EVOLVE HESI PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR THE FULL VERSION STUDY GUIDE

https://evolve-hesi.examzify.com

Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

Table of Contents

Copyright 1

Table of Contents 2

Introduction 3

How to Use This Guide 4

Questions 5

Answers 8

Explanations 10

Next Steps 16

SAMPLE

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.

SAMPLE

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!

SAMPLE

Questions

SAMPLE

1. What instruction should the nurse provide to the UAP who places a client in a left lateral position prior to administering a soap suds enema?

A. Leave the client in the left lateral position.

B. Reposition in a Sim's position with the client's weight on the anterior ilium.

C. Ask the client if they are comfortable.

D. Cover the client with a blanket to keep warm.

2. What intervention is essential for maintaining effective communication with a client who speaks another language?

A. Use hand gestures

B. Gather family members for support

C. Ensure the presence of a certified translator

D. Provide written materials in English

3. An African-American grandmother states her grandson is suffering from "miseries." What should the nurse assess for?

A. Signs of common cold symptoms.

B. Inquire about the source and type of pain.

C. Check for emotional distress or anxiety.

D. Ask about dietary habits.

4. How can cultural competence benefit nursing practice?

A. It reduces the need for patient education

B. It improves communication and care delivery to diverse patient populations

C. It allows nurses to avoid difficult conversations

D. It eliminates the need for translation services

5. When administering furosemide (Lasix) 15 mg IV stat, how many milliliters should the nurse dispense given a concentration of 20 mg/2 ml?

A. 3 ml

B. 1 ml

C. 1.5 ml

D. 2.5 ml

SAMPLE

6. Which technique is most efficient for a nurse to use during an admission interview to gather information on a client's primary health problem?

A. Open-ended questions

B. Closed-ended questions

C. Observation of non-verbal cues

D. Reflective listening

7. In a health assessment, which option is considered a primary source of information?

A. A close family member

B. The attending physician

C. The client

D. A nurse's notes

8. What condition is most likely to arise from constant contact with bed linens in immobile clients?

A. Dehydration

B. Pressure ulcers

C. Urinary tract infections

D. Pneumonia

9. What is the nurse's priority intervention when a client in the clinic expresses the desire to start a new exercise program?

A. Encourage gradual increase in activity.

B. Discuss the importance of weight training.

C. Recommend group exercise classes.

D. Assess the client's current level of fitness.

10. Which approach is effective for managing a patient's pain?

A. Assessing pain only if the patient complains

B. Using the same pain regimen for all patients

C. Assessing pain regularly and adjusting interventions

D. Pretending the patient is not in pain to reduce anxiety

SAMPLE

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. What instruction should the nurse provide to the UAP who places a client in a left lateral position prior to administering a soap suds enema?

A. Leave the client in the left lateral position.

B. Reposition in a Sim's position with the client's weight on the anterior ilium.

C. Ask the client if they are comfortable.

D. Cover the client with a blanket to keep warm.

The correct instruction involves repositioning the client in a Sim's position, where the client lies on their left side with the right leg flexed up towards the abdomen. This position utilizes gravity to facilitate the flow of the enema solution and helps ensure that the solution reaches the sigmoid colon effectively. It also allows for easier access to the rectum for administration and enhances comfort during the procedure. Additionally, the Sim's position can reduce the risk of rectal injury that may occur if the client is not appropriately positioned. While leaving the client in a left lateral position is a common practice, it is not as beneficial for enema administration as the Sim's position, which is specifically designed for this type of procedure. Comfort and warmth are important factors in patient care, but the priority during the administration of a soap suds enema is to ensure the positioning maximizes the effectiveness of the enema.

2. What intervention is essential for maintaining effective communication with a client who speaks another language?

A. Use hand gestures

B. Gather family members for support

C. Ensure the presence of a certified translator

D. Provide written materials in English

Ensuring the presence of a certified translator is essential for maintaining effective communication with a client who speaks another language because it provides an accurate and culturally sensitive means of conveying information. A certified translator is not only proficient in both languages but also trained to understand medical terminology and the nuances involved in health-related conversations. This level of understanding is crucial for effective communication, as it helps bridge the language barrier and ensures that the client receives clear explanations, instructions, and details necessary for their care. While using hand gestures or gathering family members may seem helpful, they often do not guarantee the precision needed in medical communication. Hand gestures can be misunderstood and may not convey complex medical concepts accurately. Family members might not have a full understanding of medical language or concepts, which can lead to misinterpretations of important information. Providing written materials in English would not benefit a client who does not understand the language, limiting their ability to engage in their care effectively. Thus, having a certified translator ensures that communication is clear, accurate, and respectful, ultimately supporting better patient outcomes.

SAMPLE

3. An African-American grandmother states her grandson is suffering from "miseries." What should the nurse assess for?

A. Signs of common cold symptoms.

B. Inquire about the source and type of pain.

C. Check for emotional distress or anxiety.

D. Ask about dietary habits.

When a grandmother refers to her grandson's condition as "miseries," it is crucial to explore what she means by that term. In many cultures, including in some African-American communities, expressions of discomfort or pain may be described using non-medical terminology or colloquial expressions. Therefore, inquiring about the source and type of pain allows the nurse to better understand the specific symptoms the child is experiencing. This approach opens the dialogue for the grandmother to describe not just physical symptoms but also any emotional or psychological discomfort, which can be equally important. Understanding the nuanced terminology used by the grandmother can help the nurse assess the grandson's condition more accurately and determine the appropriate interventions or referrals needed. While signs of common cold symptoms, emotional distress, or dietary habits are all relevant areas of assessment, starting with an inquiry about pain directly addresses the grandmother's expression of concern. It builds rapport and encourages further discussion about the child's health from a perspective that is culturally sensitive and comprehensive.

4. How can cultural competence benefit nursing practice?

A. It reduces the need for patient education

B. It improves communication and care delivery to diverse patient populations

C. It allows nurses to avoid difficult conversations

D. It eliminates the need for translation services

Cultural competence is an essential aspect of nursing practice that significantly enhances the quality of care provided to patients from diverse backgrounds. When nurses possess cultural competence, they are better equipped to understand and respect the cultural differences and values of their patients. This understanding promotes improved communication, as nurses can tailor their interactions and health information based on the cultural context of the patient. By fostering better communication, nurses can establish trust and rapport with patients, which is crucial for effective care delivery. Cultural competence can lead to increased patient satisfaction, better adherence to treatment plans, and ultimately improved health outcomes. It enables nurses to recognize and address cultural barriers that may affect a patient's understanding of their health conditions or willingness to engage in care. In essence, the practice of culturally competent nursing not only enriches patient interactions but also ensures that healthcare is more effective and equitable across various populations.

SAMPLE

5. When administering furosemide (Lasix) 15 mg IV stat, how many milliliters should the nurse dispense given a concentration of 20 mg/2 ml?

A. 3 ml

B. 1 ml

C. 1.5 ml

D. 2.5 ml

To determine how many milliliters of furosemide to administer, it is essential to understand the provided concentration and the required dosage. The concentration of furosemide is 20 mg per 2 ml. To find out how many milliliters are needed for a 15 mg dose, one can set up a proportion based on the concentration. Given that 20 mg is present in 2 ml, we can first calculate how much volume corresponds to 15 mg by using a simple ratio. 1. Calculate how many milligrams are in 1 ml: - 20 mg / 2 ml = 10 mg/ml. 2. Now, to find how many milliliters are needed for 15 mg: - Since 1 ml contains 10 mg, we can divide the required dose by the concentration per ml: - 15 mg / 10 mg/ml = 1.5 ml. Thus, administering 1.5 ml will ensure the patient receives the correct dose of 15 mg of furosemide. This calculation reflects the appropriate methodology for dose calculation in clinical settings, emphasizing the importance of understanding and applying concentrations accurately.

6. Which technique is most efficient for a nurse to use during an admission interview to gather information on a client's primary health problem?

A. Open-ended questions

B. Closed-ended questions

C. Observation of non-verbal cues

D. Reflective listening

Using closed-ended questions during an admission interview is highly efficient for collecting specific, concise information about a client's primary health problem. These questions typically elicit a straightforward response, often in the form of "yes" or "no," or a specific piece of information. This approach allows the nurse to quickly ascertain important details about symptoms, duration, and intensity of issues the client may be experiencing. For example, a closed-ended question such as, "Have you experienced any chest pain in the last week?" prompts a clear and direct answer, which is especially valuable in a clinical setting where time may be limited and the nurse needs to assess the situation swiftly. In contrast, while open-ended questions encourage more expansive responses, they can lead to lengthy discussions that might not address the primary health concern directly or efficiently enough during an initial interview. Observing non-verbal cues and practicing reflective listening are useful techniques for building rapport and understanding emotional contexts, but they may not be as effective in rapidly identifying the specific health problems when immediate data gathering is critical.

SAMPLE

7. In a health assessment, which option is considered a primary source of information?

A. A close family member

B. The attending physician

C. The client

D. A nurse's notes

In a health assessment, the client is regarded as the primary source of information because they possess the most direct and relevant knowledge about their own health status, experiences, symptoms, and concerns. Their personal insights are invaluable for creating a comprehensive understanding of their health and for guiding appropriate care plans and interventions. The client's self-reported data can provide context that other sources, such as family members or medical professionals, may not fully capture. While other sources like family members, attending physicians, or a nurse's notes can provide additional information and perspectives, they do not replace the firsthand account that the client offers. The client's input is essential for accurate assessment, diagnosis, and treatment planning, making them the most credible source in this context.

8. What condition is most likely to arise from constant contact with bed linens in immobile clients?

A. Dehydration

B. Pressure ulcers

C. Urinary tract infections

D. Pneumonia

The condition most likely to arise from constant contact with bed linens in immobile clients is pressure ulcers. When a patient remains immobile for an extended period, the continual pressure exerted on specific areas of the skin leads to reduced blood flow, which can cause tissue ischemia and subsequent necrosis. This is particularly concerning over bony prominences, where thin skin has less cushioning. Bed linens may also contribute to moisture accumulation, friction, and shear forces against the skin, all of which can further increase the risk of skin breakdown and the development of pressure ulcers. Therefore, it's critical for healthcare providers to implement regular repositioning schedules, use pressure-relieving devices, and maintain skin hygiene to mitigate this risk in immobile patients. The other conditions mentioned, such as dehydration, urinary tract infections, and pneumonia, while relevant concerns in immobile clients, are not directly resulting from constant contact with bed linens in the same manner as pressure ulcers. Dehydration might arise from inadequate fluid intake, urinary tract infections can occur from catheter use or poor hygiene, and pneumonia is often related to aspiration or immobility affecting respiratory function.

SAMPLE

9. What is the nurse's priority intervention when a client in the clinic expresses the desire to start a new exercise program?

A. Encourage gradual increase in activity.

B. Discuss the importance of weight training.

C. Recommend group exercise classes.

D. Assess the client's current level of fitness.

The priority intervention of assessing the client's current level of fitness is crucial because it provides a baseline understanding of the client's physical condition, abilities, and limitations. By gathering this information, the nurse can tailor recommendations that are suitable and safe for the individual, taking into account any underlying health issues, mobility restrictions, or specific fitness goals. This assessment also aids in creating a personalized exercise plan that promotes safety and effectiveness, helping the client to engage in an exercise program that matches their capabilities. Additionally, this step aligns with the nursing process of assessment, ensuring that the client's unique circumstances are considered before suggesting specific exercises or classes. Understanding the client's current fitness level can lead to more informed discussions about the types of exercises that would be most beneficial, helping to prevent injury and enhance motivation.

10. Which approach is effective for managing a patient's pain?

A. Assessing pain only if the patient complains

B. Using the same pain regimen for all patients

C. Assessing pain regularly and adjusting interventions

D. Pretending the patient is not in pain to reduce anxiety

Regularly assessing pain and adjusting interventions is essential for effectively managing a patient's pain. This approach acknowledges that pain is subjective and can vary significantly from patient to patient. By routinely evaluating the patient's pain level, the healthcare provider can tailor the pain management plan to meet the individual's specific needs, which may include altering medications, dosages, or incorporating additional therapies. Such proactive management fosters open communication between the patient and healthcare provider, ensuring that any changes in the patient's pain experience are promptly addressed. This not only helps in achieving optimal pain control but also enhances patient satisfaction and overall outcomes. The dynamic and continuous assessment recognizes that pain management often requires adjustments throughout a patient's treatment, taking into account their unique experiences and responses to therapy.

SAMPLE

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://evolve-hesi.examzify.com

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

SAMPLE