



# 美国**CGFNS** 护士资格考试指南

第5版

## Official Study Guide for the CGFNS Qualifying Exam

5th Edition



外国护理学校毕业生委员会 编

Commission on Graduates of Foreign Nursing Schools



北京泰跃教育投资管理有限公司 译



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# CGFNS

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为了帮助考生更好地了解 CGFNS 护士资格考试,CGFNS 编写了 *Official Study Guide for the CGFNS Qualifying Exam*,对该考试的报考要求、报考方法、考查范围、试卷结构、应试技巧等做了详尽的说明,并附有 4 套全真模拟试卷、答案和解析。

北京泰跃教育投资管理有限公司从 CGFNS 获得国内独家授权,翻译并授权高等教育出版社出版发行 *Official Study Guide for the CGFNS Qualifying Exam (Fifth Edition)* 一书的英汉对照本《美国 CGFNS 护士资格考试指南(第 5 版)》,以期帮助考生更清晰地了解这项考试,更有针对性地复习备考。本书的中文译文供考生复习时参考,实际考试试卷使用的语言均为英语。

由于时间紧迫,翻译、编辑量大且专业性强,书中难免存在疏漏之处。欢迎广大读者及时提出指正意见,以便我们再版时修订。

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Readers of the CGFNS Official Study Guide are expressly warned to consider and adopt all safety precautions that might be indicated as a result of the activities described herein, and to avoid all potential hazards. By following the instructions and information contained in this Official Study Guide, readers willingly assume all risks in connection with such instructions.

The Commission on Graduates of Foreign Nursing Schools, hereafter CGFNS, shall not be liable for any special, consequential or exemplary damages resulting, in whole or in part, from readers' use of, or reliance upon, the material and information contained in this Official Study Guide.

CGFNS has designed the information in this Official Study Guide to test nursing knowledge and to provide the opportunity to gain English language proficiency. This information is not designed to form the basis of the reader's nursing practice or patient care recommendations.

The CGFNS Official Study Guide is not a substitute for basic education or an in-depth review of nursing textbooks. It does not guarantee success on the CGFNS Qualifying Exam or the National Council Licensure Exam for Registered Nurses (NCLEX-RN® examination).

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CGFNS 在本考试指南中设计的信息是用以测试护理知识,并提供获得英语语言能力的机会。本信息不用于构成读者护理实践或病人护理建议的基础。

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援引第 6 章:

## Earning Your CGFNS Certificate

As a graduate of a nursing school located outside the United States, you may be required to earn a certificate from the Commission on Graduates of Foreign Nursing Schools (CGFNS) in order to practice as a registered nurse in the United States. CGFNS has prepared this Official Study Guide to help you earn your CGFNS certificate.

Earning a CGFNS certificate is a three-part process. First, you submit your academic records and licensure/registration materials to CGFNS for a credentials review. If you meet the requirements of the credentials review, you then take the CGFNS Qualifying Exam and the Test of English as a Foreign Language (TOEFL). When you pass both the CGFNS Qualifying Exam and the TOEFL, you will be awarded a CGFNS certificate.

## The CGFNS Qualifying Exam

The CGFNS Qualifying Exam is a one-day examination that tests your knowledge and understanding of nursing as it is taught and practiced in the United States today.

The CGFNS Qualifying Exam uses objective, multiple-choice questions and is designed by testing experts to help you predict your likelihood of passing the U. S. registered nurse licensure examination, which is called the National Council Licensure Examination for Registered Nurses, or NCLEX-RN® examination. CGFNS conducts annual validity studies to determine how accurately the Certification Program predicts success on the NCLEX-RN examination. These studies show that the majority of nurses who earn a CGFNS certificate on their first try also pass the NCLEX-RN examination on their first try. Therefore, if you pass the CGFNS Qualifying Exam and the TOEFL the first time you take them, you can be reasonably sure that you will also pass the NCLEX-RN examination. It is important, however, to take the NCLEX-RN examination as soon as possible after earning a CGFNS certificate.

Your chances of passing the NCLEX-RN examination will begin to decline if you wait too long.

## How the CGFNS Official Study Guide Can Help You Earn Your CGFNS Certificate

This Official Study Guide can help you to earn your CGFNS certificate in several ways. First, the Official Study Guide provides important information about the steps you must take to apply for the CGFNS Certification Program. In Chapter 2, you will find a description of the application process, along with details about the educational and licensure/registration requirements you must meet to be eligible to take the CGFNS Qualifying Exam.

In addition to showing you how to apply for the CGFNS Certification Program, the main objective of this Official Study Guide is to provide you with information to help you prepare to take the CGFNS Qualifying Exam. Chapter 3 provides an overview of the CGFNS Qualifying Exam, including information about how the exam is organized. Chapter 3 also describes the NCLEX-RN examination. Chapters 5 through 7 provide detailed descriptions of the content of the exam. These chapters also contain sample questions like the ones in an actual CGFNS Qualifying Exam. Following the sample questions, you will find the correct answers, along with explanations describing why the right answers are correct and the wrong answers, incorrect.

Chapters 10 through 13 contain four complete practice tests. These practice tests are like the CGFNS Qualifying Exam you will take as part of the CGFNS Certification Program. The practice tests include questions that are similar to the questions in the actual CGFNS Qualifying Exam. However, none of the questions in this Official Study Guide have appeared or will appear on the CGFNS Qualifying Exam.

In addition, the Official Study Guide also provides valuable background information to help you do your best on the CGFNS Qualifying Exam. Chapter 4 tells you how to read, understand and answer objec-

tive, multiple-choice test questions. Chapter 5, in addition to describing the design of the CGFNS Qualifying Exam, also describes the registered nurse's role in the healthcare delivery system in the United States.

In Appendix A, you will find a glossary of terms that you can refer to if you read a term in the Official Study Guide that is not familiar to you. The guide also includes suggested lists of reading materials in Chapters 6 and 8 to help you prepare for both the CGFNS Qualifying Exam and the TOEFL. To become familiar with the answer sheets used for the CGFNS Qualifying Exam, use the samples provided in Appendix B when taking the practice tests.

### **For More Help Preparing for the Qualifying Examination**

CGFNS cannot promise that every nurse who uses this Official Study Guide will pass the CGFNS Qualifying Exam. How well you do on the exam will depend on your knowledge of nursing as practiced in the United States.

Using this Official Study Guide should, however, help you learn how to answer the type of objective,

multiple-choice questions found in the CGFNS Qualifying Exam. It should also teach you about the format and structure of the exam. The English language practice tests should help you identify the strengths and weaknesses in your understanding of the English language. This Official Study Guide can also identify areas in the nursing process and client needs categories in which you require further study before taking the CGFNS Qualifying Exam.

If you want more help getting ready for the TOEFL, use the enclosed form to order one or more volumes of the CGFNS Practice English Series. Each volume in the Practice English Series includes a practice English audio tape and an accompanying booklet. You may obtain any tape and booklet in the Practice English Series to begin preparing for the TOEFL, and add other tapes and booklets if you want to practice with additional questions. Official TOEFL study materials designed by the Educational Testing Service (ETS) may be purchased directly from ETS.

CGFNS wishes you success on the CGFNS Qualifying Exam and the TOEFL, and a successful and productive career as a registered nurse.



## 简介

### 获得您的 CGFNS 证书

作为美国以外护理学校的毕业生,为了在美国作为注册护士执业,可能要求您获得“外国护理学校毕业生委员会”(CGFNS)颁发的证书。所以 CGFNS 制作了本考试指南,帮助您获得 CGFNS 证书。

获得 CGFNS 证书分三个步骤。首先,将您的学习成绩单和执照/证书材料提交给 CGFNS 进行资格审查。如果您满足了资格审查的要求,则参加 CGFNS 资格考试和托福考试(TOEFL)。在您既通过了 CGFNS 资格考试又通过了 TOEFL 考试后,则被授予 CGFNS 证书。

### CGFNS 资格考试

CGFNS 资格考试为期一天,目的是测试您对目前在美国教授和实施护理的知识程度和理解水平。

CGFNS 资格考试采用客观的多项选择题,由考试专家设计,目的是帮助您预测通过美国注册护士执照发放考试的可能性。该考试称为“注册护士全国理事会执照发放考试”或 NCLEX-RN 考试。CGFNS 每年进行有效性研究,以确定“认证项目”如何正确地预测通过 NCLEX-RN 考试。这些研究表明绝大多数经过第一次尝试就获得 CGFNS 证书的护士也可一举通过 NCLEX-RN 考试。因此,如果您第一次参加就通过 CGFNS 资格考试和 TOEFL,则有理由相信也会通过 NCLEX-RN 考试。重要的是在一获得 CGFNS 证书后就参加 NCLEX-RN 考试。如果等待时间太长,则通过 NCLEX-RN 考试的机会就会逐渐递减。

### CGFNS 考试指南如何帮助您获得 CGFNS 证书

本考试指南可通过几种方式帮助您获得 CGFNS 证书。首先,考试指南提供申请 CGFNS 认证项目必须采取有关步骤的重要信息。在第 2 章,您会见到申请过程的说明,以及为了具备参加 CGFNS 资格考试的资格必须满足的教育和执照/证书要求的详细信息。

除了向您介绍如何申请 CGFNS 认证项目,本考试指南的主要目的是向您提供信息,帮助您准备参加 CGFNS 资格考试。第 3 章提供了 CGFNS 资格考试的概述,包括有关考试如何组织的信息。第 3 章也介绍了 NCLEX-RN 考试。第 5 章~第 7 章提供了考试内容的详细说明。这些章节也包含一些与实际的 CGFNS 资格考试类似的样题。在样题后,提供了正确答案,以及说明答案正误的讲解。

第 10 章~第 13 章包含四套完整的执业考试试题。这些执业考试与您参加的 CGFNS 认证项目中的 CGFNS 资格考试部分类似。执业考试中含有与实际 CGFNS 资格考试中试题相类似的试题。然而,本考试指南中的试题从来没有也不会在 CGFNS 资格考试中出现。

此外,考试指南也提供了帮助您在 CGFNS 资格考试取得好成绩的、有价值的背景信息。第 4 章告诉您如何阅读、理解和回答客观多项选择考试题。第 5 章除了说明 CGFNS 资格考试的设计外,还介绍了注册护士在美国健康护理系统中的作用。

附录 A 中提供了一个术语表,如果在阅读考试指南时遇见不熟悉的术语则可查阅该术语表。指南还在第 6 章和第 8 章中列出了推荐阅读材料表,帮助您准备 CGFNS 资格考试和 TOEFL。为了熟悉用于 CGFNS 资格考试的答卷,在进行执业考试时使用附录 B 中提供的样卷。

### 对于准备资格考试的更多帮助

CGFNS 不能承诺使用本考试指南的每位护士都通过 CGFNS 资格考试。考试成绩如何取决于您掌握的美国护理知识。

使用本考试指南可帮助您学习如何解答可在《CGFNS 资格考试》中见到的客观多项选择题的题型,也可向您提供有关考试的形式和结构的信息。英语语言测试练习帮助您找出在理解英语语言方面的优势和劣势。本考试指南也可确定在您参加 CGFNS 资格考试之前,需要进一步学习的方面,包括护理过程和患者需

要领域。

如果您想获得有关准备 TOEFL 考试的帮助,您可以使用附表订购一本或多本 CGFNS 练习英语系列。每本练习英语系列包括一个练习英语磁带和附带小册子。您也可购买练习英语系列中的任何磁带和小册子,以准备 TOEFL 考试,如果您希望做更多习题,可购买其他磁带和小册子。由美国教育考试服务中心(ETS)设计的正式托福学习资料可直接从 ETS 购买。

CGFNS 希望您在 CGFNS 资格考试和 TOEFL 考试中取得成功,并在作为注册护士的职业生涯中取得成功和成果。

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# CGFNS Origins and Current Activities

## Establishment of CGFNS

The Commission on Graduates of Foreign Nursing Schools (CGFNS) is a nonprofit organization based in Philadelphia, Pennsylvania, in the United States of America. CGFNS was founded through the efforts of a number of organizations. Among these founders were several U. S. government agencies and private, nonprofit associations, including two prominent U. S. nursing organizations: the American Nurses Association (ANA) and the National League for Nursing (NLN).

Though it was established in 1977, CGFNS' origins predate its founding. During the late 1960s and early 1970s, changes in immigration laws and regulations resulted in a steady increase in the numbers of nurses entering the United States as immigrants with preferred status because they had skills that were in short supply in the United States. Additional numbers were admitted as persons of "distinguished merit and ability" on non-immigrant visas who were eligible for indefinite extension.

In order to practice as registered nurses in America, nurses educated outside the United States first had to be licensed in the United States. Then, as now, each U. S. state and territory administered the licensing process through its own board of nursing. While individual state licensure requirements varied, nearly all states required registered nurses to pass a national registered nurse licensure exam in order to earn a license.

Many of the internationally educated nurses who came to the United States and took the registered nurse licensure examination did not pass the exam. Without an RN license, they could not work as a registered nurse in the United States.

Many of the nurses who failed to become licensed as RNs had entered the United States on temporary work visas that limited the length of their stay.

These unlicensed nurses frequently were unable to earn a living and had to leave the United States when their visas expired.

Some internationally educated nurses remained in the United States. Many of these nurses found other work. Some worked as nurses aides or nursing assistants. In these positions, their salaries were not as high as those of registered nurses.

Institutions that needed registered nurses often could not find enough RNs to fill vacant job positions. Some internationally educated nurses who had not been able to earn RN licenses in the United States found themselves being asked to perform the duties of registered nurses in these institutions, despite the fact that it placed patients at great risk and required these nurses to break the law.

The founders of CGFNS believed that it was important for nurses educated outside the United States to know before they left their home country whether or not they could expect to pass the U. S. registered nurse licensure examination. This, in turn, would help curb abuses such as those described above. And so, in 1977, CGFNS was established, in part, to help internationally educated nurses determine their likelihood of passing the licensure exam.

## CGFNS' Mission

Now, as in the 1970s, thousands of nurses from a wide range of countries continue to seek work as registered nurses in the United States each year. Some of these nurses have completed nursing programs that are quite similar to U. S. nursing programs. They may be comfortable speaking English as it is spoken in the United States. Their educational credentials and professional qualifications may be comparable to those of U. S. nurses. These nurses may not have much difficulty meeting state licensure requirements for internationally educated nurses, which still generally include passing the

U.S. registered nurse licensure exam, now called the National Council Licensure Exam for Registered Nurses (NCLEX-RN examination). These nurses also may not have much difficulty finding work as registered nurses in the United States.

Other internationally educated nurses may not have studied all of the subjects U.S. -educated nurses must study. Their education may not be comparable to the education U.S. nurses receive. These nurses may not know how to perform all the duties U.S. nurses perform. They may not speak and understand English well enough to communicate with their patients and colleagues. It may therefore be difficult for these nurses to pass the registered nurse licensure exam and become licensed in the United States. Nurses who do not pass the NCLEX-RN examination, are not permitted to work as registered nurses in the United States.

Today, as when it was established in 1977, CGFNS remains dedicated to its original mission, which includes helping you and other internationally educated nurses determine your chances of successfully becoming licensed as a registered nurse in the United States.

### **CGFNS' Certification Program**

CGFNS works to fulfill this part of its mission through the three-part CGFNS Certification Program. As previously noted, this program includes a credentials review, a Qualifying Exam of nursing knowledge, and a test of English language proficiency (TOEFL).

The CGFNS Qualifying Exam and the Test of English as a Foreign Language (TOEFL) are offered both in the United States and at many locations throughout the world. Studies show that most nurses who earn a CGFNS certificate on their first attempt also pass the NCLEX-RN examination the first time. Because the CGFNS Qualifying Exam and the TOEFL are offered internationally in so many different locations, you can assess your chances of successfully becoming licensed in the United States

without having to travel to the United States.

Most U.S. states require a nurse who graduated from a nursing school outside the United States to hold a CGFNS certificate before she/he can take the NCLEX-RN examination. This requirement usually applies to both U.S. citizens and non-citizens who are graduates of nursing schools located outside the United States. As a graduate of a nursing school located outside the United States, you should contact the board of nursing in the state where you plan to work before applying for licensure as a registered nurse. Ask what requirements you must meet to get your license to work as a registered nurse in that state.

It is important to understand that each state in the United States sets its own requirements for licensure. Although all states give the same NCLEX-RN examination, the license that you will receive is a state license. It allows you to practice in that state only. If you move to another state, you will have to apply for licensure in the new state. The United States, at this time, does not have a national licensure system, per se. However, several U.S. states are participating in what is called multi-state licensure. If you pass the NCLEX-RN examination in one of these states, the license that you receive will permit you to practice in any other state that is a member of this group. To be certain you have the correct contact and licensure information, CGFNS will send you a complete, up-to-date listing of state boards of nursing after you earn your CGFNS certificate.

### **Other CGFNS Activities**

In addition to the Certification Program for registered nurses, CGFNS also offers other services and programs for nurses and other healthcare professionals.

### **Credentials Evaluation Service**

The Credentials Evaluation Service issues a report based on an evaluation of a healthcare professional's educational and professional licensure/registration credentials by CGFNS. A CGFNS credentials evalu-

ation report presents an applicant's credentials in terms of U. S. comparability. A central difference between this service and the CGFNS Certification Program is that there is no examination component in the Credentials Evaluation Service.

As with the CGFNS Certification Program, the CGFNS Credentials Evaluation Service is a prerequisite for state licensure in certain U. S. states and territories. However, unlike the Certification Program, which is used to gauge your chances of passing the NCLEX-RN examination and becoming licensed as a registered nurse in the United States, the Credentials Evaluation Service can be used to evaluate your eligibility for licensure as either a registered nurse or a practical (vocational) nurse in the United States. The Credentials Evaluation Service also is used by U. S. nursing schools to determine academic placement of international students.

### **VisaScreen™: Visa Credentials Assessment**

The VisaScreen: Visa Credentials Assessment program was created in response to legislation that now requires foreign healthcare professionals to complete a screening program in order to qualify for certain occupational visas. The International Commission on Healthcare Professions (ICHP), a division of CGFNS, administers VisaScreen, which enables foreign healthcare professionals to meet the screening requirements by verifying and evaluating their credentials to ensure that they meet the government's minimum eligibility standards.

Applicants who successfully complete the program, composed of an educational analysis, licensure validation, English language proficiency assessment and, in the case of nurses, an exam of nursing knowledge, receive a VisaScreen Certificate, which can be presented to a consular office or, in the case of adjustment of status, the attorney general as part of a visa application.

### **Credentials Verification Service for New York State**

CGFNS created a customized service, the Credentials

Verification Service for New York State, to independently verify credentials of foreign-educated healthcare professionals who are seeking licensure in New York State. The New York State Education Department now requires that foreign-educated registered nurses, licensed practical nurses, physical therapists, physical therapist assistants, occupational therapists and occupational therapy assistants obtain independent verification of the authenticity of their credentials from a State Education Department-approved credentials verification service. CGFNS has been authorized by the New York State Education Department to provide such a service.

The program independently collects and verifies the authenticity of an applicant's educational and registration/licensure credentials. Once verified, the credentials are forwarded to the New York State Education Department to be evaluated as part of the applicant's licensure application.

CGFNS maintains one of the world's largest and most comprehensive information collections on international nursing education and licensure. CGFNS also takes an active part in policy discussions about international nursing education, licensure and practice.

### **General Information About CGFNS**

CGFNS supports the United Nations Declaration of Human Rights. This document states that individuals have the right to migrate from one country to another. However, CGFNS is an immigration-neutral organization. CGFNS does not encourage people to migrate to the United States, nor does it discourage them from doing so.

CGFNS is not an employment agency or a recruiting service, nor is it affiliated with any employment agency or recruiting service.

Although CGFNS can help you evaluate your potential to become licensed as a nurse in the United States, CGFNS cannot help you find work as a registered nurse. Nor can CGFNS act on your behalf in gaining admission to a college or university in the United States. Similarly, CGFNS cannot help you with visa or immigration problems.

## 第 1 章 CGFNS 的起源和现状

### CGFNS 的建立

外国护理学校毕业生委员会(CGFNS)是一个非赢利的机构,总部设在美国宾夕法尼亚州费城。CGFNS 在许多机构的努力下得以成立。在这些创始者中,有几家美国政府机构和私人、非赢利的协会,包括两个主要的美国护理机构:美国护士协会(ANA)和全国护理联合会(NLN)。

尽管 CGFNS 成立于 1977 年,但其起源要早于成立时间。在 20 世纪 60 年代晚期和 70 年代早期,移民法规的变化导致了作为移民进入美国的护士数量的稳步增加,这些护士具有优先移民身份,因为他们具有美国十分短缺的技能。另外有许多人作为“具有突出优点和能力”的人获得非移民签证,具备无限期延期的资格。

为了在美国成为注册护士,这些在美国以外获得教育的护士们首先必须在美国获得执照。当时和现在一样,美国每个州和地区都实施各自的执照发放过程。虽然各个州执照发放要求各异,但几乎所有州均要求注册护士通过国家注册护士考试才可获得证书。

许多在国际上受过教育的护士来到美国并参加了注册护士执照发放考试,但没有通过考试。没有注册护士执照,就无法作为注册护士在美国工作。

许多未获得注册护士执照的护士通过临时工作签证进入美国,这种签证限制其逗留的时间。这些未获得执照的护士通常无法谋生,在其签证到期后,不得不离开美国。

一些受过国际教育的护士留在美国,其中许多人找到了其他工作。一些作为护士助手或助理护士,他们在这些职位上的工资没有那些注册护士的工资高。

一些需要注册护士的机构经常无法找到足够的注册护士填补职位空缺。有些受过国际教育的护士,他们在美国没有获得注册护士执照但在一些机构中被要求履行注册护士的职责,尽管这样会将患者置于危险的境地而且这些护士实际上正在违反法律。

CGFNS 的创始者们相信让在美国以外接受教育的护士们在离开祖国之前了解是否能够通过美国注册护士执照发放考试是非常重要的。这进而有助于抑制上述弊端的发生。因此,在 1977 年,CGFNS 成立,部分是为了帮助受过国际教育的护士们了解通过执照发放考试的可能性。

### CGFNS 的使命

现在,与 20 世纪 70 年代一样,每年有来自于许多国家成千上万的护士继续在美国寻找注册护士的工作。其中一些护士已经完成了护理课程,这些课程与美国护理课程非常类似。他们可以与美国人一样讲一口地道的美语,其教育资格和职业资格可与那些美国护士相媲美。这些护士在达到美国对国际教育护士执照发放要求方面没有太多的困难,这些要求仍然包括通过美国注册护士执照发放考试,现称为“注册护士全国理事会执照发放考试”(NCLEX-RN 考试)。这些护士在美国寻找作为注册护士的工作也不会有太多的困难。

其他受过国际教育的护士可能没有学习过美国受教育护士必须学习的所有科目,其教育可能无法与美国护士接受的教育相媲美。这些护士可能不知道如何履行美国护士履行的所有职责。他们的口语和英语理解能力可能无法与患者和同事交流。因此,对于这些护士而言,通过注册护士执照发放考试并获得美国执照可能很难。在美国,不允许那些没有通过 NCLEX-RN 考试的护士作为注册护士工作。

现在,与 1977 年成立之时一样,CGFNS 仍然致力于其最初的使命,包括帮助您和其他受过国际教育的护士确定成功获得美国注册护士执照的机会。