NURSING PRACTICE II (NP2) PREBOARD 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 is Nurse Bing's response about contraceptives and sexual desire?

A. It decreases desire for both partners.

B. It enhances sexual relationships.

C. It increases male discomfort.

D. It is irrelevant to sexual relations.

2. What does cultural competence in nursing refer to?

A. The ability to handle stress effectively

B. The ability to understand and respect diverse cultural needs and practices of patients

C. Knowledge of medical languages and terminologies

D. Providing care based on national standards

3. Why is patient advocacy important in nursing?

A. To ensure that healthcare staff are well managed

B. To protect patient rights and ensure they receive appropriate care and resources

C. To decrease the workload of nurses

D. To enhance the reputation of the healthcare facility

4. Which of the following promotes uterine contraction after delivery?

A. Using narcotics for pain management.

B. Encouraging early ambulation.

C. Maintaining a full bladder.

D. Administering oxytocin.

5. Which approach is defined as the study of factors in the physical environment affecting well-being?

A. Food sanitation

B. Excreta disposal

C. Environmental sanitation

D. Water sanitation

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6. What is the difference between evidence-based practice and traditional practice?

A. Evidence-based practice is outdated

B. Evidence-based practice relies on current research and clinical evidence

C. Traditional practice requires more documentation

D. Evidence-based practice is mainly theoretical

7. In the context of health interventions, which approach targets populations most affected by health disparities?

A. General health campaigns

B. Universal screening tests

C. Targeted health programs

D. Individual health assessments

8. What is one of the risks associated with amniocentesis?

A. Rupture of membranes

B. Premature labor

C. Fetal death

D. Malformation

9. What is the acceptable range for an adult's resting heart rate?

A. 40 to 60 beats per minute

B. 60 to 100 beats per minute

C. 100 to 140 beats per minute

D. Above 100 beats per minute

10. What type of medication is Niyug-niyogan classified as?

A. Analgesic

B. Anti-helminthic

C. Anti-hypertensive

D. Anti-gout

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Answers

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

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Explanations

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1. What is Nurse Bing's response about contraceptives and sexual desire?

A. It decreases desire for both partners.

B. It enhances sexual relationships.

C. It increases male discomfort.

D. It is irrelevant to sexual relations.

The correct response highlights that contraceptives can enhance sexual relationships. When individuals or couples have access to effective contraceptives, they often feel more secure and liberated in their sexual encounters. This sense of security can lead to increased intimacy and satisfaction within the relationship, as partners are able to engage in sexual activities without the stress of unintended pregnancies. The knowledge that they are practicing safe sex can foster a more open and communicative environment, improving the overall quality of their sexual relationship and emotional connection. In contrast, the other responses do not accurately reflect the complex relationship between contraceptive use and sexual desire. Contraceptives do not typically diminish desire for both partners, nor do they inherently increase male discomfort; rather, they can help alleviate concerns about unintended consequences. Additionally, the notion that contraceptives are irrelevant to sexual relations oversimplifies the significant role they play in modern partnerships, as they are central to discussions around family planning and sexual health.

2. What does cultural competence in nursing refer to?

A. The ability to handle stress effectively

B. The ability to understand and respect diverse cultural needs and practices of patients

C. Knowledge of medical languages and terminologies

D. Providing care based on national standards

Cultural competence in nursing refers to the ability to understand and respect the diverse cultural needs and practices of patients. This concept is essential for providing effective and sensitive care in a healthcare environment that serves individuals from various backgrounds. Nurses who are culturally competent are able to recognize the cultural differences that may affect a patient's health beliefs, behaviors, and interactions with healthcare systems. By incorporating cultural awareness into their practice, nurses can build stronger relationships with patients, ensure better communication, and enhance patient satisfaction and outcomes. This understanding fosters an environment where patients feel safe and respected, promoting better adherence to treatment plans and improving overall health. Cultural competence goes beyond mere awareness; it involves actively engaging with patients' cultural contexts and integrating this knowledge into care practices, ultimately leading to more personalized and effective healthcare.

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3. Why is patient advocacy important in nursing?

A. To ensure that healthcare staff are well managed

B. To protect patient rights and ensure they receive appropriate care and resources

C. To decrease the workload of nurses

D. To enhance the reputation of the healthcare facility

Patient advocacy is a fundamental aspect of nursing practice, primarily because it focuses on protecting the rights and promoting the best interests of patients. By advocating for patients, nurses ensure that individuals receive not only appropriate medical care but also have access to the necessary resources that support their overall well-being. This involves understanding each patient's unique situation, values, and preferences, which allows nurses to play a pivotal role in facilitating communication between patients and the healthcare team. Advocacy also encompasses ensuring that patients are informed about their treatment options and the potential risks and benefits involved, empowering them to make educated decisions regarding their care. This important role helps create a healthcare environment that prioritizes patient-centered care, thus enhancing outcomes and patient satisfaction. The emphasis on advocacy highlights nursing's commitment to ethical standards and the moral responsibility to safeguard the dignity of those they serve.

4. Which of the following promotes uterine contraction after delivery?

A. Using narcotics for pain management.

B. Encouraging early ambulation.

C. Maintaining a full bladder.

D. Administering oxytocin.

Administering oxytocin is pivotal in promoting uterine contractions after delivery primarily due to its role as a natural hormone that stimulates uterine muscle contraction. After childbirth, the uterus needs to contract to help reduce bleeding and facilitate the recovery process. Oxytocin mimics the body's own hormone levels, which rise during labor and contribute to the expulsion of the placenta. The use of oxytocin not only encourages more effective and frequent contractions of the uterus but also aids in achieving hemostasis, thereby minimizing postpartum hemorrhage. This makes it an essential intervention in the management of the postpartum period, especially for individuals at risk for uterine atony. The other options do not directly contribute to uterine contractions post-delivery. Narcotics, while they may aid in pain management, can potentially inhibit uterine contractions due to their sedative effects. Early ambulation is important for recovery and can promote general wellbeing but is not directly linked to stimulating contractions. A full bladder can actually impede uterine contractions by displacing the uterus and leading to uterine atony. Therefore, the administration of oxytocin is the most effective method for promoting uterine contractions following delivery.

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5. Which approach is defined as the study of factors in the physical environment affecting well-being?

A. Food sanitation

B. Excreta disposal

C. Environmental sanitation

D. Water sanitation

The correct answer is the study of environmental sanitation, which encompasses the examination of various physical factors in the environment and their impact on public health and individual well-being. This approach considers a broad array of environmental elements, including air quality, waste management, safe housing, and other environmental hazards that can affect health outcomes. By focusing on environmental sanitation, professionals aim to promote cleaner, safer living conditions, reduce the risk of disease, and enhance the quality of life for communities. This area of study is vital in addressing how pollution, inadequate waste disposal, and unsafe environmental practices can lead to health issues. The other options, while related to specific components of health and sanitation, do not encompass the broader and more holistic examination of the physical environment's impact on well-being that environmental sanitation does. For instance, food sanitation focuses solely on the safety and hygiene of food preparation and consumption, excreta disposal pertains specifically to the management of human waste, and water sanitation is centered around the safety and quality of water supply. Each of these plays a role in public health but does not address the overall interaction of the physical environment with well-being as comprehensively as environmental sanitation does.

6. What is the difference between evidence-based practice and traditional practice?

A. Evidence-based practice is outdated

B. Evidence-based practice relies on current research and clinical evidence

C. Traditional practice requires more documentation

D. Evidence-based practice is mainly theoretical

The distinction between evidence-based practice and traditional practice lies primarily in the reliance on current research and clinical evidence. Evidence-based practice integrates the best available research with clinical expertise and patient values to facilitate decision-making in healthcare. This approach is designed to improve patient outcomes by applying the most recent scientific findings and effective interventions. In contrast, traditional practice may often rely on established methods or longstanding routines that do not necessarily incorporate the latest evidence. While traditional practices may have served well in the past, they often lack the dynamic integration of new information that evidence-based practice prioritizes. This makes evidence-based practice more relevant and effective for contemporary healthcare challenges, as it is adaptable to new findings and innovations. The other options do not accurately capture the essence of evidence-based practice. It is not outdated. Instead, it is a progressive approach that continually evolves with new research. Traditional practice does not inherently require more documentation; the level of documentation is influenced by various factors, including institutional policies and legal requirements, rather than the practice framework itself. Lastly, evidence-based practice is not mainly theoretical; it is practical and focused on tangible outcomes based on empirical evidence.

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7. In the context of health interventions, which approach targets populations most affected by health disparities?

A. General health campaigns

B. Universal screening tests

C. Targeted health programs

D. Individual health assessments

The correct answer focuses on targeted health programs because they are specifically designed to address the unique needs of populations that experience health disparities. These programs often consider the socioeconomic, cultural, and environmental factors that contribute to these disparities, allowing for a more effective intervention tailored to the specific challenges faced by these groups. Targeted health programs can include community outreach initiatives, culturally competent health education, and access to services that are designed to reduce barriers to care for marginalized populations. Such an approach proactively identifies and addresses the disparities experienced by these groups, resulting in improved health outcomes. In contrast, general health campaigns tend to be broad and may not adequately reach or resonate with those most affected by disparities. Universal screening tests also apply a one-size-fits-all approach that may overlook specific needs and challenges of vulnerable populations. Individual health assessments focus on a single person's health status, which, while important, do not address the systemic issues faced by entire populations experiencing health inequities. Therefore, targeting health programs is the most effective strategy for reducing health disparities at the population level.

8. What is one of the risks associated with amniocentesis?

A. Rupture of membranes

B. Premature labor

C. Fetal death

D. Malformation

One risk associated with amniocentesis is premature labor. Amniocentesis is an invasive procedure where a needle is inserted into the uterus to collect amniotic fluid for testing. This can introduce stress to the uterus, which may lead to contractions and, in some cases, initiate premature labor, especially if the procedure causes irritation to the uterus or membranes. In the context of this procedure, the significant concern about triggering contractions is important, as premature labor can result in delivering the baby before the optimal gestational period, which can have serious implications for the health of the newborn. Other potential risks linked to amniocentesis include rupture of membranes, fetal death, and malformation, each with their own implications but not as commonly highlighted as a direct consequence of the procedure operation itself. Overall, the risk of initiating premature labor represents a critical aspect of patient counseling for expectant mothers considering amniocentesis.

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9. What is the acceptable range for an adult's resting heart rate?

A. 40 to 60 beats per minute

B. 60 to 100 beats per minute

C. 100 to 140 beats per minute

D. Above 100 beats per minute

The acceptable range for an adult's resting heart rate is between 60 to 100 beats per minute. This range is considered normal and reflects a healthy cardiovascular state in the average adult. The heart rate can vary based on numerous factors, including age, fitness level, and overall health. Typically, individuals who are more physically fit may have lower resting heart rates, often falling between 40 to 60 beats per minute, which can be normal for them but is generally outside the standard range for the general adult population. In contrast, resting heart rates above 100 beats per minute, referred to as tachycardia, can indicate potential health issues, possibly suggesting stress, illness, or other medical conditions. Therefore, while lower heart rates may be normal in athletes, a resting heart rate of 60 to 100 beats per minute encompasses a healthy standard for most adults. This range helps ensure that the body's organs receive adequate blood supply and oxygenation at rest.

10. What type of medication is Niyug-niyogan classified as?

A. Analgesic

B. Anti-helminthic

C. Anti-hypertensive

D. Anti-gout

Niyug-niyogan is correctly classified as an anti-helminthic medication. This classification refers to drugs designed to treat infections caused by helminths, which are parasitic worms such as roundworms, tapeworms, and flukes. Niyug-niyogan, which comes from the seeds of the plant, has been traditionally used in folk medicine to expel intestinal worms. Its active compounds have demonstrated effectiveness against certain types of parasitic infections, which aligns it with the characteristics of anti-helminthic medications. In contrast, an analgesic is used primarily to relieve pain and would not be appropriate for the purposes Niyug-niyogan serves. Anti-hypertensive medications aim to lower blood pressure and are not related to the treatment of parasitic infections. Similarly, anti-gout medications target the management of gout, a type of arthritis caused by high uric acid levels, again unrelated to the effects of Niyug-niyogan. Understanding these distinctions clarifies why anti-helminthic is the correct classification for this medication.

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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://np2preboard.examzify.com

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

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