

CNL Certification Practice Exam

CIRCLE the ONE best answer

1. The Clinical Nurse Leader role is best described as:
 - A. An advanced practice role
 - B. A role with a focus on specialty nursing care
 - C. A case manager
 - D. **A generalist clinician with education at the master's degree level**
2. The Clinical Nurse Leader Project Team are evaluating the role on a national basis on all the following patient outcomes EXCEPT:
 - A. Inpatient Readmission
 - B. **Cost of care**
 - C. Patient falls
 - D. Surgical infection rate
3. Which of the following best describes metabolic syndrome:
 - A. An advanced disturbance of fluid and electrolytes in diabetics
 - B. **The constellation of lipid and non-lipid risk factors linked to insulin resistance**
 - C. Evidence of impaired renal function in patients with hypertension
 - D. The occurrence of dyslipidemia in patients with obesity
4. In preparing an educational program for your staff about delegation to LPN Team Members, you stress that the which of the following tasks cannot be delegated according to the Nurse Practice Act:
 - A. Recording of Vital Signs
 - B. IV insertion
 - C. **Patient Reassessment**
 - D. Health and Wellness Promotion
5. As a CNL, you meet with staff after a sentinel event in your work area and are asked about the cause. No conclusive findings have been reached but your are aware from your reading that the most frequent cause of sentinel events is which one of the following:
 - A. Procedural Complications
 - B. Staffing
 - C. Competency Issues
 - D. **Communication Issues**
6. Ototoxic drugs are a potential cause of sensorineural hearing loss. Which of the following drugs may cause hearing loss?
 - A. Penicillin
 - B. Minocycline
 - C. Cephalexin
 - D. **Gentamicin**
7. Complexity theory has developed from the field of:
 - A. Nursing
 - B. Business
 - C. Industry
 - D. **Quantum Physics**

9. Research by Aiken et al. on magnet hospitals shows:
- No relationship between job satisfaction and patient outcomes.
 - Magnet hospitals have higher rates of nursing turnover.
 - No relationship between nursing satisfaction and turnover.
 - Job satisfaction is positively related to patient outcomes.
10. The CNL recognizes that gaining trust is a fundamental element in planned change. Which behavior or process would hinder the development of trust?
- Providing all necessary information
 - Providing only information deemed necessary by formal leaders
 - Achieving buy-in from formal and informal leaders
 - Including all interested parties in the planning of change
11. Adequate sample size for a study is defined by:
- A minimum of ten subjects per variable
 - A minimum of thirty subjects for a descriptive study
 - Anticipated effect size, power of the statistical tests, and significance level
 - Maturity of the concepts being studied
12. The staff on your unit complain about the inability of their new graduates to provide a comprehensive end of shift report. As CNL, you know from reading Benner's work that new graduates are usually in what stage of development:
- Expert
 - Competent
 - Proficient
 - Advanced Beginner or Novice
13. In evaluating a data set of recently admitted patients to her unit, the CNL notes that 40% of the patients have either Type 1 or Type 2 diabetes. This would be an example of the CNL as:
- Team Manager
 - Advocate
 - Risk Anticipator
 - Educator
14. The hemoglobin A_{1c} gives you an indication of your patient's glucose control over:
- Month
 - 4-6 weeks
 - 60 to 90 days
 - Month
15. You begin to mediate a conflict with two of your team members and recognize that the first step in the mediation process is to:
- Listen to both sides
 - Establish the ground rules
 - Focus on the facts not the people
 - Don't judge
16. Which of the following would not be included in a cultural assessment of patients:
- Patient identification of their cultural/ethnic group
 - Food preferences and taboos
 - Communication/Language
 - Political views

17. When discussing supervision and delegation with nurses on your unit, you note that the most acutely ill patients on your unit are often given to agency nurses. If the patient were to have a bad outcome and the case were reviewed by a nurse expert, which of the following standards of delegation would be questioned:

- A. Assignment of the right task
- B. [Assignment of the right person](#)
- C. Follow-up with the right communication
- D. Provision of the right feedback

18. Your health care agency is experiencing budget deficits. The Chief Nursing Officer has asked you to prepare a briefing for the CEO outlining the value of the CNL role. Which of the following outcomes would be the most critical to highlight in making a financial case for your role:

- A. Patient satisfaction
- B. Nursing staff retention
- C. [Reduction in Length of Stay](#)
- D. Reduction in Patient Falls

19. Which of the following statements about AIDS is incorrect?

- A. Most diagnoses are made in persons 20-49 years of age.
- B. Over 1.5 million Americans are infected with HIV
- C. The ELISA is a screening tool.
- D. [HIV is transmitted through casual kissing](#)

20. Aspects of professional nursing practice that CANNOT be delegated are:

- A. Monitoring and Recording
- B. Implementation and Feedback
- C. [Assessment and Evaluation](#)
- D. Reporting and Recording

21. Osteoarthritis is often associated with:

- A. Systemic symptoms of disease
- B. [Restricted joint movement](#)
- C. Elevated temperature
- D. Inflammation of the proximal interphalangeal joints

22. A patient is admitted to your unit after experiencing seizures. In helping a novice nurse do the initial nursing assessment, you remind her that the most important information in seizure assessment is usually provided by:

- A. A CT Scan
- B. An EEG
- C. [An Eyewitness](#)
- D. Magnetic Resonance Imaging

23. Coaching is the appropriate strategy for the CNL all of the following situations EXCEPT:

- A. Teaching staff a new skill
- B. Helping staff work through a patient care problem
- C. [Counseling staff for time and attendance issues](#)
- D. Preparing staff for changes in policies and procedures

24. You are the CNL on a Cardiology Unit. The hospital has attempted to initiate computerized order entry for physicians (CPOE) which has the strong support of your nursing team. Once again, the initiative on your unit is postponed largely due to the complaints of a cardiologist who admits many patients to your facility. The night nursing staff is very angry and now vows to call this physician at night on a regular basis to question handwritten orders. You recognize that this represents the following approach to conflict resolution:

- A. Avoiding
- B. Accommodation

- C. Collaboration
 - D. **Competition**
25. Ways to promote a healthy team culture on your unit include all of the following EXCEPT:
- A. Keep lines of communication open
 - B. Avoid a culture of gossip
 - C. **Discourage staff feedback on unit issues**
 - D. Provide a voice for the team when asked by leadership for input
26. The most common cause of Parkinsonism is:
- A. Postencephalitic
 - B. Manganese dust
 - C. Exposure to toxins
 - D. **Idiopathic**
27. The critical importance of teamwork and communication in health care has been documented in many published reports. These reports support the relationship between teamwork and which of the following:
- A. **Quality Patient Care**
 - B. Higher medication errors
 - C. Compromised patient safety
 - D. Lower staff morale
28. One of the roles of the CNL is to serve as a mentor and resource to novice nurses. Within the context of decision making, which of the following is important for the CNL to consider when mentoring a novice nurse?
- A. Novice nurses identify major uncertainties that interfere with outcomes
 - B. Novice nurses rely on pattern recognition to make clinical judgments
 - C. **Novice nurses may rely on unit policies and procedures to make decisions**
 - D. Novice nurses usually rely on intuitive knowing
29. A novice nurse reports to you that her patient is Chinese and “does not get how serious his cancer is because he asks few questions and shows little emotion”. In considering what you know about cultural communication, which one of the following statements would be the best initial response to the novice nurse:
- A. He may not understand English.
 - B. You may not have been thorough in your patient teaching.
 - C. We should wait until the family comes in and then assess the situation.
 - D. **The Asian culture teaches self control and control of emotions so this will need further assessment.**
30. Which answer best describes a CNL establishing a sense of urgency in his/her organization as a first step in implementing change?
- A. Presenting a proposed CNL job description for a new job role
 - B. Forming a task force to study change in protocols
 - C. **Making the status quo seem more dangerous than accepting the status quo**
 - D. Developing strategies to achieve a vision for care delivery
31. Your patient is being started on oral hypoglycemics and wants to know why. The indications for starting a person with diabetes on oral agents include:
- A. An allergy to sulfa
 - B. Pregnancy in Type 2 Diabetics controlled by diet
 - C. Diagnosis of Type 2 Diabetes
 - D. **Failure to control hyperglycemia with diet in a patient with Type 2 Diabetes**

32. Congestive heart failure can be either a chronic or acute condition. Causes of chronic congestive heart failure include:
- A. Mitral valve rupture
 - B. Hypertension
 - C. Myocardial infarction
 - D. Cardiac ischemia
33. The achievement of Healthy People 2010 goals is the primary responsibility of:
- A. The federal government
 - B. Local governments
 - C. Individuals, communities and organizations
 - D. The Department of Health and Human Services
34. Epidemiology as a field of study is concerned with all but which one of the following:
- A. Explaining the etiology of disease
 - B. Investigating effective disease treatments
 - C. Predicting disease occurrence in a population
 - D. Controlling the distribution of disease
35. The following initiative is NOT an evidence based practice resource for CNLs
- A. I.H.I. 5 million lives campaign
 - B. AHRQ reports
 - C. Healthy People 2010
 - D. Florida Center for Nursing's Legislative Mandates
36. Nursing sensitive indicators include all EXCEPT:
- A. Pressure ulcer prevalence
 - B. Frequency of primary C-Sections
 - C. IV infiltrations
 - D. Pain management
37. Which intervention is the best example of a CNL incorporating evidence based nursing practice principles to reduce hospital acquired infection?
- A. Use of chlorhexadine for skin antisepsis and avoidance of femoral sites for inserting a central line
 - B. Appropriate peri-operative antibiotic selection for prophylaxis
 - C. Teaching staff and overseeing semi-recumbent patient positioning, oral care and daily assessment of readiness for ventilator weaning
 - D. Post reminders on bulletin boards about reducing unnecessary urethral catheterizations
38. Scope of practice in nursing:
- A. Is identical across States
 - B. Is determined by the federal government
 - C. Is mandated by the federal government
 - D. Varies from State to State
39. Medicaid provides coverage to:
- A. Those who are elderly.
 - B. Anyone whose income falls below the poverty line.
 - C. Newborns, pregnant women and those over 65 whose personal income falls below the poverty line.
 - D. Certain categories of people whose personal income falls below the federal poverty line.
40. Medicare Part A covers:
- A. Hospital, skilled nursing facilities and hospice care
 - B. All medically necessary services
 - C. Skilled nursing care facilities only
 - D. Hospice Care only

41. Katy Lemmon has been diagnosed with Myotonic Dystrophy, an inherited disease leading to an untreatable progressive muscle weakness. There is a genetic component and a 50/50 chance of inheritance of the defective gene. Katy worries that her two young daughters could have also inherited the defective gene. She asks you to provide her with reasons for and against having her daughters tested. There is no right or wrong answer to this question but many genetic counselors would advise against testing in these circumstance for which one of the following reasons: Choose the **Best Answer**
- A. Genetic screening can be unreliable
 - B. **There is no cure and knowing the probability at a young age will not impact the likelihood or outcome.**
 - C. Genetic screening could impact the ability to get and keep insurance.
 - D. There is a strong social stigma with Myotonic Dystrophy.
42. Mr. Smith is a 57 year old African American patient admitted to your unit with a diagnosis of end stage lung cancer. He complains to you that he might have a better prognosis if his doctor had paid more attention to his symptoms. You think about his comment recognizing that which one of the following is reported in the literature:
- A. The prognosis for lung cancer has significantly improved.
 - B. Patients sometimes are misinformed about their diagnoses and blame their providers.
 - C. **African Americans are more likely to receive inadequate care and have higher death rates from cancer despite income level.**
 - D. Lack of adequate insurance is the primary reason why minorities have poorer healthcare outcomes.
43. The recent case of an international traveler with resistant TB is an example of which of the following problems posed by globalization?
- A. Differences in global healthcare management
 - B. Lack of an international health insurance plan
 - C. **Threat of a spread of dangerous pathogens and infectious disease**
 - D. Lack of an international center for disease control
45. Which class of medications can cause hyperkalemia and neutropenia?
- A. Beta Blockers
 - B. **Angiotensin-converting enzyme (ACE) inhibitors**
 - C. Calcium channel blockers
 - D. Diuretics
46. Which of the following causes of headache is a medical emergency?
- A. Sinus headache
 - B. Migraine headache
 - C. Subdural hematoma
 - D. **Subarachnoid hemorrhage**
47. Albuterol is an example of:
- A. Antihistamine
 - B. **β 2-adrenergic agonist**
 - C. Corticosteroid
 - D. Antitussive
48. Interventions in the Acute Myocardial Core Measure include ALL BUT which one of the following:
- A. Aspirin at the time of arrival
 - B. Smoking Cessation Counseling
 - C. **Patient/Family Risk Factor Education**
 - D. Beta Blocker prescribed at discharge

49. You have been asked to review records for compliance with the Pneumonia Core Measure. Your chart review for this measure should include evidence that the patient has received:
- A. Nebulizer treatments
 - B. Patient/family teaching
 - C. **Pneumococcal screening and/or vaccination**
 - D. A Respiratory therapy consult
50. Mr. Kane is admitted to your unit with CHF and a history of Major Depression. Which of the following is true about Major Depression?
- A. It may be a normal grief reaction
 - B. It is often self limiting
 - C. It is strongly associated with drug use
 - D. **The majority of patients will have a reoccurrence**
51. Mr. Jameson is a 22 year old admitted to your unit with a pelvic fracture. He has a history of drug use. You are asked to observe for CNS rebound. This is seen when patients withdraw from:
- A. Alcohol
 - B. Depressants
 - C. **Stimulants**
 - D. Hallucinogenics
52. Your healthcare agency sees a large number of elderly patients. You are preparing to update staff knowledge about elder abuse. Which of the following statement is NOT true:
- A. The most common abusers are family or caregivers.
 - B. **Most elder abuse is physical versus psychological abuse.**
 - C. Up to 10% of elderly have been subjected to elder abuse.
 - D. It is a common form of domestic violence
53. If the broad goals of Healthy People 2010 are met, the nation will:
- A. **Increase healthy life span, reduce health disparities, and increase access to health care for all Americans**
 - B. Increase healthy life span and improve economics related to health for all Americans.
 - C. Increase healthy life span, reduce health disparities and improve economics related to health for all Americans.
 - D. Reduce health disparities, increase access to health services and make life more socially acceptable for all Americans.
54. A patient is admitted to your ER complaining of chest pain in the mid-sternal area that occurred when he is mowing the lawn. You are reviewing the history taken by one of your nurses to rule out angina. Which of the following characteristics of the chest pain would make a diagnosis of angina less likely:
- A. The pain was also felt in the back of the neck
 - B. The pain felt like a burning sensation
 - C. The pain lasted 15 minutes
 - D. **The pain was a stabbing, knife like sensation**
55. Which of the following pharmacological agents prevents angina by reducing myocardial oxygen demand and inducing coronary vasodilation?
- A. **Diltiazem**
 - B. Isosorbide dinitrate
 - C. Atenolol
 - D. Aspirin
56. An indicator of a severe asthma attack requiring emergency treatment includes:
- A. Prolonged expiration
 - B. Bilateral rales
 - C. Chest tightness

D. Inaudible breath sounds

57. The CNL on a med-surg unit is working with a novice nurse who is listening to report on his four patients. Which of the following patients should the CNL coach the novice nurse to see FIRST:

- A. A 74 year old patient complaining of a leaky colostomy bag.
- B. A 59 year-old patient with leukemia who has received half of a packed red cell transfusion.
- C. A 14 year-old patient in a sickle-cell crisis with an infiltrated IV,
- D. A 68 year-old patient scheduled for a bronchoscopy.

58. A medication error leading to the death of a patient has occurred in your healthcare agency and reported to JCAHO as a sentinel event. As a nursing leader, a key step from the perspective of JCAHO after a sentinel event would be to do which one of the following:

- A. Determine who caused the error
- B. Discuss the incident with staff
- C. Initiate a root cause analysis
- D. Evaluate staffing patterns
- E.

60. A new care delivery system has recently been implemented in your healthcare agency. There has been significant discussion about the added costs of the new model. As a nursing leader, you recognize that the **key** factor of acceptance in this cost constrained healthcare environment will be:

- A. Staff satisfaction
- B. Patient Outcomes
- C. Staff retention
- D. Quality Improvement

61. When considering the impact of Medicare reimbursement changes on a healthcare agency, nursing leaders must consider which of the following pieces of financial information:

- A. Payer mix
- B. Bad Debt
- C. Uncompensated Care
- D. Performance on Core Measures

62. Leading Health Indicators established as part of Healthy People 2010 include ALL BUT which one of the following:

- A. Physical Activity
- B. Obesity
- C. Immunization
- D. Life Expectancy

63. The CNL is brainstorming with his nurse manager ways to promote professionalism on the nursing unit. All of the following would be important interventions to consider EXCEPT:

- A. Initiate a journal club on the unit
- B. Designate a wall on the unit to post staff certifications
- C. Invite a professional association in your specialty area to hold a meeting at your facility
- D. Plan a day of staff recognition that includes facials and shoulder massages

64. The leading cause of cancer deaths in the United States is:

- A. Breast cancer
- B. Gastric cancer
- C. Lung cancer
- D. Malignant melanoma

65. The independent variable in a research study refers to which of the following:
- A. The presumed effect
 - B. [The presumed cause](#)
 - C. The directionality of influence
 - D. The criterion variable
66. Which of the following statement about NDNQI is the most accurate:
- A. NDNQI reports provide national comparison data based on whether a hospital is for profit or not for profit.
 - B. The NDNQI will allow for institutional identity disclosure for best practices.
 - C. [NDNQI provides quarterly reports on quality indicators and offers a web-based RN satisfaction survey.](#)
 - D. NDNQI does not have a relationship with the National Quality Forum nursing measures.
67. The CNL is working in the ER with a Novice Nurse. Four patients have arrived in the last twenty minutes. Which of the following patients should the novice nurse be coached to see FIRST:
- A. A patient complaining of chest pain unrelieved by nitroglycerin
 - B. [A patient with third-degree burns to the face](#)
 - C. A patient with a left hip fracture
 - D. A patient complaining of epigastric pain
68. For the first time in history, there are now four generations in the healthcare workforce. Most nursing leaders belong to which of the following generations:
- A. [The Baby Boomers](#)
 - B. The Veterans or Traditionalists
 - C. Generation X
 - D. The Millennials or Generation Y
69. Your hospital is looking at a new research instrument to measure staff satisfaction. Your CNO is concerned that this instrument may not in fact be measuring satisfaction. She is questioning which of the following:
- A. The instrument's stability
 - B. The instrument's reliability
 - C. [The instrument's validity](#)
 - D. The instrument's sensitivity
70. The CNL certification exam is being administered by which of the following:
- A. The American Nurses Association
 - B. The American Nurses Credentialing Center
 - C. [The American Association of Colleges of Nursing](#)
 - D. The Emergency Room Nurses Association
71. A good example of a searchable database for evidence on best practices in nursing is:
- A. ERIC
 - B. LEXIS/NEXIS
 - C. [Cochrane Database of Systematic Reviews](#)
 - D. OhioLink
72. In assessing a need for a change in practice on the unit, a key initial step for the CNL would be to:
- A. Collect internal data
 - B. Benchmark data against outside organizations
 - C. Assess feasibility, benefits and risk
 - D. [Include stakeholders in the discussion](#)

73. The goals of the CNL certification include all EXCEPT:
- A. Formal recognition of individuals who meet the eligibility requirements of the CNL certification program.
 - B. Encouragement for CNLs to continue personal and professional growth.
 - C. Providing a national standard for CNL assessment that can be used by employers and the public.
 - D. Provision of standards to state boards of nursing to expand the nursing scope of practice for the CNL role.
74. Eligibility for designation as a CNL SM requires all but which one of the following:
- A. Graduation from an accredited CNL graduate program.
 - B. Successful completion of a 400 hour practicum as a CNL.
 - C. CNL certification
 - D. Five years of nursing experience
75. A key difference between the CNS and CNL role is that the CNS:
- A. Translates nursing research into practice
 - B. Develops, implements and coordinates organizational standards, policies and procedures
 - C. Provides expert knowledge and skill in a specialized area of practice
 - D. Participates in interdisciplinary decision making
77. Which of the following strategies is likely to be the most effective when teaching a patient to fill his Mediset?
- A. Lecture with discussion
 - B. Role playing with feedback
 - C. An instructional manual with illustrations
 - D. Demonstration with return demonstration
78. Many quantitative research studies seek to determine the causes or relationships between phenomena. If the CNL was conducting a study to determine the effectiveness of a new nursing care process on pressure ulcer development, which of the following statement would be true regarding the variables of this study?
- A. The new nursing care process would be the independent variable
 - B. The pressure ulcer development would be the independent variable
 - C. The new nursing care process would be the dependent variable
 - D. The pressure ulcer development would be the predictor variable
79. In a quantitative study design, a strategy for the researcher to reduce bias would be to:
- A. Utilize generalizability
 - B. Perform inductive reasoning
 - C. Utilize random sampling techniques
 - D. Conduct an ANOVA
80. You have just completed reading a research study and the author reports an alpha (α) of .10 for a test of statistical significance. Which of the following statements is not correct?
- A. Alpha levels denote the probability of committing a Type 1 error
 - B. If the significance of a study is .05, then the probability is 95%
 - C. A statistical significance of .10 is considered to be statistically significant
 - D. A statistical significance of .01 is stricter than a significance of .05
81. You have received a copy of a research report where a correlation between a cultural variable and obesity are studied and the correlation coefficient = -.08. Which of the following statements is true?
- A. Only positive numbers reflect a correlation
 - B. Correlation coefficients between .00 to +1.00 reflect an inverse relationship between the variables.
 - C. -.08 reflects a negative correlation between the cultural variable and obesity
 - D. Correlation can be extrapolated to mean causation or a cause and effect relationship between the variables.

82. What is the most common cause of infection in short term percutaneously inserted catheters?
- A. Catheter insertion
 - B. Catheter flushes
 - C. Tubing changes
 - D. Contaminated multidose vials
83. Which of the following explanations would not be included in your care/education of patients with COPD?
- A. ABG's are monitored during hospitalization to help evaluate hypoxemia, hypercapnia and respiratory acidosis
 - B. Inhaled steroids should be used before bronchodilators
 - C. Maintenance of proper nutrition, flu shots and careful hygiene are very important in resisting pulmonary infections.
 - D. Altitude may effect normal oxygen values in blood gases, therefore a patient with COPD may experience shortness of breath at high altitudes
84. What organization includes CR-BSI reduction in its Saving 100,000 and now 5 million lives Campaigns?
- A. CDC
 - B. Office of the Surgeon General
 - C. American Medical Association
 - D. IHI
85. Which of the following characteristics of the incidence and treatment of asthma are true? You may select more than one answer.
- A. The risk of death among blacks and Hispanics is threefold greater than among whites in America
 - B. Monitoring asthma symptoms and peak expiratory flow rate (PEFR) regularly are important.
 - C. Leukotriene receptor antagonists such as Singulair are used for emergent conditions
 - D. Asthma care, especially in the inner cities, presents a challenge to emergency departments often being used for primary care.