NURSING SCIENCES EXAMINATION AND ASSESSMENT QUESTIONNAIRE (EAQ) 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 a primary characteristic of the phallic stage according to Freud?

A. Increased inferiority feelings

B. Development of the oedipal complex

C. Overemphasis on social relationships

D. Exploring psychosocial identity

2. Which terminal degree does The American Association of Colleges of Nursing (AACN) recommend for advanced practice registered nurses (APRNs)?

A. Master of Science in Nursing (MSN)

B. Doctor of Nursing Practice (DNP)

C. PhD in Nursing

D. Associate Degree in Nursing

3. Which cardiac enzyme is typically measured to help diagnose a myocardial infarction?

A. Creatinine

B. Troponin

C. Lipid profile

D. Amylase

4. A client expresses a desire to conquer the world's highest mountains. What level of need does this aspiration illustrate in Maslow's hierarchy?

A. Physiological needs

B. Safety needs

C. Esteem needs

D. Self-actualization needs

5. In the context of nursing assessments, why might a nurse choose to utilize PIE notes?

A. To include historical data

B. To focus on therapeutic interventions

C. To emphasize health education

D. To summarize patient visits

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6. What type of health services does a nurse typically offer in health promotion programs?

A. Nutritional counseling

B. Emergency medical services

C. Diagnostic imaging

D. Palliative care services

7. Which interventions can a nurse take to ensure a successful referral process for a client recovering from a stroke?

A. Explain the referral need to the client and family.

B. Provide adequate client information to the referral.

C. Discuss the implications of not being referred.

D. All of the above.

8. How does a crisis access hospital (CAH) primarily differ from an intensive care unit (ICU)?

A. CAH provides long-term rehabilitation

B. CAH offers specialized surgical services

C. CAH serves patients for 96 hours or less

D. CAH is exclusively for pediatric patients

9. What is the purpose of a nursing diagnosis?

A. To identify medication prescriptions

B. To establish communication with other healthcare providers

C. To identify patient needs and guide nursing care interventions

D. To document hospital admissions

10. How often should vital signs be checked in a stable patient according to standard guidelines?

A. Every minute

B. Every hour

C. Every 4 to 8 hours

D. Once a day

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Answers

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

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Explanations

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1. What is a primary characteristic of the phallic stage according to Freud?

A. Increased inferiority feelings

B. Development of the oedipal complex

C. Overemphasis on social relationships

D. Exploring psychosocial identity

The primary characteristic of the phallic stage, according to Freud, is indeed the development of the Oedipal complex. This stage typically occurs between the ages of three and six years. During this period, children become aware of their bodies and develop a fascination with the differences between genders. Freud posited that boys experience feelings of desire for their mothers and jealousy toward their fathers, which he termed the Oedipal complex. This complex is a vital element of Freud's theory of psychosexual development. The emergence of this complex is pivotal in how a child navigates familial relationships and ultimately contributes to the formation of their gender identity and moral beliefs later in life. It plays a crucial role in childhood development as it influences the development of the superego, the component of personality that holds our moral standards. In contrast, feelings of inferiority are more closely associated with the latency stage, while the overemphasis on social relationships pertains to the developmental challenges presented during the social stages of development. Exploring psychosocial identity aligns more with Erikson's theory, which extends beyond Freud's psychosexual stages. Thus, the focus on the Oedipal complex accurately captures the essence of the phallic stage within Freud's framework.

2. Which terminal degree does The American Association of Colleges of Nursing (AACN) recommend for advanced practice registered nurses (APRNs)?

A. Master of Science in Nursing (MSN)

B. Doctor of Nursing Practice (DNP)

C. PhD in Nursing

D. Associate Degree in Nursing

The American Association of Colleges of Nursing (AACN) recommends the Doctor of Nursing Practice (DNP) as the terminal degree for advanced practice registered nurses (APRNs). This recommendation reflects a shift in the nursing profession towards advanced clinical education and practice, ensuring that APRNs possess a high level of expertise and are prepared to meet the complex healthcare needs of patients. The DNP focuses on clinical practice and applies evidence-based research to enhance healthcare delivery, making it a suitable choice for those in advanced roles. The degree aims to prepare nurses to lead and influence healthcare systems, improve patient outcomes, and implement change in practice based on scientific evidence. In contrast, the Master of Science in Nursing (MSN) is typically the minimum requirement for APRNs but does not provide the same depth of clinical training and leadership skills that a DNP offers. A PhD in Nursing, while valuable for those pursuing research and academic positions, is more focused on generating new knowledge through research rather than applying it in a clinical setting. An Associate Degree in Nursing is an entry-level qualification and is not adequate for advanced practice roles. Overall, the DNP is aligned with the evolving healthcare environment that demands higher-level clinical skills, leadership capabilities, and an evidence-based approach to

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3. Which cardiac enzyme is typically measured to help diagnose a myocardial infarction?

A. Creatinine

B. Troponin

C. Lipid profile

D. Amylase

Troponin is a key cardiac enzyme measured in the diagnosis of myocardial infarction (MI) because it is highly sensitive and specific for cardiac injury. When myocardial cells are damaged, such as during an MI, troponin is released into the bloodstream. Its presence and elevated levels can indicate whether there has been damage to the heart muscle, making it an essential biomarker in the clinical evaluation of suspected heart attacks. The reasons other options are less relevant in this context include that creatinine is primarily a marker of kidney function and is not indicative of cardiac events. A lipid profile assesses cholesterol and triglyceride levels, providing information about cardiovascular risk, but it does not confirm the occurrence of an MI. Amylase, commonly associated with pancreatic function, is not used in the diagnosis of heart attacks, as it does not reflect cardiac damage. Thus, troponin's specific relevance to heart muscle injury makes it the most critical enzyme for diagnosing myocardial infarctions.

4. A client expresses a desire to conquer the world's highest mountains. What level of need does this aspiration illustrate in Maslow's hierarchy?

A. Physiological needs

B. Safety needs

C. Esteem needs

D. Self-actualization needs

The aspiration to conquer the world's highest mountains reflects the self-actualization needs in Maslow's hierarchy. Self-actualization represents the desire for personal growth, self-improvement, and the fulfillment of one's potential. It is the highest level in Maslow's pyramid, where individuals seek authentic experiences and pursue goals that align with their values and interests. By expressing a desire to undertake such significant challenges, the client is indicating a quest for self-fulfillment and the realization of their capabilities. This pursuit goes beyond basic survival (physiological needs), safety and security (safety needs), or gaining recognition and respect from others (esteem needs). Instead, it underscores a deeper motivation to push personal boundaries and achieve extraordinary goals, which is the essence of self-actualization.

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5. In the context of nursing assessments, why might a nurse choose to utilize PIE notes?

A. To include historical data

B. To focus on therapeutic interventions

C. To emphasize health education

D. To summarize patient visits

Using PIE notes allows nurses to focus specifically on the patient's progress through a structured method of assessment and documentation that emphasizes Problem, Intervention, and Evaluation. This format encourages nurses to identify the patient's problems clearly, note the interventions implemented to address these issues, and evaluate the outcomes. By structuring notes this way, nurses can capture essential information regarding the effectiveness of care and therapeutic interventions, making it easier to adjust care plans as necessary based on patient responses. This approach is particularly beneficial in a clinical setting where continuous monitoring and adaptation of patient care are required. It prioritizes the therapeutic aspect of nursing, ensuring that interventions are aligned with the identified problems and that their effectiveness is regularly assessed and recorded.

6. What type of health services does a nurse typically offer in health promotion programs?

A. Nutritional counseling

B. Emergency medical services

C. Diagnostic imaging

D. Palliative care services

In health promotion programs, nurses typically provide nutritional counseling, which focuses on educating individuals about healthy eating habits, dietary choices, and lifestyle modifications that can enhance overall health and prevent disease. This education can be tailored to specific populations or health issues, such as obesity, diabetes management, or heart health. Nurses play a crucial role in assessing the nutritional needs of various groups and providing support to help individuals make informed choices that align with their health goals. By integrating nutritional counseling into health promotion programs, nurses empower patients to take charge of their health and improve their quality of life. In contrast, emergency medical services primarily deal with acute health crises; diagnostic imaging is specialized and typically performed by radiologic technologists or radiologists, and palliative care services focus on end-of-life care rather than health promotion.

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7. Which interventions can a nurse take to ensure a successful referral process for a client recovering from a stroke?

A. Explain the referral need to the client and family.

B. Provide adequate client information to the referral.

C. Discuss the implications of not being referred.

D. All of the above.

A successful referral process for a client recovering from a stroke involves multiple components that enhance communication and understanding among all parties involved. When a nurse explains the referral need to the client and family, it ensures that they are aware of the rationale behind the referral, which can help them feel more involved in the decision-making process and can alleviate any anxieties they might have. Providing adequate client information to the referral is also crucial. It ensures continuity of care and allows the specialist to understand the client's specific needs, medical history, and current condition. This comprehensive information can lead to more tailored interventions and a smoother transition. Discussing the implications of not being referred highlights the potential consequences of missing out on specialized care, which can influence the family's and client's understanding of the necessity for the referral. This can motivate them to actively participate in the referral process. The combination of these interventions creates a robust framework for successful referrals, emphasizing collaboration, informed decision-making, and the importance of specialized care in the recovery process. Hence, incorporating all these elements is essential for effectively managing a client's progression after a stroke.

8. How does a crisis access hospital (CAH) primarily differ from an intensive care unit (ICU)?

A. CAH provides long-term rehabilitation

B. CAH offers specialized surgical services

C. CAH serves patients for 96 hours or less

D. CAH is exclusively for pediatric patients

A crisis access hospital (CAH) is specifically designed to provide short-term emergency services, often to address immediate medical needs on an outpatient basis. The distinguishing characteristic highlighted in the correct answer is that a CAH typically serves patients for 96 hours or less, which reflects its role in acute care for individuals who need immediate treatment but are not in need of intensive or continuous care. This shorter stay is in contrast to intensive care units (ICUs), which cater to patients requiring close monitoring and more complex care for longer durations. ICUs focus on critical or unstable patients needing extensive medical intervention and constant observation, often for prolonged periods. While CAHs may sometimes engage in basic rehabilitation, their primary function is not long-term rehabilitation. Furthermore, CAHs do not specialize in surgical services to the extent required by operating rooms and surgical units. Lastly, CAHs are not exclusive to pediatric patients; they serve adults and children alike, further distinguishing them from specific pediatric units or hospitals. The emphasis on serving patients for a limited time is a crucial aspect of understanding the operational role of a CAH.

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9. What is the purpose of a nursing diagnosis?

A. To identify medication prescriptions

B. To establish communication with other healthcare providers

C. To identify patient needs and guide nursing care interventions

D. To document hospital admissions

The purpose of a nursing diagnosis is centered on identifying patient needs and guiding nursing care interventions. Nursing diagnoses are a key component of the nursing process, which involves assessing a patient's condition, formulating a diagnosis based on that assessment, planning care tailored to individual needs, implementing interventions, and evaluating outcomes. By identifying specific patient needs, nurses can develop targeted care plans that address physical, emotional, and psychosocial challenges, ultimately promoting better patient outcomes and ensuring that care is both comprehensive and effective. In contrast, while medication prescriptions and documentation of hospital admissions are important aspects of overall patient care, they do not represent the primary focus of nursing diagnoses. Additionally, establishing communication with other healthcare providers is essential in nursing practice, but it is a means to facilitate care rather than the fundamental purpose of a nursing diagnosis itself. Thus, the correct answer aligns closely with the role and function of nursing diagnoses in clinical practice.

10. How often should vital signs be checked in a stable patient according to standard guidelines?

A. Every minute

B. Every hour

C. Every 4 to 8 hours

D. Once a day

The correct choice indicates that vital signs for a stable patient should be checked every 4 to 8 hours according to standard guidelines. This recommendation is based on the understanding that in patients who are stable, their physiological status is not expected to change rapidly, thus, frequent monitoring could be unnecessary. Checking vital signs every 4 to 8 hours allows healthcare providers to adequately assess and respond to any changes in the patient's condition without imposing excessive monitoring that might lead to increased stress for the patient or unnecessary interruptions in their care. For context, checking vital signs every minute is excessive for a stable patient, as it might lead to alarm fatigue among healthcare staff and distract from other important care activities. Monitoring every hour could be more frequent than necessary, depending on the patient's condition and the healthcare facility's protocols. Conversely, monitoring once a day might not provide timely information regarding the patient's status, especially if their condition could potentially deteriorate. Thus, the interval of every 4 to 8 hours strikes a balance between adequate observation and practical nursing care.

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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://nursingscienceseaq.examzify.com

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

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