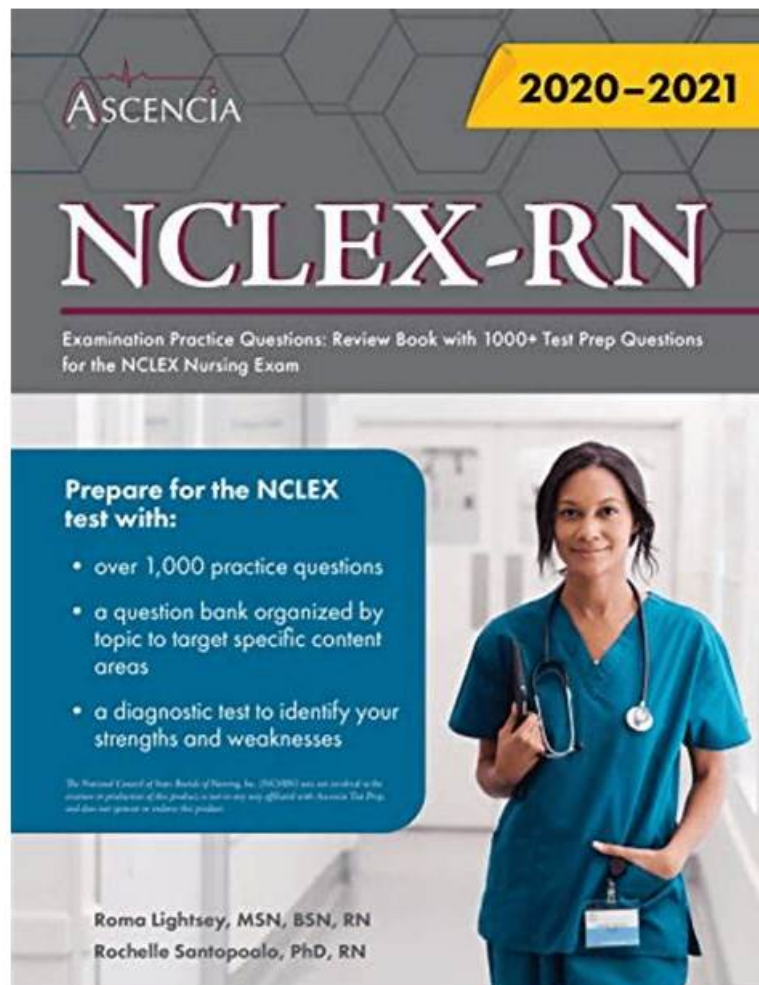


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NCLEX-RN exam is a computerized adaptive test (CAT) and is designed to adjust the difficulty of the questions based on the test-taker's performance. NCLEX-RN exam consists of between 75 and 265 questions, depending on how well the test-taker is performing. The questions are designed to test the test-taker's knowledge of nursing concepts, patient care, and critical thinking skills. NCLEX-RN Exam is also designed to test the test-taker's ability to make clinical judgments and to prioritize patient care.

## NCLEX National Council Licensure Examination(NCLEX-RN) Sample Questions (Q12-Q17):

### NEW QUESTION # 12

A 24-year-old graduate student recognizes that he has a phobia. He suffers severe anxiety when he is in darkness. It has altered his lifestyle because he is unable to go to a movie theater, concert, and other events that may require absence of light. The client is seeking assistance because he is no longer able to socialize with friends due to his phobia. The psychologist working with him is using desensitization. He has asked the nursing staff to assist the client in muscle relaxation techniques. What result would indicate client education has been successful?

- A. He enters a concert, but as the lights dim, he does not experience anxiety.
- B. He states that he no longer fears dark places.
- C. He enters a movie theater, sits in his chair, and replaces anxiety with relaxation as the theater darkens.
- D. He takes a part-time job as a photographic assistant. His job necessitates his working in a darkroom.

**Answer: C**

Explanation:

Explanation

(A) This situation provides specific evidence that the client is able to integrate muscle relaxation technique into his lifestyle to alleviate anxiety. (B) The client may not experience anxiety at the concert, but there is no evidence regarding the technique that he used to alleviate anxiety. (C) The client may state he no longer experiences anxiety, but there is no evidence demonstrating this. He may be denying anxiety to discontinue therapy prematurely. (D) Does he experience anxiety in the darkroom? He may have taken this job to force himself to deal with the phobia directly.

### NEW QUESTION # 13

The physician has ordered that a daily exercise program be instituted by a client with type I diabetes following his discharge from the hospital. Discharge instructions about exercise should include which of the following?

- A. Exercise should be performed 30 minutes before meals.
- B. The blood glucose level should be 100 mg or below before exercise is begun.
- C. Hyperglycemia may occur 2-4 hours after exercise.
- D. A snack may be needed before and/or during exercise.

**Answer: D**

Explanation:

Section: Questions Set A

Explanation:

(A) Exercise should not be performed before meals because the blood sugar is usually lower just prior to eating; therefore, there is an increased risk for hypoglycemia. (B) Exercise lowers blood sugar levels; therefore, a snack may be needed to maintain the appropriate glucose level. (C) Exercise lowers blood sugar levels. (D) Exercise lowers blood sugar levels. If the blood glucose level is 100 mg or below at the start of exercise, the potential for hypoglycemia is greater.

### NEW QUESTION # 14

At 38 weeks' gestation, a client is in active labor. She is using her Lamaze breathing techniques. The RN is coaching her breathing and encouraging her to relax and work with her contractions. Which one of the following complaints by the client will alert the RN that she is beginning to hyperventilate with her breathing?

- A. "I feel dizzy."
- B. "I have a backache."
- C. "I am nauseous."
- D. "I am cold."

**Answer: A**

Explanation:

Explanation/Reference:

Explanation:

(A) Cold is not a symptom of hyperventilation. This could be due to the temperature of the room. (B) Backache is not a symptom of hyperventilation. This is probably due to the gravid uterus and its effect on the back muscles, or it may be due to the client's position in bed. (C) Dizziness is the first symptom of hyperventilation. It occurs because the body is eliminating too much CO<sub>2</sub>. (D) Nausea is not a symptom of hyperventilation. It could be a symptom of pain.

#### NEW QUESTION # 15

In teaching the client about proper umbilical cord care, the nurse recommends that:

- A. The area be cleansed at diaper changes with alcohol and inspected for redness or drainage
- B. Petrolatum be placed around the cord after the sponge bath
- C. The cord clamp be left on until the cord stump separates
- D. A belly binder be applied to prevent umbilical hernia

**Answer: A**

Explanation:

(A) Petrolatum does not allow the cord to dry and will encourage infection. (B) Belly binders do not facilitate drying of the cord and will encourage abdominal relaxation. (C) Frequent applications of alcohol will facilitate drying and discourage infection. (D) The cord clamp can be removed in 24 hours. Leaving it on is cumbersome and could pull on the cord unnecessarily.

#### NEW QUESTION # 16

A male infant is to be discharged home this morning. Which instruction related to his cord care should be included in his mother's discharge teaching plan?

- A. Keep the umbilical area covered at all times with the diaper.
- B. Clean the umbilical cord daily with soap and water during the bath.
- C. Clean the umbilical cord with alcohol at each diaper change.
- D. Keep the umbilical area moist with Vaseline until the stump falls off.

**Answer: C**

Explanation:

(A) The umbilical area should be kept dry for healing to occur. Moisture is conducive to bacterial growth and therefore could lead to infection at the site. (B) The diaper should be folded below the cord to allow the cord stump to be exposed to the air for healing. (C) The umbilical cord should be swabbed with alcohol at each diaper change to remove urine and stool and to facilitate the desiccation process through drying. (D) Soap and water should not be used to clean the umbilical area because the area could retain moisture, thus making it susceptible to bacterial growth and infection.

#### NEW QUESTION # 17

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