THEORETICAL FOUNDATIONS OF NURSING 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. What is the practice of drilling a hole in the skull without anesthesia called?

A. Trephining

B. Acupuncture

C. Phlebotomy

D. Lobotomy

2. Which of the following characterizes discipline in nursing?

A. A lack of a distinct perspective

B. A distinct perspective and syntax

C. No methods of study

D. A focus on random phenomena

3. Which category of nursing theories emphasizes expected changes in nursing interventions?

A. Prescriptive Theories

B. Practice-Level Theories

C. Grand Nursing Theories

D. Explanatory Theories

4. What ancient concept relates to the belief that physical health is a reflection of personal strength?

A. Health is a gift.

B. Strength denotes health.

C. Wealth ensures health.

D. Mind and body must be balanced.

5. Which of the following best describes the scientific approach to understanding reality?

A. Based solely on personal beliefs

B. Characterized by observation, verifiability, and experience

C. Dependent on cultural traditions

D. Focused only on theoretical concepts

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6. What is the name of the first university in the Philippines to establish a nursing program?

A. Far Eastern University

B. Unibersidad ng Pilipinas

C. University of Sto. Tomas

D. Emilio Aguinaldo College

7. Who is known as the Father of Sanitation?

A. Moses

B. Hippocrates

C. Aristotle

D. Plato

8. Middle-Range Nursing Theories are primarily used to address what?

A. General nursing practices

B. A specific phenomenon in nursing

C. Broad healthcare systems

D. Fundamental nursing ethics

9. Which philosophical foundation of science posits that knowledge can only be acquired through experience?

A. Rationalism

B. Idealism

C. Empiricism

D. Constructivism

10. What aspect does the Period of Educated Nursing emphasize in the nursing profession?

A. Hands-on experience

B. Clinical assessment of patients

C. Theoretical knowledge combined with clinical practice

D. Spiritual care of patients

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Answers

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

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Explanations

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1. What is the practice of drilling a hole in the skull without anesthesia called?

A. Trephining

B. Acupuncture

C. Phlebotomy

D. Lobotomy

The practice of drilling a hole in the skull without anesthesia is known as trephining. Historically, trephining was performed to relieve pressure from the skull, treat head injuries, or release spirits believed to cause illness. It dates back to ancient times and is one of the oldest surgical procedures known. This method involved using a tool called a trephine to create an opening in the cranial bone, and it was believed to have various therapeutic benefits. The other options do not relate to this specific practice. Acupuncture involves the insertion of needles into specific points on the body to relieve pain and treat various conditions. Phlebotomy refers to the process of drawing blood for tests or donation, while lobotomy is a surgical procedure that involves severing connections in the prefrontal cortex of the brain, historically used to treat mental disorders but not involving drilling a hole in the skull in the same manner as trephining.

2. Which of the following characterizes discipline in nursing?

A. A lack of a distinct perspective

B. A distinct perspective and syntax

C. No methods of study

D. A focus on random phenomena

A distinct perspective and syntax are essential characteristics of discipline in nursing, as they define the profession's unique approach to patient care and healthcare delivery. This distinct perspective includes a holistic view of health that takes into account not only the physical aspects of care but also emotional, social, and environmental factors. It reflects nursing's commitment to understanding and addressing the complexities of patient needs, fostering a comprehensive approach to health. In addition to this perspective, nursing also employs a specific syntax, which refers to the specialized language and terminology used within the field. This syntax facilitates clear communication among nursing professionals and enhances the ability to collaborate effectively with interdisciplinary teams. Together, the unique perspective and organized language establish nursing as a discipline that is both methodical and rooted in evidence-based practice. This distinguishing characteristic sets nursing apart from other fields that may lack the same level of structure and focus. It ensures that nursing practice is grounded in well-defined knowledge, theories, and methodologies, contributing to the overall quality of patient care and the advancement of the profession.

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3. Which category of nursing theories emphasizes expected changes in nursing interventions?

A. Prescriptive Theories

B. Practice-Level Theories

C. Grand Nursing Theories

D. Explanatory Theories

Prescriptive theories are designed to guide nursing actions with a focus on the anticipated outcomes of those interventions. They provide a framework for the development of nursing interventions that are aimed at achieving specific patient outcomes. This category of theory not only identifies the interventions that nurses should implement but also outlines the expected changes or results that should occur as a result of those interventions. For example, prescriptive theories may detail how a particular nursing intervention can lead to improvements in patient health metrics such as pain relief, wound healing, or enhanced mobility. This forward-looking approach is essential in clinical practice, as it helps nurses design care plans that are proactive rather than reactive. The other categories of nursing theories serve different purposes. Practice-level theories tend to focus on specific situations or patient populations without necessarily outlining expected changes in detail. Grand nursing theories provide overarching conceptual frameworks for nursing as a whole but may not specify interventions or expected outcomes. Explanatory theories are more about understanding the relationships among variables, without the explicit emphasis on prescribed interventions or outcomes that define prescriptive theories.

4. What ancient concept relates to the belief that physical health is a reflection of personal strength?

A. Health is a gift.

B. Strength denotes health.

C. Wealth ensures health.

D. Mind and body must be balanced.

The concept that physical health is a reflection of personal strength stems from the historical perspectives on health and wellness, where individuals often believed that one's physical state was directly linked to their inner vitality and robustness. This idea suggests that strength is not merely about physical prowess but also encompasses mental and emotional resilience. In many ancient cultures, the perception was that maintaining good health required not just the absence of disease but the embodiment of strength and vigor, which is what the correct answer encapsulates. This perspective aligns with historical practices where individuals engaged in physical training or disciplined lifestyles to enhance their overall strength and, consequently, their health. It emphasizes a holistic view, suggesting that strong individuals were better equipped to fend off illness and maintain their well-being. The other concepts, while relevant to discussions about health, do not directly connect the dots between physical health and personal strength in the same way. The idea of health as a gift focuses more on serendipity rather than individual effort, while the notion that wealth ensures health reflects socioeconomic factors rather than personal fortitude. The belief in the balance of mind and body instead highlights the interconnectedness of mental and physical health but does not emphasize the direct relationship of strength to health as closely as the chosen answer does.

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5. Which of the following best describes the scientific approach to understanding reality?

A. Based solely on personal beliefs

B. Characterized by observation, verifiability, and experience

C. Dependent on cultural traditions

D. Focused only on theoretical concepts

The scientific approach to understanding reality is best characterized by observation, verifiability, and experience. This approach is grounded in empirical evidence, where knowledge is developed through systematic investigation and the gathering of data. Key elements of this approach include formulating hypotheses, conducting experiments, and analyzing results to arrive at conclusions that can be replicated and verified by others. Using observation ensures that findings are based on measurable phenomena rather than conjecture. Verifiability allows theories and hypotheses to be tested and confirmed or disproven, reinforcing the reliability of the knowledge produced. Experience, in this context, refers to learning derived from practical engagement with the subject matter, contributing to a deeper understanding of the phenomena under study. In contrast, approaches based solely on personal beliefs or cultural traditions lack the empirical basis that the scientific method demands, which can lead to subjective interpretations and potentially unreliable conclusions. An approach focused only on theoretical concepts might not incorporate the practical and experiential elements necessary for a comprehensive understanding of reality. Thus, the scientific approach is a methodical way of acquiring knowledge characterized by its reliance on objective evidence and rigorous testing.

6. What is the name of the first university in the Philippines to establish a nursing program?

A. Far Eastern University

B. Unibersidad ng Pilipinas

C. University of Sto. Tomas

D. Emilio Aguinaldo College

The first university in the Philippines to establish a nursing program is University of Sto. Tomas. This institution is significant in the history of nursing education in the country, as it began offering a Bachelor of Science in Nursing as early as 1946. The pioneering efforts of the University of Sto. Tomas paved the way for the development of nursing as a recognized profession in the Philippines, setting educational standards that influenced other schools. By being the first to launch a formal nursing program, UST contributed to the professionalization of nursing and the establishment of structured nursing curricula in the Philippines. Other universities established their nursing programs later, following the example set by UST, which solidifies its place in the history of nursing education in the country.

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7. Who is known as the Father of Sanitation?

A. Moses

B. Hippocrates

C. Aristotle

D. Plato

The title of "Father of Sanitation" is often attributed to Moses, particularly because of the guidelines and laws laid out in the biblical texts that emphasized cleanliness, hygiene, and sanitation practices. Moses' teachings included regulations about personal hygiene, dietary laws, and methods for controlling disease, which played a significant role in promoting public health. These early sanitation practices laid the groundwork for later developments in hygiene and public health. For example, the emphasis on washing hands and clean living conditions were integral to the survival and health of communities. This systematic approach to sanitation highlights the recognition of the importance of hygiene in preventing illness, which has become a fundamental principle in nursing and healthcare. While figures like Hippocrates, Aristotle, and Plato contributed to medical and philosophical thought, their contributions were more aligned with the foundations of medicine and philosophy rather than specifically addressing sanitation in the context of public health. Moses' direct impact on the practices of cleanliness and hygiene remains particularly influential in the historical perspective of sanitation.

8. Middle-Range Nursing Theories are primarily used to address what?

A. General nursing practices

B. A specific phenomenon in nursing

C. Broad healthcare systems

D. Fundamental nursing ethics

Middle-range nursing theories are specifically designed to address particular phenomena that occur within nursing practice. These theories bridge the gap between grand nursing theories, which tend to be more abstract and broad, and practice-level theories, which focus narrowly on specific nursing interventions. By concentrating on a distinct aspect of nursing, middle-range theories facilitate research, guide evidence-based practice, and enhance understanding of specific patient care situations or health problems. For instance, a middle-range theory might focus on the impact of supportive relationships on patient recovery, allowing nurses to tailor their interventions based on this specific phenomenon. The practical application of such theories can lead to improved patient outcomes since they provide a more detailed framework to understand the dynamics involved in particular clinical scenarios. In contrast, general nursing practices, broad healthcare systems, and fundamental nursing ethics are too expansive or foundational. These aspects do not represent the targeted focus that middle-range theories embody, which is all about honing in on specific phenomena to create actionable insights in nursing practice.

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9. Which philosophical foundation of science posits that knowledge can only be acquired through experience?

A. Rationalism

B. Idealism

C. Empiricism

D. Constructivism

Empiricism is the philosophical foundation of science that emphasizes the role of experience and empirical evidence in the formation of knowledge. This perspective asserts that knowledge arises from sensory experiences and that observations, experiments, and real-world interactions provide the basis for understanding and validating concepts. In the context of nursing practice, empiricism influences how practitioners gather data, observe patient behavior, and assess health outcomes, all through direct experiential evidence. Rationalism, on the other hand, emphasizes reasoning and theoretical deduction as the primary means of acquiring knowledge, which contrasts with the experiential focus of empiricism. Idealism centers on the mental construction of knowledge and the belief that reality is primarily shaped by the mind and consciousness, rather than by direct experience. Constructivism emphasizes the learning process as active and social, stating that knowledge is constructed through interactions and experiences but does not solely rely on sensory input. Thus, the foundation of empiricism distinctly establishes that knowledge is primarily derived from experiential learning and observation, aligning perfectly with its definition and role in both philosophy and practice.

10. What aspect does the Period of Educated Nursing emphasize in the nursing profession?

A. Hands-on experience

B. Clinical assessment of patients

C. Theoretical knowledge combined with clinical practice

D. Spiritual care of patients

The Period of Educated Nursing highlights the essential integration of theoretical knowledge with clinical practice. This emphasis arose during a time when nursing began to formalize as an educated profession, moving beyond mere tasks and hands-on experience. The recognition that understanding the principles behind nursing actions enhances patient care is fundamental in this period. By combining theoretical frameworks, such as nursing theories, with practical skills in clinical settings, nurses can apply evidence-based approaches to their care, thus improving outcomes for patients. This combination is particularly vital in developing critical thinking and clinical judgment, which are necessary for addressing complex patient needs. Therefore, the focus on integrating theoretical knowledge with practice is what distinguishes the Period of Educated Nursing and shapes the modern nursing profession.

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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://theoreticalfoundationsnursing.examzify.com

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

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