QSEN TEAMWORK PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR THE FULL VERSION STUDY GUIDE

https://qsenteamwork.examzify.com

Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

Table of Contents

Copyright 1

Table of Contents 2

Introduction 3

How to Use This Guide 4

Questions 5

Answers 8

Explanations 10

Next Steps 16

SAMPLE

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.

SAMPLE

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!

SAMPLE

Questions

SAMPLE

1. What could cause a delegatee to fail to report vital signs accurately after a cesarean section?

A. Lack of access to equipment

B. Unclear directions to the delegatee

C. Personal issues

D. High patient load

2. In accommodating a staff nurse's request for shift changes, which principle does the nurse leader exhibit?

A. Justice

B. Fidelity

C. Accountability

D. Responsibility

3. Which ethical model allows a leader nurse to emphasize client decision-making during an emergency?

A. Autonomy Model

B. Beneficence Model

C. Paternalism Model

D. Justice Model

4. What birth weight in a neonate indicates that the infant is considered a very low birth weight (VLBW) infant?

A. 1500 g

B. 1300 g

C. 1000 g

D. 1200 g

5. Which statement accurately reflects the nature of leadership?

A. Having the title of chief executive officer indicates a good leader.

B. Leadership is an earned honor and an action-oriented responsibility.

C. Playing an administrative role can automatically make someone a leader.

D. Strengthening an organization's mission depends solely on the leader.

SAMPLE

6. Which attribute is essential for effective leadership in a healthcare setting?

A. Inflexibility in decision-making

B. Strong communication skills

C. Independence from team feedback

D. Minimizing staff involvement in planning

7. Which type of anesthesia is most appropriate for a client with class I cardiac disease during a vaginal birth?

A. General anesthesia

B. Local anesthesia

C. Epidural

D. Spinal block

8. What are the desirable actions of a nurse acting as a transformational leader?

A. Micromanaging team tasks

B. Providing coaching and mentoring

C. Maintaining strict adherence to traditional methods

D. Discouraging team involvement

9. What is a key factor in ensuring effective delegation in nursing?

A. Assigning tasks solely based on seniority

B. Understanding the competencies of the delegatee

C. Creating strict hierarchies among staff

D. Minimizing communication with the delegatee

10. Which action demonstrates effective supervision by a registered nurse over a delegatee?

A. Reviewing the delegatee's performance records

B. Guiding the delegatee during task performance

C. Assigning tasks without follow-up

D. Holding personal meetings with the delegatee

SAMPLE

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. What could cause a delegatee to fail to report vital signs accurately after a cesarean section?

A. Lack of access to equipment

B. Unclear directions to the delegatee

C. Personal issues

D. High patient load

The choice indicating unclear directions to the delegatee highlights a fundamental aspect of effective teamwork and communication in healthcare settings. When clear and precise instructions are not provided, the delegatee may be unsure of what is expected of them regarding the monitoring and reporting of vital signs. This uncertainty can lead to errors in understanding the importance of accuracy in the task at hand, resulting in inaccuracies when recording or transmitting vital signs after a cesarean section. Effective delegation requires that the delegator provides comprehensive guidance, including what specific data needs to be collected, how it should be measured, and the urgency of reporting it. Without clear directions, the delegatee may misinterpret their responsibilities or fail to recognize critical parameters that need close observation, ultimately impacting patient care. This underscores the essential role of clear communication in ensuring that all team members are on the same page, which is vital for maintaining patient safety and quality care in nursing practice.

2. In accommodating a staff nurse's request for shift changes, which principle does the nurse leader exhibit?

A. Justice

B. Fidelity

C. Accountability

D. Responsibility

The principle that is exhibited when a nurse leader accommodates a staff nurse's request for shift changes is fidelity. Fidelity refers to the duty to keep promises and honor commitments. In the context of nursing, it means being loyal to one's commitments to patients, colleagues, and the organization. By accommodating the nurse's request, the nurse leader demonstrates a commitment to supporting staff and fostering a positive work environment, which aligns with the ethical principle of fidelity. This builds trust within the team and encourages open communication, enhancing overall teamwork and collaboration. In contrast, justice relates more to fairness and equality in distributing resources or roles; accountability involves being answerable for actions and decisions made; while responsibility encompasses the obligation to perform duties competently. While these concepts are essential in nursing practice, they do not directly relate to the act of fulfilling a staff nurse's personal request to change shifts in the context of honoring commitments.

SAMPLE

3. Which ethical model allows a leader nurse to emphasize client decision-making during an emergency?

A. Autonomy Model

B. Beneficence Model

C. Paternalism Model

D. Justice Model

The autonomy model is built on the principle that individuals have the right to make informed choices about their own lives and health care. In the context of nursing leadership during emergencies, this model emphasizes the importance of client decision-making, even when situations are critical or fast-paced. When applying the autonomy model, a nurse leader respects the client's ability to weigh their options and participate actively in decisions regarding their treatment. This is particularly crucial during emergencies, where time may be limited, but the fundamental ethical obligation to honor patients' choices and maintain their dignity persists. While the other models, such as beneficence, paternalism, and justice, serve significant roles in ethical decision-making, they approach client participation differently. The beneficence model focuses on promoting the well-being of the patient, which may sometimes lead to overriding the client's choices in favor of what is deemed best. Paternalism involves making decisions for the client, which can diminish their autonomy and willingness to engage in their care during critical times. Lastly, the justice model deals with fairness and allocation of resources rather than the emphasis on decision-making by the individual. Each of these approaches has its merits but does not promote client autonomy in the same way the autonomy model does.

4. What birth weight in a neonate indicates that the infant is considered a very low birth weight (VLBW) infant?

A. 1500 g

B. 1300 g

C. 1000 g

D. 1200 g

A very low birth weight (VLBW) infant is defined as one that weighs less than 1500 grams (approximately 3 pounds, 5 ounces) at birth. This classification is significant in neonatology as VLBW infants are at greater risk for various health complications and require specialized care. The option indicating a birth weight of 1300 grams accurately falls below the threshold of 1500 grams, thereby categorizing the infant as VLBW. Understanding this classification allows healthcare professionals to anticipate the additional medical support and interventions that might be necessary for the care of such infants, which is crucial for improving their health outcomes. The other options provided, while also lower than 1500 grams, do not reflect the specific threshold for defining VLBW, which is critical for proper identification and care planning.

SAMPLE

5. Which statement accurately reflects the nature of leadership?

A. Having the title of chief executive officer indicates a good leader.

B. Leadership is an earned honor and an action-oriented responsibility.

C. Playing an administrative role can automatically make someone a leader.

D. Strengthening an organization's mission depends solely on the leader.

The statement that leadership is an earned honor and an action-oriented responsibility highlights the essence of what it means to lead effectively. True leadership goes beyond just holding a specific title or position; it involves demonstrating qualities that inspire, motivate, and guide others in achieving common goals. Effective leaders build trust and respect within their teams, actively engaging with their colleagues, and setting an example through their actions. This perspective emphasizes that leadership is not merely about authority or hierarchy but is a dynamic process that requires ongoing commitment and interaction with others. It involves taking responsibility for fostering a collaborative environment, encouraging team input, and being accountable for outcomes. A true leader works to empower those around them rather than relying solely on positional power, which aligns with the idea that leadership is something to be earned through consistent actions and adherence to values rather than simply conferred through rank. In contrast, the other statements suggest misleading correlations between leadership and titles or roles and neglect the collaborative and participatory aspects that are crucial in effective leadership.

6. Which attribute is essential for effective leadership in a healthcare setting?

A. Inflexibility in decision-making

B. Strong communication skills

C. Independence from team feedback

D. Minimizing staff involvement in planning

Strong communication skills are essential for effective leadership in a healthcare setting because they facilitate clear and open exchanges of information among team members, patients, and other stakeholders. Effective leaders must be able to articulate goals, expectations, and feedback to ensure that everyone is on the same page. This helps in building trust and fostering a collaborative environment, which is vital in healthcare, where teamwork significantly impacts patient outcomes. Additionally, strong communication promotes better understanding and cooperation, enabling leaders to motivate their teams, resolve conflicts, and implement changes effectively. The ability to listen and respond to concerns helps leaders create an inclusive atmosphere where all team members feel valued and engaged. In a healthcare environment, where the stakes are high, and effective collaboration is crucial, strong communication skills empower leaders to guide their teams toward success.

SAMPLE

7. Which type of anesthesia is most appropriate for a client with class I cardiac disease during a vaginal birth?

A. General anesthesia

B. Local anesthesia

C. Epidural

D. Spinal block

The most appropriate type of anesthesia for a client with class I cardiac disease during a vaginal birth is an epidural. An epidural provides effective pain relief while allowing the patient to remain alert and participate in the birth experience. It is administered in such a way that it minimizes the effects on the mother's cardiovascular system, which is particularly important for someone with a cardiac condition. Epidurals also have the advantage of limiting systemic effects due to their localized nature. For a client with class I cardiac disease, maintaining hemodynamic stability is crucial, making the epidural a preferred option. It typically allows for better hemodynamic control and reduces the stress response associated with labor pain, which can be advantageous for patients with underlying cardiac concerns. In contrast, general anesthesia can pose significant risks to both the mother and the fetus due to the potential for respiratory depression and increased cardiovascular workload. Local anesthesia may not provide sufficient pain relief for the entire duration of labor and delivery, while a spinal block, though effective for surgery, can lead to more profound motor block and cardiovascular effects than an epidural, which might not be suitable for a patient with cardiac disease, especially during active labor.

8. What are the desirable actions of a nurse acting as a transformational leader?

A. Micromanaging team tasks

B. Providing coaching and mentoring

C. Maintaining strict adherence to traditional methods

D. Discouraging team involvement

A nurse acting as a transformational leader focuses on inspiring and motivating team members to achieve their full potential and foster a positive work environment. Providing coaching and mentoring is key because it promotes professional growth, helps individuals develop their skills, and encourages collaboration within the team. This approach aligns with the transformational leadership model, which emphasizes the importance of mentoring as a way to enhance team dynamics and improve overall patient care. By placing an emphasis on guidance and support, transformational leaders empower their team members, which can lead to increased job satisfaction, creativity, and motivation. This ultimately results in better outcomes for patients and a more cohesive healthcare team. In contrast, micromanaging tasks would undermine the confidence and autonomy of team members, while strict adherence to traditional methods would limit innovation and adaptability in care practices. Discouraging team involvement would create a disengaged workplace, stifling collaboration and negatively impacting team morale. Therefore, providing coaching and mentoring stands out as the most effective action for a nurse in a transformational leadership role.

SAMPLE

9. What is a key factor in ensuring effective delegation in nursing?

A. Assigning tasks solely based on seniority

B. Understanding the competencies of the delegatee

C. Creating strict hierarchies among staff

D. Minimizing communication with the delegatee

Understanding the competencies of the delegatee is crucial for effective delegation in nursing because it ensures that tasks are assigned to individuals who possess the requisite skills and knowledge to perform them safely and effectively. By assessing the abilities and qualifications of the team members, a nurse can delegate responsibilities in a way that maximizes patient care quality and promotes safety. When tasks are delegated to the right individuals, it not only enhances team efficiency but also fosters a sense of trust and collaboration within the team. It allows caregivers to work within their scope of practice while encouraging professional development as less experienced staff members can take on more responsibilities under the guidance of their more experienced colleagues. Effective delegation also entails clear communication regarding roles and expectations, which is facilitated when the nurse understands the competencies of each team member. This prevents miscommunication and promotes accountability among the staff, positively impacting patient outcomes and team dynamics.

10. Which action demonstrates effective supervision by a registered nurse over a delegatee?

A. Reviewing the delegatee's performance records

B. Guiding the delegatee during task performance

C. Assigning tasks without follow-up

D. Holding personal meetings with the delegatee

Demonstrating effective supervision by a registered nurse over a delegatee involves guiding the delegatee during task performance. This action is pivotal because it allows the supervisor to ensure that the delegatee understands the task requirements, follows protocols, and maintains safety standards throughout the process. By providing real-time guidance, the registered nurse can address any questions or concerns the delegatee may have, offer constructive feedback, and make necessary adjustments to enhance performance and efficiency. This interactive approach fosters a collaborative working environment, where the delegatee feels supported and valued, ultimately contributing to better patient outcomes. Guidance during task performance also enhances the delegatee's skill set and confidence, promoting professional growth and development within the healthcare team.

SAMPLE

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://qsenteamwork.examzify.com

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

SAMPLE