NURSING ACCELERATION CHALLENGE EXAM (NACE) PN-RN 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. Which nutrient is critical in wound healing and should be monitored in aging patients?

A. Fats

B. Vitamins

C. Proteins

D. Fiber

2. What acid-base imbalance is suggested by a patient with the following arterial blood gases: pH 7.28, PaCO2 48 mm Hg, HCO3 325 mEq/L?

A. Respiratory acidosis

B. Respiratory alkalosis

C. Metabolic acidosis

D. Metabolic alkalosis

3. What is the primary goal when managing a patient with chronic obstructive pulmonary disease (COPD)?

A. To reduce medication usage

B. To prevent all hospital visits

C. To maintain optimal respiratory function and prevent exacerbations

D. To offer only symptom relief

4. A Jehovah's Witness patient requires a blood transfusion due to blood loss. What is the correct action for the nurse?

A. Provide full information and the reasons for the transfusion

B. Assume the patient will not accept a transfusion and report this to the physician

C. Tell the patient that he may die without the transfusion

D. Tell the patient that his health is more important than religious beliefs

5. Describe the role of a nurse in wound care management.

A. Nurses only document wound care procedures

B. Nurses clean, assess, and educate on wound care

C. Nurses apply dressings without any assessment

D. Nurses refer all wound care tasks to physicians

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6. Postoperative patients should be encouraged to do what to facilitate recovery?

A. Stay completely still.

B. Engage in deep breathing exercises.

C. Refrain from fluids for 6 hours.

D. Limit interaction with healthcare providers.

7. Which symptom is most associated with Salmonella infection after eating contaminated food?

A. Severe headache

B. High fever over 104°F

C. Abdominal cramps

D. Chronic fatigue

8. Advanced directives serve what main purpose for patients?

A. To ensure patients receive aggressive treatments

B. To communicate wishes regarding medical treatment

C. To provide a list of preferred healthcare providers

D. To assign a healthcare proxy for emergencies

9. During which time of day are patients with cognitive impairment typically most sensitive to sensory overload?

A. Noon

B. Late evening

C. Early morning

D. Afternoon

10. Which dietary restriction is common for individuals who follow a Hindu diet?

A. Vegetarianism.

B. Exclusion of grains.

C. Inclusion of fish.

D. Consumption of red meat.

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Answers

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

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Explanations

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1. Which nutrient is critical in wound healing and should be monitored in aging patients?

A. Fats

B. Vitamins

C. Proteins

D. Fiber

Proteins are crucial for wound healing because they play a fundamental role in tissue repair and regeneration. They are essential for the synthesis of collagen, which is a key component of the extracellular matrix that provides structure and support to tissues. During the wound healing process, the body requires an increased amount of protein to facilitate the formation of new tissue and to support immune function. In aging patients, the need for adequate protein intake becomes particularly important due to several factors, including a slower healing response and a natural decline in muscle mass. Insufficient protein levels can lead to delayed wound healing, increased risk of infection, and poor overall recovery outcomes. Monitoring protein intake in this demographic ensures that their nutritional needs are met, thereby promoting effective healing and minimizing complications related to wounds. While fats, vitamins, and fiber are important for overall health and play various roles in bodily functions, they do not have the specific and critical role in wound healing that proteins do.

2. What acid-base imbalance is suggested by a patient with the following arterial blood gases: pH 7.28, PaCO2 48 mm Hg, HCO3 325 mEq/L?

A. Respiratory acidosis

B. Respiratory alkalosis

C. Metabolic acidosis

D. Metabolic alkalosis

The arterial blood gas results indicate a pH of 7.28, which is below the normal range of 7.35 to 7.45, suggesting acidemia. The PaCO2 is elevated at 48 mm Hg, while the HCO3 is well above the normal range of 22 to 28 mEq/L at 325 mEq/L. In this case, the respiratory component (PaCO2) is the primary contributor to the acid-base disturbance. An elevated PaCO2 indicates that there is an excess of carbon dioxide in the blood, which typically results from respiratory depression or decreased ventilation. This leads to retention of carbonic acid, and consequently, a decrease in blood pH, resulting in respiratory acidosis. The high HCO3 level suggests that the body may be attempting to compensate for this respiratory acidosis. However, since the pH is still abnormal, it confirms that the primary imbalance is ongoing respiratory acidosis rather than a compensatory metabolic alkalosis. In summary, the combination of decreased pH alongside elevated PaCO2 clearly points towards respiratory acidosis as the correct identification of the acid-base imbalance.

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3. What is the primary goal when managing a patient with chronic obstructive pulmonary disease (COPD)?

A. To reduce medication usage

B. To prevent all hospital visits

C. To maintain optimal respiratory function and prevent exacerbations

D. To offer only symptom relief

The primary goal when managing a patient with chronic obstructive pulmonary disease (COPD) is to maintain optimal respiratory function and prevent exacerbations. This approach is critical because COPD is a progressive lung disease characterized by airflow limitation that can significantly impair a patient's quality of life. Maintaining optimal respiratory function involves implementing strategies that help patients breathe more easily and efficiently, thereby improving their overall well-being. This includes not just medical management but also lifestyle modifications, such as smoking cessation, pulmonary rehabilitation, and effective use of bronchodilators and corticosteroids. Preventing exacerbations is equally important, as these acute episodes can lead to further deterioration of lung function, increased healthcare utilization, and a decrease in the patient's quality of life. By focusing on preventing these episodes, healthcare providers can help stabilize the condition and reduce the frequency and severity of acute respiratory issues. Other options, while they have merit, do not encapsulate the comprehensive management strategy tailored for COPD. Reducing medication usage may not be appropriate if it compromises disease management. Similarly, preventing all hospital visits is not realistic, considering that some patients may still require acute care despite best efforts to manage the disease. Offering only symptom relief would neglect the importance of addressing the underlying disease process and its progression.

4. A Jehovah's Witness patient requires a blood transfusion due to blood loss. What is the correct action for the nurse?

A. Provide full information and the reasons for the transfusion

B. Assume the patient will not accept a transfusion and report this to the physician

C. Tell the patient that he may die without the transfusion

D. Tell the patient that his health is more important than religious beliefs

Providing full information and the reasons for the transfusion is essential in this situation because it respects the patient's autonomy and allows the patient to make an informed decision regarding their care. Jehovah's Witnesses typically refuse blood transfusions based on their religious beliefs. By presenting the full details about the risks of not receiving a transfusion as well as the potential benefits, the nurse enables the patient to consider their options thoughtfully. This approach aligns with the ethical principles of nursing, including respect for the patient's values and the right to make decisions about their own health. Informed consent is a fundamental requirement in healthcare, and it is particularly critical in cases where the patient's beliefs may conflict with standard medical practices. Engaging in a compassionate and open dialogue allows the patient to discuss their concerns and beliefs without feeling pressured. It opens the door to exploring possible alternatives, such as the use of volume expanders or other therapies that align with the patient's wishes. This approach not only fosters trust but also ensures that the care provided is in accordance with the patient's values and preferences.

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5. Describe the role of a nurse in wound care management.

A. Nurses only document wound care procedures

B. Nurses clean, assess, and educate on wound care

C. Nurses apply dressings without any assessment

D. Nurses refer all wound care tasks to physicians

The role of a nurse in wound care management is multifaceted, with primary responsibilities that include cleaning and assessing wounds as well as educating patients about proper wound care techniques. By cleaning and assessing wounds, nurses help to prevent infection and promote healing by identifying any signs of complications such as increased redness, swelling, or discharge. This ongoing assessment allows for adjustments in treatment plans as needed, ensuring that the care provided is tailored to the patient's specific situation. Additionally, education is a critical component of wound care management. Nurses provide patients and their families with necessary information about how to care for their wounds at home, including how to change dressings, recognize signs of infection, and maintain a clean and safe environment. This empowers patients to take an active role in their recovery, which can lead to better outcomes. In contrast, merely documenting procedures does not encompass the comprehensive care required in wound management. Applying dressings without assessment risks overlooking important changes in the wound's status, and referring all tasks to physicians undermines the nurse's integral role in direct patient care. Thus, the responsibilities of nurses in wound care management not only involve clinical skills but also communication and education, highlighting their essential contributions to patient wellbeing and recovery.

6. Postoperative patients should be encouraged to do what to facilitate recovery?

A. Stay completely still.

B. Engage in deep breathing exercises.

C. Refrain from fluids for 6 hours.

D. Limit interaction with healthcare providers.

Engaging in deep breathing exercises is crucial for postoperative patients as it helps prevent complications such as atelectasis, which is the collapse of part or all of a lung. Deep breathing promotes the expansion of the lungs, enhances oxygenation, and assists in clearing secretions that may have accumulated due to anesthesia and immobility during surgery. This practice can also reduce the risk of postoperative pneumonia by encouraging good ventilation in the lungs. Staying completely still can lead to complications such as muscle atrophy and decreased circulation, which may worsen recovery. Refraining from fluids for 6 hours can promote dehydration, which is generally not conducive to recovery unless specifically directed by the healthcare provider. Limiting interaction with healthcare providers can hinder proper monitoring and support, as these interactions are essential for addressing concerns and ensuring a smooth healing process.

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7. Which symptom is most associated with Salmonella infection after eating contaminated food?

A. Severe headache

B. High fever over 104°F

C. Abdominal cramps

D. Chronic fatigue

Salmonella infection, commonly associated with foodborne illnesses, particularly manifests with gastrointestinal symptoms. Abdominal cramps are a hallmark of this type of infection, as the bacteria invade the intestines and disrupt normal digestive function. These cramps arise due to inflammation in the gastrointestinal tract as the body responds to the infection. While severe headache, high fever, and chronic fatigue can occur with various infections, they are not defining symptoms of Salmonella infection. High fever may accompany some cases, particularly if the infection is systemic, but it is not as consistently reported in typical foodborne infections as abdominal cramps. Chronic fatigue is a vague symptom that could relate to numerous conditions and does not specifically indicate Salmonella infection. Recognizing abdominal cramps as a key symptom helps in diagnosing and managing the infection appropriately.

8. Advanced directives serve what main purpose for patients?

A. To ensure patients receive aggressive treatments

B. To communicate wishes regarding medical treatment

C. To provide a list of preferred healthcare providers

D. To assign a healthcare proxy for emergencies

Advanced directives primarily serve to communicate a patient's wishes regarding medical treatment, especially in situations where they may be unable to express these wishes themselves due to illness or incapacity. By outlining specific preferences for medical care—such as the desire for life-sustaining treatments or palliative care—patients can ensure that their personal values and choices are respected by healthcare providers and family members. This documentation bridges the gap between what patients want and how those desires are interpreted in clinical settings, ensuring that care aligns with their beliefs and preferences. Advanced directives emphasize the importance of patient autonomy in healthcare decision-making, allowing individuals to dictate instructions about their care ahead of time. While options such as assigning a healthcare proxy or preparing a list of preferred providers are important elements of broader healthcare planning, they are specific actions rather than the primary role of advanced directives. The essence of advanced directives lies in their function as a clear communication tool regarding treatment preferences.

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9. During which time of day are patients with cognitive impairment typically most sensitive to sensory overload?

A. Noon

B. Late evening

C. Early morning

D. Afternoon

Patients with cognitive impairment are often most sensitive to sensory overload during the late evening. This sensitivity can be attributed to a combination of factors, including fatigue, decreased cognitive functioning as the day progresses, and potential disruption of circadian rhythms. As the day wears on, these patients may become overwhelmed by stimuli such as noise, light, and activity, leading to increased agitation or confusion. In the late evening, individuals may also experience heightened distress due to the fading light and increased shadows, which can be disorienting. This time may coincide with the winding down of daily activities, resulting in a transitional period that can be challenging for those with cognitive impairments. Ensuring a calming environment during this time can help reduce the potential for sensory overload and promote a sense of safety and security.

10. Which dietary restriction is common for individuals who follow a Hindu diet?

A. Vegetarianism.

B. Exclusion of grains.

C. Inclusion of fish.

D. Consumption of red meat.

Individuals who follow a Hindu diet often adhere to vegetarianism, which is a significant aspect of their dietary practices. This preference stems from the principles of ahimsa, or non-violence, which is a fundamental tenet in Hindu philosophy. Many Hindus believe that eating meat causes harm to animals and goes against this principle. As a result, a majority of Hindus consume a plant-based diet that includes fruits, vegetables, legumes, grains, and dairy products, while avoiding the consumption of meat, particularly beef, as cows are considered sacred in Hinduism. This commitment to vegetarianism is widely recognized and practiced among the Hindu community, making it a defining characteristic of their dietary habits. In contrast, the other options presented describe restrictions or inclusions that are not commonly associated with a Hindu diet. Exclusion of grains is not typical, as grains are a staple in many Indian diets. The inclusion of fish and consumption of red meat are generally avoided, aligning with the preference for vegetarianism and the avoidance of items that are deemed non-vegetarian. Hence, vegetarianism is the most representative dietary restriction for individuals following a Hindu diet.

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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://nursing-ace.examzify.com

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

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