ADULT MED SURG COMPREHENSIVE PREDICTOR PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

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How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

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Questions

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1. If a client receiving intermittent enteral feedings develops diarrhea, what should the nurse do?

A. Stop the feedings entirely

B. Slow the infusion rate

C. Increase the volume of feedings

D. Change the formula used

2. In dietary management for a client with Crohn's disease and an enteroenteric fistula, what nutrient should they decrease?

A. Protein

B. Carbohydrates

C. Fiber

D. Sodium

3. What is RhoGAM administered after an amniocentesis for?

A. To enhance fetal growth

B. To prevent Rh sensitization in Rh negative clients

C. To reduce maternal swelling

D. To promote fetal lung development

4. What is a major characteristic of hyperparathyroidism?

A. Hypocalcemia

B. Hyperphosphatemia

C. Hypercalcemia

D. Hypochloremia

5. Which of the following should be monitored to ensure safety for a client on repaglinide?

A. Blood pressure

B. Blood glucose levels

C. Liver function test

D. Cholesterol levels

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6. What is the primary management strategy for a patient with autonomic dysreflexia?

A. Immediate surgery

B. Elevation of the legs

C. Identifying and removing the stimulus

D. Administering pain medication

7. What abnormal finding might indicate the need for immediate intervention for a mechanically ventilated client?

A. Changed vital signs

B. High-pressure alarm sounding

C. Increased peak flow

D. Decreased tactile fremitus

8. What can indicate renal impairment in a patient?

A. High potassium levels

B. Low creatinine clearance

C. Elevated sodium levels

D. High AST levels

9. Which variable in a biophysical profile assesses both the presence and quality of fetal movements?

A. Fetal tone

B. Fetal breathing

C. Gross body movements

D. Amniotic fluid

10. What is the primary reason for monitoring WBC count in a client with immunosuppression?

A. To assess electrolyte balance

B. To prevent infection

C. To evaluate hydration status

D. To monitor medication effects

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Answers

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1. B
2. C
3. B
4. C
5. B
6. C
7. B
8. B
9. C
10. B

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Explanations

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1. If a client receiving intermittent enteral feedings develops diarrhea, what should the nurse do?

A. Stop the feedings entirely

B. Slow the infusion rate

C. Increase the volume of feedings

D. Change the formula used

When a client receiving intermittent enteral feedings develops diarrhea, slowing the infusion rate is an appropriate response. By reducing the infusion rate, the gastrointestinal tract has more time to digest and absorb the formula, potentially alleviating the diarrhea. This approach allows for assessing whether the gastrointestinal system can handle smaller amounts of feedings without resulting in loose stools. Slowing the infusion can also help identify if the diarrhea is related to the speed of the feedings rather than other factors, such as the composition of the feed or the patient's underlying condition. It's a commonly recommended first step in managing the complication of diarrhea in the context of enteral nutrition. Other approaches, while potentially useful in different scenarios, are not the immediate next steps in this situation. Stopping the feedings altogether may lead to inadequate nutrition, while increasing the volume of feedings could exacerbate the diarrhea. Changing the formula could be considered later if the issue persists, but it is typically not the first intervention without first addressing the rate of administration.

2. In dietary management for a client with Crohn's disease and an enteroenteric fistula, what nutrient should they decrease?

A. Protein

B. Carbohydrates

C. Fiber

D. Sodium

In the context of dietary management for a client with Crohn's disease and an enteroenteric fistula, decreasing fiber intake is recommended. Fiber is a critical component of a healthy diet; however, for individuals with Crohn's disease, particularly those with complications such as fistulas, high-fiber foods can exacerbate symptoms. Crohn's disease can lead to inflammation and narrowing of the intestine, making the passage of food more difficult and possibly aggravating abdominal pain and diarrhea. High-fiber foods can introduce additional bulk to the diet, which might lead to bowel obstruction or increased stool frequency, both of which are undesirable for a patient already facing challenges due to their condition. By reducing fiber intake, the client may experience less intestinal irritation and discomfort, allowing for improved nutritional absorption and overall management of their symptoms. This dietary adjustment is integral to balancing the needs for nutrition while minimizing gastrointestinal stress for those dealing with Crohn's disease and associated complications, such as an enteroenteric fistula.

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3. What is RhoGAM administered after an amniocentesis for?

A. To enhance fetal growth

B. To prevent Rh sensitization in Rh negative clients

C. To reduce maternal swelling

D. To promote fetal lung development

RhoGAM is administered after an amniocentesis to prevent Rh sensitization in Rh-negative clients. When an Rh-negative mother is carrying an Rh-positive fetus, there is a risk that the mother's immune system may produce antibodies against the Rh factor in the fetal blood if fetal blood cells enter the maternal circulation during the procedure. This sensitization can cause complications in current and future pregnancies. Administering RhoGAM, which contains Rh immunoglobulin, prevents the mother's immune system from recognizing and responding to the Rh-positive fetal cells. By neutralizing these cells, it helps ensure that the mother does not produce antibodies that could harm the fetus or affect future pregnancies. This intervention is crucial for maintaining maternal-fetal compatibility and safeguarding the health of both the mother and her baby.

4. What is a major characteristic of hyperparathyroidism?

A. Hypocalcemia

B. Hyperphosphatemia

C. Hypercalcemia

D. Hypochloremia

The major characteristic of hyperparathyroidism is hypercalcemia, which refers to elevated levels of calcium in the blood. This condition occurs due to overactivity of the parathyroid glands, which produce parathyroid hormone (PTH). PTH is critical for regulating calcium levels in the body by increasing calcium absorption in the intestines, stimulating calcium release from bones, and promoting renal reabsorption of calcium. In hyperparathyroidism, the excess PTH leads to an imbalance where too much calcium is released into the bloodstream, leading to hypercalcemia. This condition can manifest with various symptoms, including fatigue, weakness, kidney stones, and bone pain, as high levels of calcium can affect multiple body systems. Understanding this relationship between PTH and calcium levels is crucial for recognizing the clinical implications of hyperparathyroidism and guiding treatment approaches.

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5. Which of the following should be monitored to ensure safety for a client on repaglinide?

A. Blood pressure

B. Blood glucose levels

C. Liver function test

D. Cholesterol levels

Monitoring blood glucose levels is essential for a client on repaglinide because this medication is an oral hypoglycemic agent used to manage blood sugar levels in people with type 2 diabetes. Repaglinide stimulates the pancreas to release insulin in response to meals, thus helping to lower blood glucose levels. Ensuring that blood glucose levels are within the target range is crucial to prevent both hyperglycemia and hypoglycemia. While blood pressure, liver function tests, and cholesterol levels are important to monitor in diabetic patients, they are not as directly relevant to the use of repaglinide. Blood pressure may be monitored for overall health, particularly if the patient has cardiovascular concerns or is on other medications that affect blood pressure. Liver function tests are relevant if there is a concern about liver health or if the patient is taking other medications that affect the liver. Cholesterol levels are important for assessing cardiovascular risk, which is often a concern in diabetic patients, but they do not have a direct relationship with the safety and efficacy of repaglinide. Therefore, blood glucose levels take precedence in this context to ensure the medication is effectively managing the patient's diabetes.

6. What is the primary management strategy for a patient with autonomic dysreflexia?

A. Immediate surgery

B. Elevation of the legs

C. Identifying and removing the stimulus

D. Administering pain medication

The primary management strategy for a patient with autonomic dysreflexia is identifying and removing the stimulus. Autonomic dysreflexia is a potentially life-threatening condition commonly seen in individuals with spinal cord injuries, particularly those at or above the T6 level. It occurs due to exaggerated autonomic responses to a noxious stimulus, leading to severe hypertension and other symptoms such as headache, sweating, and bradycardia. The key to managing autonomic dysreflexia lies in recognizing and addressing the underlying stimulus, which may be due to factors such as bladder distention, bowel impaction, or skin irritation. By identifying and alleviating the cause—whether that be catheterizing a full bladder, addressing a bowel issue, or removing a tight clothing item—the abnormal autonomic response can be corrected, effectively stabilizing the patient's condition and preventing further complications. Other management strategies, while potentially useful in the broader context of patient care, do not directly address the immediate cause of autonomic dysreflexia. For example, while administering pain medication might provide symptomatic relief if pain is identified as a stimulus, it does not tackle the root cause. Elevation of the legs might be a general comfort measure but does not address the hypertension or the underlying trigger of dysref

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7. What abnormal finding might indicate the need for immediate intervention for a mechanically ventilated client?

A. Changed vital signs

B. High-pressure alarm sounding

C. Increased peak flow

D. Decreased tactile fremitus

A high-pressure alarm sounding on a mechanical ventilator is an important indication that the ventilated client may be experiencing a significant problem requiring immediate intervention. This alarm can indicate that there is increased resistance to airflow within the ventilatory circuit, which could arise from several factors, such as a blocked endotracheal tube, increased secretions, or lung pathologies like pneumonia or bronchospasm. Ignoring this alarm can lead to inadequate ventilation, hypoxemia, or even respiratory failure, making prompt assessment and action crucial. Additionally, while changes in vital signs could suggest an issue that may need attention, they are not as direct an indicator of a critical mechanical problem as a high-pressure alarm. Increased peak flow may be a normal finding in some contexts and isn't necessarily a reason for immediate concern. Lastly, decreased tactile fremitus is more related to lung tissue characteristics and may require attention but is not an immediate life-threatening issue compared to a high-pressure alarm indicating potential ventilatory failure.

8. What can indicate renal impairment in a patient?

A. High potassium levels

B. Low creatinine clearance

C. Elevated sodium levels

D. High AST levels

Low creatinine clearance is a critical indicator of renal impairment. Creatinine clearance is a measure of how effectively the kidneys can filter waste products from the blood. When kidney function declines, the ability to excrete creatinine diminishes, resulting in lower clearance rates. Clinicians frequently use this metric to assess renal function, and a decreased creatinine clearance suggests that the kidneys are not functioning optimally, prompting further evaluation and management of the patient's renal status. While high potassium levels may relate to kidney dysfunction, they are more of a consequence than a direct measurement of renal impairment. Elevated sodium levels can occur due to various factors and are not specific to renal function. Similarly, high AST levels indicate liver function or damage rather than renal impairment specifically. Thus, the significance of low creatinine clearance makes it the most direct and reliable indicator of renal impairment among the choices provided.

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9. Which variable in a biophysical profile assesses both the presence and quality of fetal movements?

A. Fetal tone

B. Fetal breathing

C. Gross body movements

D. Amniotic fluid

The variable in a biophysical profile that assesses both the presence and quality of fetal movements is gross body movements. This aspect of the profile includes the observation of larger movements made by the fetus, such as rolling or kicking, which can indicate overall fetal well-being and neurological development. Additionally, gross body movements provide insight into the fetus's muscle tone and coordination, serving as an important indicator of health during the later stages of pregnancy. Monitoring these movements is essential because a decrease in movement can be a sign of fetal distress or other complications necessitating further evaluation. In contrast, fetal tone pertains to the fetus's muscle tone and the presence of active flexion and extension movements of its limbs. Fetal breathing refers to the diaphragm movements that can be observed, reflecting the practice of breathing without oxygen exchange. Amniotic fluid volume is assessed separately and indicates the environment in which the fetus is developing. While all variables provide valuable information about fetal health, it is the gross body movements that specifically combine assessment of both quantity and quality of movement.

10. What is the primary reason for monitoring WBC count in a client with immunosuppression?

A. To assess electrolyte balance

B. To prevent infection

C. To evaluate hydration status

D. To monitor medication effects

Monitoring the white blood cell (WBC) count in a client with immunosuppression is primarily important for preventing infection. In individuals who are immunosuppressed, whether due to underlying medical conditions, medications, or treatments like chemotherapy, the body's ability to fight off infections is significantly compromised. A low WBC count, particularly a decreased neutrophil count (neutropenia), indicates a higher risk of infection since neutrophils play a key role in the immune response against pathogens. By regularly checking the WBC count, healthcare providers can assess the immune status of the patient. If the WBC count drops below a certain threshold, it serves as an alert for the healthcare team to implement preventative measures, such as initiating prophylactic antibiotics, implementing strict infection control measures, or adjusting immunosuppressive therapies. This proactive approach significantly reduces the risk of serious infections, which can be life-threatening for immunocompromised individuals.

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Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

https://adultmedsurgpredictor.examzify.com

We wish you the very best on your exam journey. You've got this!

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