

EXAM ✓ CRAM

# NCLEX-RN<sup>®</sup>

Practice Questions



Fifth Edition

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CERTIFICATION

WILDA RINEHART  
DIANN SLOAN  
CLARA HURD

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**NCLEX-RN<sup>®</sup>**

**Practice Questions**

**Fifth Edition**

**Wilda Rinehart  
Diann Sloan  
Clara Hurd**

**800 East 96th Street, Indianapolis, Indiana 46240 USA**

## **NCLEX-RN® Practice Questions Exam Cram, Fifth Edition**

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# Dedication

*We would like to thank our families for tolerating our late nights and long hours. Special thanks to all the graduates who have attended Rinehart and Associates Review Seminars. Thanks for allowing us to be a part of your success.*

*We are also delighted that Jessica Rinehart Wentz, RN, Whitney Hurd Miller, RN, and Brad Sloan, RN, chose nursing as their profession above so many other professions.*

# Acknowledgments

Our special thanks to our editors, support staff, and nurse reviewers for helping us to organize our thoughts and experiences into a text for students and practicing professionals. You made the task before us challenging and enjoyable.

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As the reader of this book, *you* are our most important critic and commentator. We value your opinion and want to know what we're doing right, what we could do better, what areas you'd like to see us publish in, and any other words of wisdom you're willing to pass our way.

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As noted previously, this book comes complete with the Pearson Test Prep practice test software containing four full exams (the two from the back of the book as well as two additional tests). These practice tests are available to you either online or as an offline Windows application. To access the practice exams that were developed with this book, please see the instructions in the card inserted in the sleeve in the back of the book. This card includes a unique access code that enables you to activate your exams in the Pearson Test Prep software.

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4. In the **My Products** tab, click the Activate **New Product** button.
5. Enter the access code printed on the insert card in the back of your book to activate your product.
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To access the book's companion web site and the software, simply follow these steps:

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8. Once the installation is complete, launch the application and select **Activate Exam** button on the My Products tab
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10. Enter the unique access code found on the card in the sleeve in the back of your book and click the **Activate** button
11. Click **Next** and then the **Finish** button to download the exam data to your application
12. You can now start using the practice exams by selecting the product and clicking the **Open Exam** button to open the exam settings screen

Note that the offline and online versions will synch together, so saved exams and grade results recorded on one version will be available to you on the other as well.

## Customizing Your Exams

Once you are in the exam settings screen, you can choose to take exams in one of three modes:

- ▶ Study Mode
- ▶ Practice Exam Mode
- ▶ Flash Card Mode

Study Mode allows you to fully customize your exams and review answers as you are taking the exam. This is typically the mode you would use first to assess your knowledge and identify information gaps. Practice Exam Mode locks certain customization options, as it is presenting a realistic exam experience. Use this mode when you are preparing to test your exam readiness. Flash Card Mode strips out the answers and presents you with only the question stem. This mode is great for late stage preparation when you really want to challenge yourself to provide answers without the benefit of seeing multiple choice options. This mode will not provide the

detailed score reports that the other two modes will, so it should not be used if you are trying to identify knowledge gaps.

In addition to these three modes, you will be able to select the source of your questions. You can choose to take exams that cover all of the chapters or you can narrow your selection to just a single chapter or the chapters that make up specific parts in the book. All chapters are selected by default. If you want to narrow your focus to individual chapters, simply deselect all the chapters then select only those on which you wish to focus in the Objectives area.

You can also select the exam banks on which to focus. Each exam bank comes complete with a full exam of questions that cover topics in every chapter. The two exams printed in the book are available to you as well as two additional exams of unique questions. You can have the test engine serve up exams from all four banks or just from one individual bank by selecting the desired banks in the exam bank area.

There are several other customizations you can make to your exam from the exam settings screen, such as the time of the exam, the number of questions served up, whether to randomize questions and answers, whether to show the number of correct answers for multiple answer questions, or whether to serve up only specific types of questions. You can also create custom test banks by selecting only questions that you have marked or questions on which you have added notes.



## Updating Your Exams

If you are using the online version of the Pearson Test Prep software, you should always have access to the latest version of the software as well as the exam data. If you are using the Windows desktop version, every time you launch the software, it will check to see if there are any updates to your exam data and automatically download any changes that were made since the last time you used the software. This requires that you are connected to the Internet at the time you launch the software.

Sometimes, due to many factors, the exam data may not fully download when you activate your exam. If you find that figures or exhibits are missing, you may need to manually update your exams.

To update a particular exam you have already activated and downloaded, simply select the **Tools** tab and select the **Update Products** button. Again, this is only an issue with the desktop Windows application.

If you wish to check for updates to the Pearson Test Prep exam engine software, Windows desktop version, simply select the **Tools** tab and select the **Update Application** button. This will ensure you are running the latest version of the software engine.

# Introduction

## Welcome to the NCLEX-RN® Practice Questions Exam Cram

This book helps you get ready to take and pass the Licensure Exam for Registered Nurses. This portion of the book discusses the NCLEX-RN® exam in general and how this Exam Cram can help you prepare for the test. It doesn't matter whether this is the first time you're going to take the exam or whether you have taken it previously; this book gives you the necessary information and techniques to obtain licensure.

The *NCLEX-RN® Practice Questions Exam Cram* helps you practice taking questions that are written in the NCLEX® format. Used with the *NCLEX-RN® Exam Cram*, it will help you understand and appreciate the subjects and materials you need to pass. Both books are aimed at test preparation and review. They do not teach you everything you need to know about the subject of nursing. Instead, they present you with materials that you are likely to encounter on the exam. Using a simple approach, we help you understand the “need to know” information.

To be able to pass the NCLEX®, you must understand how the exam is developed. The NCLEX-RN® consists of questions from the cognitive levels of knowledge, comprehension, application, and analysis. The majority of questions are written at the application and analysis level. Questions incorporate the five stages of the Nursing Process (assessment, diagnosis, planning, implementation, and evaluation) and the four categories of Client Needs. Client Needs are divided into subcategories that define the content within each of the four major categories. These categories and subcategories are

- A. Safe effective care:
  - Management of care: 17%–23%
  - Safety and infection control: 7%–15%
- B. Health promotion and maintenance: 6%–12%
- C. Psychosocial integrity: 6%–12%
- D. Physiological integrity:
  - Basic care and comfort: 6%–12%
  - Pharmacological and parenteral therapy: 12%–18%
  - Reduction of risk: 9%–15%
  - Physiological adaptation: 11%–17%

# Taking the Computerized Adaptive Test

Computer-adaptive testing, commonly known as CAT, offers the candidate several advantages. The graduate can schedule the exam at a time that is convenient for him or her. It's also possible that you will not be tested on the entire 265-question range; if you answer the beginning questions correctly, the CAT might stop early in the session, with far fewer than the 265 questions you were expecting. The first questions will be difficult and should remain difficult. When the exam engine has determined your ability level and is satisfied that you are qualified to be a registered nurse, it will stop. The disadvantage of a CAT is that you cannot go back and change answers. When you choose an answer and move to the next question, that's it—no second guessing like on a paper exam.

The Pearson Vue testing group is responsible for administering the exam. You can locate a Pearson Vue center nearest you by visiting [www.pearsonvue.com](http://www.pearsonvue.com). Because you might not be familiar with the Pearson Vue testing centers, we recommend that you arrive at least 30 minutes early. If you are late, you will not be allowed to take the test. Bring two forms of identification with you, one of which must be a picture ID. Be sure that your form of identification matches your application. You will be photographed and fingerprinted upon entering the testing site, so don't let this increase your stress. The allotted time is six hours, and the candidate can receive results within approximately seven days (in some states, even sooner). Remember, the exam is written at approximately the tenth-grade reading level, so keep a good dictionary handy during your studies.

## The Cost of the Exam

A candidate wanting to write the licensure exam must fill out two applications: one to the National Council State Boards of Nursing and one to the state board of nursing where he or she wants to be licensed. A separate fee must accompany each application. One must be paid to the National Council and one to the state where the candidate wishes to be licensed. State licensing fees vary. Licensure applications can be obtained at [www.ncsbn.org](http://www.ncsbn.org). Several states are members of the multistate licensure compact. This means that if you are issued a multistate license, you pay only one fee to practice within the states in the compact. This information also can be obtained by visiting the National Council's website at <https://www.ncsbn.org/contact-bon.htm>.

# How to Prepare for the Exam

Judicious use of this book and its sister books, the *NCLEX-RN® Exam Cram* and *NCLEX® RN Exam Prep* either alone or with a review seminar such as that provided by Rinehart and Associates, will help you achieve your goal of becoming a registered nurse. As you review for the NCLEX® exam, we suggest that you find a location where you can concentrate on the material each day. A minimum of two hours per day for at least two weeks is suggested. In the *NCLEX-RN® Exam Cram* and *NCLEX® RN Exam Prep*, we provide you with exam alerts, tips, notes, and sample questions, both multiple choice and alternative items. Using these books allows you to practice taking hundreds of questions much like those on the actual licensure exam. We have also formulated a “mock” exam with those difficult management and delegation questions that you can score to determine your readiness to test. Pay particular attention to the helpful hints and the Cram Sheet. Using these will help you gain and retain knowledge, and will help reduce your stress as you prepare to test.

## What You Will Find in This Book

As seems obvious from the title, this book is all about practice questions! There are five full exams in this book, totaling 1,250 questions. Each chapter is set up with the questions and their possible answers first; the correct answers and rationales appear at the end of each chapter. In the margins next to each question, you will see a quick key to finding the location of its answer and rationales. Here’s exactly what you will find in the chapters:

- ▶ ***Practice Questions multiple choice and alternative format***—These are the numerous questions that will help you learn, drill, and review.
- ▶ ***Quick Check Answers***—When you finish answering the questions, you can quickly grade your exam from this section. Only correct answers are given here; no rationales are offered yet. These appear in the Answers and Rationales section.
- ▶ ***Answers and Rationales***—This section offers you the correct answers, as well as further explanation about the content posed in that question. Use this information to learn why an answer is correct and to reinforce the content in your mind for exam day.

You will also find a Cram Sheet at the beginning of this book specifically written for this exam. This is a popular element that is also found in *NCLEX\_RN® Exam Cram* (ISBN 978-0-7897-5752-4). This item condenses all the necessary facts found in this exam into one easy-to-handle tearout card. The Cram Sheet is something you can carry with you to the exam location and use as a last-minute study aide. However, be aware that you cannot take it or any other resource into the room where the test is being given.

## Hints for Using This Book

We suggest that you score your exam by subtracting the missed items from the total and then dividing the total answered correctly by the total number of questions. This gives you the percentage answered correctly. We also suggest that you achieve a score of at least 77% before you schedule your exam.

If you do not score at least 77%, repeat the exam. The higher the score, the better your chance to do well on the NCLEX® exam!

You should also take advantage of the Pearson Test Prep practice test software; it provides you with a computer-adaptive test, or CAT, very similar to the one you will experience during the NCLEX® exam. Every question in this book is available in the Pearson Test Prep practice test software, including the answers and rationales.

Aside from being a test-preparation book, this book is useful if you are brushing up on your nursing knowledge. It is an excellent quick reference for the licensed nurse.

## Need Further Study?

If you are having a hard time correctly answering questions, be sure to see this book's sister books, the *NCLEX®RN Exam Cram* (ISBN: 978-0-7897-5752-4) and the *NCLEX® RN Exam Prep* (ISBN: 978-0-7897-5313-7). If you still need further study, you might want to take an NCLEX® review seminar or look at one of the many other books available at your local bookstore.

## Contact the Authors

The authors of this text are interested in you and want you to pass on your first attempt. If, after reviewing with this text, you want to contact the authors, you may do so at Pearson at [feedback@pearsonitcertification.com](mailto:feedback@pearsonitcertification.com).

# 1

## CHAPTER ONE

# Practice Exam 1 and Rationales

### Quick Check

1. A client with a renal failure is prescribed a low potassium diet. Which food choice would be best for this client?
  - A. 1 cup beef broth
  - B. 1 baked potato with the skin
  - C. 1/2 cup raisins
  - D. 1 cup rice
2. An appropriate nursing intervention for the client with borderline personality disorder is:
  - A. Observing the client for signs of depression or suicidal thinking
  - B. Allowing the client to lead unit group sessions
  - C. Restricting the client's activity to the assigned unit of care throughout hospitalization
  - D. Allowing the client to select a primary caregiver
3. Which of the following is an expected finding in the assessment of a client with bulimia nervosa?
  - A. Extreme weight loss
  - B. Presence of lanugo over body
  - C. Erosion of tooth enamel
  - D. Muscle wasting
4. Assuming that all have achieved normal cognitive and emotional development, which of the following children is at greatest risk for accidental poisoning?
  - A. One-year-old
  - B. Four-year-old
  - C. Eight-year-old
  - D. Twelve-year-old

Quick Answer: **58**  
Detailed Answer: **61**

Quick Answer: **58**  
Detailed Answer: **61**

Quick Answer: **58**  
Detailed Answer: **61**

Quick Answer: **58**  
Detailed Answer: **61**

**Quick Check**

5. Which term describes the play activity of the preschool aged child?
- A. Cooperative
  - B. Associative
  - C. Parallel
  - D. Solitary
6. The nurse is ready to begin an exam on a nine-month-old infant who is sitting quietly on his mother's lap. Which should the nurse do first?
- A. Check the Babinski reflex
  - B. Listen to the heart and lung sounds
  - C. Palpate the abdomen
  - D. Check tympanic membranes
7. In terms of cognitive development, a three-year-old would be expected to:
- A. Think abstractly
  - B. Use magical thinking
  - C. Understand conservation of matter
  - D. See things from the perspective of others
8. Which of the following describes the language development of a two-year-old?
- A. Doesn't understand yes and no
  - B. Understands the meaning of all words
  - C. Can combine three or four words
  - D. Repeatedly asks "why?"
9. A client who has been receiving Urokinase (uPA) for deep vein thrombosis is noted to have dark brown urine in the urine collection bag. Which action should the nurse take immediately?
- A. Prepare an injection of vitamin K
  - B. Irrigate the urinary catheter with 50 mL of normal saline
  - C. Offer the client additional oral fluids
  - D. Withhold the medication and notify the physician

Quick Answer: **58**  
Detailed Answer: **61**

Quick Answer: **58**  
Detailed Answer: **61**

Quick Answer: **58**  
Detailed Answer: **61**

Quick Answer: **58**  
Detailed Answer: **61**

Quick Answer: **58**  
Detailed Answer: **61**

**Quick Check**

- 10.** Which of the following can occur with the frequent use of calcium-based antacids?
- A. Constipation
  - B. Hyperperistalsis
  - C. Delayed gastric emptying
  - D. Diarrhea
- 11.** Which statement made by the student nurse indicates the need for further teaching regarding the administration of heparin?
- A. "I will administer the medication 1–2 inches away from the umbilicus."
  - B. "I will not massage the injection site after administering the heparin."
  - C. "I will check the PTT before administering the heparin."
  - D. "I will need to gently aspirate when I give the heparin."
- 12.** To correctly assess the oxygen saturation level of an adult client, the pulse oximeter should not be placed on the:
- A. Finger
  - B. Earlobe
  - C. Extremity with noninvasive BP cuff
  - D. Nose
- 13.** While caring for an elderly patient with hypertension, the nurse notes the following vital signs: BP of 140/40, pulse 120, respirations 36. The nurse's initial action should be to:
- A. Report the findings to the physician
  - B. Recheck the vital signs in one hour
  - C. Ask the patient if he is in pain
  - D. Compare the current vital signs with those on admission
- 14.** The nurse is preparing a client with an axillopopliteal bypass graft for discharge. The client should be taught to avoid:
- A. Using a recliner to rest
  - B. Resting in supine position
  - C. Sitting in a straight chair
  - D. Sleeping in right Sim's position

Quick Answer: **58**  
Detailed Answer: **62**

Quick Answer: **58**  
Detailed Answer: **62**

Quick Answer: **58**  
Detailed Answer: **62**

Quick Answer: **58**  
Detailed Answer: **62**

Quick Answer: **58**  
Detailed Answer: **62**



**Quick Check**

- 15.** The doctor has ordered antithrombotic stockings to be applied to the legs of a client with peripheral vascular disease. The nurse knows antithrombotic stockings should be applied:
- A. Before the client arises in the morning
  - B. With the client in a standing position
  - C. After the client has bathed and applied lotion to the legs
  - D. Before the client retires in the evening
- 16.** The nurse has just received the change of shift report and is preparing to make rounds. Which client should the nurse assess first?
- A. A client recovering from a stroke with an oxygen saturation rate of 99%
  - B. A client three days post-coronary artery bypass graft with an oral temperature of 100.2°F
  - C. A client admitted one hour ago with rales and shortness of breath
  - D. A client being prepared for discharge following a right colectomy
- 17.** A client with a femoral popliteal bypass graft is assigned to a semiprivate room. The most suitable roommate for this client is the client with:
- A. Hypothyroidism
  - B. Diabetic ulcers
  - C. Gastroenteritis
  - D. Bacterial pneumonia
- 18.** The nurse is teaching the client regarding use of sodium warfarin. Which statement made by the client would require further teaching?
- A. "I will have blood drawn every month."
  - B. "I will assess my skin for a rash."
  - C. "I take aspirin for a headache."
  - D. "I will use an electric razor to shave."
- 19.** The client returns to the recovery room following repair of an abdominal aneurysm. Which finding would require further investigation?
- A. Pedal pulses regular
  - B. Urinary output 20mL in the past hour
  - C. Blood pressure 108/50
  - D. Oxygen saturation 97%
- Quick Answer: **58**  
Detailed Answer: **62**
- Quick Answer: **58**  
Detailed Answer: **62**
- Quick Answer: **58**  
Detailed Answer: **62**
- Quick Answer: **58**  
Detailed Answer: **62**
- Quick Answer: **58**  
Detailed Answer: **63**

**Quick Check**

**20.** The nurse is doing bowel and bladder retraining for the client with paraplegia. Which of the following is not a factor for the nurse to consider?

- A. Diet pattern
- B. Mobility
- C. Fluid intake
- D. Sexual function

Quick Answer: **58**

Detailed Answer: **63**

**21.** Which one of the following statements is correct when measuring the client for crutches?

- A. A distance of five fingerbreadths should exist between the top of the crutch and the axilla.
- B. The nurse should measure three inches between the top of the crutch and the axilla.
- C. The client's elbows should be flexed at a 10° angle.
- D. The crutches should be extended 8 to 10 inches from the side of the foot.

Quick Answer: **58**

Detailed Answer: **63**

**22.** The nurse is caring for a client following a cerebral vascular accident. Which portion of the brain is responsible for changes in the client's vision?

- A. Temporal lobe
- B. Frontal lobe
- C. Occipital lobe
- D. Parietal lobe

Quick Answer: **58**

Detailed Answer: **63**

**23.** A client with a hemorrhagic stroke has a temperature of 103°F. Efforts to reduce the temperature have not been effective. The most likely explanation for the elevated temperature is that damage has occurred to the:

- A. Hypothalamus
- B. Pituitary
- C. Carotid baroreceptors
- D. Frontal lobe

Quick Answer: **58**

Detailed Answer: **63**

**Quick Check**

24. A client is admitted to the hospital in chronic renal failure. A low protein diet is ordered. The rationale for a low protein diet is that:

- A. A low protein diet helps reduce blood urea nitrogen and other wastes excreted by the kidneys.
- B. A low protein diet increases the sodium and potassium levels.
- C. A low protein diet increases albumin production.
- D. A low protein diet increases the calcium and phosphorous levels.

25. The nurse has an order for the administration of intravenous heparin. The medication should be administered using a/an:

- A. Metered chamber
- B. Infusion controller
- C. Intravenous filter
- D. Three-way stopcock

26. When assessing the client's blood pressure, the nurse should use a cuff with a width that is \_\_\_\_% of the circumference of the extremity. (Fill in the blank.)

- A. 40
- B. 30
- C. 20
- D. 10

27. Which diet would the nurse expect to see ordered for a patient with nephrotic syndrome?

- A. Low carbohydrate potassium
- B. Moderate protein
- C. Low calcium
- D. Increased potassium

28. A client with an abdominal aortic aneurysm is admitted in preparation for surgery. Which finding should be reported to the doctor?

- A. A WBC of 14,000 cu.mm
- B. Auscultation of abdominal bruit
- C. Complaints of lower back pain
- D. A platelet count of 175,000 cu.mm

Quick Answer: **58**  
Detailed Answer: **63**

Quick Answer: **58**  
Detailed Answer: **63**

Quick Answer: **58**  
Detailed Answer: **63**

Quick Answer: **58**  
Detailed Answer: **63**

Quick Answer: **58**  
Detailed Answer: **63**

**Quick Check**

29. When assessing deep tendon reflexes, the nurse grades the client's patellar reflex as a 3+. This reading indicates that the assessed reflex is:
- A. Stronger than normal
  - B. Hypoactive
  - C. Normal
  - D. Hyperactive
30. The physician has ordered atropine sulfate 0.4 milligrams IM before surgery. The medication is supplied in 0.8 milligrams per milliliter. How much medication should the nurse prepare to administer?
- A. 0.25mL
  - B. 0.5mL
  - C. 1.0mL
  - D. 1.25mL

Quick Answer: **58**Detailed Answer: **64**Quick Answer: **58**Detailed Answer: **64**