



# Pediatric Nursing Practice Questions

Hello there, future nurse! 🧒🩺

Pediatrics can feel like a big world because children are not just “small adults.” Their assessment findings, developmental stages, lab concerns, and cardiac conditions all require age-specific clinical thinking.

In this practice set, you'll review 4 essential pediatric nursing areas:



**Respiratory Assessment**



**Blood Disorders**



**Pediatric Cardiology**



**Growth and Development**

Each topic includes 3 questions: easy, medium, and hard. Use them to test your knowledge, strengthen your clinical reasoning, and spot areas you may want to review again.

## Instructions:

1. Read each question carefully and choose the best answer.
2. Some questions include clinical clues, so think like a pediatric nurse:  
observe the child, connect the findings, and prioritize what matters most.
3. After each question, check the correct answer and read the rationale to understand the “why” behind the answer.



# Respiratory Assessment

## Easy

During the inspection phase of a pediatric respiratory assessment, which observation would indicate increased respiratory effort?

- a) Calm, unlabored breathing
- b) Regular rhythm and even chest rise
- c) Use of accessory muscles and nasal flaring
- d) Symmetrical chest expansion

**Answer:** c) Use of accessory muscles and nasal flaring

**Explanation:** The use of accessory muscles and nasal flaring are signs that a child is working harder to breathe. During inspection, the nurse should look for visible signs of respiratory distress, including retractions, nasal flaring, increased work of breathing, and abnormal chest movement.

## Medium

An increase in tactile fremitus during palpation suggests which condition?

- a) Asthma
- b) Pneumonia
- c) Pneumothorax
- d) Pleural effusion

**Answer:** b) Pneumonia

**Explanation:** Increased tactile fremitus can occur when lung tissue becomes more solid or consolidated, as seen in pneumonia. Sound vibrations travel more strongly through consolidated lung tissue. Conditions such as pneumothorax or pleural effusion typically decrease fremitus because air or fluid interferes with vibration transmission.

## Hard

During auscultation, the nurse hears harsh, high-pitched sounds that are primarily heard on inspiration and suggest upper airway obstruction. What are these sounds called?

- a) Wheezes
- b) Rales, also called crackles
- c) Stridor
- d) Rhonchi

**Answer:** c) Stridor

**Explanation:** Stridor is a harsh, high-pitched breath sound usually heard during inspiration. It often indicates upper airway obstruction and should be taken seriously, especially in children, because pediatric airways are smaller and can become compromised quickly.





## Blood Disorders

### Easy

The nurse is assessing a child suspected of having iron deficiency anemia. Which of the following findings are consistent with this condition? Select all that apply.

- a) Pallor, or pale skin
- b) Tachycardia
- c) Excessive energy
- d) Glossitis, or sore tongue

**Answer:** a) Pallor, or pale skin, b) Tachycardia and d) Glossitis, or sore tongue

**Explanation:** Iron deficiency anemia reduces the blood's ability to carry oxygen effectively. Common findings include pallor, fatigue, weakness, tachycardia, and sometimes glossitis. Children with anemia are more likely to appear tired, weak, or less active than usual.

### Medium

A nurse monitors a patient receiving multiple blood transfusions for aplastic anemia. Which complication should the nurse watch for?

- a) Dehydration
- b) Iron overload, also called hemochromatosis
- c) Vitamin B12 deficiency
- d) Low potassium

**Answer:** b) Iron overload, also called hemochromatosis

**Explanation:** Repeated blood transfusions can lead to iron overload because each transfusion adds iron to the body. Over time, excess iron can accumulate in organs such as the liver, heart, and endocrine glands. The nurse should monitor for signs of hemochromatosis and anticipate interventions such as chelation therapy if prescribed.

### Hard

How long do sickled red blood cells typically survive in circulation?

- a) 120 days
- b) 60 days
- c) 10–20 days
- d) 30–40 days

**Answer:** c) 10–20 days

**Explanation:** Normal red blood cells survive for about 120 days, but sickled red blood cells are fragile and break down much sooner, usually within 10 to 20 days. This shortened lifespan contributes to chronic anemia in sickle cell disease.





## Pediatric Cardiology

### Easy

Which of the following is one of the four key findings in Tetralogy of Fallot?

- a) Atrial septal defect, or ASD
- b) Patent ductus arteriosus, or PDA
- c) Ventricular septal defect, or VSD
- d) Aortic stenosis

**Answer:** c) Ventricular septal defect, or VSD

**Explanation:** Tetralogy of Fallot includes four classic defects: ventricular septal defect, pulmonary stenosis, overriding aorta, and right ventricular hypertrophy. A ventricular septal defect allows blood to move between the right and left ventricles, contributing to mixed oxygenated and deoxygenated blood and cyanosis.

### Medium

Which of the following genetic disorders is associated with pediatric cardiomyopathy?

- a) Down syndrome
- b) Pompe's disease
- c) Cystic fibrosis
- d) Turner syndrome

**Answer:** b) Pompe's disease

**Explanation:** Pompe's disease is a genetic disorder that can be associated with cardiomyopathy, especially hypertrophic cardiomyopathy in infants. It affects glycogen metabolism, leading to glycogen buildup in muscles, including the heart muscle. This can impair cardiac function and cause serious complications.

### Hard

A child's ECG shows a QTc interval greater than 450 ms. Which condition is most likely?

- a) WPW syndrome
- b) Romano-Ward syndrome
- c) Tetralogy of Fallot
- d) Takotsubo cardiomyopathy

**Answer:** b) Romano-Ward syndrome

**Explanation:** A prolonged QTc interval greater than 450 ms may suggest long QT syndrome. Romano-Ward syndrome is an inherited form of long QT syndrome that can increase the risk of dangerous ventricular arrhythmias and sudden cardiac events.



## Growth and Development

### Easy

At what age should a healthy infant approximately double their birth weight?

- a) 2–4 months
- b) 4–6 months
- c) 8–10 months
- d) 12 months

**Answer:** b) 4–6 months

**Explanation:** A healthy infant typically doubles their birth weight by about 4 to 6 months of age. This is an important growth milestone that helps the nurse evaluate nutrition, feeding effectiveness, and overall development.

### Medium

A 2-year-old recognizes a restaurant sign and becomes excited, expecting a meal. This behavior reflects which developmental stage?

- a) Concrete operational stage
- b) Sensory-motor stage
- c) Preoperational stage with symbolic thought
- d) Formal operational stage

**Answer:** c) Preoperational stage with symbolic thought

**Explanation:** This is an example of symbolic thought, which is part of Piaget's preoperational stage. The child understands that the restaurant sign represents food or a familiar eating experience. Toddlers and preschoolers in this stage begin to use symbols, words, images, and pretend play to represent objects and experiences.

### Hard

A preschooler tells the nurse that the sky is "sad" because it's raining. What cognitive concept does this demonstrate?

- a) Egocentrism
- b) Symbolic thought
- c) Animism
- d) Concrete reasoning

**Answer:** c) Animism

**Explanation:** Animism is the belief that nonliving things have human feelings, thoughts, or intentions. When the child says the sky is "sad," they are giving human emotions to the sky. This is common in preschool-aged children and is part of preoperational thinking.

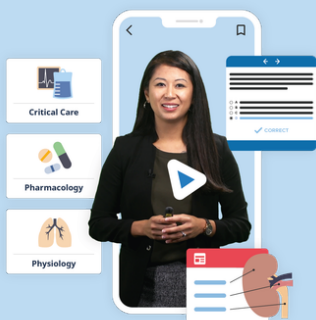
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