent blood glucose monitoring is essential for managing diabetes and adjusting treatment plans, but it does not directly treat hyperglycemia. Application of topical agents is irrelevant to hyperglycemia management, as it pertains to different conditions. Thus, the appropriate intervention for hyperglycemia involves insulin administration to effectively lower blood glucose levels.

7. What is the primary reason for drawing drug levels for aminoglycosides?

A. To measure therapeutic effect

B. To prevent nephrotoxicity

C. To prevent ototoxicity

D. To ensure effective dosing

The primary reason for drawing drug levels for aminoglycosides is to ensure effective dosing. Aminoglycosides have a narrow therapeutic window, which means that the difference between an effective dose and a harmful dose is small. Monitoring drug levels helps healthcare providers adjust dosages to optimize the therapeutic effect while minimizing the risk of toxicity. This careful management is crucial because higher-than-recommended levels can lead to serious side effects, including nephrotoxicity and ototoxicity. By regularly checking drug levels, clinicians can make informed decisions about adjustments to the dosing regimen based on the patient's response and the presence of any side effects. This practice maximizes the medication's efficacy while safeguarding the patient's health, highlighting the importance of individualized dosing strategies in pharmacotherapy, particularly for medications like aminoglycosides.

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8. What is the primary use of Dilantin?

A. Asthma treatment

B. Muscle relaxation

C. Anti-seizure medication

D. Anemia treatment

Dilantin, known generically as phenytoin, is primarily used as an anti-seizure medication. It is classified as an anticonvulsant and is commonly prescribed to prevent and control seizures in individuals with epilepsy or other seizure disorders. Dilantin works by stabilizing the electrical activity in the brain, thereby reducing the likelihood of seizure activity occurring. The reason this answer is correct lies in the mechanism of action of Dilantin, which specifically targets neuronal excitability associated with seizures. It is important for nursing students to understand the specific indications for each medication they will encounter, as well as the implications for patient care in managing seizure disorders. Other options, while valid treatments for their respective conditions, do not pertain to Dilantin. Asthma treatments typically involve bronchodilators or steroids, muscle relaxants are used for conditions involving muscle spasms, and anemia treatment often focuses on iron supplements or erythropoiesis-stimulating agents. Recognizing the specific therapeutic uses of medications helps ensure safe and effective patient care.

9. A congenital heart defect that starts with a 'T' is typically associated with what type of shunt?

A. Left to right shunt

B. Right to left shunt

C. Bidirectional shunt

D. Single ventricle shunt

A congenital heart defect that starts with a 'T' refers to conditions such as Tetralogy of Fallot. This type of defect is characterized by a right to left shunt, which is crucial in understanding the physiological implications of the condition. In congenital heart defects associated with a right to left shunt, deoxygenated blood bypasses the lungs and enters systemic circulation, leading to cyanosis and reduced oxygen saturation in the blood. This is a hallmark of conditions like Tetralogy of Fallot. The structural abnormalities involved in this defect, including ventricular septal defect (VSD), pulmonary stenosis, right ventricular hypertrophy, and an overriding aorta, facilitate this abnormal flow of blood. Understanding the type of shunt is key in both diagnosis and management of congenital heart defects. In Tetralogy of Fallot, the resulting hypoxia is a critical factor in patient care, influencing decisions related to surgical interventions and ongoing monitoring of the child's health.

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10. How should the diet for Type 2 diabetes be structured?

A. High-calorie meals three times a day

B. 1200-2000 calories with small frequent meals

C. High protein meals with minimal carbohydrates

D. Meals should be limited to two larger portions each day

The correct answer emphasizes the importance of managing caloric intake and meal frequency for individuals with Type 2 diabetes. A diet structured around 1200-2000 calories, divided into small frequent meals, supports better blood glucose control by preventing large spikes and drops in blood sugar levels. This approach helps maintain steady energy levels throughout the day and can aid in weight management, which is crucial for those with Type 2 diabetes. Frequent, smaller meals can help to stabilize insulin levels and also may improve metabolic health. Additionally, consuming a balanced mix of macronutrients—carbohydrates, proteins, and fats—in these smaller meals ensures that the body receives adequate nutrition while still controlling carbohydrate intake effectively. This diet structure is generally more sustainable and less overwhelming than consuming larger meals less frequently. Additionally, it is recognized that careful monitoring of carbohydrate intake is important for diabetes management, but a diet overly high in protein or with minimal carbohydrates may not meet overall nutritional needs. Structuring meals only twice a day with large portions can lead to challenges in blood sugar control, making the small frequent meal approach a more effective strategy for managing Type 2 diabetes.

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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://nclexregisterednurse.examzify.com

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

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