GENERAL

va nurse ii proficiency example

Published: September 3, 2026 | Index ID: #-

Introduction

Preparing for a nursing certification can feel like navigating a maze, especially when the exam is as specialized as the **VA Nurse II proficiency example**. Whether you're a seasoned nurse looking to advance your career or a recent graduate eager to start, understanding the structure, content, and best preparation methods for the VA Nurse II exam is essential. This guide offers a comprehensive, step by step overview, including real proficiency examples, study strategies, and insider tips to help you pass with confidence.

Understanding the VA Nurse II Proficiency Exam

The Veterans Affairs (VA) Nurse II exam is a credentialing test designed to assess a registered nurse's competency in advanced clinical practice within the VA health system. The exam covers a broad range of topics that reflect the unique needs of veteran populations, including chronic disease management, mental health care, and geriatric assessment.

Unlike general nursing exams, the VA Nurse II proficiency example focuses on scenario based questions that require critical thinking, evidence based decision making, and a deep understanding of VA policies and protocols.

Exam Format and Timing

- Question Type: Multiple choice with single best answer
- Total Questions: 200
- Time Limit: 3 hours
- Scoring: Pass/fail based on a predetermined percentile

Eligibility and Registration

To sit for the VA Nurse II exam, candidates must hold a current RN license, have completed at least two years of clinical experience, and meet any additional VA prerequisites. Registration is handled through the VA's online portal, and fees vary depending on whether you qualify for a fee waiver.

Key Topics Covered in the VA Nurse II Proficiency Example

Below is a breakdown of the major content areas you'll encounter. Each section includes a brief description and a sample proficiency question to illustrate the level of detail required.

1. Advanced Clinical Assessment

Veterans often present with complex, multi system conditions. The exam tests your ability to conduct comprehensive assessments and synthesize findings.

Sample Proficiency Question:A 68 year old veteran reports chest pain and shortness of breath. Which assessment finding should prompt immediate cardiac evaluation?

- A) Elevated blood pressure
- B) Decreased oxygen saturation
- C) Positive ankle edema

- D) Mild tachycardia

2. Chronic Disease Management

Chronic conditions such as diabetes, COPD, and heart failure are common among veterans. The exam evaluates your knowledge of pharmacologic and non pharmacologic interventions.

Sample Proficiency Question:A veteran with type 2 diabetes is on metformin. Which medication should be added if his HbA1c remains above target after 4 weeks?

- A) Insulin glargine
- B) Glimepiride
- C) Sitagliptin
- D) Acarbose

3. Mental Health Care

PTSD, depression, and substance use disorders are prevalent in veteran populations. The exam examines your ability to assess, intervene, and coordinate care.

Sample Proficiency Question:A veteran reports intrusive memories of combat. Which therapeutic modality is most appropriate as an initial intervention?

- A) Cognitive behavioral therapy
- B) Electroconvulsive therapy
- C) Psychoanalysis
- D) Medication management only

4. Geriatric Assessment and Care

Many veterans are older adults with complex care needs. The exam tests your competency in geriatric assessment, fall prevention, and polypharmacy management.

Sample Proficiency Question:A 75 year old veteran has been prescribed five medications. Which strategy best addresses potential drug–drug interactions?

- A) Discontinue all non essential meds
- B) Conduct a medication reconciliation
- C) Increase dosage of current meds
- D) Add a new medication to cover gaps

5. VA Policies and Procedures

Familiarity with VA policies, patient rights, and documentation standards is crucial. This section evaluates your knowledge of the VA's operational framework.

Sample Proficiency Question: Which VA policy outlines the procedures for patient discharge planning?

- A) VA Directive 2015 3
- B) VA Order 2018 4
- C) VA Clinical Practice Guideline 2020 1
- D) VA Patient Care Manual 2017 2

Proficiency Example Explained

The term **va nurse ii proficiency example**often refers to a sample question or scenario that demonstrates the

level of depth and critical thinking required for the exam. Understanding these examples helps you gauge the complexity of the actual test items.

Let’s walk through a detailed proficiency example that covers multiple domains:

Case Scenario

John, a 62 year old veteran, presents with a history of hypertension, COPD, and mild depression. He reports increased shortness of breath and a recent episode of anxiety. His medication list includes lisinopril, albuterol inhaler, sertraline, and a daily multivitamin. Vital signs show BP 160/95 mmHg, HR 98 bpm, RR 22 breaths per minute, SpO2 88% on room air. Physical exam reveals bilateral wheezes and mild pedal edema.

Proficiency Questions

1. Which assessment finding is most concerning for an immediate intervention?
2. What is the best next step in pharmacologic management to address John’s elevated blood pressure?
3. Identify one non pharmacologic intervention to support John’s mental health.
4. Which VA policy governs the documentation of John’s care plan?

Model Answers

1. SpO2 88% on room air – indicates hypoxemia requiring oxygen therapy.
2. Initiate a short acting antihypertensive such as amlodipine while monitoring for hypotension.
3. Encourage participation in a veteran support group to address anxiety.
4. VA Clinical Practice Guideline 2020 1 outlines documentation requirements for comprehensive care plans.

Working through such examples trains you to integrate clinical knowledge with policy awareness, a hallmark of the VA Nurse II proficiency example.

Sample Questions and Answers

Below are ten additional sample questions that illustrate the breadth of topics covered. Practice answering these to gauge your readiness.

1. Which medication should be avoided in a veteran with chronic kidney disease and hypertension?

- A) Lisinopril
- B) Losartan
- C) Hydrochlorothiazide
- D) Amlodipine

Answer: C) Hydrochlorothiazide – can worsen renal function in CKD.

2. A veteran is prescribed a new opioid for chronic pain. Which assessment should the nurse perform before discharge?

- A) Pain intensity rating
- B) Opioid dependence screening
- C) Risk assessment for overdose
- D) All of the above

Answer: D) All of the above – comprehensive assessment is essential.

3. Which of the following is a key component of fall prevention in older veterans?

- A) Regular weight training

- B) Vision screening
- C) High protein diet
- D) Increased caffeine intake

Answer: B) Vision screening – impaired vision is a major fall risk factor.

4. When documenting a care plan in the VA system, which element is mandatory?

- A) Patient's favorite color
- B) Goals and expected outcomes
- C) Family's political affiliation
- D) Preferred music genre

Answer: B) Goals and expected outcomes – essential for quality care documentation.

5. A veteran with PTSD is on sertraline but continues to experience intrusive thoughts. Which additional therapy should be considered?

- A) Exposure therapy
- B) Electroconvulsive therapy
- C) Insulin therapy
- D) Physical therapy only

Answer: A) Exposure therapy – evidence based for PTSD.

6. Which assessment is most appropriate for evaluating a veteran's risk of delirium?

- A) Confusion Assessment Method (CAM)
- B) Mini Mental State Examination (MMSE)
- C) Beck Depression Inventory
- D) Pain Scale

Answer: A) Confusion Assessment Method (CAM).

7. A veteran's medication list includes aspirin and clopidogrel. What is the main concern?

- A) Increased bleeding risk
- B) Reduced efficacy of aspirin
- C) Kidney damage
- D) Insomnia

Answer: A) Increased bleeding risk.

8. Which policy outlines the use of telehealth services for veterans?

- A) VA Telehealth Policy 2021 1
- B) VA Directive 2018 4
- C) VA Clinical Practice Guideline 2020 1
- D) VA Order 2017 2

Answer: A) VA Telehealth Policy 2021 1.

9. What is the recommended frequency for blood pressure monitoring in a veteran with uncontrolled hypertension?

- A) Every 6 months
- B) Monthly
- C) Weekly

- D) Once a year

Answer: B) Monthly – to ensure timely adjustments.

10. A veteran reports a new onset of dizziness after starting a new medication. Which assessment should be performed first?

- A) Blood glucose level
- B) Blood pressure and heart rate
- C) Hearing test
- D) Vision test

Answer: B) Blood pressure and heart rate – to rule out orthostatic hypotension.

Study Strategies for the VA Nurse II Exam

Success on the VA Nurse II proficiency exam hinges on a balanced study plan that covers content mastery, exam practice, and mental resilience. Below are proven strategies to help you excel.

1. Create a Structured Study Schedule

Allocate time each week for dedicated study sessions. Use a calendar to block out periods for reading, practice questions, and review. Consistency beats cramming.

2. Focus on Core Content Areas

Prioritize the five key topics outlined earlier. Within each, identify high yield subtopics such as VA policies, geriatric assessment tools, and evidence based pharmacotherapy.

3. Use Active Learning Techniques

- Flashcards: Create cards for drug interactions, VA policies, and assessment tools.
- Mind Maps: Visualize relationships between chronic disease management and mental health interventions.
- Case Studies: Work through detailed scenarios similar to the proficiency examples.

4. Practice with Authentic Exam Questions

Seek out question banks that mimic the VA Nurse II format

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