NEW ZEALAND STATE NURSING PRACTICE EXAM (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 16

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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 active component in the Boostrix vaccine?

A. Tetanus toxoid

B. Influenza virus

C. Bordetella pertussis antigen

D. Measles virus

2. Individuals at high risk for low vitamin D levels include:

A. Vegetarians

B. People with dark skin and no sun exposure

C. Individuals who exercise regularly

D. People who drink plenty of water

3. What can trigger ischaemic injury?

A. Infection

B. Blood flow restriction

C. Physical trauma

D. Chemical exposure

4. How is a mental disorder defined according to the Mental Health Act?

A. As a state of mind with no impact on behavior

B. As behavior that complies with societal norms

C. As an abnormal state of mind posing dangers to self or others

D. As a condition that requires immediate hospitalization

5. Which of the following is a known side effect of opioid use?

A. Drowsiness

B. Rashes

C. Respiratory depression

D. Increased appetite

6. What physiological changes indicate the presence of pregnancy?

A. Increased appetite and weight loss

B. Fading body contours and joint pain

C. Breast enlargement and vascular engorgement

D. Decreased energy and fatigue

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7. How does measles spread?

A. Through direct contact with skin

B. Via contaminated surfaces

C. Through the air, by breathing, coughing, and sneezing

D. Via water to drink

8. Which sign is commonly associated with anaphylactic shock?

A. Increased heart rate

B. Swelling in respiratory tract

C. Localized pain

D. Decreased immunity

9. What is the most common side effect of erythromycin?

A. Dizziness

B. Constipation

C. Nausea and vomiting

D. Fatigue

10. Where is insulin primarily produced in the body?

A. Liver

B. Kidneys

C. Beta cells in the pancreas

D. Intestinal lining

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Answers

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

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Explanations

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1. What is the active component in the Boostrix vaccine?

A. Tetanus toxoid

B. Influenza virus

C. Bordetella pertussis antigen

D. Measles virus

The active component in the Boostrix vaccine is Bordetella pertussis antigen. Boostrix is a combination vaccine that provides protection against three diseases: tetanus, diphtheria, and pertussis (whooping cough). The inclusion of Bordetella pertussis antigen specifically helps stimulate the immune system to recognize and fight the bacteria that cause whooping cough. This antigen prompts the body to produce antibodies against Bordetella pertussis, thus offering immunity. In this context, the other options do not match the components of the Boostrix vaccine. Tetanus toxoid is included in the vaccine, but it is not the primary active component that defines it. The influenza virus and measles virus options pertain to entirely different vaccines that protect against their respective diseases and are not related to Boostrix. Understanding the specific components of vaccines is crucial for recognizing their intended protective effects and the rationale behind combining different antigens in an immunization strategy.

2. Individuals at high risk for low vitamin D levels include:

A. Vegetarians

B. People with dark skin and no sun exposure

C. Individuals who exercise regularly

D. People who drink plenty of water

Individuals who have dark skin and no sun exposure are indeed at high risk for low vitamin D levels. Vitamin D is synthesized in the skin upon exposure to sunlight, specifically ultraviolet B (UVB) rays. People with darker skin have more melanin, which provides some natural protection against UV radiation but also reduces the skin's ability to produce vitamin D. Therefore, if these individuals have little to no sun exposure, their capacity to synthesize vitamin D is significantly diminished, leading to an increased risk of deficiency. Other factors may play a role in vitamin D levels, but in this case, the specific combination of having dark skin and limited sun exposure creates a notable risk. This is because the skin's production of vitamin D depends heavily on both melanin content and sun exposure; without sufficient exposure, even individuals with lighter skin can struggle to maintain adequate levels. While vegetarians might have some dietary limitations when it comes to vitamin D, it's the lack of sunlight exposure in darker-skinned individuals that is most clearly linked to deficiency. Additionally, regular exercise and adequate hydration do not directly influence vitamin D synthesis, making those options less relevant to the question at hand.

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3. What can trigger ischaemic injury?

A. Infection

B. Blood flow restriction

C. Physical trauma

D. Chemical exposure

Ischaemic injury occurs when there is a reduced blood supply to a tissue, leading to a lack of oxygen and nutrients necessary for cellular metabolism and function. This condition can result in cell death and tissue damage. Blood flow restriction is the primary trigger for ischaemic injury, as it directly compromises the delivery of oxygen and essential nutrients to the affected area. When blood flow is restricted—whether due to a blockage in the blood vessels, constriction, or any factors that impair circulation—the cells in the tissue suffer from hypoxia (low oxygen levels) and can no longer maintain normal physiological processes. If the blood flow is not restored, the affected tissue can become irreversibly damaged, leading to conditions such as myocardial infarction (heart attack) or stroke. While infection, physical trauma, and chemical exposure can also lead to injury in tissues, they do not directly cause ischaemic injury in the same manner. Infections may lead to inflammation and subsequent changes in blood flow, trauma can disrupt blood vessels but is not the primary mechanism of ischaemia, and chemical exposure can damage tissues through different pathways. Understanding that ischaemic injury is fundamentally tied to the availability and proper circulation of blood helps clarify why blood flow restriction is the correct answer

4. How is a mental disorder defined according to the Mental Health Act?

A. As a state of mind with no impact on behavior

B. As behavior that complies with societal norms

C. As an abnormal state of mind posing dangers to self or others

D. As a condition that requires immediate hospitalization

A mental disorder according to the Mental Health Act is defined as an abnormal state of mind that poses a danger to oneself or others. This definition emphasizes the potential risks associated with certain mental health conditions, recognizing that some disorders can lead to harmful behaviors or thoughts. The focus on "abnormal" highlights deviations from typical psychological functioning, while the inclusion of "danger" underscores the critical need for intervention when an individual may threaten their safety or the safety of others. This definition is foundational in the context of mental health law, as it allows for the provision of care and treatment options, including potential involuntary hospitalization when necessary, ensuring that vulnerable individuals receive appropriate protection and support. By understanding mental disorders this way, health professionals can respond proactively to manage risks associated with these conditions, aiming for the best possible outcomes for those affected.

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5. Which of the following is a known side effect of opioid use?

A. Drowsiness

B. Rashes

C. Respiratory depression

D. Increased appetite

Opioids are a class of drugs commonly used for pain relief, but they come with a range of side effects. One of the most significant and dangerous side effects of opioid use is respiratory depression. This condition occurs when opioids depress the central nervous system, leading to a reduced drive to breathe. Respiratory depression can be life-threatening, as it can result in insufficient oxygenation of the body, potentially leading to hypoxia and even respiratory failure if not managed appropriately. Other side effects of opioids include sedation and drowsiness, which are common due to their sedative properties. However, while these effects can be problematic, they do not pose the same immediate danger as respiratory depression. Understanding the severity of respiratory effects is crucial for nurses and healthcare providers when monitoring patients who are prescribed opioids, as it informs the necessary precautions and interventions to ensure patient safety.

6. What physiological changes indicate the presence of pregnancy?

A. Increased appetite and weight loss

B. Fading body contours and joint pain

C. Breast enlargement and vascular engorgement

D. Decreased energy and fatigue

The presence of pregnancy is often marked by specific physiological changes that arise due to hormonal shifts and the adaptations of the female body to accommodate a growing fetus. One of the hallmark signs is breast enlargement, which occurs as a result of increased levels of hormones such as estrogen and progesterone. These hormones stimulate the growth of breast tissue in preparation for lactation, leading to both size increase and tenderness. In addition to breast enlargement, vascular engorgement is another significant physiological change. This occurs due to increased blood flow directed toward the breasts, facilitating further development in preparation for breastfeeding after delivery. The engorgement can also contribute to the appearance of veins in the breasts being more prominent. While other options mention various physical or emotional changes, they do not align with the typical physiological indicators observed during pregnancy. For instance, increased appetite could typically be linked to pregnancy, but weight loss contradicts the common expectation of weight gain during this period. Fading body contours and joint pain are not characteristic of early pregnancy, as women often notice changes in their body contour due to weight gain and other developmental changes. Lastly, decreased energy and fatigue can occur but are more nonspecific, as they can arise from a myriad of factors unrelated to pregnancy. Therefore, the combination of

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7. How does measles spread?

A. Through direct contact with skin

B. Via contaminated surfaces

C. Through the air, by breathing, coughing, and sneezing

D. Via water to drink

Measles primarily spreads through the air, making it highly contagious. When an infected person breathes, coughs, or sneezes, they release virus-containing droplets into the air. These droplets can linger in the air for up to two hours after the infected person has left the area. If another person inhales these droplets, they can become infected with the measles virus. This airborne transmission is crucial in understanding how quickly measles can spread in a population, especially among those who are unvaccinated. Measles can also infect individuals who are in the same room with the infected person, further underscoring the importance of vaccination and herd immunity in preventing outbreaks. The other methods of transmission mentioned are not applicable to measles. Direct contact with skin, contaminated surfaces, and drinking water do not play a role in the spread of the virus, emphasizing the specific and effective nature of airborne transmission in this case.

8. Which sign is commonly associated with anaphylactic shock?

A. Increased heart rate

B. Swelling in respiratory tract

C. Localized pain

D. Decreased immunity

Anaphylactic shock is a severe and potentially life-threatening allergic reaction that can occur within minutes of exposure to an allergen. One of the hallmark signs of anaphylaxis is swelling in the respiratory tract, which can lead to difficulty breathing, wheezing, or even airway obstruction. This swelling is caused by the rapid release of histamines and other mediators from mast cells in response to the allergen, resulting in vasodilation and increased permeability of blood vessels. This symptom is critically important because it can rapidly progress to respiratory failure if not addressed promptly. The other choices may relate to other conditions but do not represent the acute and life-threatening nature of anaphylactic shock as clearly as respiratory tract swelling does. Increased heart rate can occur in anaphylaxis due to compensatory mechanisms responding to low blood pressure, localized pain may be associated with other types of allergic reactions or injuries, and decreased immunity does not directly correlate to the immediate symptoms of anaphylaxis.

9. What is the most common side effect of erythromycin?

A. Dizziness

B. Constipation

C. Nausea and vomiting

D. Fatigue

Erythromycin, an antibiotic used to treat various bacterial infections, is known for its gastrointestinal side effects. The most common side effect experienced by patients taking erythromycin is nausea and vomiting. This occurs due to the drug's effect on the gastrointestinal tract; it stimulates motility of the stomach and intestines, which can lead to discomfort and nausea. Patients often report these symptoms when they start treatment with erythromycin, and these side effects may be significant enough to affect adherence to the prescribed regimen. Understanding this common side effect can help healthcare providers counsel patients effectively, allowing for a better managed overall treatment experience.

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10. Where is insulin primarily produced in the body?

A. Liver

B. Kidneys

C. Beta cells in the pancreas

D. Intestinal lining

Insulin is primarily produced in the beta cells of the pancreas, making this the correct choice. The pancreas is an essential organ that plays a central role in regulating blood glucose levels. The beta cells, located in the islets of Langerhans, are specifically responsible for synthesizing and secreting insulin in response to elevated blood sugar levels. When food is consumed and glucose enters the bloodstream, the beta cells detect this increase in glucose and secrete insulin, which facilitates the uptake of glucose into cells for energy or storage. This process is vital for maintaining normal blood glucose levels and preventing conditions such as diabetes mellitus. The other options listed do not involve the production of insulin. Although the liver plays a significant role in glucose metabolism and storage, and the kidneys are crucial for filtering blood and regulating various metabolic processes, they do not produce insulin. Additionally, the intestinal lining is involved in the absorption of nutrients and the secretion of hormones but is not responsible for insulin production. Understanding these functions highlights the specialized role of the pancreas in producing insulin and its importance in glucose management in the body.

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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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