NURSING PROFESSIONAL DEVELOPMENT CERTIFICATION (NPD-BC) 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. **When using the safe harbor method of deidentifying sensitive information, which of the following must be removed?**

   A. Picture of a nonfacial wound

   B. Mother's maiden name

   C. Year of birth

   D. Diagnosis

2. **In the PDSA cycle, during which phase is the action plan developed?**

   A. P

   B. D

   C. S

   D. A

3. **Which of the following is a module included in the transition to practice model for new, licensed nurses?**

   A. Quality improvement

   B. Multidisciplinary collaboration

   C. Compliance issues

   D. Malpractice and negligence

4. **What is the primary purpose of conducting a needs assessment in nursing education?**

   A. To evaluate course effectiveness

   B. To identify gaps in knowledge and skills

   C. To assess regulatory compliance

   D. To administer program evaluation surveys

5. **Continuing education aimed at the cognitive domain of learning is ordered according to complexity, with the least complex being:**

   A. knowledge

   B. application

   C. synthesis

   D. evaluation

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6. Knowledge of which of the following is especially important for an individual who provides customer service?

A. Cognitive development

B. Psychoanalytic theory

C. Anger management

D. Behavioral psychology

7. Establishing a culture of safety requires initial commitment from which group?

A. Leadership

B. Staff members

C. Community members

D. The board of directors

8. What does the acronym SMART in goal setting stand for?

A. Specific, Measurable, Achievable, Relevant, Time-bound

B. Simple, Manageable, Attainable, Relevant, Timely

C. Strategic, Meaningful, Agile, Realistic, Time-sensitive

D. Solid, Measurable, Authentic, Reachable, Tangible

9. How many continuing education hours (CEHs) are required for renewal of the ANCC NPD certification?

A. 75

B. 50

C. 30

D. 15

10. How many individuals typically comprise a focus group planned by the NPD practitioner?

A. 3-4 individuals

B. 5-7 individuals

C. 8-12 individuals

D. 13-20 individuals

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Answers

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

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Explanations

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1. When using the safe harbor method of deidentifying sensitive information, which of the following must be removed?

A. Picture of a nonfacial wound

B. Mother's maiden name

C. Year of birth

D. Diagnosis

In the context of the safe harbor method for deidentifying sensitive information, the process requires the removal of specific identifiers that could potentially lead to the identification of an individual. Removing the mother's maiden name is crucial because it is a unique identifier often used in security questions and can help link individuals to their personal records, making it a sensitive piece of information. The safe harbor method outlines that a set list of identifiers must be eliminated to adequately protect the privacy of individuals. Information like a mother's maiden name contributes to the risk of reidentification, hence its removal is essential in ensuring compliance with privacy standards. In contrast, while a picture of a nonfacial wound, year of birth, or diagnosis may carry some identifiable aspect, they do not inherently function as uniquely identifying information to the extent of a mother's maiden name, which is a direct personal identifier. Thus, the focus on removing the mother's maiden name aligns with best practices for maintaining confidentiality and security in the handling of sensitive information.

2. In the PDSA cycle, during which phase is the action plan developed?

A. P

B. D

C. S

D. A

In the PDSA cycle, the action plan is developed during the "Plan" phase. This initial phase focuses on defining the problem or opportunity for improvement, establishing objectives, and devising a detailed strategy for how to implement the changes. The "Plan" phase is crucial because it sets the foundation for the entire cycle by identifying what is to be tested and how success will be measured. During this stage, practitioners outline the interventions to be tested, identify the resources needed, and clarify roles and responsibilities. This planning ensures that the next stages, "Do," "Study," and "Act," are grounded in a clear objective and a logical approach, which is essential for generating meaningful outcomes from the subsequent testing. By thoroughly developing the action plan during the "Plan" phase, organizations can effectively measure and analyze the results of the implemented changes in the later phases of the PDSA cycle. This systematic approach further contributes to continuous improvement in nursing practice and education.

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3. Which of the following is a module included in the transition to practice model for new, licensed nurses?

A. Quality improvement

B. Multidisciplinary collaboration

C. Compliance issues

D. Malpractice and negligence

The inclusion of quality improvement as a module in the transition to practice model for new, licensed nurses is pivotal for several reasons. Quality improvement focuses on enhancing patient care and safety through systematic evaluation of practices. This aligns with the goals of the transition to practice model, which aims to build the competencies and confidence of new nurses as they begin their professional journeys. New nurses need to understand how to evaluate care outcomes, implement evidence-based practices, and engage in ongoing assessment of their work processes. Quality improvement initiatives equip them with the tools necessary to identify areas for improvement, contribute to patient safety, and elevate the standard of care they provide. In contrast, while multidisciplinary collaboration is essential in nursing practice, it is more focused on teamwork and partnership across different disciplines rather than on quality assessment and enhancement processes. Compliance issues typically pertain to regulatory adherence, which, while crucial, does not directly relate to the practical application of care improvement strategies. Similarly, malpractice and negligence are specific legal concepts relevant to nursing practice but do not fit as a module designed to assist new nurses in enhancing their clinical skills and approaches through quality improvement. Thus, quality improvement stands out as a fundamental component that supports new nurses in making impactful contributions to the healthcare environment.

4. What is the primary purpose of conducting a needs assessment in nursing education?

A. To evaluate course effectiveness

B. To identify gaps in knowledge and skills

C. To assess regulatory compliance

D. To administer program evaluation surveys

The primary purpose of conducting a needs assessment in nursing education is to identify gaps in knowledge and skills. This process involves systematically collecting data to understand the current capabilities of learners and any deficiencies that may exist in their knowledge or skills relevant to nursing practice. By pinpointing these gaps, educators can tailor their curriculum, training programs, and instructional methods to better meet the specific needs of their learners. This approach ensures that educational offerings are relevant, up-to-date, and effective in preparing nursing professionals for the demands of their roles. Addressing these gaps not only enhances the competence of individual nurses but also contributes to overall patient safety and quality of care in healthcare settings. Thus, the needs assessment is a foundational component of educational planning, guiding the development of targeted interventions to foster professional growth and improved practice outcomes.

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5. Continuing education aimed at the cognitive domain of learning is ordered according to complexity, with the least complex being:

A. knowledge

B. application

C. synthesis

D. evaluation

The least complex level in the cognitive domain of learning is knowledge. This level involves the simple recall of facts, concepts, and information. It is fundamental to all other cognitive processes because, without this foundational knowledge, a learner cannot accurately apply, analyze, synthesize, or evaluate information. When considering the other levels such as application, synthesis, and evaluation, these represent progressively more complex cognitive tasks. Application requires a learner to use knowledge in new situations or contexts, while synthesis involves combining different ideas or information to create something new. Evaluation is the highest level, requiring critical thinking and judgment about the value or quality of information or methods. Thus, starting with the recall of basic knowledge sets the stage for more advanced cognitive skills.

6. Knowledge of which of the following is especially important for an individual who provides customer service?

A. Cognitive development

B. Psychoanalytic theory

C. Anger management

D. Behavioral psychology

Understanding behavioral psychology is particularly important for individuals providing customer service because it focuses on the ways in which human behavior can be shaped and influenced by environmental factors. This knowledge allows customer service professionals to identify patterns in customer interactions and respond effectively to various behaviors. For example, recognizing that behavior can be reinforced or modified helps in managing challenging situations with customers. A representative who understands how behavior can be influenced is better equipped to de-escalate conflicts, reinforce positive interactions, and create a more satisfying customer experience. In customer service, being aware of different behavioral responses aids in effective communication and helps professionals project empathy, patience, and adaptability, thus enhancing their interactions with customers. This understanding enables professionals to not only meet customer needs better but also to anticipate potential concerns and address them proactively.

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7. Establishing a culture of safety requires initial commitment from which group?

A. Leadership

B. Staff members

C. Community members

D. The board of directors

Establishing a culture of safety primarily requires initial commitment from leadership, including the board of directors. This group plays a crucial role in setting the tone for the organization. When leadership prioritizes safety, it sends a clear message that safety is a core value within the organization. This commitment is vital for allocating resources, implementing safety protocols, and ensuring that all staff members are held accountable for maintaining a safe environment. Leaders can drive change by modeling safe practices, encouraging open communication about safety concerns, and engaging the workforce in discussions about safety initiatives. They also play a vital role in developing policies and standards that support a culture of safety and foster a supportive environment where staff feel empowered to report safety issues without fear of retribution. In contrast, while staff members, community members, and the board of directors all contribute to a culture of safety within an organization, the initial commitment must come from those in leadership roles. Their influence and authority are essential in leading the shift toward a safety-oriented mindset throughout the organization.

8. What does the acronym SMART in goal setting stand for?

A. Specific, Measurable, Achievable, Relevant, Time-bound

B. Simple, Manageable, Attainable, Relevant, Timely

C. Strategic, Meaningful, Agile, Realistic, Time-sensitive

D. Solid, Measurable, Authentic, Reachable, Tangible

The acronym SMART in goal setting stands for Specific, Measurable, Achievable, Relevant, and Time-bound. This framework is widely used in various fields, including nursing professional development, to help individuals and teams create clear and actionable goals. Specific refers to clearly defining the goal, ensuring that it is unambiguous and focused. Measurable means that progress can be tracked and quantified. Achievable emphasizes that the goal should be realistic and attainable, considering available resources and constraints. Relevant ensures that the goal aligns with broader objectives and is meaningful to the person or organization. Time-bound establishes a deadline for achieving the goal, which helps to create a sense of urgency and accountability. Understanding and utilizing the SMART criteria in goal setting can significantly enhance the effectiveness of professional development plans, making them more structured and easier to evaluate over time. This enhances the quality of outcomes and ensures that professional growth aligns with both personal aspirations and organizational goals.

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9. How many continuing education hours (CEHs) are required for renewal of the ANCC NPD certification?

A. 75

B. 50

C. 30

D. 15

The correct answer is that 75 continuing education hours (CEHs) are required for the renewal of the ANCC Nursing Professional Development (NPD) certification. This requirement emphasizes the importance of ongoing professional education in the nursing field, ensuring that certified professionals stay current with the latest practices, technologies, and regulatory requirements in nursing professional development. Having a high number of CEHs not only supports individual growth and knowledge enhancement but also improves the quality of care provided to patients. The focus on continuing education reflects the changing landscape of healthcare where advancements occur frequently, necessitating a commitment from nursing professionals to lifelong learning to maintain competency and effectiveness in their roles. This requirement aligns with the broader mandates set forth by the American Nurses Credentialing Center (ANCC) for maintaining certification, which is crucial for ensuring that nursing professionals remain well-equipped to meet the evolving demands of the healthcare environment.

10. How many individuals typically comprise a focus group planned by the NPD practitioner?

A. 3-4 individuals

B. 5-7 individuals

C. 8-12 individuals

D. 13-20 individuals

The typical size for a focus group planned by the NPD practitioner is generally considered to be between 8 to 12 individuals. This range is optimal for generating diverse opinions and insights while still allowing for manageable interaction among participants. Having this number of individuals facilitates in-depth discussions, enables everyone to contribute their thoughts, and fosters a dynamic exchange of ideas. Smaller groups, such as those with 3-4 or 5-7 individuals, may limit the variety of perspectives shared, making it difficult to garner a rich understanding of the topic at hand. Conversely, larger groups with 13-20 participants might lead to challenges in managing the conversation and ensuring that all voices are heard, which can reduce the overall effectiveness of the focus group. Therefore, the selected range of 8-12 individuals is widely recognized as ideal for focus groups within the context of nursing professional development.

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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://nursingprofessionaldevelopmentcertification.examzify.com

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

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