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Practice Questions

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1. Which federal regulation is most essential in ensuring that healthcare providers undertake measures to protect patient data from cyber threats?

- A. Cybersecurity Modernization Act
- B. The National Health Information Act
- C. Patient Safety and Quality Improvement Act
- D. Health Insurance Portability and Accountability Act (HIPAA)

2. A patient with a new prescription for liquid potassium supplement is being educated by the nurse. Which of the following instructions should be included in this education? Select all that apply.

- A. Take the medication with a full glass of water
- B. Dilute the liquid potassium with juice before consuming
- C. Avoid taking with foods high in sodium
- D. Take the medication on an empty stomach

3. What is the optimal position for a patient receiving oxygen via nasal cannula to ensure effective breathing and comfort?

- A. Prone
- B. Trendelenburg
- C. Semi-Fowler's
- D. Supine

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4. A nurse is using a patient lift to reposition a bedridden patient. What is the primary reason for utilizing this device?

- A. Enhance patient mobility
- B. Improve patient comfort
- C. Facilitate wound healing
- D. Prevent injury to healthcare staff and patients



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5. Which of the following statements is/are true about administering comfort care to a patient in palliative care? Select all that apply.

- A. The goal is to cure underlying conditions.
- B. Treatment is aimed at extending life irrespective of quality.
- C. Comfort care is only provided in hospital settings.
- D. Comfort care focuses on the quality of life for the patient.

6. You are caring for an elderly patient with congestive heart failure (CHF). The patient is prescribed diuretics to manage their condition. You will include all the following interventions in the care plan except:

- A. Monitoring electrolyte levels regularly
- B. Assessing for signs of dehydration
- C. Monitoring an arteriovenous (AV) fistula
- D. Limiting fluid intake, as prescribed

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7. The licensed practical nurse is caring for a 45-year-old female who believes she can communicate with world leaders telepathically and influences global decisions. Her beliefs are best described as:

- A. Reference delusions
- B. Delusions of grandeur
- C. Persecutory delusions
- D. Somatic delusions

8. A patient with dementia often becomes agitated in the late afternoon. Which of the following interventions should the nurse implement immediately? Select all that apply.

- A. Introduce new stimulating activities
- B. Decrease environmental stimuli
- C. Provide a calm and quiet environment
- D. Encourage the patient to participate in group activities



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9. You are tasked with discharging a patient who is visually impaired. What is the most appropriate action to ensure the patient understands their discharge instructions?

- A. Read the instructions aloud to the patient, assuming they will remember the details.
- B. Ask a family member to be present and read the instructions to the patient.
- C. Provide written instructions and chart the patient has difficulty reading them.
- D. Locate a visually impaired patients' specialist and ask them to assist in providing the discharge instructions using suitable methods.

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10. A young patient in your care has been experimenting with methamphetamine. During your discussion about health risks, you explain that using methamphetamine can lead to which of the following critical health conditions?

- A. Insomnia
- B. Increased appetite
- C. Cardiac arrest
- D. Nasal congestion

11. Which three factors are essential to consider for a comprehensive approach to community health and wellness?

- A. Biological, environmental, and lifestyle
- B. Economic, political, and technological
- C. Cultural, spiritual, and financial
- D. Age, income, and education

12. During a health class, a student expresses concern that her 10-year-old brother is frequently seeking approval from classmates rather than family members. Referring to Erikson's psychosocial development theory, what is the most appropriate response?

- A. It's important to reward your brother every time he seeks your family's input.
- B. Your brother is developing a sense of independence and competence.
- C. At this age, your brother is dealing with identity vs. role confusion.
- D. You should encourage your brother to focus more on family approval.

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13. A licensed practical nurse is assessing a 35-year-old male patient who has recently undergone an appendectomy. The patient's temperature is 101.5°F (38.6°C). The best action to take next is to:

- A. Notify the RN
- B. Give the patient a cold compress
- C. Administer an antipyretic if ordered
- D. Recheck the temperature in one hour

14. You are counseling a 45-year-old female patient with newly diagnosed hypertension. Which of the following lifestyle modifications is most effective in achieving significant reductions in blood pressure?

- A. Limiting alcohol consumption
- B. Weight loss
- C. Reducing sodium intake
- D. Increasing physical activity

15. What is the American Nurses Association (ANA) definition of health?

- A. Health is "the absence of disease within the physical body."
- B. Health is "a complete and unchanging state of well-being."
- C. Health is "simply maintaining physical balance and homeostasis."
- D. Health is "a dynamic state of being in which the developmental and behavioral potential of an individual is realized to the fullest extent possible."

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16. Which of the following is considered a primitive cardiovascular reflex in neonates?

- A. The Hering-Breuer reflex
- B. The baroreceptor reflex
- C. The diving reflex
- D. The Bainbridge reflex

17. For optimal administration of ear drops to a patient with an ear infection, the nurse should instruct the patient to position their head in which of the following ways?

- A. Facing downward with chin tucked
- B. Tilted to the side, affected ear facing upward
- C. Chin up with neck extended
- D. Tilted forward



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18. A patient recovering from major knee surgery is hesitant to start physical therapy due to fear of pain. Which strategy would most effectively encourage early participation in rehabilitation?

- A. Discussing the physiological benefits of starting rehabilitation early
- B. Increasing fluid intake to encourage frequent walking to the bathroom
- C. Teaching the patient how to use assistive devices properly to reduce discomfort
- D. Providing strong analgesics before each session to suppress pain entirely

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19. The nurse is educating a patient on the newly diagnosed deep vein thrombosis (DVT). The nurse explains that:

- A. A DVT is usually contagious and can be spread through close contact.
- B. DVT does not cause any swelling or discomfort in the legs.
- C. DVTs are hereditary and primarily passed through family genes.
- D. A DVT most often occurs when a blood clot forms in one or more of the deep veins in the legs, often causing leg pain or swelling.

20. A patient comes into the clinic with severe shortness of breath and a sudden onset of chest pain. You quickly determine that the patient might be experiencing a pneumothorax (collapsed lung). The physician is not immediately available and is 15 minutes away. What should you do to manage the situation?

- A. All of these
- B. Remain calm and ensure the patient is in a semi-Fowler's position to optimize breathing
- C. Administer high-flow oxygen therapy immediately to support the patient's breathing
- D. Prepare equipment for a possible emergency thoracostomy

21. All of the following are potential effects of beta-blockers except:

- A. Fatigue
- B. Cold extremities
- C. Increased heart rate
- D. Decreased heart rate

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22. You are preparing to administer a dose of Digoxin to a patient. The patient has been prescribed an antihypertensive medication, Lisinopril. Before administering these medications, you should:

- A. Check the patient's blood pressure and apical pulse rate
- B. Administer Lisinopril without checking vital signs
- C. Administer Digoxin at the same time without further assessment
- D. It does not matter which medication is given first as long as both are administered

23. Your patient has just completed a colonoscopy. What symptom should you anticipate following this procedure?

- A. Blurry vision
- B. Abdominal cramping and gas
- C. Severe headaches
- D. Difficulty breathing

24. A patient is inquiring about protection against different forms of meningitis. The nurse informs the patient about the available vaccinations to protect against which of the following meningococcal serogroups in the United States? Select all that apply.

- A. Meningococcal serogroup D
- B. Meningococcal serogroup E
- C. Meningococcal serogroup A
- D. Meningococcal serogroup B

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25. A patient with asthma is pregnant and has been using a corticosteroid inhaler. She asks if it is safe to continue this medication during her pregnancy. Choose the best response:

- A. Corticosteroids are not safe during pregnancy and should be discontinued immediately.
- B. You can switch from an inhaler to oral corticosteroids during your pregnancy.
- C. Managing asthma isn't crucial during pregnancy, so you can stop using your inhaler.
- D. Inhaled corticosteroids are generally safe to use during pregnancy as they help manage asthma symptoms effectively.



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26. Which of the following clinical parameters indicates that a patient on diuretic therapy is achieving the desired therapeutic effect?

- A. The patient's urine output is less than 500 mL per day
- B. The patient's blood pressure is 160/100 mmHg
- C. The patient loses 1-2 pounds per week during diuretic therapy
- D. The patient's serum potassium is 3.0 mEq/L

27. During a safety round, the nurse notices the patient monitor is not functioning. What is the appropriate action for the nurse to take?

- A. Attempt to locate the problem and repair the monitor
- B. Ask the nurse manager to fix the malfunctioning equipment
- C. Exchange the monitor for one in a different patient's room
- D. Place a tag labeling the equipment as out of order and submit a work order to engineering

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28. Under what circumstances should a healthcare worker use gloves and gowns?

- A. When there is a risk of exposure to blood or bodily fluids
- B. For routine contact with patients who have a common cold
- C. Only in operating rooms
- D. Only when the healthcare worker has cuts on their hands

29. Which of the following situations would require the nurse to implement contact isolation precautions? Select all that apply.

- A. Methicillin-resistant Staphylococcus aureus (MRSA) infection
- B. Vancomycin-resistant Enterococcus (VRE) infection
- C. Impetigo
- D. Tuberculosis

30. A patient is admitted with a wound infection after recent overseas surgery. The medical history indicates a high likelihood of an infection transmitted via contact with contaminated surfaces or equipment. Which of the following organisms is the patient most likely infected with? Select all that apply.

- A. Vancomycin-resistant Enterococcus (VRE)
- B. Clostridium difficile (C. diff)
- C. Mycobacterium tuberculosis (TB)
- D. Neisseria meningitidis



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Answer Key & Explanations

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1. D — Health Insurance Portability and Accountability Act (HIPAA)

Answer: The Health Insurance Portability and Accountability Act (HIPAA) The Health Insurance Portability and Accountability Act (HIPAA) outlines how personal health information (PHI) must be protected, including against digital threats. It mandates that healthcare entities implement security measures to safeguard patient data and articulates legal responsibilities alongside patients' rights. HIPAA violations entail severe legal penalties.

2. A — Take the medication with a full glass of water

Liquid potassium supplements can irritate the stomach, so it is advisable to take them with water or juice to minimize discomfort and enhance absorption. Dilution with juice is often recommended as it not only aids in absorption but also reduces the unpleasant taste. Avoiding foods high in sodium is important as high sodium intake can counteract the effect of potassium, especially for patients managing blood pressure. Taking the medication on an empty stomach can increase gastric irritation, and consuming with dairy might decrease effectiveness due to calcium interference.

3. C — Semi-Fowler's

Answer: Semi-Fowler's To ensure optimal lung expansion and breathing efficiency, a patient receiving oxygen via nasal cannula should be positioned in a Semi-Fowler's position. This semi-sitting position aids comfort and improves respiratory function.

4. D — Prevent injury to healthcare staff and patients

The primary purpose of using a patient lift is to prevent injuries to both healthcare workers and patients by safely transferring or repositioning the patient without manual lifting. While enhancing mobility and comfort can be secondary goals, injury prevention is the main reason for using such devices.

5. D — Comfort care focuses on the quality of life for the patient.

Palliative care aims to improve the quality of life for patients with serious illnesses. It includes the management of pain and other distressing symptoms. Unlike curative treatment, palliative care focuses on comfort rather than trying to cure the disease. Pain management is a crucial aspect of comfort care. Maintaining quality of life is prioritized over extending life without considering the patient's comfort.

6. C — Monitoring an arteriovenous (AV) fistula

Answer: Monitoring an arteriovenous (AV) fistula Diuretics are used in CHF to remove excess fluid, reduce symptoms, and prevent complications. Important interventions include fluid restriction, regular monitoring of electrolytes due to the risk of imbalances, and assessing for dehydration. AV fistulas are related to hemodialysis, not typically relevant in the care of CHF patients receiving diuretics.

7. B — Delusions of grandeur

Delusions of grandeur are characterized by beliefs of exaggerated self-importance, such as the belief that one can control global events or communicate with world leaders telepathically. Other types of delusions include persecutory delusions (belief in being targeted or harassed), reference delusions (believing external events



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relate directly to oneself), and somatic delusions (belief in bodily malfunctions or disorders).

8. B — Decrease environmental stimuli

The immediate nursing actions for a patient with dementia experiencing agitation include decreasing stimuli in the environment and providing a calm and quiet setting. These actions help minimize confusion and agitation. Engaging the patient in detailed conversations or introducing stimulating activities are not recommended as immediate interventions as they can increase agitation. Encouraging group activities may also be overwhelming in this context.

9. D — Locate a visually impaired patients' specialist and ask them to assist in providing the discharge instructions using suitable methods.

Engaging a specialist who can adapt the discharge instructions into a format understandable by visually impaired patients is crucial. Family members may not be trained to convey the necessary information correctly or use the right communication methods. Remember to use resources like braille or audio instructions if appropriate.

10. C — Cardiac arrest

Answer: Cardiac arrest Methamphetamine use significantly increases the risk of cardiac arrest due to its stimulant effects, which can lead to severe cardiovascular strain.

11. A — Biological, environmental, and lifestyle

Biological, environmental, and lifestyle factors are crucial in assessing overall health and wellness in a community. Biological considerations encompass genetic predispositions and physical health. Environmental aspects include factors like pollution and access to clean water, while lifestyle factors consider daily habits such as diet and exercise.

12. B — Your brother is developing a sense of independence and competence.

According to Erikson's stages of psychosocial development, children in the school age (6-12 years) are in the industry vs. inferiority stage where they start forming friendships and becoming more independent from family. During this, they seek approval from peers, which is normal for their development.

13. A — Notify the RN

Answer: Notify the RN When the LPN identifies an abnormal finding, such as an elevated temperature, it is crucial to report the finding to the supervising RN first. The RN will give further direction based on the patient's complete clinical picture.

14. B — Weight loss

Answer: Weight loss While all these lifestyle changes are beneficial for lowering blood pressure, weight loss has the most significant impact on reducing hypertension. It not only reduces blood pressure but also lowers the risk of cardiovascular diseases.

15. D — Health is "a dynamic state of being in which the developmental and behavioral potential of an individual is realized to the fullest extent possible."

Answer: Health is "a dynamic state of being in which the developmental and behavioral potential of an individual is realized to the fullest extent possible." This definition emphasizes the dynamic nature of health, recognizing that it involves more than just the absence of disease, encompassing the ability to achieve personal potential in various aspects of life.



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16. D — The Bainbridge reflex

Answer: The Bainbridge reflex. The Bainbridge reflex, also known as the atrial reflex, is considered a primitive cardiovascular reflex in neonates. It is characterized by an increase in heart rate due to increased blood volume in the atria. Other primitive reflexes in neonates include the tonic neck reflex and the Moro reflex.

17. B — Tilted to the side, affected ear facing upward

Answer: Tilted to the side, affected ear facing upward. For ear drop administration, the nurse should instruct the patient to tilt the head so that the affected ear is facing upward. This allows the medication to easily enter the ear canal for effective treatment.

18. C — Teaching the patient how to use assistive devices properly to reduce discomfort

Answer: Teaching the patient how to use assistive devices properly to reduce discomfort. Assisting patients in using devices like crutches or walkers can make movements less painful, facilitating early rehabilitation. Strong analgesics might mask pain but do not motivate action. Simply knowing the benefits does not address pain-related hesitations. Hydration leading to frequent bathroom visits does not specifically help with knee recovery.

19. D — A DVT most often occurs when a blood clot forms in one or more of the deep veins in the legs, often causing leg pain or swelling.

Answer: A DVT most often occurs when a blood clot forms in one or more of the deep veins in the legs, often causing leg pain or swelling. Deep vein thrombosis (DVT) is a medical condition that occurs when a blood clot forms in one or more of the deep veins in the body, usually in the legs. DVT can cause leg pain or swelling and requires medical attention as it can lead to more serious conditions like a pulmonary embolism.

20. A — All of these

Answer: All of these. In the event of a suspected pneumothorax, it is essential to provide oxygen, position the patient appropriately, and prepare for potential emergency interventions. Implementing these actions helps stabilize the patient until further medical assistance arrives.

21. C — Increased heart rate

Answer: Increased heart rate. Beta-blockers are medications that reduce blood pressure by blocking the effects of the hormone epinephrine, also known as adrenaline. They are commonly used to treat high blood pressure, angina, heart rhythm disorders, and other heart-related conditions. The typical effects of beta-blockers include decreased heart rate, fatigue, cold extremities, and lowering of blood pressure.

22. A — Check the patient's blood pressure and apical pulse rate

Before administering Digoxin and Lisinopril, it is essential to check the patient's blood pressure and apical pulse rate. Digoxin affects heart rate and should only be administered when the apical pulse rate is within safe limits. Lisinopril can lower blood pressure, so it is crucial to monitor these vital signs before administration.

23. B — Abdominal cramping and gas

After a colonoscopy, it is common for patients to experience abdominal cramping and gas due to the air used during the procedure to inflate the colon. These symptoms are usually temporary.

24. C — Meningococcal serogroup A

Vaccinations are available for meningococcal serogroups A, B, C, W, and Y. The meningococcal conjugate vaccine (MenACWY) protects against serogroups A, C, W, and Y which are commonly included in routine immunization schedules for children and adolescents. The meningococcal B vaccine is recommended for



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certain groups of people at increased risk for infection, and therefore protecting against serogroup B. There is no vaccine currently available for meningococcal serogroups D or E, which are less common.

25. D — Inhaled corticosteroids are generally safe to use during pregnancy as they help manage asthma symptoms effectively.

Inhaled corticosteroids are generally considered safe for use during pregnancy and help to maintain asthma control, which is important for both maternal and fetal health. Oral corticosteroids, however, are normally not recommended unless absolutely necessary.

26. C — The patient loses 1-2 pounds per week during diuretic therapy

Answer: The patient loses 1-2 pounds per week during diuretic therapy Weight loss and improved fluid balance indicate the therapeutic efficacy of diuretic therapy. In this example, the patient's serum potassium level is low, urine output is too low, and blood pressure is too high.

27. D — Place a tag labeling the equipment as out of order and submit a work order to engineering

Placing a tag labeling the equipment as out of order and submitting a work order to engineering is the correct action. This helps prevent the use of faulty equipment, which could harm patients. Notifying engineering ensures that the monitor can be assessed and repaired promptly.

28. A — When there is a risk of exposure to blood or bodily fluids

Gloves and gowns are barrier protections used to shield healthcare workers from exposure to potentially infectious materials such as blood or bodily fluids. They should be used whenever there is a risk of contact with these materials.

29. A — Methicillin-resistant Staphylococcus aureus (MRSA) infection

Contact precautions are for infections, diseases, or germs that are spread by touching the patient or items in the room, such as MRSA, VRE, and impetigo. Patients with these infections should be placed in a private room or cohort room (if necessary), and healthcare workers should wear gloves and gowns when entering the room. Tuberculosis requires airborne precautions, and influenza requires droplet precautions.

30. A — Vancomycin-resistant Enterococcus (VRE)

MRSA, VRE, and C. diff are often transmitted through contact with contaminated surfaces or equipment in healthcare settings. They are common causes of hospital-acquired infections. Strict infection control practices like hand hygiene and equipment sterilization are essential to prevent their spread. In contrast, Mycobacterium tuberculosis and Neisseria meningitidis are primarily transmitted through respiratory droplets.



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