

01	☐ A	☐ B	☐ C	☐ D	☐ E
02	☐ A	☐ B	☐ C	☐ D	☐ E
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30	☐ A	☐ B	☐ C	☐ D	☐ E
31	☐ A	☐ B	☐ C	☐ D	☐ E
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33	☐ A	☐ B	☐ C	☐ D	☐ E
34	☐ A	☐ B	☐ C	☐ D	☐ E
35	☐ A	☐ B	☐ C	☐ D	☐ E
36	☐ A	☐ B	☐ C	☐ D	☐ E
37	☐ A	☐ B	☐ C	☐ D	☐ E
38	☐ A	☐ B	☐ C	☐ D	☐ E
39	☐ A	☐ B	☐ C	☐ D	☐ E

PRACTICE QUESTIONS

Centre for Nursing Education and Testing (CNET)

FMB96LAN

Holistic Nursing Certification Examination (HN-BC)

EDITION

Demo

QUESTIONS

9

FORMAT

Limited Edition PDF

Before you begin

What this is

9 practice questions for Centre for Nursing Education and Testing (CNET) FMB96LAN , each with its answer key and an explanation. Answer a question before you read its key — the explanation is worth more once you have committed.

If something looks wrong

Send us three things and we will check it:

- the exam code, FMB96LAN
- the question number
- the email address on your order

Write to **support@mometrix.net**. We reply within one business day.

QUESTION 1

SINGLE CHOICE

A nurse practicing from a holistic nursing framework most accurately views the client as:

- ☐ A A collection of physical systems that must be stabilized before other needs are addressed
- ☒ B An integrated whole of body, mind, emotion, spirit, and environment
- ☐ C A passive recipient of expert knowledge and prescribed interventions
- ☐ D A diagnostic category whose care is guided primarily by protocol

ANSWER B

WHY Holistic nursing, as defined by the American Holistic Nurses Association (AHNA) and reflected in the HN-BC scope, conceptualizes the person as an integrated whole of body, mind, emotion, spirit, and environment, not as separate parts or as a passive recipient of care. The other options reflect reductionistic or purely biomedical models.

QUESTION 2

SINGLE CHOICE

Which statement best reflects the holistic nurse's application of the core value of holistic caring and healing?

- ☐ A Selecting interventions that produce the fastest measurable clinical outcome
- ☒ B Creating a therapeutic environment and partnership that supports the client's innate healing process
- ☐ C Prioritizing institutional efficiency over client preference
- ☐ D Relying exclusively on the nurse's clinical judgment to direct the plan of care

ANSWER B

WHY Holistic Caring and Healing is one of the AHNA Core Values and emphasizes a therapeutic nurse–client relationship, partnership, and an environment that supports the client's innate capacity for healing. The other options describe task- or institution-focused practice and are inconsistent with this core value.

QUESTION 3

SINGLE CHOICE

When conducting a holistic assessment, the nurse plans to gather data about all of the following EXCEPT:

- ☐ A Spiritual beliefs and meaning-making
- ☐ B Lifestyle, nutrition, and sleep patterns
- ☐ C Relationships, support systems, and community
- ☒ D Only the admitting medical diagnosis and current medications

ANSWER D

WHY Holistic assessment systematically includes physical, emotional, mental, spiritual, environmental, cultural, and relational data. Restricting the assessment to the medical diagnosis and medications omits the broader dimensions that define holistic practice.

QUESTION 4

SINGLE CHOICE

A holistic nurse recognizes that ongoing self-care and self-awareness are best understood as:

- ☐ A Optional activities that are pursued only after all clinical duties are complete
- ☒ B An ethical and professional responsibility central to the nurse's own well-being and to safe, therapeutic practice
- ☐ C Concerns that fall outside the scope of nursing practice
- ☐ D Selfish acts that may divert attention from client needs

ANSWER B

WHY The AHNA Standards of Holistic Nursing and the HN-BC scope treat self-care and self-awareness as professional, ethical responsibilities. They are foundational to the nurse's own well-being, professional development, and ability to provide safe, therapeutic, relationship-centered care.

QUESTION 5

SINGLE CHOICE

A client asks whether relaxation techniques, guided imagery, and gentle breathwork might be added to the plan of care. The holistic nurse's most appropriate response is to:

- ☐ A Decline, because these modalities are outside the legal scope of registered nursing
- ☒ B Evaluate the evidence, safety, and client preference, and consider integrating appropriate complementary modalities within the nurse's competence
- ☐ C Insist that these be used in place of all conventional treatment
- ☐ D Refer the client to a non-nursing practitioner without further discussion

ANSWER B

WHY Holistic nursing integrates evidence-informed complementary and integrative modalities (such as relaxation, imagery, breathwork, and others identified by AHNA) within the nurse's documented competence, while honoring safety and the client's informed preferences. They are not refused as out-of-scope, do not replace necessary conventional care, and are not summarily delegated without discussion.

QUESTION 6

SINGLE CHOICE

Which behavior best demonstrates therapeutic presence in the nurse–client relationship?

- ☐ A Multitasking documentation while the client describes emotional concerns
- ☒ B Bringing full, unhurried attention, openness, and intention to the encounter
- ☐ C Directing the conversation toward clinician-defined priorities only
- ☐ D Redirecting the client away from emotions to objective data

ANSWER B

WHY Therapeutic presence is a hallmark holistic nursing competency described in the HN-BC scope; it involves bringing full, intentional, and unhurried attention to the encounter. Multitasking, rigid control of the agenda, and avoidance of emotion are contrary to therapeutic presence.

QUESTION 7

MULTIPLE CHOICE

Which actions reflect the holistic nurse's role in ethics, advocacy, and cultural humility? (Choose two.)

- ☒ **A** Engaging in shared decision making that respects the client's values, beliefs, and cultural context
- ☐ **B** Treating the client's stated preferences as irrelevant when they conflict with the medical plan
- ☒ **C** Recognizing personal and professional biases and seeking to mitigate their impact on care
- ☐ **D** Assuming that uniform, standardized care is the most equitable approach for every client

ANSWER A • C

WHY Holistic ethics, advocacy, and cultural humility require shared decision making that honors the client's values and culture (A) and ongoing self-reflection to recognize and mitigate bias (C). Options B and D contradict these responsibilities by dismissing client preferences and imposing a one-size-fits-all approach.

QUESTION 8

MULTIPLE CHOICE

A holistic nurse is integrating evidence into practice. Which activities are consistent with this responsibility? (Choose two.)

- ☒ **A** Translating research on complementary modalities into safe, documented nursing practice
- ☐ **B** Using only anecdotal experience because holistic concepts resist measurement
- ☒ **C** Participating in quality improvement initiatives that evaluate whole-person outcomes
- ☐ **D** Avoiding outcome measurement because outcomes are not valued in holistic care

ANSWER A • C

WHY Holistic nursing practice is grounded in both art and science. Translating research into safe, documented care (A) and engaging in QI that evaluates whole-person outcomes (C) are core expectations. Discounting evidence (B) or declining outcome measurement (D) is inconsistent with the HN-BC scope.

QUESTION 9

SINGLE CHOICE

When applying holistic nursing concepts across the lifespan, the nurse should:

- ☐ A Use a single, uniform intervention plan regardless of developmental stage
- ☒ B Adapt assessments and interventions to the developmental, spiritual, and cultural needs of the individual at each life stage
- ☐ C Focus exclusively on adults because the lifespan concept applies only to them
- ☐ D Apply holistic principles only at the end of life

ANSWER B

WHY Holistic nursing across the lifespan means tailoring care to the developmental, spiritual, cultural, and situational needs present at each life stage, from infancy through older adulthood and end of life. A uniform plan, an adult-only focus, or limiting holistic care to end of life do not reflect the scope.