NURSING THEORISTS 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 option is NOT one of Hall's modes of nursing care?

A. Direct care model

B. Wholly compensatory

C. Partly compensatory

D. Supportive-educative

2. Helicy in Roger's concepts is defined as

A. Continuous probabilistic increasing diversity of the human and environmental fields

B. A linear progression of states

C. Static stability

D. Isolated event

3. Imogene King is associated with which theory?

A. Goal Attainment theory

B. Nursing Process theory

C. Environment theory

D. Unitary Human beings

4. Imogene King's theory centers on which concept?

A. Goal Attainment theory

B. System model

C. Twenty One Nursing Problems

D. Unitary Human beings

5. In Rogers' model, humans are described as energy fields that cannot be separated from which of the following?

A. Past experiences

B. Social context

C. Environment

D. Genetic makeup

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6. In Orlando's Deliberative Nursing Process Theory, how should the nurse respond to patient responses?

A. Engage in ongoing dialogue to interpret and respond.

B. Document without interpretation.

C. Ignore patient input and rely on routine tasks.

D. Only ask closed questions.

7. What is the primary aim of Henderson's theory regarding patient independence?

A. To help the patient achieve independence in meeting his or her needs.

B. To promote hospital efficiency

C. To ensure patients comply with physician orders

D. To focus solely on symptom relief

8. How many basic needs did Henderson identify?

A. 12

B. 14

C. 16

D. 10

9. Which description best reflects the Behavioral Systems Model?

A. The person is a behavioral system comprised of interdependent subsystems, maintaining a steady state through adjusting to internal and external forces

B. The environment is the sole determinant of health

C. Health is defined as absence of disease

D. The nurse's role is solely to administer medications

10. The Sunrise model is associated with which theory?

A. Culture Care Diversity and Universality

B. Henderson's theory

C. Orem's theory

D. Watson's theory

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Answers

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

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Explanations

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1. Which option is NOT one of Hall's modes of nursing care?

A. Direct care model

B. Wholly compensatory

C. Partly compensatory

D. Supportive-educative

Hall's modes of nursing care describe how involved the patient is in their own care and how the nurse adapts care accordingly. The three modes are wholly compensatory (the patient cannot participate at all, so the nurse does everything), partly compensatory (the patient can participate in some tasks with nurse assistance), and supportive-educative (the patient can learn and participate with the nurse providing guidance and teaching). The option labeled Direct care model isn't part of Hall's framework; it's a general descriptor of providing care directly but not one of the identified modes. Therefore, Direct care model is the one that is not a Hall mode, while wholly compensatory, partly compensatory, and supportive-educative are.

2. Helicy in Roger's concepts is defined as

A. Continuous probabilistic increasing diversity of the human and environmental fields

B. A linear progression of states

C. Static stability

D. Isolated event

Helicy describes the spiraling, ongoing movement of energy fields in Rogers' view. In this theory, the human being is an open, dynamic energy field continually interacting with the environment. This interaction produces new patterns and configurations over time, so the pattern of the whole system evolves rather than remaining fixed. The idea is that change is constant, probabilistic, and leads to increasing diversity and complexity in the human–environment field. So the best description is that helicy is about continuous, probabilistic growth in the diversity of the human and environmental fields. The other descriptions imply stability, a simple linear change, or a one-time event, none of which align with Rogers' emphasis on perpetual, open-system evolution.

3. Imogene King is associated with which theory?

A. Goal Attainment theory

B. Nursing Process theory

C. Environment theory

D. Unitary Human beings

Imogene King's theory views nursing as a collaborative, goal-directed process between the nurse and the patient. The core idea is that health outcomes improve when both parties participate in perceiving the situation, communicating clearly, and interacting to set and pursue shared goals. The nurse and patient jointly identify goals, decide on actions to reach them, and then monitor progress, using feedback to adjust plans as needed. King describes three interacting systems—personal, interpersonal, and social—that shape how goals are formed and pursued, with the environment influencing role expectations and stressors within those interactions. This framework emphasizes active patient participation and mutual goal attainment, which distinguishes it from other theories. For example, Nightingale's Environmental Theory centers on altering the surroundings to promote healing, Rogers' Unitary Human Beings focuses on energy fields and openness, and the Nursing Process theory outlines a sequence of steps (assessment, diagnosis, planning, implementation, evaluation) rather than a goal-directed nurse-patient interaction.

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4. Imogene King's theory centers on which concept?

A. Goal Attainment theory

B. System model

C. Twenty One Nursing Problems

D. Unitary Human beings

Goal attainment is the central idea tested here. Imogene King's theory centers on how the nurse and the client work together to set and achieve goals through a process of perception, communication, and action within three interacting systems: personal, interpersonal, and social. This transactional framework shows nursing as a social process where care emerges from mutual goal setting and mutual influence; outcomes depend on how well goals are perceived, agreed upon, and acted upon. The best answer names the theory as goal attainment theory because it specifically describes this collaborative, goal-directed interaction. Other options point to different theorists or broader ideas: a System Model reflects a general systems-theory approach, Twenty-One Nursing Problems is Abdellah's framework focused on identifying and solving patient problems, and Unitary Human Beings is Rogers's concept centered on unitary, holistic energy fields rather than goal-directed transactions.

5. In Rogers' model, humans are described as energy fields that cannot be separated from which of the following?

A. Past experiences

B. Social context

C. Environment

D. Genetic makeup

The main idea is that in Rogers' person-centered framework, the person is an energy field that cannot be separated from the environment. The environment isn't just the physical space but all external factors—the social world, cultural influences, and ongoing interpersonal interactions—that give meaning to a person's experiences. Because the field and the person are intertwined, you can't understand or change the person without considering the surrounding environment. This is why environment is the best choice: it encompasses the entire context shaping the individual's lived experience. Other elements like past experiences or genetics are part of the person, but Rogers emphasizes that the experiential field is defined by and inseparable from the environment in which it unfolds.

6. In Orlando's Deliberative Nursing Process Theory, how should the nurse respond to patient responses?

A. Engage in ongoing dialogue to interpret and respond.

B. Document without interpretation.

C. Ignore patient input and rely on routine tasks.

D. Only ask closed questions.

Orlando's Deliberative Nursing Process Theory treats nursing as a dynamic, two-way conversation with the patient. When a patient responds, the nurse doesn't just observe or perform routine tasks; she stays in ongoing dialogue to interpret what the patient is conveying—his needs, concerns, feelings, and perceived problems. This interpretation helps identify the actual nursing problem and guides the next action. The nurse tests understanding through more conversation, clarifies meanings with the patient, and then responds with an appropriate, deliberate intervention. The cycle repeats as the patient's responses to the action are evaluated, refining the plan together. Documenting without interpretation misses the essential interpretive step that connects patient responses to care actions. Relying on routine tasks or ignoring input denies the patient the collaborative partnership central to this theory, and asking only closed questions limits the depth of information needed for accurate interpretation.

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7. What is the primary aim of Henderson's theory regarding patient independence?

A. To help the patient achieve independence in meeting his or her needs.

B. To promote hospital efficiency

C. To ensure patients comply with physician orders

D. To focus solely on symptom relief

Henderson's theory centers on enabling the patient to perform self-care and become independent in meeting his or her needs. The nurse's role is to assist, support, and provide the environment so the patient can gain independence in activities like eating, bathing, dressing, elimination, and other basic functions, encouraging as much self-care as possible. This makes the aim of helping the patient achieve independence in meeting his or her needs the best fit. In contrast, promoting hospital efficiency, ensuring compliance with physician orders, or focusing only on symptom relief do not reflect Henderson's emphasis on independence and self-care.

8. How many basic needs did Henderson identify?

A. 12

B. 14

C. 16

D. 10

Henderson's approach centers on identifying a set of fundamental needs that nursing helps the patient meet in order to gain independence. She outlined fourteen basic human needs that span physical, psychological, and social dimensions, guiding what nurses aim to support. These include breathing normally; eating and drinking adequately; eliminating bodily waste; moving and maintaining desirable positions; sleeping and resting; dressing and undressing; maintaining body temperature; keeping the body clean and well groomed; avoiding dangers in the environment and injury; communicating with others; worshiping according to one's faith; working and playing; learning, discovering, or satisfying curiosity; and expressing sexuality. Remembering that there are fourteen helps explain why this framework emphasizes holistic, independent functioning rather than focusing solely on disease. Other counts don't align with her established list, which is why fourteen is the correct reference.

9. Which description best reflects the Behavioral Systems Model?

A. The person is a behavioral system comprised of interdependent subsystems, maintaining a steady state through adjusting to internal and external forces

B. The environment is the sole determinant of health

C. Health is defined as absence of disease

D. The nurse's role is solely to administer medications

The Behavioral Systems Model views the person as a living, dynamic behavioral system made up of interdependent subsystems that work together to maintain balance. This balance, or steady state, is not static; it evolves as the person adapts to internal changes and external influences. Health, in this view, is about how effectively the system preserves functioning and adjusts to stressors, rather than simply the absence of disease. The environment provides stimuli that the subsystems respond to, and nursing care aims to manage those stimuli and support adaptive responses to keep the system in balance. This perspective centers on the person as a coordinated set of subsystems striving for equilibrium, rather than reducing health to disease absence or limiting the nurse's role to medication administration.

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10. The Sunrise model is associated with which theory?

A. Culture Care Diversity and Universality

B. Henderson's theory

C. Orem's theory

D. Watson's theory

The Sunrise model embodies culturally congruent care within transcultural nursing. It was developed to help nurses see how a patient's cultural beliefs, values, and lifeways shape health decisions and care needs, guiding care that fits the individual within their cultural context. This idea is captured by the Culture Care Diversity and Universality theory, which recognizes that care varies across cultures (diversity) yet there are universal aspects of caring that apply to everyone. In practice, the model helps assess cultural worldview, social structure, values and practices, and identifies ways to preserve or adapt care to be culturally appropriate, or to re-pattern behaviors when needed. This concept is distinct from Henderson's focus on basic human needs, Orem's self-care deficit theory, and Watson's caring theory, which center on different foundations of nursing practice.

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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://nursingtheorists.examzify.com

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

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