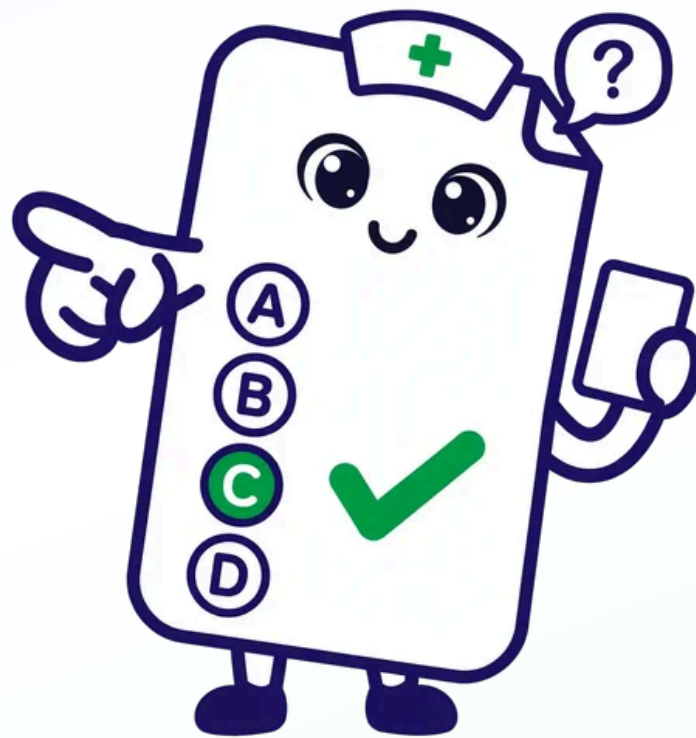




TestUstad.com

PNMC Nursing Licensing Examination Preparation Book 2026

A full model paper in the real PNMC Licensing Exam pattern, with answer key



100 MCQs

Real PNMC Licensing Exam subject split

Answer key + online explanations

How to use this book

1. Sit each model paper in one go, in 120 minutes, with a pen and the answer sheet of your choice.
2. Mark yourself with the answer key at the back.
3. Every answer in the key is a link. Tap it to read why that option is right on TestUstad, free.

Want this paper timed and graded for you?

Practise every PNMC Licensing Exam subject free, chapter by chapter, at testustad.com/exams/pnmc-licensing-exam

What is in this book

100 MCQs across one paper, each drawn in the same subject split as the real PNMC Licensing Exam paper:

- Medical Surgical Nursing: 22 MCQs per paper
- Fundamentals of Nursing: 16 MCQs per paper
- Midwifery and Obstetric Nursing: 12 MCQs per paper
- Paediatric Nursing: 10 MCQs per paper
- Community Health Nursing: 10 MCQs per paper
- Nursing Pharmacology: 10 MCQs per paper
- Mental Health Nursing: 8 MCQs per paper
- Anatomy and Physiology for Nursing: 6 MCQs per paper
- Nursing Management and Ethics: 6 MCQs per paper



MODEL PAPER 1 OF 1

PNMC Nursing Licensing Examination

100 MCQs · 120 minutes · answer key at the back



Medical Surgical Nursing

22 MCQs

1. A patient with a fractured femur is receiving bed rest. Which intervention best helps prevent deep vein thrombosis?

- ☐ A Keeping the affected leg completely still
- ☐ B Encouraging ankle-pumping exercises as prescribed
- ☐ C Placing a pillow directly behind the knee
- ☐ D Massaging the calf every four hours

2. A patient with a suspected peritonsillar abscess has increasing difficulty opening the mouth and drooling. Which nursing action has priority?

- ☐ A Offer solid food to assess swallowing
- ☐ B Place the patient flat and encourage sleep
- ☐ C Assess the airway and notify the provider urgently
- ☐ D Ask the patient to gargle with concentrated antiseptic

3. A patient with chronic kidney disease has an arteriovenous fistula in the left forearm. Which nursing action is appropriate?

- ☐ A Measure blood pressure on the fistula arm
- ☐ B Apply a tight dressing over the fistula daily
- ☐ C Check for a thrill and bruit each shift
- ☐ D Use the fistula arm for routine venipuncture

4. A patient with renal failure has a serum potassium level of 6.9 mmol/L and tall peaked T waves on the ECG. Which action should the nurse take first?

- ☐ A Place the patient on continuous cardiac monitoring
- ☐ B Encourage potassium-rich fruit and fruit juice
- ☐ C Administer a prescribed potassium supplement
- ☐ D Remove the cardiac monitor to reduce anxiety

5. A patient with severe brain injury holds both arms flexed toward the chest and keeps the legs extended. How should the nurse document this response?

- ☐ A Decorticate posturing suggesting serious brain dysfunction
- ☐ B Decerebrate posturing suggesting isolated peripheral nerve damage
- ☐ C Flaccid paralysis suggesting an uncomplicated muscle injury
- ☐ D Typical flexor withdrawal suggesting normal protective movement

6. A patient with a chest tube after treatment for pneumothorax suddenly becomes more breathless. The water-seal chamber has no tidaling, and the tubing is kinked under the patient. Which action should the nurse take first?

- ☐ A Straighten the tubing and reassess the patient
- ☐ B Clamp the tube close to the chest
- ☐ C Strip the tubing forcefully toward the drainage unit
- ☐ D Disconnect the tubing and leave it open to air

7. Which feature best distinguishes a malignant tumour from a benign tumour?

- ☐ A It is usually surrounded by a clear capsule
- ☐ B It remains localized at its original site
- ☐ C It can invade tissues and spread to distant sites
- ☐ D It grows slowly without affecting nearby structures

8. A patient with a major burn becomes restless and has a hoarse voice with audible inspiratory noise. Oxygen saturation is 96% on a pulse oximeter. Which action should the nurse take?

- ☐ A Offer oral fluids to relieve throat dryness
- ☐ B Place the patient flat and reassess later
- ☐ C Notify the team and prepare for early airway support
- ☐ D Apply petroleum gauze over the mouth and nose

9. A patient scheduled for surgery takes warfarin for atrial fibrillation. What should the nurse do before the operation?

- ☐ A Administer the usual dose with a sip of water
- ☐ B Notify the surgical team about the medication
- ☐ C Ask the patient to stop it without further advice
- ☐ D Give vitamin K routinely before the operation

10. A patient with stable angina receives sublingual nitroglycerin. Which statement shows that teaching is understood?

- ☐ A I will swallow the tablet with a full glass of water
- ☐ B I will stand up after taking the tablet to improve circulation
- ☐ C I will seek emergency help if pain continues after five minutes
- ☐ D I will store the tablets in an open container near sunlight

11. A patient prescribed glipizide is about to take the morning tablet but says breakfast will be delayed for several hours. Which instruction should the nurse give?

- ☐ A Take the tablet now and skip breakfast
- ☐ B Take the tablet with a glass of milk only
- ☐ C Wait to take the tablet until ready to eat
- ☐ D Double the next dose after eating breakfast

12. A patient with cirrhosis suddenly vomits a large amount of fresh blood. Which action is the priority?

- ☐ A Give oral water to clear the taste of blood
- ☐ B Position the patient safely and assess the airway
- ☐ C Insert a rectal thermometer to assess perfusion
- ☐ D Encourage ambulation to prevent venous stasis

13. A patient with chronic low back pain develops numbness around the buttocks and new difficulty passing urine. Which action should the nurse take first?

- ☐ A Encourage bed rest for the next 24 hours
- ☐ B Apply a warm pack to the lower back
- ☐ C Report the findings immediately to the provider
- ☐ D Teach the patient to perform back-strengthening exercises

14. When assessing a patient's pupils with a penlight, which response is expected in a normal eye?

- ☐ A The illuminated pupil constricts and the other pupil also constricts
- ☐ B The illuminated pupil dilates and the other pupil remains unchanged
- ☐ C Both pupils dilate when light is directed into one eye
- ☐ D The illuminated pupil remains fixed while the other pupil constricts

15. A patient with suspected glomerulonephritis has a urinalysis performed. Which result supports glomerular inflammation?

- ☐ A Red blood cell casts in the urine
- ☐ B Clear urine with no formed elements
- ☐ C Large glucose loss without ketones
- ☐ D Many calcium crystals without blood

16. A patient has a serum potassium level of 2.6 mmol/L, muscle weakness and prominent U waves. Potassium chloride is prescribed intravenously. Which action is correct?

- ☐ A Administer it by rapid intravenous push
- ☐ B Dilute it and give it using an infusion pump
- ☐ C Mix it with blood in the transfusion line
- ☐ D Give it without cardiac monitoring if pain occurs

17. Which assessment finding is most suggestive of a spinal cord lesion rather than a peripheral nerve lesion?

- ☐ A Loss of one ankle reflex
- ☐ B Fasciculations in one hand
- ☐ C Spasticity below the lesion
- ☐ D Flaccid weakness in one finger

18. A nurse is collecting an early-morning sputum specimen from a patient being investigated for pulmonary tuberculosis. Which instruction is correct?

- ☐ A Rinse the mouth with water, then cough deeply into the sterile container
- ☐ B Collect saliva after brushing the teeth into a routine cup
- ☐ C Take the specimen after eating a large breakfast
- ☐ D Leave the open container beside the patient's bed overnight

19. Which investigation provides the definitive diagnosis of most solid malignant tumours?

- ☐ A A tissue biopsy examined by histopathology
- ☐ B A plain radiograph of the suspected area
- ☐ C A serum tumour-marker measurement
- ☐ D A physical examination of the mass

20. A patient with a circumferential full-thickness burn of the forearm develops increasing pain, numb fingers, and a weak radial pulse. Which intervention should the nurse anticipate?

- ☐ A Elevation of the arm above heart level
- ☐ B Immediate application of a tight compression bandage
- ☐ C Escharotomy to release constricting tissue
- ☐ D Routine cleansing with an antiseptic solution

21. A patient is placed in the prone position for spinal surgery. Which action best reduces positioning complications?

- ☐ A Place pressure directly on the abdomen
- ☐ B Keep the head turned sharply to one side
- ☐ C Protect the eyes and maintain neutral alignment
- ☐ D Allow the arms to hang freely from the table

22. A patient with suspected myocardial infarction receives morphine for persistent severe pain. Which assessment is the priority after administration?

- ☐ A Respiratory rate and level of consciousness
- ☐ B Bowel sounds and abdominal tenderness
- ☐ C Skin turgor and oral temperature
- ☐ D Visual acuity and pupil colour

**Fundamentals of Nursing**

16 MCQs

23. Which finding in a patient with constipation requires prompt nursing assessment before giving a laxative?

- ☐ A Mild straining during a bowel movement
- ☐ B Passing flatus once during the morning
- ☐ C Increasing abdominal distension with vomiting
- ☐ D Preferring to use the toilet after breakfast

24. A nurse receives a handover that a patient has a new allergy, but the information is unclear. What should the nurse do?

- ☐ A Clarify the allergy and record the verified information
- ☐ B Assume the allergy is to the most common antibiotic
- ☐ C Leave the allergy field blank until the next ward round
- ☐ D Ask the patient to receive the medication and observe closely

25. Which assessment finding is most consistent with hypercalcemia?

- ☐ A Diarrhoea with muscle twitching
- ☐ B Constipation with weakness and lethargy
- ☐ C Stridor with carpopedal spasm
- ☐ D Positive Chvostek sign with tremors

26. A nurse prepares to move a dependent patient from the bed to a stretcher. Which body-mechanics action is safest?

- ☐ A Keep the feet together and bend from the waist
- ☐ B Pull the patient using the nurse's back muscles
- ☐ C Use a wide base of support and bend the knees
- ☐ D Twist the trunk while lifting the patient's shoulders

27. Which event is characteristic of the proliferative phase of wound healing?

- ☐ A Formation of granulation tissue and new capillaries
- ☐ B Clot formation with immediate platelet aggregation
- ☐ C Breakdown of collagen by inflammatory enzymes
- ☐ D Maturation of scar tissue with reduced vascularity

28. A nurse is suctioning a patient who has thick airway secretions. Which action should the nurse take between suction attempts?

- ☐ A Allow the patient to rest and reoxygenate
- ☐ B Place the catheter back into the airway immediately
- ☐ C Keep suction applied while the patient coughs
- ☐ D Ask the patient to hold the breath for one minute

29. Which factor can temporarily increase a patient's pulse rate without indicating a primary cardiac disorder?

- ☐ A Sleep
- ☐ B Moderate exercise
- ☐ C Beta blocker therapy
- ☐ D Deep relaxation

30. A nurse wears gloves to clean a patient's infected wound. Which statement about hand hygiene is correct?

- ☐ A Gloves replace hand hygiene when they remain intact
- ☐ B Hand hygiene is needed before applying and after removing gloves
- ☐ C Hand hygiene is needed only when gloves become visibly torn
- ☐ D Hand hygiene is unnecessary if the patient has no fever

31. Which source provides the most reliable information about a conscious adult patient's current pain?

- ☐ A The patient's own description of the pain
- ☐ B The patient's family member's observation
- ☐ C The nurse's facial expression assessment
- ☐ D The previous nursing shift's documentation

32. A patient has an open fracture of the lower arm with bone visible through the wound. Which action is appropriate before transport?

- ☐ A Push the bone back under the skin
- ☐ B Straighten the arm forcefully
- ☐ C Cover the wound and immobilize the arm
- ☐ D Wash deeply inside the wound with antiseptic

33. A male patient has urinary incontinence but can empty his bladder completely and has no urinary retention. Which device may be appropriate for short-term management?

- ☐ A External condom catheter
- ☐ B Three-way indwelling catheter
- ☐ C Suprapubic catheter
- ☐ D Intermittent straight catheter

34. In focus charting using the DAR format, what does the letter R represent?

- ☐ A The response of the patient to care
- ☐ B The reason for the patient's admission
- ☐ C The record of the patient's diagnosis
- ☐ D The referral made to another department

35. A patient has a functioning gastrointestinal tract but cannot swallow safely after a stroke. Which nutritional method is most appropriate?

- ☐ A Enteral feeding through a nasogastric tube
- ☐ B Peripheral parenteral nutrition through a small vein
- ☐ C Total parenteral nutrition through a central vein
- ☐ D Intramuscular injection of nutritional supplements

36. Which action is correct when cleaning a patient's removable dentures?

- ☐ A Rinse them with very hot water to remove organisms
- ☐ B Clean them over a basin lined with a towel
- ☐ C Place them unwrapped on the bedside locker
- ☐ D Use abrasive powder to remove all stains

37. Which description indicates an unstageable pressure injury?

- ☐ A Intact skin with localized non-blanchable redness
- ☐ B Partial-thickness loss with exposed dermis
- ☐ C Full-thickness loss hidden by slough or eschar
- ☐ D Full-thickness loss with visible muscle and tendon

38. A patient with severe hypoxaemia is breathing spontaneously and requires a high concentration of oxygen while awaiting further treatment. Which device is most appropriate?

- ☐ A Nasal cannula
- ☐ B Simple face mask
- ☐ C Non-rebreather mask
- ☐ D Venturi mask



Midwifery and Obstetric Nursing

12 MCQs

39. A breastfeeding woman reports mild, cramping lower abdominal pain during feeds on the second postnatal day. Which explanation is most accurate?

- ☐ A The uterus contracts as oxytocin is released during feeding
- ☐ B The cervix opens again because milk enters the uterus
- ☐ C The bladder becomes overactive because prolactin rises
- ☐ D The pelvic infection causes pain whenever feeding begins

40. A woman returns after a cervical biopsy. Which finding should she report to the nurse immediately?

- ☐ A Heavy vaginal bleeding with dizziness
- ☐ B Mild lower abdominal cramping
- ☐ C A small amount of dark vaginal spotting
- ☐ D Brown discharge for one or two days

41. A pregnant woman has poorly controlled gestational diabetes. Which fetal or neonatal complication is particularly associated with this condition?

- ☐ A Fetal macrosomia with neonatal hypoglycaemia
- ☐ B Severe fetal microcephaly with hypercalcaemia
- ☐ C Congenital limb absence with hyperthermia
- ☐ D Neonatal deafness with persistent bradycardia

42. A fetal head is well flexed during a normal vertex labour. Which diameter usually enters the maternal pelvis?

- ☐ A Suboccipitobregmatic diameter
- ☐ B Occipitofrontal diameter
- ☐ C Mentovertical diameter
- ☐ D Submentobregmatic diameter

43. A woman has ongoing postpartum haemorrhage after initial uterotonic treatment. Which medicine reduces bleeding by inhibiting fibrinolysis?

- ☐ A Tranexamic acid
- ☐ B Magnesium sulfate
- ☐ C Methylergometrine
- ☐ D Calcium gluconate

44. Which instruction is most important for a woman beginning a progestin-only oral contraceptive pill?

- ☐ A Take one pill at the same time every day
- ☐ B Stop the pills during each monthly bleeding
- ☐ C Take two pills whenever intercourse is planned
- ☐ D Begin the pack only after the next ovulation

45. A patient asks why follicle-stimulating hormone is released during the early part of the menstrual cycle. Which answer is most accurate?

- ☐ A It stimulates ovarian follicle development
- ☐ B It causes immediate shedding of the endometrium
- ☐ C It maintains the corpus luteum throughout pregnancy
- ☐ D It causes the sperm acrosome reaction

46. Which information is most important to obtain during the booking history of a pregnant woman?

- ☐ A Her previous pregnancies and their outcomes
- ☐ B Her preferred time for daily exercise
- ☐ C Her usual choice of infant clothing
- ☐ D Her preferred hospital visiting hours

47. A newborn's temperature is 35.5°C, and the baby is jittery and feeding poorly. What should the nurse do first?

- ☐ A Place the newborn under a warmer and assess blood glucose
- ☐ B Give a bath to stimulate circulation
- ☐ C Offer plain water before checking the baby
- ☐ D Leave the newborn uncovered for close observation

48. Which finding is most consistent with postpartum blues rather than postpartum depression?

- ☐ A Persistent sadness lasting longer than two weeks
- ☐ B Loss of interest in the baby and usual activities
- ☐ C Tearfulness that improves with rest and support
- ☐ D Thoughts of harming herself or the newborn

49. A woman with suspected pelvic inflammatory disease has lower abdominal pain, fever and cervical motion tenderness. Which nursing action is the priority?

- ☐ A Apply a warm pack to the lower abdomen
- ☐ B Obtain prescribed specimens before antibiotics
- ☐ C Encourage oral fluids and bed rest
- ☐ D Administer an analgesic before assessment

50. A woman at 30 weeks has suspected fetal growth restriction. Which maternal history increases the risk of this condition?

- ☐ A Regular cigarette smoking
- ☐ B Adequate maternal weight gain
- ☐ C Previous uncomplicated pregnancy
- ☐ D Daily intake of prenatal vitamins



Paediatric Nursing

10 MCQs

51. Two children are rescued from a room containing a faulty gas heater. One is confused and has a headache, but has no obvious burns. Which treatment should the nurse arrange immediately?

- ☐ A Remove the child from the source and give high-concentration oxygen
- ☐ B Give oral rehydration solution and reassess the headache
- ☐ C Place the child in a warm room and encourage deep breathing
- ☐ D Administer intravenous antibiotics for possible chest infection

52. Before discharge, the nurse teaches the parent how to give an antibiotic at home. Which statement shows that teaching is understood?

- ☐ A I will stop the medicine when my child feels better
- ☐ B I will use the household spoon for each dose
- ☐ C I will give each dose as prescribed and complete the course
- ☐ D I will share the remaining medicine with a sibling

53. A refrigerator used for EPI vaccines is working normally, but the nurse finds vaccines stored in the door compartment. What should the nurse do?

- ☐ A Leave them there because the door is easy to access
- ☐ B Move them to the recommended shelves and check their condition
- ☐ C Place them beside the freezer to cool them quickly
- ☐ D Discard every vaccine immediately without assessment

54. A newborn has a respiratory rate of 72 per minute, nasal flaring, and central cyanosis. What is the nurse's priority action?

- ☐ A Begin oral feeding to improve energy
- ☐ B Place the newborn supine and reassess later
- ☐ C Provide immediate respiratory support and call for urgent help
- ☐ D Wrap the newborn tightly and continue routine observations

55. Which finding is most strongly associated with hookworm infestation in a child?

- ☐ A Iron-deficiency anaemia and tiredness
- ☐ B Parotid swelling with pain on chewing
- ☐ C A barking cough with inspiratory noise
- ☐ D Clusters of fluid-filled skin vesicles

56. A child has a swollen abdomen, thin limbs, poor growth, and a history of repeated infections. Which assessment finding would most strongly support protein deficiency?

- ☐ A Reduced serum albumin with bilateral oedema
- ☐ B High haemoglobin with flushed skin
- ☐ C Increased muscle strength with active play
- ☐ D Normal growth with increased appetite

57. A healthy infant weighs 3 kg at birth. Which weight is expected at about 12 months?

- ☐ A About 4.5 kg
- ☐ B About 6 kg
- ☐ C About 9 kg
- ☐ D About 12 kg

58. A pale child with a deep leg wound has a rapid pulse, cool skin, and delayed capillary refill, but the blood pressure is still normal. Which nursing action has priority?

- ☐ A Apply firm direct pressure to the bleeding wound
- ☐ B Give an oral analgesic before treating the wound
- ☐ C Elevate the injured leg without controlling bleeding
- ☐ D Wait for hypotension before starting emergency care

59. A 9-year-old child is worried about an unfamiliar treatment. Which communication technique is most appropriate?

- ☐ A Use complex medical terms to sound precise
- ☐ B Speak only to the parent while the child is present
- ☐ C Use simple words and invite the child's questions
- ☐ D Tell the child not to ask about the treatment

60. Which action is safest when handling a used vaccination needle?

- ☐ A Recap it with two hands before disposal
- ☐ B Bend it before placing it in the waste bin
- ☐ C Place it immediately in a puncture-resistant safety box
- ☐ D Leave it on the tray until the session has ended



Community Health Nursing

10 MCQs

61. A patient with newly diagnosed type 2 diabetes is prescribed metformin. Which statement shows correct understanding of the medicine?

- ☐ A I should take it with meals to reduce stomach upset
- ☐ B I should stop it whenever my glucose reading is normal
- ☐ C I should take extra tablets after eating sugary food
- ☐ D I should expect it to cause severe low blood glucose alone

62. Which teaching approach best applies the adult learning principle of using previous experience?

- ☐ A Begin with a lengthy lecture on unfamiliar terms
- ☐ B Ask what the client already knows about the topic
- ☐ C Give identical instructions to every client
- ☐ D Avoid questions until the teaching is complete

63. A community clinic changes its evening hours after working women report that they cannot attend during the daytime. Which primary health care principle is most clearly supported?

- ☐ A Community participation and equitable access
- ☐ B Specialised hospital-based treatment
- ☐ C Centralised control of health services
- ☐ D Use of advanced diagnostic technology

64. A nurse notices that a maternal health service is rarely used by a minority group because staff do not speak the group's language. Which barrier to health care is most evident?

- ☐ A Cultural and communication barrier
- ☐ B Biological susceptibility
- ☐ C Seasonal disease variation
- ☐ D Shortage of essential medicines

65. What does a variance of a set of observations mainly describe?

- ☐ A The most frequent observation
- ☐ B The middle observation
- ☐ C The average squared deviation
- ☐ D The difference between extremes

66. Which example represents environmental sanitation rather than personal cleanliness?

- ☐ A Providing a community system for safe sewage disposal
- ☐ B Bathing daily and changing clothes regularly
- ☐ C Brushing the teeth after meals
- ☐ D Washing the hands before eating

67. A patient with suspected dengue has bleeding from the gums and a falling platelet count. Which nursing action is the priority?

- ☐ A Give aspirin for fever relief
- ☐ B Avoid unnecessary invasive procedures and observe for bleeding
- ☐ C Encourage vigorous massage of the limbs
- ☐ D Administer an intramuscular injection for pain

68. A child has missed a scheduled dose of a routine vaccine because the family moved to another district. What should the community nurse advise?

- ☐ A Restart the entire vaccination series
- ☐ B Wait until the child reaches school age
- ☐ C Continue the series with the missed dose as soon as possible
- ☐ D Give double doses at the next clinic visit

69. Which activity is most appropriate for helping prevent loss of bone strength in an older adult who can walk safely?

- ☐ A Regular weight-bearing activity with balance exercises
- ☐ B Prolonged bed rest with minimal movement
- ☐ C Avoidance of sunlight and outdoor activity
- ☐ D Replacing meals with clear sweetened drinks

70. A health education session includes a participant with severe visual impairment. Which adaptation is most appropriate?

- ☐ A Give the participant a small-print handout
- ☐ B Use spoken explanations and tactile materials
- ☐ C Seat the participant at the back of the room
- ☐ D Show more detailed slides from a distance



Nursing Pharmacology

10 MCQs

71. A patient refuses a prescribed medication after the nurse explains its purpose. Which action is appropriate?

- ☐ A Hide the medication in the patient's food
- ☐ B Respect the refusal and assess the reason
- ☐ C Ask another nurse to give the medication
- ☐ D Leave the medication at the bedside

72. A patient receiving unfractionated heparin develops a sudden fall in platelet count and a new painful, swollen leg. Which complication should the nurse suspect?

- ☐ A Vitamin K deficiency
- ☐ B Heparin-induced thrombocytopenia
- ☐ C Warfarin-related skin necrosis
- ☐ D Aspirin-induced gastric irritation

73. A patient with diabetes is unconscious, has a blood glucose level of 38 mg/dL (2.1 mmol/L), and has a patent intravenous line. Which action should the nurse take first?

- ☐ A Administer intravenous dextrose as prescribed
- ☐ B Give a glass of fruit juice by mouth
- ☐ C Administer the next dose of rapid-acting insulin
- ☐ D Place the patient in a sitting position

74. Before giving a newly prescribed medication, which action best reflects the nurse's medication safety responsibility?

- ☐ A Use the patient's room number as the identifier
- ☐ B Compare the prescription with the medication label
- ☐ C Ask a family member to confirm the medication
- ☐ D Document administration before giving the medication

75. A child weighs 16 kg and is prescribed a medicine at 8 mg/kg per dose. The liquid contains 160 mg in 5 mL. How many millilitres should the nurse administer per dose?

- ☐ A 2 mL
- ☐ B 3 mL
- ☐ C 4 mL
- ☐ D 5 mL

76. A patient with prolonged vomiting has a potassium level of 7.0 mmol/L and peaked T waves on the ECG. Which emergency medicine helps protect the cardiac membrane while other treatment lowers potassium?

- ☐ A Calcium gluconate
- ☐ B Sodium bicarbonate
- ☐ C Furosemide
- ☐ D Oral potassium chloride

77. Which action best describes the bactericidal effect of a beta-lactam antibiotic such as penicillin?

- ☐ A It inhibits bacterial cell wall synthesis
- ☐ B It blocks bacterial folic acid absorption
- ☐ C It prevents viral nucleic acid release
- ☐ D It stops fungal ergosterol formation

78. A patient taking haloperidol develops severe neck spasm and upward deviation of the eyes. Which action should the nurse take first?

- ☐ A Report the acute dystonic reaction promptly
- ☐ B Encourage the patient to walk in the corridor
- ☐ C Give the next dose with an antacid
- ☐ D Place the patient in a dark quiet room

79. An IV cannula site becomes cool, pale and swollen while the infusion is running. Which action should the nurse take first?

- ☐ A Slow the infusion and reassess the site
- ☐ B Stop the infusion and remove the cannula
- ☐ C Apply heat and continue the infusion
- ☐ D Flush the cannula with normal saline

80. A patient uses an inhaled corticosteroid. Which instruction helps prevent a common local adverse effect?

- ☐ A Rinse the mouth with water after each use
- ☐ B Drink grapefruit juice immediately after each dose
- ☐ C Lie flat for 30 minutes after inhalation
- ☐ D Repeat the dose whenever the mouth feels dry



Mental Health Nursing

8 MCQs

81. During an assessment, an older adult says, "I have given away my belongings because my family will not need them soon." What should the nurse do first?

- ☐ A Change the subject to a pleasant childhood memory.
- ☐ B Ask directly about thoughts, plans, and means of self-harm.
- ☐ C Tell the patient that older people often feel lonely.
- ☐ D Arrange a routine follow-up visit next month.

82. Which minimum duration is required for a major depressive episode before it can meet the usual diagnostic time criterion?

- ☐ A At least 3 days of symptoms
- ☐ B At least 1 week of symptoms
- ☐ C At least 2 weeks of symptoms
- ☐ D At least 1 month of symptoms

83. A patient with acute mania has slept for two nights, is loudly demanding discharge, and repeatedly enters other patients' rooms. Which nursing intervention is most appropriate?

- ☐ A Reduce stimulation and set clear, consistent limits
- ☐ B Allow unrestricted activity to use the patient's energy
- ☐ C Argue about the patient's unrealistic plans
- ☐ D Keep the patient awake for a longer assessment

84. Which nurse posture best supports therapeutic communication during a patient interview?

- ☐ A Standing over the patient with folded arms
- ☐ B Sitting at eye level with an open posture
- ☐ C Looking at the door while the patient speaks
- ☐ D Writing continuously without facing the patient

85. A patient says, "The television newsreader sends me secret personal messages." Which thought-content abnormality does this statement suggest?

- ☐ A Thought broadcasting
- ☐ B Delusion of reference
- ☐ C Thought insertion
- ☐ D Delusion of persecution

86. A nurse assesses a patient with depression. Which approach gives the most complete foundation for the nursing assessment?

- ☐ A Assess biological, psychological, and social factors
- ☐ B Assess only the patient's current mood
- ☐ C Assess only family history of mental illness
- ☐ D Assess only the patient's prescribed medicines

87. A patient who has recently started an antipsychotic repeatedly paces, shifts weight, and says, "I cannot sit still." Which adverse effect does the nurse suspect?

- ☐ A Akathisia
- ☐ B Acute dystonia
- ☐ C Drug-induced parkinsonism
- ☐ D Tardive dyskinesia

88. A patient asks why cannabis use can impair driving even when the person does not feel very intoxicated. Which response is best?

- ☐ A Cannabis can impair reaction time and judgment
- ☐ B Cannabis always causes complete unconsciousness
- ☐ C Cannabis improves coordination at low doses
- ☐ D Cannabis prevents all memory formation



Anatomy and Physiology for Nursing

6 MCQs

89. Which statement correctly compares the cardiac cycle with blood flow through the circulation?

- ☐ A The cardiac cycle includes atrial and ventricular contraction and relaxation
- ☐ B The cardiac cycle describes only blood movement through capillaries
- ☐ C Systemic circulation occurs only when the ventricles are relaxed
- ☐ D Pulmonary circulation begins when the left atrium contracts

90. A man reports spending several hours daily in a very hot environment and has a reduced sperm count. Which teaching is most appropriate?

- ☐ A Avoid prolonged testicular heat because it can impair sperm production
- ☐ B Use tight clothing to keep the testes close to the body
- ☐ C Take extra testosterone to increase the number of sperm cells
- ☐ D Reduce water intake to prevent dilution of seminal fluid

91. During intestinal peristalsis, the muscle contracts without conscious control and lacks visible striations. Which muscle tissue produces this movement?

- ☐ A Smooth muscle
- ☐ B Skeletal muscle
- ☐ C Cardiac muscle
- ☐ D Striated voluntary muscle

92. Which sequence correctly follows the passage of food through the alimentary canal after it leaves the stomach?

- ☐ A Duodenum, jejunum, ileum, colon
- ☐ B Jejunum, duodenum, ileum, colon
- ☐ C Ileum, jejunum, duodenum, colon
- ☐ D Duodenum, ileum, jejunum, colon

93. Which action is mainly produced by insulin?

- ☐ A Raising blood glucose by breaking down glycogen
- ☐ B Increasing blood calcium by stimulating bone breakdown
- ☐ C Lowering blood glucose by promoting cellular uptake
- ☐ D Increasing heart rate by stimulating sympathetic activity

94. Which statement best distinguishes the central nervous system from the peripheral nervous system?

- ☐ A The central system contains nerves, while the peripheral system contains the brain
- ☐ B The central system contains the brain and spinal cord, while the peripheral system contains nerves
- ☐ C The central system controls muscles, while the peripheral system controls only glands
- ☐ D The central system carries sensation, while the peripheral system carries only motor signals



Nursing Management and Ethics

6 MCQs

95. Which statement is an essential characteristic of a well-written learning objective?

- ☐ A It describes what the teacher will explain
- ☐ B It states observable learner behaviour
- ☐ C It lists all topics in the lesson
- ☐ D It identifies the textbook chapter used

96. A nurse manager allows two nurses to exchange shifts without checking whether the revised roster leaves the unit short of qualified staff. Which management principle has been neglected?

- ☐ A Effective staffing
- ☐ B Patient advocacy
- ☐ C Therapeutic communication
- ☐ D Professional socialisation

97. A study finds that nurses who sleep longer have fewer medication errors. Which conclusion is justified by this finding?

- ☐ A Longer sleep definitely prevents errors
- ☐ B Medication errors definitely cause poor sleep
- ☐ C Sleep duration and errors are associated
- ☐ D The two variables have no relationship

98. Which nursing theorist is most closely associated with the environmental theory of nursing?

- ☐ A Dorothea Orem
- ☐ B Florence Nightingale
- ☐ C Sister Callista Roy
- ☐ D Jean Watson

99. A patient is admitted to a medical ward. Which action should the nurse perform first after verifying the patient's identity?

- ☐ A Place the patient in the assigned bed and leave the ward
- ☐ B Assess airway, breathing, circulation and immediate safety needs
- ☐ C Ask the family to complete all admission documentation
- ☐ D Explain the visiting hours before assessing the patient

100. A patient who speaks neither Urdu nor English is asked to consent to an invasive procedure. What should the nurse do?

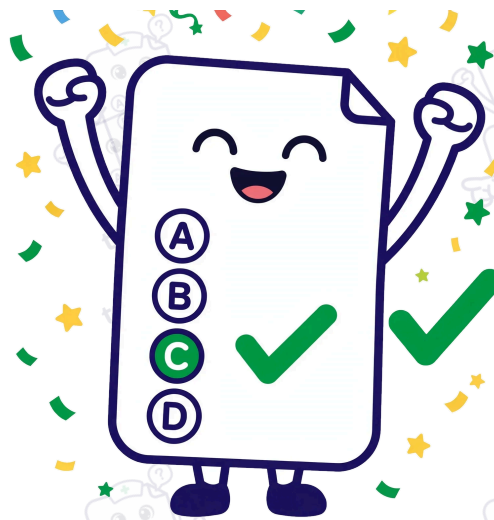
- ☐ A Ask a young child in the family to translate
- ☐ B Use an approved qualified interpreter
- ☐ C Ask the patient to sign without an explanation
- ☐ D Explain only the common side effects

Answer key

Tap any answer to open its full explanation on TestUstad.

Model Paper 1

1	B	2	C	3	C	4	A	5	A	6	A	7	C	8	C	9	B	10	C
11	C	12	B	13	C	14	A	15	A	16	B	17	C	18	A	19	A	20	C
21	C	22	A	23	C	24	A	25	B	26	C	27	A	28	A	29	B	30	B
31	A	32	C	33	A	34	A	35	A	36	B	37	C	38	C	39	A	40	A
41	A	42	A	43	A	44	A	45	A	46	A	47	A	48	C	49	B	50	A
51	A	52	C	53	B	54	C	55	A	56	A	57	C	58	A	59	C	60	C
61	A	62	B	63	A	64	A	65	C	66	A	67	B	68	C	69	A	70	B
71	B	72	B	73	A	74	B	75	C	76	A	77	A	78	A	79	B	80	A
81	B	82	C	83	A	84	B	85	B	86	A	87	A	88	A	89	A	90	A
91	A	92	A	93	C	94	B	95	B	96	A	97	C	98	B	99	B	100	B



Solved these? Continue free.

Published MCQs

138,698+

Exams covered

141+

Subjects covered

56+

Answers explained

100%

Explained MCQs, solved past papers, and free quizzes at testustad.com.

- ✓ Free PNMC Licensing Exam practice, chapter by chapter, every answer explained
- ✓ Solved PNMC Licensing Exam past papers and the most important topics
- ✓ Free quizzes, with your score marked instantly
- ✓ No sign-up needed to practise

Continue PNMC Licensing Exam preparation free

testustad.com/exams/pnmc-licensing-exam

Want a day-by-day study plan, timed full-length mocks, and weak-topic analytics? That's in the paid packs.