

# **Nursing Acceleration Challenge Exam I (NACE I): *Foundations of Nursing***

General Information for LPNs applying to the PTC Transition Nursing Program

## **NLN definition of the nursing process:**

1. **Assessing** – includes collecting physical, emotional, and cultural data; and recognizing signs, symptoms, and behaviors.
2. **Analyzing** – includes interpreting data, identifying clients' needs, and making nursing diagnoses.
3. **Planning** – includes setting goals, selecting measures for care, and identifying correct techniques for giving care.
4. **Implementing** – includes responding appropriately to clients' needs for nursing care, and using effective communication when giving information and/or teaching.
5. **Evaluating** – includes recognizing intended and unintended effects of measures and treatments, determining evidence of client's compliance with treatment plans, and determining evidence of clients' response to measures and treatment.

## **EXAM CONTENT OVERVIEW**

*Foundations of Nursing* has 184 scored individual multiple-choice questions involving clients who have common health problems.

The nursing process (assessing, analyzing, planning, implementing, and evaluating) is applied in items throughout the test.

The questions include a sampling of situations involving clients in health care settings with one or more of the following conditions:

- Pain
- Chronic illness
- Fluid and electrolyte imbalance
- Death and dying
- Incontinence
- Preoperative care
- Infectious disease
- Postoperative care
- Loss of consciousness
- Stress

The content areas are divided into the following general headings:

I. Basic Health Needs

A. Physiologic Needs

1. Hygiene
2. Comfort
3. Safety
4. Body alignment
5. Exercise and ambulation
6. Rest and sleep
7. Nutrition
8. Elimination
9. Respiration and circulation
10. Fluid and electrolyte balance
11. Growth and development

B. Psychosocial Needs

1. Sexuality
2. Spiritual preference, cultural
3. Self-esteem
4. Belonging
5. Stimulation
6. Loss and death
7. Self-actualization
8. Security
9. Defense mechanisms
10. Growth and development

II. Communication

A. Documentation

B. Verbal communication

C. Non-Verbal Communication

III. General Principles of Medication Administration

IV. Moral/Ethical/Legal Issues

Taken from NLN NACE I: *Foundations of Nursing* Information Bulletin

***To prepare for the Foundations of Nursing exam, students are encouraged to review the topics noted on this information sheet in their PN Fundamentals & Med-Surg textbooks/ resources.***