

PSB PRACTICE TEST I: Judgment & Comprehension in Practical Nursing Situations

1. A very sick patient is allowed only one visitor in the room at any one time. An entire family of five crowds into the room. When the practical nurse requests that they obey hospital rules, they refuse to leave the room. The practical nurse should:
 - a. Demand that four of the five leave
 - b. Call for a security officer
 - c. Tell the patient to ask them to leave
 - d. Ask the supervisor for instructions
2. A recently graduated practical nurse, newly employed to the hospital, is assigned to your unit. This practical nurse seems, to you, too quick to tell you what to do and how to do it. You might best handle this situation by:
 - a. Exercising patience and tolerance
 - b. Asking for a transfer
 - c. Threatening to resign
 - d. Complaining to your supervisor
3. The visitor of a patient behaves inappropriately toward you. The best thing to do is:
 - a. Tell the visitor off
 - b. Call your supervisor
 - c. Ignore the visitor
 - d. “play along” with the visitor
4. The oxygen tube has just been removed from the patient’s nostrils. The patient asks you for a cigarette. The best response to the patient is to:
 - a. Ignore the patient
 - b. Explain the fire hazard
 - c. Say that you don’t smoke
 - d. Say, “I will get you a cigarette”

5. The practical nurse's HIV positive patient expresses concern about possible staff hostility. The practical nurse might best ease the patient's anxiety by:
 - a. Mildly scolding the patient
 - b. Saying, "You don't belong here"
 - c. Saying, "Don't worry, I will avoid close contact with you"
 - d. Stating, "We are all here to help"
6. Which of the following characteristics is most important for a practical nurse to possess?
 - a. Passionate
 - b. Reliable
 - c. Persuasive
 - d. Friendly
7. Your patient asks you for confidential information about another patient. You should respond by:
 - a. Telling the patient, "That is none of your business"
 - b. Quickly changing the subject and avoid acknowledging the question
 - c. Tell the patient that you do not know or cannot discuss that information
 - d. Discuss the information with the patient
8. Due to your negligence, a patient falls onto the floor. You and the patient are alone in the room. What should you do?
 - a. Contact your attorney
 - b. Get the supervising nurse
 - c. Put the patient into bed or a chair and strap him in
 - d. Don't tell anyone so that you do not get into trouble

9. You call for an interview for possible employment, and the secretary tells you that the director is too busy to speak with you.
 - a. Imply to the secretary that you are friends with the director
 - b. Ask the secretary if you can set up an appointment to speak with the director when he is not busy
 - c. Tell the secretary, "I'll be in today to speak with the director"
 - d. Look for a job at another facility
10. A practical nurse notices that her patient is fidgety and appears uncomfortable. What should the nurse do?
 - a. Ask the patient, "How are you feeling?"
 - b. Ask the patient, "Why are you in pain?"
 - c. Ignore the patient's behaviors until he feels ready to discuss it with the nurse
 - d. Get the patient some pain medication
11. A patient is not eating his lunch. What should the practical nurse do?
 - a. Take the lunch tray away
 - b. Tell the patient that he must eat
 - c. Ask the patient why he is not eating
 - d. Call the doctor to report that the patient is not eating
12. Your supervisor is asking you to complete duties that you do not think you can do. What should you do?
 - a. Tell the supervisor to do her own work
 - b. Ask the supervisor if you can speak privately and explain why you think you cannot perform the duties requested of you
 - c. Refuse to perform the duties
 - d. Request a transfer to another floor
13. Your patient says something rude to you. You should:

- a. Tell the patient that she deeply offended you
 - b. Tell the patient that she should act like an adult
 - c. Ignore the patient
 - d. Get a supervisor immediately
14. A coworker, who has no authority over you, repeatedly tells you that you are doing your job wrong. What should you do?
- a. Ask the coworker for advice on how to improve
 - b. Tell the coworker to “mind your own business, or else...”
 - c. Ignore the coworker
 - d. Look for another job
15. A patient tells the practical nurse that she is in extreme pain and would like pain medication. The practical nurse should:
- a. Say, “I’m sure you’re not in that much pain”
 - b. Say, “I’ll get you some pain medication right away”
 - c. Say, “I’ll see if your physician will prescribe pain medication for you”
 - d. Say, “Try to think of something happy”

Correct responses and rationale for PSB Practice Test I:

1. d. Use process of elimination: (a) you can eliminate “a” because you should generally avoid demanding anything of anyone; (b) calling for a security officer is too extreme for this scenario; (c) the nurse should never put pressure on the patient; this is ultimately the nurse’s responsibility. The response “d” is a good response because: the practical nurse already attempted to solve the problem by asking the visitors to leave. If there are further issues, the practical nurse should seek input from the supervising nurse.
2. a. When the issue will not result in any danger or threat to you or your patient, you can generally choose to ignore this. Many times, you will have to deal with personality conflicts in the work environment.
3. c. See above. There are many ways to manage conflict. In these cases, you can immediately rule out responses “a” and “d.”
4. b. One of the roles of a nurse is patient education. Instead of merely refusing, a nurse wants to explain why this is a danger.
5. d. Response “d” is the best because we are assuring the patient that the nursing staff will be focused on helping him/her. You can also eliminate other responses: Response “a” is bad because we never scold a patient for voicing his/her feelings; Response “b” is bad because we are passing judgment and verifying the patient’s concerns that there is unethical practice among the nursing staff; Response “c” is bad because it does not relate to the patient’s concern, and nurses do come into close contact with their patients in order to provide appropriate care.
6. b. the most important characteristics for a nurse to possess are: integrity, honesty, reliability
7. c. When it comes to patient care, a nurse is bound to confidentiality, as are all other healthcare workers. So, a nurse cannot discuss a patient’s information with another patient. Response “a” is bad because it is a judgmental statement; response “b” is wrong because ignoring the patient or changing the subject is bad for the therapeutic relationship between the nurse and patient.
8. b. Never move the patient on your own. A correct response will never include dishonesty.
9. b. You should be assertive but not pushy or misleading.
10. a. If something seems wrong, ask but do not lead the patient to a particular response. Open-ended questions are best.
11. c. Often, a nurse will find that there is a simple solution.
12. b. In conflict management, you never simply refuse.
13. c. When it is of no consequence, ignore the offensive remark.
14. c. See above. Also, do not assume that he/she knows better than you do.
15. c. The nurse must advocate for his/her patients. The nurse has no authority to give, even aspirin, without physician consent (“b”), and the nurse should not minimize the patient’s feelings (“a” and “d”).

PSB PRACTICE TEST II:

Now that you have some experience, complete these questions in the same way. Remember, there is only one correct response per question, and there is always a correct response.

1. Which of the following characteristics are most important for day-to-day functioning of a nurse?
 - a. Clarity of speech
 - b. Range of motion
 - c. Adaptability
 - d. Friendliness

2. Which of the following would most help a nurse to improve and maintain her performance in the nursing role?
 - a. Take a course on manners
 - b. Take a course on persuasion tactics
 - c. Read new articles published in reputable nursing journals
 - d. Stay positive

3. A nurse notices that a bunch of q-tips are lying on the floor in the middle of the hallway. The nurse, who is very busy, should:
 - a. Take time to put up a caution sign
 - b. Quickly call a nurse's aide to clean up the mess
 - c. Take the time to pick up the q-tips
 - d. Leave to get to a patient and hope that someone else has time to clean it up

4. A patient tells you that he is in extreme pain and would like some pain medication. The nurse should say:
 - a. I will get them for you so that you can feel better
 - b. Try to forget about the pain
 - c. Please wait until I am not so busy
 - d. I will have someone call the doctor to see if this is permitted

5. A practical nurse will often be working with and for others. A quality that will be demanded of you will be:
 - a. Clear speech
 - b. Leadership
 - c. Integrity
 - d. Confidence

6. A patient has cigarettes hidden in his bed. You are offered a cigarette to allow the patient to continue to smoke because he "needs it to survive." The best action to take is to:

- a. Take a cigarette to act like you will smoke and immediately leave with the cigarettes
 - b. Take the cigarettes away, by any means necessary
 - c. Report the matter to the charge nurse
 - d. Tell the patient, "You are contributing to your own illness and death"
7. You think you may have made a mistake by accepting this new position as a nurse in a new facility. The best action is to:
 - a. Leave and write a letter of resignation
 - b. Talk to a coworker to see what he thinks
 - c. Decide that your feelings will eventually change so you should "stick it out"
 - d. Talk the matter over with the director
8. Your supervisor confronts you to tell you that your work is of poor quality. You should:
 - a. Tell the supervisor that you are doing your best
 - b. Tell the supervisor that you are just too busy to complete your work better
 - c. Tell the supervisor that you have been having family problems, but you promise that you are now able to concentrate on work
 - d. Ask the supervisor for some suggestions on how to improve
9. The nurse must give a patient a bed bath. The nurse should:
 - a. Follow orders by going into the patient's room and starting the bed bath immediately
 - b. Explain to the patient what you are doing and why you are doing it
 - c. Tell the patient not to feel self conscious because you have seen many patients nude
 - d. Tell the patient, "I am going to give you a bed bath."
10. A patient is self conscious about wearing an oxygen mask. The nurse can best ease the patient's anxiety by saying:
 - a. No one will even notice
 - b. Just try it before you start to complain to me
 - c. You are vain if you are worried about your looks over being able to breathe
 - d. Initially many people feel the same way, but most find that being able to breathe is worth it
11. Why do most people enter the field of nursing?
 - a. They want to work in a prestigious environment

- b. They want to make enough money to support themselves and their family
 - c. They want to work with other people
 - d. They want to earn money and serve other people at the same time
12. A patient tells the nurse, “I might have an ulcer! I’m in terrible pain after I eat! What do you think?” The nurse should state:
- a. That only a doctor can diagnose, so an appointment is suggested
 - b. You are making too big of a deal about nothing
 - c. I have not had much experience in GI problems
 - d. If it doesn’t go away soon, you should find a doctor
13. A patient requests a drink, but when the nurse brings it in, the patient states that she has changed her mind. The nurse should:
- a. State that females always change their minds
 - b. Politely tell the patient that she is obligated to take the drink
 - c. Calmly tell the patient that you are not happy with her flippancy
 - d. Smile and tell the patient that this is okay
14. A nurse is looking for work. The nurse’s friend is a director of nursing at a local hospital. When the nurse calls looking for work, the secretary says the director cannot see or speak with anyone that day. The nurse should:
- a. Tell the secretary that the director is a personal friend
 - b. Ask the secretary to call us when the director is not busy
 - c. Ask the secretary to set up an appointment around the director’s schedule
 - d. Tell the secretary that you will call the director personally
15. A patient is depressed about his diagnosis. The nurse should:
- a. Tell the patient about all of the other patients who have had this diagnosis and recovered
 - b. Offer to put on the television to distract the patient
 - c. Take the patient to the activity room to be around other patients
 - d. Tell the patient that good expectations markedly increase chance for recovery
16. A patient is not eating. Which of the following should the nurse do:
- a. Make the tray look more appetizing

- b. Offer new food items
 - c. Leave the tray
 - d. Tell the patient that the doctor and the patient's family will be upset if he does not eat
17. A patient is extremely upset after her husband leaves. The nurse should:
- a. Run to find the husband and ask what happened
 - b. Report this situation to your supervisor
 - c. Telephone the patient's physician
 - d. Tell the patient that she can talk to you as you offer comfort
18. How should a nurse interact with a patient who is highly contagious?
- a. Remain detached and guarded in interaction with the patient
 - b. Show understanding by being sympathetic
 - c. Remain lighthearted and cheerful in the patient's presence
 - d. Act as you would toward any other patient and follow the orders given to you by authority
19. A most necessary quality for a nurse is:
- a. A friendly and approachable personality
 - b. Creativity
 - c. Nimbleness in performing procedures
 - d. Knowledge of the field of nursing
20. A patient does not have shampoo. The nurse should:
- a. Tell the patient to skip hair washing
 - b. Telephone the patient's wife
 - c. Leave the hospital to pick up some shampoo at the store
 - d. Provide body wash to use as a shampoo alternative because it is the same type of soap

Answers and Rationale for PSB Practice Test II:

1. c; nurse will have to work with a diverse patient population and may not always work in ideal situations

2. c; this allows the nurse to stay updated on research and new information as the medical field progresses so quickly
3. c; the nurse will do something; never rely on someone else and never leave it, including leaving it with a caution sign as this is not enough
4. d; remember that we need physician consent!
5. c
6. c; this is not a common problem, so we are going to the supervisor. In addition, we will never use force or deception in order to take something from the patient
7. d; never rely on coworker for advice or information; never just leave and never just stay... remember that the nurse will do something
8. d; we work together with the supervisor in such an instance; we will never make excuses or just say that we are trying because that shows that we are not willing to work together or hear advice on how to improve
9. b; always explain what and why you are doing something to/for a patient; never just begin a procedure without this explanation/education!
10. d; this is correct through process of elimination, as "a" is offering false assurance, and "b" and "c" are judgmental.
11. d; this is the most realistic option that applies to nursing; the field of nursing is not prestigious or glamorous; and if you want to just work with other people or just support your family, you can look at a number of professions
12. a; the nurse will never offer a diagnosis but will recommend that a patient with a concern see a physician; the nurse will never tell the patient with a concern that they can prolong evaluation or that evaluation is not necessary
13. d; the other responses show that: a) the nurse is judgmental and offensive; b) the nurse is forceful; c) the nurse is showing emotion
14. c; the other responses are not appropriate: a) we never name-drop; b) we never rely on others; d) we never override the secretary or the interviewer
15. c; our ideal response would be to allow the patient to share his/her concerns and emotions; however, we don't have that option. This response does not offer false assurance, and it combats the tendency for depressed individuals to isolate themselves; social contact usually helps
16. b; the nurse will do something, and it is usually the simplest response
17. d; we want the patient to share fears/emotions, and this shows that the nurse is doing something to address the emotional needs of the patient before contacting authority
18. d; we treat all patients equally; this question is focusing on judgment
19. d
20. d; we will do something (not rely on someone else and not tell the patient to skip hygiene), and it is the simplest response

Specimen Questions

for the
PSB-Aptitude for Practical Nursing Examination

Why specimen questions?

Specimen questions are provided to familiarize you with the format of the examination; the directions for completing each examination part; the types of questions contained in the examination; and the content areas measured by the test questions. These specimen questions will not be found in the examination. Your important reaction is to be concerned enough to do some review study using various resources such as a dictionary, 8th grade arithmetic textbook, high school science textbooks, a GED study guide, SAT study guide or the ARCO Nursing School and Allied Health Entrance Exams study guide.

Information in the Natural Sciences - Part III

Directions: Part III is concerned with measuring your accumulated knowledge or information in the area of the natural sciences. Below is a sample exercise to show you how to do this part of the examination.

Sample A. Discoveries in the operation of the force of gravity were made by

a. Lamarck b. Fields c. Wells d. Newton e. Bonet

The answer is d. Newton. In the answer row to the right, the d. should be marked.

1. The supporting structural substance of plants is provided by
a. fructose b. comatose c. lactose d. cellulose e. foliose
2. One 1.0567 U. S. liquid quarts is equivalent to one
a. milliliter b. kilometer c. millimeter d. liter e. meter
3. An acidic solution will turn blue litmus paper
a. rusty b. white c. blackish d. yellow e. red
4. Water boils at how many degrees on the Celsius temperature scale?
a. 212 b. 100 c. 64 d. 32 e. 16
5. A Nobel Prize winning scientist was
a. Darwin b. DeVries c. McClintock d. Muller e. Bacon
6. The gland producing the hormone insulin to control the blood sugar is the
a. pancreas b. liver c. pituitary d. thyroid e. adrenal
7. Alcohol solutions are called
a. acetyls b. tinctures c. glycols d. coagulates e. thiols
8. The study of the heart is called
a. cardiology b. proctology c. oncology d. neurology e. cytology
9. The nutrient that yields the most energy per ounce is
a. fat b. protein c. starch d. sugar e. milk
10. An organism in its early stage of development is called an
a. enzyme b. embryo c. endoderm d. estrogen e. element

Judgment and Comprehension in Practical Nursing Situations-Part IV

Directions: In Part IV there are a number of questions about the working relationships of the practical and vocational nurse. Be sure you read carefully, to comprehend and understand, the description of the work situation and the questions that follow. Each work situation is followed by four possible answers to the problem presented. Select the one answer that, in your judgment, is the best of the four. You may not agree completely with any of the answers, or you may find more than one answer to be correct. However, select the one best answer.

Sample A. Practical nurses, in selling their services to a hospital, will serve best their interests by emphasizing the saving of which of the following?

a. waste b. money c. time d. skilled e. services

The best answer is probably skilled services. The practical nurse can work jointly with registered nurses and physicians in providing skilled services to hospital patients. In the answer row, the letter d. should be marked. Do the following items in the same manner.

1. A very sick patient is allowed only one visitor in the room at any one time. An entire family of five crowds into the room. When the practical nurse requests that they obey hospital rules, they refuse to leave the room. The practical nurse should:
 - a. demand that four of the five leave.
 - b. call for a security officer.
 - c. tell the patient to ask them to leave.
 - d. ask the supervisor for instructions.1. A B C D E

2. A recently graduated practical nurse, newly employed by the hospital, is assigned to your unit. This practical nurse seems, to you, too quick to tell you what to do and how to do it. You might best handle this situation by:
 - a. exercising patience and tolerance.
 - b. asking for a transfer.
 - c. threatening to resign.
 - d. complaining to your supervisor2. A B C D E

3. The visitor of a patient behaves very improperly toward you. The best thing to do is:
 - a. tell the visitor off.
 - b. call your supervisor.
 - c. ignore the visitor.
 - d. "play along" with the visitor.3. A B C D E

4. The oxygen tube has just been removed from the patient's nostrils. The patient asks you for a cigarette. The best response to the patient is to:
 - a. ignore the patient.
 - b. explain the fire hazard.
 - c. say you don't smoke.
 - d. say "I will get you a cigarette."4. A B C D E

5. The practical nurse's HIV positive patient expresses concern about possible staff hostility. The practical nurse might best ease the patient's anxiety by:
 - a. mildly scolding the patient.
 - b. saying "You don't belong here."
 - c. saying "Don't worry, I will avoid close contact with you."
 - d. stating "We are all here to help."5. A B C D E

**Sample Questions Answers for
PSB Aptitude for Practical Nursing Examination**

	Part 3	Part 4
1	d	d
2	d	a
3	e	c
4	b	b
5	c	d
6	a	
7	c	
8	a	
9	a	
10	b	
11		
12		

PSB Test- Natural Science Study Guide

The natural science part of the PSB test determines a person's accumulated information of the Natural Sciences on a *fundamental* level. Knowledge of the Natural Sciences (biology, chemistry, health, safety, etc.) is important.

There are certain concepts that are related to Natural Sciences, which must be understood as essential points of information:

- Basic Concepts Related to Natural Sciences
- Atoms are the smallest units of matter
- Atoms are bound together to form molecules...the building blocks of living cells.
- Cells are the building blocks of all plants and animals.
- Deoxyribonucleic Acid (DNA) and Ribonucleic Acid (RNA) are compounds that store and process unique genetic information within the nucleus of a cell.
 - Heredity is the transmission of genetic information within the nucleus of a cell.
 - Mature cells bind together in distinct patterns from tissues; tissues unite to form organs, and organs unite to form the systems of a body.
 - All life processes are based on metabolism...chemical reactions that capture, store, and use energy in a cell.
 - All cellular functions depend on specific types of proteins, especially enzymes.
 - Chemical breakdown is the result of enzymes and activators.
 - Homeostasis is the constant maintenance of internal balance...a major part of metabolism.
 - Continuous regulation of internal conditions (such as levels of substances in cells or body fluids or pH or temperature) are kept within narrow ranges.

All life processes are controlled through body systems:

- In animals, the respiratory system transports oxygen to the blood and eliminates carbon dioxide from the blood.
- In animals, the circulatory system transports all nutrients to the cells and wastes from the cells.
- In animals, the digestive system chemically breaks down foods and delivers nutrients to the circulatory system.
- In animals, the excretory system removes metabolic waste excess substances from the body.
- In animals, the musculoskeletal system generates motion and maintains posture.
- In animals, the nervous system communicates internally to control and coordinate all body activities in response to environmental stimuli (light, temperature, touch, and other physical conditions).

PSB Test- Natural Science Study Guide

Other important concepts:

- All living forms need interdependent relationship with other living forms: they form complex relationship that are determined by their environment.
- The kinds and amount of life found in different environments is determined by temperature, light, moisture, and soil.
- All animals depend on food (food chain).
- Food chains exist because all living things need energy.
- Only organisms with chlorophyll can make food.
- Inorganic matter is synthesized into food for plants; plants provide food for animals.
- Living organisms in the same environment form an interrelated community and form close associations with one another (symbiosis).
- These close associations either benefit both partners (mutualism) or benefit one partner at the expense of the other (parasitism).
- Conservation of resources
- Supplies of natural resources can be depleted.
- Supplies of natural resources can be expanded (to some extent) through new ways of increasing food production; developing new sources of energy; recycling of waste materials; conserving natural habitats and soil.

Practice Tests

There are two natural science practice tests available at the website referenced below.

Practice tests are also available by going to the PSB website psbtests.com clicking on the Student Applicant: Resources for Test Taking link and then the *Sample Questions for PSB Examinations* → look for the Aptitude for Practical Nursing Examination. **Click on the Word Document icon by Aptitude for Practical Nursing Examination**. Open the document and scroll down to the **Information in the Natural Sciences - Part III** portion of the practice test. Answers to the practice questions can be obtained by going under the *Sample Questions for PSB Examinations* section.

Study Guides

From Morrison Media LLC:

PSB Practical Nursing Exam Secrets (printed book)

<http://www.mo-media.com/psb/>