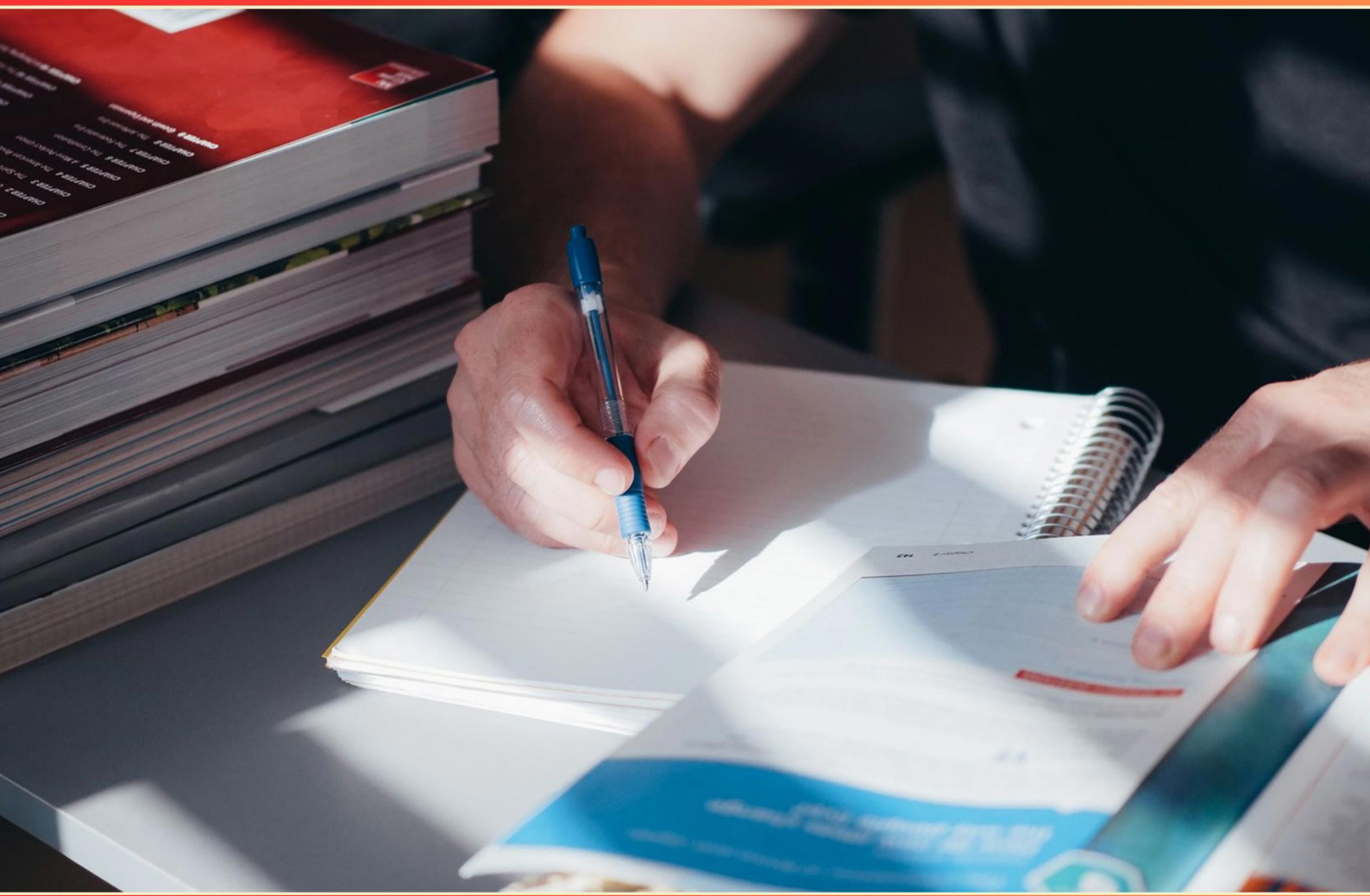
RNPEDIA: PNLE NURSING PRACTICE 4 TEST 1 PRACTICE (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR THE FULL VERSION STUDY GUIDE

https://rnpediapnlenp4test1.examzify.com

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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 statement best describes osteoporosis?

A. It is characterized by increased bone mass and deterioration of bone tissue, increasing fracture risk.

B. It is characterized by decreased bone mass and deterioration of bone tissue, increasing fracture risk; regular weight-bearing exercise and adequate calcium and vitamin D help prevent fractures.

C. It is a condition that only occurs in men.

D. It is a temporary loss of bone density that resolves without treatment.

2. When a patient on lactulose develops diarrhea, what is the nurse's best action?

A. Withhold the next dose

B. Frequently, bowel movements are needed to reduce sodium level

C. Lower the dosage as ordered so the drug causes only 2 to 4 stools a day

D. I'll see if your physician is in the hospital

3. What is the primary distinction between independent nursing interventions and dependent nursing interventions in the nursing process?

A. Independent interventions are actions a nurse can initiate without a physician's order based on nursing judgment.

B. Dependent interventions require an order from a physician or licensed prescriber.

C. Independent interventions require physician approval after assessment.

D. Dependent interventions can be started by the patient with nurse oversight.

4. In pulmonary embolism, the source of emboli is most commonly from which location?

A. Lungs

B. Brain

C. Deep veins of the legs

D. Heart

5. For accurate blood pressure measurement, which setup is recommended?

A. Standing with back supported and arm at heart level

B. Seated with back supported, feet uncrossed, and arm at heart level

C. Supine with arm at heart level

D. Seated with back supported but feet crossed

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6. Which laboratory test indicates liver cirrhosis?

A. Decreased red blood cell count

B. Decreased serum acid phosphate level

C. Elevated white blood cell count

D. Elevated serum aminotransferase

7. Which electrolyte imbalance is most commonly associated with diarrhea and can cause cardiac arrhythmias?

A. Hyperkalemia

B. Hyponatremia

C. Hypercalcemia

D. Hypokalemia

8. Which laboratory pattern would suggest to the nurse that a client has a corticotropin-secreting pituitary adenoma?

A. High corticotropin and high cortisol levels

B. Low corticotropin and high cortisol levels

C. High corticotropin and low cortisol levels

D. Low corticotropin and low cortisol levels

9. How should a nurse respond when a patient's cultural beliefs discourage certain modern medical treatments?

A. Respect beliefs, provide culturally sensitive information, involve the patient and family in shared decision-making, and document consent or refusal

B. Overrule beliefs and proceed with standard care

C. Require a family member to make decisions for the patient

D. Withhold information about risks and options

10. Which statement best explains why serous fluid fills the pleural space after pneumonectomy?

A. Air remains in the space

B. Gel is placed

C. Serous fluids fill the space and consolidate the region

D. Tissue from the other lung crosses the mediastinum

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Answers

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

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Explanations

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1. Which statement best describes osteoporosis?

A. It is characterized by increased bone mass and deterioration of bone tissue, increasing fracture risk.

B. It is characterized by decreased bone mass and deterioration of bone tissue, increasing fracture risk; regular weight-bearing exercise and adequate calcium and vitamin D help prevent fractures.

C. It is a condition that only occurs in men.

D. It is a temporary loss of bone density that resolves without treatment.

Osteoporosis is a chronic condition in which bone mass decreases and the bone tissue deteriorates, making bones fragile and more prone to fractures with minimal trauma. This thinning of bone density means that everyday stresses or a simple fall can lead to breaks, which is why fracture risk is a central concern. Regular weight-bearing and muscle-strengthening exercise helps stimulate bone formation and slow bone loss, while adequate calcium and vitamin D support the bone remodeling process. This combination is how the condition is actively managed and how fractures can be mitigated. The other descriptions don't fit: increasing bone mass is the opposite of osteoporosis; stating it occurs only in men ignores the well-established prevalence in women, especially after menopause; and calling it a temporary loss that resolves without treatment contradicts the chronic, progressive nature of osteoporosis that typically requires ongoing management.

2. When a patient on lactulose develops diarrhea, what is the nurse's best action?

A. Withhold the next dose

B. Frequently, bowel movements are needed to reduce sodium level

C. Lower the dosage as ordered so the drug causes only 2 to 4 stools a day

D. I'll see if your physician is in the hospital

Balancing lactulose therapy by adjusting the dose to achieve a safe stool frequency is the key idea. Lactulose is an osmotic laxative used to lower ammonia levels in hepatic encephalopathy, and its effect is dose-dependent. If diarrhea develops, that means the dose is too high for this patient. The best nursing action is to lower the dose as ordered so the drug produces about 2 to 4 stools per day, which maintains the therapeutic benefit while preventing dehydration and electrolyte imbalance from excessive bowel movements. If the diarrhea persists or dehydration signs appear, that warrants further dose adjustment or physician notification, rather than simply stopping the medication or ignoring the issue.

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3. What is the primary distinction between independent nursing interventions and dependent nursing interventions in the nursing process?

A. Independent interventions are actions a nurse can initiate without a physician's order based on nursing judgment.

B. Dependent interventions require an order from a physician or licensed prescriber.

C. Independent interventions require physician approval after assessment.

D. Dependent interventions can be started by the patient with nurse oversight.

The key idea is what nurses can initiate on their own versus what must be ordered by a physician. Independent nursing interventions are actions a nurse can start based on assessment and nursing judgment without waiting for a physician's order. They address patient needs within the nurse's scope and established standards of care, such as patient education, basic hygiene, positioning, turning and ambulation, and monitoring—as long as the action doesn't require a prescribed treatment or medication. Dependent interventions, on the other hand, require a physician or licensed prescriber to provide an order before the nurse can carry them out. These include administering medications, starting certain treatments, or performing procedures that must be prescribed. In practice, some actions may be authorized by standing orders or protocols, which still fall under independent nursing actions when they're within those approved guides. The idea that independent actions need physician approval after assessment or that dependent actions can be started by the patient with oversight doesn't fit the usual distinctions.

4. In pulmonary embolism, the source of emboli is most commonly from which location?

A. Lungs

B. Brain

C. Deep veins of the legs

D. Heart

Pulmonary emboli most often originate as clots formed in the deep veins of the legs. When a leg deep vein thrombosis breaks loose, the clot travels through the venous system to the right side of the heart and then into the pulmonary arteries, where it can lodge and obstruct blood flow. That path—leg deep veins to the lungs—is why deep venous thrombosis is a major source of pulmonary emboli. The lungs are the site where the embolus causes problems, not typically where it starts. Emboli from the brain usually enter the arterial system and cause strokes or other systemic events, not PE. Left-sided heart thrombi can cause systemic emboli to organs like the brain or kidneys, rather than to the lungs. So, the most common origin remains the deep veins of the legs.

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5. For accurate blood pressure measurement, which setup is recommended?

A. Standing with back supported and arm at heart level

B. Seated with back supported, feet uncrossed, and arm at heart level

C. Supine with arm at heart level

D. Seated with back supported but feet crossed

Accurate blood pressure readings depend on body position that minimizes hydrostatic differences and muscle tension. The recommended setup is seated with the back supported, feet uncrossed and flat on the floor, with the arm supported at heart level. This arrangement keeps the body relaxed, prevents leg position from altering venous return, and places the cuff at the same vertical level as the heart. When the arm is held at heart level, readings reflect true arterial pressure without the added tilt that can occur if the arm is above or below the heart. Standing can introduce postural changes that raise variability in readings, while crossing the legs can subtly affect peripheral resistance. Supine measurements shift venous return and can yield different values than seated measurements. So the best choice is the seated position with back supported, feet uncrossed, and arm at heart level.

6. Which laboratory test indicates liver cirrhosis?

A. Decreased red blood cell count

B. Decreased serum acid phosphate level

C. Elevated white blood cell count

D. Elevated serum aminotransferase

Liver cell injury releases enzymes into the bloodstream, and the aminotransferases (AST and ALT) are among the most sensitive indicators of hepatocellular damage. In cirrhosis, ongoing damage to liver tissue causes these enzymes to leak from stressed hepatocytes, so elevated serum aminotransferase reflects liver involvement. The other options aren't direct signs of hepatocellular injury: red blood cell changes relate to anemia, acid phosphatase isn't a standard liver marker, and white blood cell elevation points to infection or inflammation rather than scarred liver tissue. So, elevated serum aminotransferase is the clearest indicator among these tests of liver involvement like cirrhosis.

7. Which electrolyte imbalance is most commonly associated with diarrhea and can cause cardiac arrhythmias?

A. Hyperkalemia

B. Hyponatremia

C. Hypercalcemia

D. Hypokalemia

Low potassium from GI losses is the main concept here. Diarrhea washes out electrolytes, and potassium is the crucial intracellular cation that keeps cardiac cells stable during each beat. When potassium levels fall, the resting membrane potential and repolarization of cardiac myocytes are altered, which creates an instability that can trigger arrhythmias. ECG changes often seen with this imbalance include flattened T waves and the appearance of U waves, and clinically there is an increased risk of dangerous rhythms like ventricular ectopy or other ventricular arrhythmias. Among the options, potassium depletion from diarrhea fits best because it directly links a common GI loss to a potassium-related risk for cardiac rhythm disturbances. The other imbalances are associated with different situations and do not tie as directly to diarrhea or to the same high risk of arrhythmias in this context.

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8. Which laboratory pattern would suggest to the nurse that a client has a corticotropin-secreting pituitary adenoma?

A. High corticotropin and high cortisol levels

B. Low corticotropin and high cortisol levels

C. High corticotropin and low cortisol levels

D. Low corticotropin and low cortisol levels

The main idea is that a corticotropin-secreting pituitary adenoma causes the pituitary to produce excess ACTH (corticotropin), which then stimulates the adrenal cortex to make more cortisol. So the lab pattern you'd expect is both ACTH and cortisol to be elevated. The tumor's ACTH production is often inappropriately high or not properly suppressed by cortisol, leading to a rise in cortisol as a result. This pattern helps distinguish from other causes: if cortisol is high but ACTH is low, that points to an adrenal source producing cortisol independently of ACTH. If ACTH is high but cortisol is not elevated, that makes an ACTH-driven process unlikely or may reflect an early or different regulatory issue. Remember, ectopic ACTH production from non-pituitary tumors can also raise both ACTH and cortisol, but the scenario described most characteristically fits a corticotropin-secreting pituitary adenoma.

9. How should a nurse respond when a patient's cultural beliefs discourage certain modern medical treatments?

A. Respect beliefs, provide culturally sensitive information, involve the patient and family in shared decision-making, and document consent or refusal

B. Overrule beliefs and proceed with standard care

C. Require a family member to make decisions for the patient

D. Withhold information about risks and options

Respecting patient autonomy and engaging in culturally informed shared decision-making is essential when beliefs influence treatment choices. The best approach is to honor the patient's cultural beliefs, provide information that is respectful and understandable, involve the patient and, when appropriate, the family in decisions, and document the patient's consent or refusal. This approach supports informed choices, maintains trust, and ensures care aligns with the patient's values and rights. If a patient truly lacks decision-making capacity, involve the appropriate surrogate or follow legal/ethical guidelines, but otherwise avoid imposing treatments or withholding information. Ruling out beliefs, turning decisions over to a family member without the patient's input, or withholding information would undermine autonomy, trust, and informed consent.

10. Which statement best explains why serous fluid fills the pleural space after pneumonectomy?

A. Air remains in the space

B. Gel is placed

C. Serous fluids fill the space and consolidate the region

D. Tissue from the other lung crosses the mediastinum

After pneumonectomy, a large space is left where the lung used to be. The pleural cavity no longer contains lung tissue, so the body responds by filling that space with serous fluid produced by the membranes and surrounding capillaries. This serous fluid accumulation fills the space and consolidates the region, providing a stable, fluid-filled cavity and helping the mediastinal structures settle into place. An air-filled space would indicate a residual pneumothorax, which isn't the expected postoperative finding. The other ideas describe maneuvers or changes that don't reflect the usual healing process after pneumonectomy.

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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://rnpediapnlenp4test1.examzify.com

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

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