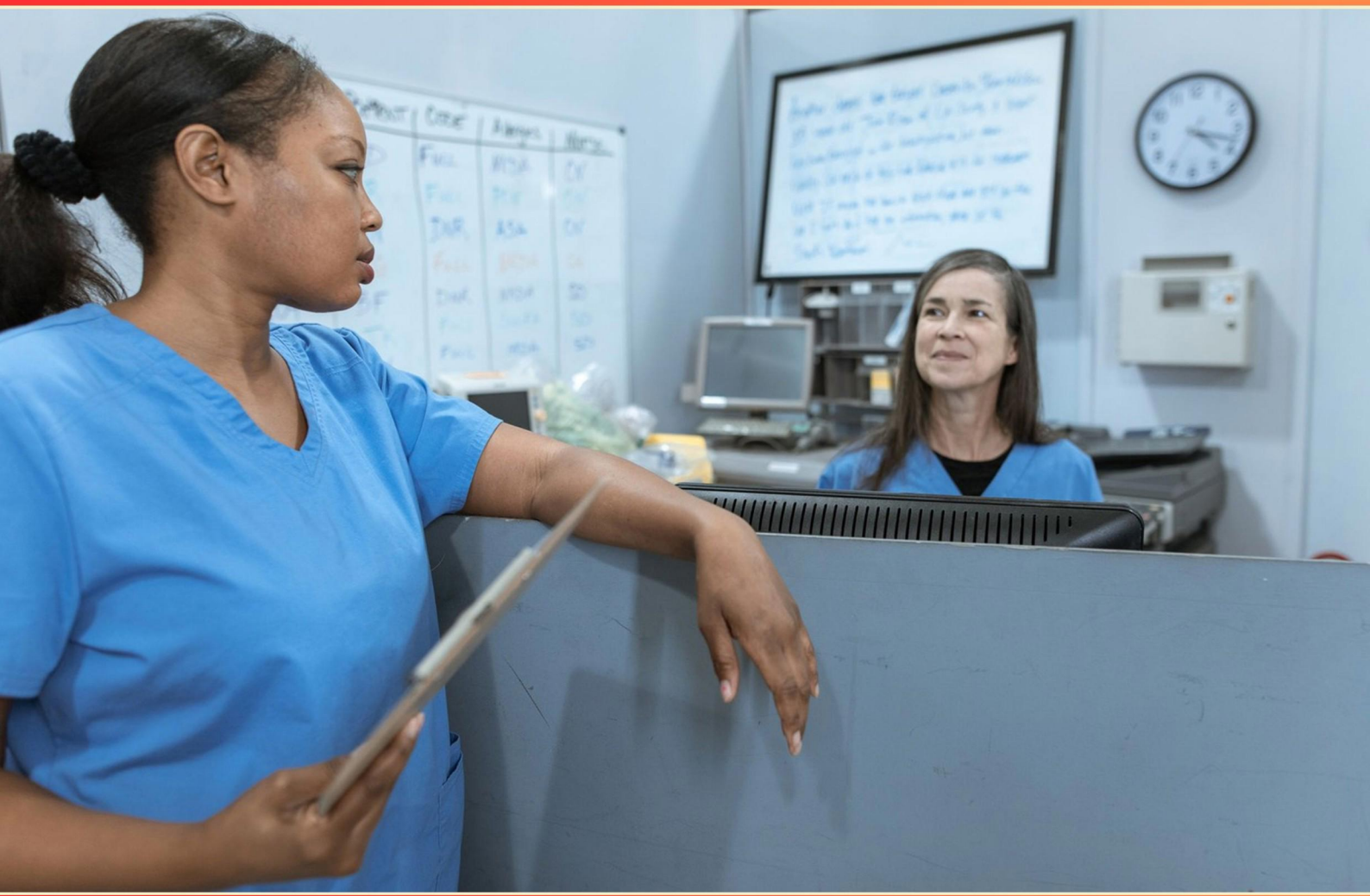
NURSING AND MIDWIFERY COUNCIL (NMC) CBT PRACTICE TEST (SAMPLE)

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. **Define the term "holistic care."**

   A. Care that focuses solely on physical health

   B. Care that considers the physical, emotional, social, and spiritual needs of the patient

   C. Care that is supervised by a multidisciplinary team

   D. Care that provides immediate relief of symptoms

2. **According to NMC standards, how many units of continuing education should a nurse complete in 3 years?**

   A. 20 units

   B. 30 units

   C. 35 units

   D. 40 units

3. **How do a nurse's scope of practice and competencies differ?**

   A. Scope defines legal permissions; competencies define skills

   B. Scope describes personal beliefs; competencies describe teamwork

   C. Scope is irrelevant to nursing; competencies are essential

   D. Scope includes emotional intelligence; competencies exclude it

4. **In what clinical scenario is it appropriate for a student to administer a medication?**

   A. When already familiar with all medications

   B. If they feel comfortable

   C. When monitored closely by an experienced nurse

   D. Whenever they want to practice their skills

5. **How should a nurse respond to a patient's emotional distress?**

   A. By offering medication immediately

   B. By providing empathetic support and actively listening

   C. By giving personal opinions to reassure the patient

   D. By avoiding the patient until they calm down

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6. What is the importance of the NMC's Code for nurses and midwives?

A. It provides legal immunity to healthcare providers

B. It sets the standards of conduct, performance, and ethics

C. It allows for personal practice variations

D. It encourages informal mentoring relationships

7. If a patient requests a LAMA but the medical team has concerns about their mental capacity, what should be the recommended action?

A. Call the police

B. Call the security

C. Let the patient go

D. Encourage the patient to wait by explaining the need for treatment

8. Evidence-based practice primarily involves what?

A. Using outdated methods for patient care

B. Utilizing clinical guidelines based on the latest research

C. Following traditional nursing protocols

D. Relying solely on personal experience

9. Which is NOT a purpose of the NMC?

A. To set standards for nurses and midwives

B. To regulate hospitals and other healthcare settings

C. To protect the health and well-being of the public

D. To conduct performance assessments for healthcare providers

10. What are the two main sections of the NMC CBT?

A. Clinical Skills and Patient Care

B. Part 1 - Nursing Knowledge and Part 2 - Clinical Assessment

C. Part 1 - Nursing and Midwifery Knowledge and Part 2 - Pharmacology

D. Part 1 - Medication and Part 2 - Ethics

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Answers

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

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Explanations

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1. Define the term "holistic care."

A. Care that focuses solely on physical health

B. Care that considers the physical, emotional, social, and spiritual needs of the patient

C. Care that is supervised by a multidisciplinary team

D. Care that provides immediate relief of symptoms

Holistic care is defined as an approach that considers the physical, emotional, social, and spiritual needs of the patient. This comprehensive perspective acknowledges that a person's well-being is influenced by multiple interrelated factors, not just their physical condition. By addressing all aspects of a patient's life, holistic care aims to support the overall quality of life and promote healing in a more integrated manner. This approach recognizes that emotional and social factors, such as relationships and mental health, play a crucial role in a patient's recovery process. Additionally, spiritual needs, which may include beliefs and values that give meaning to life, are also considered vital in understanding the full context of a patient's health. By addressing these dimensions, healthcare providers can offer more personalized and effective care, fostering a better patient experience and outcomes.

2. According to NMC standards, how many units of continuing education should a nurse complete in 3 years?

A. 20 units

B. 30 units

C. 35 units

D. 40 units

The correct number of continuing education units a nurse is required to complete in a three-year period according to the NMC standards is 35 units. The emphasis on ongoing education is to ensure that nurses remain competent and knowledgeable about the latest practices and advancements in their field. This requirement not only enhances individual professional development but also contributes to overall patient care quality. Continuing education is crucial for maintaining registration and helps nurses to stay abreast of the evolving healthcare landscape, including new technologies, treatment modalities, and regulatory changes. Completing these units within the specified timeframe supports the commitment to lifelong learning, which is a fundamental principle in nursing practice. Adhering to these standards ultimately safeguards public health and safety by ensuring that registered nurses possess current and relevant competencies.

3. How do a nurse's scope of practice and competencies differ?

A. Scope defines legal permissions; competencies define skills

B. Scope describes personal beliefs; competencies describe teamwork

C. Scope is irrelevant to nursing; competencies are essential

D. Scope includes emotional intelligence; competencies exclude it

The distinction between a nurse's scope of practice and competencies is fundamental to understanding their role and responsibilities in healthcare. The correct answer highlights that the scope of practice outlines the legal framework within which a nurse can operate. It is shaped by laws, regulations, and guidelines that dictate what nurses are permitted to do in their professional capacity based on their education and licensure. On the other hand, competencies refer to the skills, knowledge, and behaviors that nurses must possess to perform their duties effectively. While competencies ensure that nurses can provide safe and effective care, the scope of practice delineates the boundaries of their professional authority. Recognizing this difference is essential for maintaining professional standards and ensuring that patient care is conducted within a legally defined framework, thus enhancing both safety and accountability in nursing practice.

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4. In what clinical scenario is it appropriate for a student to administer a medication?

A. When already familiar with all medications

B. If they feel comfortable

C. When monitored closely by an experienced nurse

D. Whenever they want to practice their skills

The correct answer emphasizes the importance of supervision and safety in medication administration, especially in a clinical setting involving a student nurse. When a student administers medication while under the close monitoring of an experienced nurse, it ensures that the process adheres to established protocols and best practices. This oversight helps to mitigate risks associated with medication errors, promotes patient safety, and allows the student to receive immediate feedback, guidance, and support as they develop their skills. In a clinical environment, it is essential that medication administration is conducted with appropriate supervision, as this not only safeguards the patients but also allows the student to learn effectively in a controlled setting. This approach aligns with the fundamental principles of nursing education, which emphasize the integration of theoretical knowledge with practical skills under the guidance of qualified practitioners.

5. How should a nurse respond to a patient's emotional distress?

A. By offering medication immediately

B. By providing empathetic support and actively listening

C. By giving personal opinions to reassure the patient

D. By avoiding the patient until they calm down

The appropriate and effective response for a nurse addressing a patient's emotional distress involves providing empathetic support and actively listening to the patient. When a patient is in emotional turmoil, it is crucial for the nurse to create an environment where the patient feels heard and understood. Active listening entails not only hearing the words spoken by the patient but also observing their non-verbal cues, validating their feelings, and encouraging them to express their emotions freely. This approach fosters trust and helps in building a therapeutic relationship, which is essential for effective nursing care. Offering medication immediately can sometimes be a necessary part of treatment, but it should not be the primary response to emotional distress unless it is warranted. Medication does not address the underlying emotional issues or provide immediate emotional support. Giving personal opinions might lead to misinterpretation of the nurse's intent and could undermine the patient's feelings rather than validate them. Avoiding the patient altogether is counterproductive, as it can exacerbate their distress and lead them to feel abandoned or unsupported. By actively engaging with the patient through empathetic communication, the nurse can better assist them in coping with their emotional distress.

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6. What is the importance of the NMC's Code for nurses and midwives?

A. It provides legal immunity to healthcare providers

B. It sets the standards of conduct, performance, and ethics

C. It allows for personal practice variations

D. It encourages informal mentoring relationships

The NMC's Code for nurses and midwives plays a crucial role in establishing and maintaining the standards of conduct, performance, and ethics within the nursing and midwifery professions. By setting these standards, the Code acts as a framework that guides professionals in their everyday practice, ensuring that they provide safe, effective, and respectful care to patients. This Code is essential for fostering public trust in the professions, as it ensures that all practitioners adhere to consistent principles and practices. It addresses fundamental aspects such as accountability, dignity, and respect, thereby promoting not only the well-being of patients but also the integrity of the profession itself. By following the Code, nurses and midwives demonstrate their commitment to high standards, which is integral to their professional identity and development.

7. If a patient requests a LAMA but the medical team has concerns about their mental capacity, what should be the recommended action?

A. Call the police

B. Call the security

C. Let the patient go

D. Encourage the patient to wait by explaining the need for treatment

The recommended action is to encourage the patient to wait by explaining the need for treatment. This approach focuses on ensuring that the patient is fully informed and understands the situation regarding their health. When there are concerns about a patient's mental capacity, it is crucial to engage with them to assess their understanding and decision-making ability regarding their treatment. By explaining the need for treatment, the healthcare professional can provide clarity on the implications of not receiving the medication and discuss available alternatives. This dialogue not only respects the patient's autonomy but also helps the healthcare provider accurately determine the patient's capacity to make informed decisions. It's essential to facilitate an environment where the patient feels supported while ensuring their safety and wellbeing are prioritized. Engaging with the patient in this manner is in line with ethical principles of care, promoting understanding and collaboration in the decision-making process.

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8. Evidence-based practice primarily involves what?

A. Using outdated methods for patient care

B. Utilizing clinical guidelines based on the latest research

C. Following traditional nursing protocols

D. Relying solely on personal experience

Evidence-based practice is centered on the integration of the best available research evidence with clinical expertise and patient values. By utilizing clinical guidelines that are based on the latest research, healthcare professionals can make informed decisions that enhance patient outcomes. This approach ensures that the care provided is not only effective but also reflects current knowledge and innovations in medicine and nursing practice. The emphasis on using the latest research means that healthcare practitioners are staying updated with advancements in treatment methods and health sciences, allowing them to apply the most relevant and validated techniques in their clinical settings. As a result, this practice promotes a higher standard of care and ensures that patients receive interventions that have been scientifically proven to be effective. In contrast, other options like using outdated methods, following traditional protocols without current evidence, or relying solely on personal experience lack the critical element of research validation and may result in suboptimal patient care. These approaches do not take into account the continuous evolution of medical knowledge, thus reinforcing the importance of evidence-based practice as the superior model in healthcare.

9. Which is NOT a purpose of the NMC?

A. To set standards for nurses and midwives

B. To regulate hospitals and other healthcare settings

C. To protect the health and well-being of the public

D. To conduct performance assessments for healthcare providers

The purpose of the NMC, or the Nursing and Midwifery Council, primarily revolves around regulating the professions of nursing and midwifery, rather than overseeing the facilities in which they operate. One of its fundamental roles is to set standards for nurses and midwives, ensuring that they are adequately trained and equipped to provide high-quality care. The NMC is also dedicated to protecting the health and well-being of the public, which often involves maintaining an effective regulatory framework that nurses and midwives must adhere to. Conducting performance assessments specifically for healthcare providers, while important for quality assurance, falls outside the NMC's mandate. The NMC's focus is on individual practitioners rather than the institutions themselves, emphasizing accountability and professional competence within the nursing and midwifery professions. This delineation clearly establishes that regulating healthcare settings, which would include hospitals, is not within the NMC's scope.

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10. What are the two main sections of the NMC CBT?

A. Clinical Skills and Patient Care

B. Part 1 - Nursing Knowledge and Part 2 - Clinical Assessment

C. Part 1 - Nursing and Midwifery Knowledge and Part 2 - Pharmacology

D. Part 1 - Medication and Part 2 - Ethics

The correct answer highlights the structured format of the NMC CBT, which separates the assessment into two distinct parts focusing on key areas essential for nursing and midwifery practice. Part 1 emphasizes Nursing and Midwifery Knowledge, ensuring that candidates have a strong foundation in theoretical aspects and nursing competencies necessary for safe and effective practice. This section covers a wide range of topics, including anatomy, physiology, and the principles of care, which are vital for understanding patient needs and delivering appropriate care. Part 2 focuses on Pharmacology, which is critical for nurses and midwives, as it involves understanding the medications that patients may receive, their effects, side effects, and the principles of safe medication administration. This aspect ensures that candidates are equipped to manage medication safely and understand the implications of pharmacological treatments on patient care. In contrast, the other choices do not accurately summarize the structure of the NMC CBT. While they may include important aspects of nursing practice, they do not reflect the official divisions as outlined by the NMC CBT framework. For example, while clinical skills and patient care are vital concepts within nursing practice, they are not defined as part of the two main sections of the CBT. Therefore, understanding the correct framework is crucial for proper

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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://nmc-cbt.examzify.com

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

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