

The NLN logo consists of the letters "NLN" in a white, serif font, centered within a solid orange square.

NLN

**National League  
for Nursing**  
Testing Services

# Student Bulletin

NACE EXAMS

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## Contents

Introduction .....	2
Purpose and Overview .....	2
Test Administration.....	4
Scoring Tests and Reporting Results.....	4
Limitations of Exams .....	4
Content Outlines.....	5
Foundations of Nursing (NACE I) .....	5
Nursing Care of the Childbearing Family (NACE I and II).....	6
Nursing Care of the Child (NACE I and II) .....	8
Nursing Care of the Adult Client (NACE II).....	9
Nursing Care of the Client with Mental Disorder (NACE II).....	10
Test Policy .....	11
Retake Policy.....	11
Fair Testing and Ethics Statement .....	11
Special Accommodations .....	12
A Note from the Director .....	12



## Introduction

The National League for Nursing (NLN) offers the Nursing Acceleration Challenge Examination (NACE) to facilitate educational mobility by providing educators with an instrument for diagnostic evaluation of the applicant's nursing knowledge. The NACE is designed to evaluate previous learning and experience in order to establish credit and administration to licensed practical nurses seeking placement in programs preparing for registered nursing practice. It may also be appropriate for testing other individuals with previous education and experience in allied health fields. Information from the NACE can be used as one component of the total evaluation of each individual.

## Purpose and Overview

The NACE series consists of seven different tests.

- NACE I and II: Nursing Care of Child
- NACE I and II: Nursing Care of Childbearing Family
- NACE I: Foundations of Nursing
- NACE II: Nursing Care of the Adult Client
- NACE II: Nursing Care of the Client with Mental Disorder

The test items are multiple-choice and alternative item format used in the NCLEX® exams. Each section of the exam consists of operational items that have undergone content and sensitivity reviews.

The National League for Nursing (NLN) offers the Nursing Acceleration Challenge Exam (NACE) to facilitate educational mobility by providing educators with an instrument for diagnostic evaluation of the nursing knowledge of individuals seeking advanced placement in a nursing program. The NACE is designed to evaluate previous learning and experience. It is intended to assist faculty to establish credit and to make placement decisions about students already selected for admission to the program. Information from the NACE can be used as one component of the total evaluation of each individual.

The NACE includes five content areas. Programs may elect to have students take any one of these exams.

*Foundations of Nursing:* includes content related to the basic physiological and psychosocial needs of individuals. (200 Items / 4 hours administration)

*Care of the Adult Client:* includes content related to drug administration, nutrition and diet therapies, and nursing interventions for care of individuals. (200 Items / 4 hours administration)

*Care of the Client During Childbearing:* includes content related to nursing care during the antepartal, intrapartal, postpartal, and neonatal periods. (100 Items / 2 hours administration)

*Care of the Child:* includes content related to nursing care of the infant, the toddler and preschooler, and the school aged child and adolescent. (100 Items / 2 hours administration)

*Care of the Client with Mental Disorder:* includes content related to nursing care of individuals who have mental disorders. (100 Items / 2 hours administration)

The test items constitute a representative sample of health problems and conditions commonly encountered in nursing practice. The questions relate to the promotion, maintenance, and restoration of health. They emphasize normal findings, as well as deviations from normal, treatment modalities including drugs and

nutrition, and nursing interventions. The division of the content reflects courses most commonly found in schools of nursing.

The NACE is designed to measure objectives derived from a thorough analysis of nursing curricula and defined in consultation with a variety of nurse educators at this level. These objectives are:

- (A) The nurse will apply and demonstrate knowledge of the individual client's state of health that includes biological, psychological, and sociological status.
- (B) The nurse will apply and demonstrate knowledge of nursing measures appropriate for the care of clients.
- (C) The nurse will apply and demonstrate knowledge of drugs, including intended and unintended effects, used in the treatment of clients.
- (D) The nurse will apply and demonstrate knowledge of normal nutrition and therapeutic diets used in the treatment of clients.

Questions in the NACE are written in the framework of the nursing process. For purposes of the NACE, the steps of the nursing process are defined as follows:

1. **Assessment** – includes collecting physical, emotional, and cultural data; recognizing signs, symptoms and behaviors.
2. **Analysis** – 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. **Implementation** – includes responding appropriately to clients needing information and/or teaching.
5. **Evaluation** – includes recognizing intended and unintended effects of measures and treatments, determining evidence of the client's compliance with the treatment plan, and determining evidence of the client's response to measures and treatment.

Faculty within a nursing program are responsible for determining the appropriateness of one or more of the NACE tests for the specific program. The content outline and sample questions included in this manual can be useful to you in making this decision.

Each program determines the credit to be given for acceptable performance on an NACE test. NLN is not involved in this procedure, nor does NLN establish a "passing" or "failing" mark on these tests. Each nursing program is encouraged to set its own performance standards by matching an NACE test with a specific course or course sequence and determining acceptable test performance commensurate with acceptable performance of students already enrolled in the program.

## Test Administration

The NACE is administered by faculty at individual schools of nursing. Any official representative of the school or program may be designated as examiner and authorized to administer the tests. The tests are to be administered in a time that fits their schedule.

## Scoring Tests and Reporting Results

Assessment reports will be electronically available in the school and student account within 24 hours of testing, unless otherwise stated. The NACE uses a criterion-referenced approach. A total score on a 0-100 scale, an overall score is reported for each of the content areas reflecting the percentage of questions answered correctly. In addition to reporting an overall score, diagnostic sub scores are reported as percentages of questions correct. Median percentages correct for a reference group of nursing students completing the relevant courses are provided as well. These are based on content areas in the individual tests. The information is intended to supplement faculty evaluation of students and students' own self-assessment of strengths and weakness.

The NACE tests were administered to national samples of nursing students in nursing programs completing courses for which the NACE could be used as a challenge examination. The data provide the basis for placement decisions.

Test scores are the property of NLN and are retained on file in electronic form for a period of three years following the date of examination. Duplicate copies of score reports are available for a fee during that period by the examinee upon written request by submitting the Duplicate Score Report Request Form.

## Limitations of Exams

Like any exam, the Nursing Acceleration Challenge Exam (NACE) is not a perfect measurement of achievement. Even "comprehensive" tests can only sample knowledge in a given field. Because of this, questions on a specific test may be more favorable to some examinees than to others. Errors in measurement may also be introduced by examinees. Individuals who are ill or extremely tired or nervous may not perform to the best of their ability. The NACE is not designed to point out health or personal factors that impinge upon educational success. These limitations should not be forgotten by those reviewing students' performance whether for challenge or for other purposes.

## Foundations of Nursing (NACE I)

*Foundations of Nursing* has individual 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 sample 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:

### Basic Health Needs

#### Physiologic Needs

- Hygiene
- Comfort
- Safety
- Body Alignment
- Exercise and ambulation
- Rest and sleep
- Nutrition
- Elimination
- Respiration and circulation
- Fluids and electrolyte balance
- Growth and development

#### Psychosocial

- Sexuality
- Spiritual preference, cultural
- Self-esteem
- Belonging
- Stimulation
- Loss and death
- Self-actualization
- Security
- Defense mechanisms
- Growth and development

#### Communication

- Documentation
- Verbal Communication
- Non-Verbal Communication

#### General Principles of Medication Administration

Moral/Ethical/Legal Issues

## Nursing Care of the Childbearing Family (NACE I and II)

Nursing Care of the Childbearing Family has questions that require application of facts and principles to clinical situations involving clients at various stages in the childbearing process. The questions will test knowledge of nursing intervention and treatment, including nutrition and drug therapy specific to this content area. Although emphasis is placed on the normal aspects of childbearing, common problems occurring during the pregnancy cycle and in the care of the neonate are included. The content areas and the percentage allocation of questions are outlined below. Questions will be sampled from these topics.

Normal Pregnancies		Delivery
Signs and Symptoms of Pregnancy	Antepartal Tests	Induction of Labor
Subjective Changes	Alpha fetoprotein	Dependence on Drug
Amenorrhea	Amniocentesis	Need for Caesarean
Nausea and vomiting	Fetal biophysical profile	Delivery
Fatigue	Ultrasound	Delivery
Urinary frequency	High Risk Pregnancies	Management of Vaginal Delivery
Breast Changes	Pre-Existing Medical Conditions	Maternal needs – anesthesia
Quickening	Diabetes Mellitus	Immediate care of the neonate
Abdominal enlargement	Cardiac Disease	Apgar Scoring
Objective Changes	Human Immunodeficiency Syndrome/Acquired Immuno-Deficiency Syndrome	Facilitating the attachment process
Pregnancy tests	Age	The Cesarean Birth
Fetal heart sounds	Adolescent	Immediate Care of Mother in First
Fundal height	Mature	Postpartal Hour
Development Tasks of Becoming Parents	Other	Postpartal Period
Ambivalence to acceptance	Multiple pregnancies	Physical Needs of the Mother
Preparation of siblings/grandparents	Infertility	Assessment of Fundus, Lochia,
Health Promotion	Sexually transmitted diseases	Breast Changes
Rest	Substance abuse	Comfort Measures
Activities of daily living	Termination of Pregnancy	Psychosocial Needs of the Family
Nutritional Needs	Complication of Pregnancy	Attachment/Bonding
Dietary	Abortions	Education for Infant Care
Iron and folic acid supplements	Pregnancy-induced hypertension	Assistance with Feeding
Fetal Growth and Development	Bleeding Disorders	Family Planning
Preparation for Labor	Other	Complications of the Mother in
Parents' classes	Rh problems	Postpartal Period
True vs false labor	TORCH	Physical Problems
Signs of impending labor	Intrapartal Period	Voiding difficulties
Common Discomforts of Pregnancy	Normal Labor	Hemorrhage
Nausea and vomiting	Stages of Labor	Infection
Heartburn	Assessing Progress of Labor	Thrombophlebitis
Constipation	Monitoring Vital Signs	Breast disorders
Leg cramps	Support Available during Labor	Impact of Fetal Problems
Backache	Relaxation techniques	Loss of infant
Urinary frequency	Comfort measures	Defective infant
	Analgesia/anesthesia	
	Fetal Monitoring	
	Complications of Labor	
	Premature Labor	
	Precipitate Labor-Emergency	

Care of Mother Who has had a Cesarean Birth

Care of the High-Risk Mother

Care of the Mother with HIV/AIDS

The Neonate

The Normal Neonate

Assessments

Gestational age

Adaptations to life

Nursing Care

Routine care-PKU

Circumcision

Complications of the Neonatal Period

Respiratory Problems

Neonatal Jaundice

Hemolytic Disease of the Newborn

Infection

The Normal Neonate

Assessments

Gestational age

Adaptations to life

Care of the High-Risk Infant

The Infant of Mother Who Has

Diabetes

Drug dependence

Cesarean section

HIV/AIDS



## Nursing Care of the Child (NACE I and II)

The Nursing Care of the Child has questions that relate to the care of the children from infancy to adolescence. Ability to apply facts and principles is tested in a variety of situations and health care settings. Questions about growth and development are included, in addition to questions about pathophysiology, treatment modalities including drugs and nutrition and nursing interventions. The content areas are outlined below. Questions will be sampled from these topics.

Altered Defenses	Respiratory Problems	Fractures
Allergies-Dermatitis	Laryngotracheobronchitis	Scoliosis
Diarrhea and Dehydration	Pneumonia	Cerebral Palsy
Appendicitis	Cystic Fibrosis	Meningomyelocele
Meningitis	Asthma	Congenital Hip Dysplasia
Leukemia	Near-drowning	Seizure Disorders
Sarcoma	Cardiac Problems	Hydrocephalus
Parasitic Infections	Congenital Heart Disease	Head Injury
Acquired Immunodeficiency Syndrome (AIDS)	Cardiac Surgery	Altered Perception
Altered Nutrition and Metabolism	Congestive Heart Failure	Hearing Problems – Otitis Media, Deficit
Pyloric Stenosis	Cardiac Catheterization	Visual Problems – Strabismus, Injury, Deficit
Cleft Lip and Cleft Palate	Blood Dyscrasias	Head Injury
Failure to Thrive	Sickle Cell Anemia	Fracture Skull
Ulcerative Colitis	Iron Deficiency Anemia	Subdural Hematoma
Diabetes Mellitus	Hemophilia	Altered Level of Awareness
Nephrotic Syndrome	Sudden Infant Death Syndrome	Mental Retardation
Altered Oxygenation	Tylenol Poisoning	
	Altered Locomotion and Coordination	

## Nursing Care of the Adult Client (NACE II)

*Nursing Care of the Adult Client* has questions related to the care of clients who have a variety of health problems common in medical-surgical nursing. The questions examine the nurse's knowledge and application of facts and principles. The emphasis in each case situation is on pathophysiology and treatment modalities, including drugs, nutrition, and nursing interventions. The content and percentage of questions included in the major categories of health problems are presented below. Questions are sampled from these topics:

### A. Cardiac

1. Angina Pectoris
2. Myocardial Infarction
3. Congestive Heart Failure
4. Rheumatic Heart Disease
5. Mitral Stenosis
6. Heart Block

### B. Vascular

1. Aneurysms
2. Thrombophlebitis
3. Embolism
4. Cerebrovascular Accident
5. Varicose Veins
6. Buerger's Disease
7. Raynaud's Disease
8. Arteriosclerosis
9. Essential Hypertension

### C. Pulmonary

1. Chronic Pulmonary Disease
2. Neoplasms
3. Tuberculosis

### 4. Asthma

### 5. Acute Respiratory Infections

### A. Upper G.I. System

1. Hiatus Hernia
2. Peptic Ulcer
3. Food Poisoning
4. Regional Ileitis
5. Gallbladder Disease

### B. Large Bowel

1. Appendicitis
2. Diverticulitis
3. Ulcerative Colitis
4. Cancer of the Colon
5. Hemorrhoids
6. Anal Abscess
7. Anal Fistula
8. Pilonidal Cyst

### C. Liver and Pancreas

1. Cancer of the Liver
2. Hepatitis
3. Pancreatitis

### 4. Cirrhosis

### D. Metabolic Regulation

1. Diabetes Mellitus
2. Hyperthyroidism
3. Hypothyroidism
4. Addison's Disease

### E. Blood

1. Pernicious Anemia
2. Nutritional Anemia
3. Sickle Cell Anemia
4. Leukemia
5. Hodgkin's Disease
6. Ruptured Spleen

### F. Integumentary Conditions

1. Herpes Zoster
2. Contact Dermatitis
3. Burns

## Nursing Care of the Client with Mental Disorder (NACE II)

*Nursing Care of the Client with Mental Disorder* has questions pertaining to a variety of clinical situations in the care of children and adults. The questions examine the nurse's knowledge of psychopathology, psychodynamics, and the treatment modalities including: somatotherapy as well as individual and group nursing intervention. The categories of content and the percentage of questions included in the major categories are outlined below. Questions are sampled from the following list of topics:

### I. Organic Mental Disorders (15-20%)

#### A. Dementias Arising in the Senium and Presenium

#### B. Substance Induced

1. Alcohol
2. Amphetamine
3. Barbiturate

#### C. Mental Retardation

### II. Psychological and Psychophysiological

#### Mental Disorders (45-70%)

#### A. Schizophrenic Disorders

1. Catatonic Type
2. Disorganized Type
3. Paranoid Type
4. Residual Type
5. Undifferentiated Type

#### B. Psychotic Disorders Not Elsewhere

#### Classified

#### C. Affective Disorders

1. Manic Episode
2. Major Depressive Episode

#### D. Anxiety Disorders

1. Obsessive-Compulsive Disorder
2. Phobic Disorder
3. Crisis and Panic Disorder

#### E. Somatoform Disorders

1. Conversion Disorder
2. Somatization Disorder
3. Hypochondriasis
4. Psychic Pain Disorder

#### F. Psychosexual Disorders

1. Gender Identity Disorder
2. Psychosexual Dysfunctions
3. Ego-Dystonic Homosexuality

#### G. Disorders of Impulse Control

1. Intermittent Explosive Disorder
2. Isolated Explosive Disorder

#### H. Psychological Factors Affecting Physical Conditions

#### I. Eating Disorders

#### J. Personality Disorders

### III. Adjustment Disorders (20-30%)

#### A. Adjustment with Depressed Moods

#### B. Adjustment with Anxious Moods

#### C. Adjustment with Mixed Emotional Features

#### D. Adjustment with Disturbance of Conduct

#### E. Adjustment with Mixed Disturbances of Emotion and Conduct

#### F. Adjustment with Work (or Academic) Inhibition

#### G. Adjustment with Withdrawal

## Test Policy

The NLN Test Policy was developed to ensure the security of our tests and to protect their integrity. All NLN Tests are copyright-protected. No portion of any test may be reproduced without the permission of the NLN.

## Retake Policy

The NLN recommends that students not be allowed to re-test for a period of six months or more. However, it is up to the institution to set the re-test policy. The NLN does not regulate the re-taking of an exam and will report ALL scores attained by the examinee.

## Fair Testing and Ethics Statement

We believe most examinees' manage themselves with integrity and are disturbed when they observe others cheating. Examinees are expected to maintain the highest standards of conduct. Using or attempting to use unauthorized assistance, material or study aids during an examination, will result in a disqualification of the exam and future NLN exams. Acts of misconduct include but not limited to:

1. Copying from others.
2. Providing or receiving information about all or part of an exam, including answers (e.g., telling someone or publishing what was on your exam or being told this information).
3. Having or using a "cheat sheet" (i.e., a piece of paper with answers, formulas, information or notes) that is not specifically authorized.
4. Having or using a communication device such as a cell phone, pager, PDA or electronic translator to send or obtain unauthorized information.
5. Taking an exam for another student, or permitting someone else to take a test for you.
6. Asking another individual to give you improper assistance, including offering money or other benefits.
7. Asking for or accepting money or any other benefit in return for giving another individual improper assistance.
8. Altering an assessment report and resubmitting it.
9. Gaining or providing unauthorized access to examination materials.

*Note:* Simply having possession during an exam of any prohibited or unauthorized information or device, whether or not it is actually used, is an act of dishonesty and will be dealt with as such.

## Special Accommodations

In accordance with the Americans with Disabilities Act of 1990, the NLN has established a Testing Accommodations Policy to eliminate discrimination against individuals with disabilities and to adhere to the standards and protections established on behalf of those individuals. The policy is applicable to all persons requesting special testing accommodations from the NLN. Requests for special testing accommodations must be made through each college's office of services for students with disabilities. An application for special testing accommodations which contains instructions and related pertinent information can be found at the Special Accommodations link on the NLN Testing Services Website.

## A Note from the Director

Our goal is for you to be **extremely satisfied** with your overall testing experience. If you are not satisfied with your experience and feel that there is anything that we could do to better serve you, I would like to personally hear from you. We are continuously striving to improve our testing system, products, and customer service and the voice of our customer is our best resource. Your feedback is invaluable so we appreciate any comments you have about your experience. Please let us know if you need any assistance in accessing or interpreting the assessment reports. We can be reached at any of the contact information included in this message

We look forward to offering continued excellent customer service.

*Director of Testing Services,*

*Leanne Furby*

*You may reach us at **800-732-8656** or **618-453-3036**. You are also welcome to email us at [customerhelp@nlm.org](mailto:customerhelp@nlm.org)*

*Customer Service is our priority. Please feel free to contact the Director of Testing Services [lfurby@nlm.org](mailto:lfurby@nlm.org) should you have questions or concerns with a customer service or product-related matter.*

