HESI BASIC CARE AND COMFORT PRACTICE EXAM (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. What assessment finding would a nurse expect in a client with chronic myelogenous leukemia and splenomegaly?

A. Right lower quadrant tenderness

B. O Edema in the legs

C. Left upper quadrant tenderness

D. Abdominal distension

2. Which condition is characterized by high nitrogen levels in the blood due to kidney dysfunction?

A. Azotemia

B. Hematuria

C. Oliguria

D. Hypervolemia

3. What condition is characterized by a combination of low caloric intake and decreased bone mineral density?

A. Female athlete triad

B. Osteoporosis

C. Chronic fatigue syndrome

D. Hashimoto's thyroiditis

4. Which medication is known to suppress the immune system to prevent kidney rejection?

A. Ibuprofen

B. Cyclosporine

C. Amoxicillin

D. Paracetamol

5. What indicates that vitamin B6 is effective for a client on isoniazid (INH)?

A. Improved muscle strength

B. Absence of paresthesias

C. Increased appetite

D. Reduced fatigue

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6. What is a commonly used scale for assessing a patient's pain?

A. The visual analog scale

B. The numeric pain scale (0-10)

C. The Wong-Baker Faces scale

D. The McGill Pain Questionnaire

7. How can warmth be used therapeutically in patient care?

A. Apply heat packs to relieve muscle tension and enhance comfort

B. Use ice packs to reduce discomfort

C. Encourage patients to stay in cold environments

D. Avoid using warmth in any situation

8. Which type of medication is indicated for management of cardiogenic shock?

A. Antihypertensives

B. Sympathomimetics

C. Diuretics

D. Antibiotics

9. What should a nurse be aware of when caring for culturally diverse patients?

A. Generalizing health beliefs across all cultures

B. Specific cultural beliefs regarding health and comfort measures

C. Assuming all patients share the same preferences

D. Focusing only on American health practices

10. Which symptom is least likely to be associated with dehydration?

A. Tenting skin turgor

B. Polyuria

C. Dry mucous membranes

D. Increased heart rate

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Answers

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

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Explanations

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1. What assessment finding would a nurse expect in a client with chronic myelogenous leukemia and splenomegaly?

A. Right lower quadrant tenderness

B. O Edema in the legs

C. Left upper quadrant tenderness

D. Abdominal distension

In a client with chronic myelogenous leukemia (CML) accompanied by splenomegaly, the presence of left upper quadrant tenderness is expected due to the location of the spleen. The spleen is situated in the left upper quadrant of the abdomen, and when it is enlarged—such as in cases of splenomegaly—it can exert pressure on surrounding structures and cause discomfort or tenderness in that area. Splenomegaly may result from the accumulation of abnormal blood cells or other pathological conditions associated with leukemia, leading to the spleen being larger than normal. The left upper quadrant tenderness results from this enlargement pressing against the abdominal cavity and surrounding organs, which can elicit pain during palpation. In contrast, the other assessment findings listed do not directly correlate with splenomegaly related to CML. For instance, right lower quadrant tenderness is more indicative of conditions affecting the appendix or bowel in the right section of the abdomen, while edema in the legs might suggest alternate causes such as heart failure or venous insufficiency. Similarly, abdominal distension could arise from various gastrointestinal or systemic issues, rather than being a specific indicator of splenomegaly in leukemia. Therefore, left upper quadrant tenderness is the most

2. Which condition is characterized by high nitrogen levels in the blood due to kidney dysfunction?

A. Azotemia

B. Hematuria

C. Oliguria

D. Hypervolemia

The correct answer, azotemia, refers to the accumulation of nitrogenous waste products in the blood, primarily urea and creatinine, due to impaired kidney function. This condition is indicative of the kidneys' inability to effectively filter and excrete these waste substances, which can occur in various forms of kidney injury or disease. Azotemia can be acute or chronic, and its presence can signal a need for further evaluation and intervention to address the underlying renal dysfunction. In contrast, hematuria refers to the presence of blood in the urine and does not directly indicate kidney dysfunction. Oliguria describes a condition in which a person produces an abnormally low volume of urine, which can be a consequence of several factors, including kidney dysfunction but is not specific to the nitrogen levels in the blood. Hypervolemia indicates an excess of blood volume or fluid overload in the body, which may or may not be related to kidney issues but does not specifically relate to nitrogen levels. Understanding these distinctions can help clarify why azotemia is the term associated with high nitrogen levels due to kidney dysfunction.

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3. What condition is characterized by a combination of low caloric intake and decreased bone mineral density?

A. Female athlete triad

B. Osteoporosis

C. Chronic fatigue syndrome

D. Hashimoto's thyroiditis

The condition characterized by a combination of low caloric intake and decreased bone mineral density is the female athlete triad. This syndrome typically occurs in physically active women, particularly athletes, who do not consume enough calories to meet their energy demands. The triad consists of three interrelated components: low energy availability, menstrual dysfunction (such as amenorrhea), and decreased bone mineral density or osteoporosis. In the context of the female athlete triad, the inadequate caloric intake leads to a negative energy balance, which can disrupt normal hormonal functions related to menstruation and significantly impair bone health. The decreased bone mineral density is particularly concerning as it increases the risk of fractures and long-term bone health issues. Osteoporosis is a condition characterized by weakened bones and is not limited to low caloric intake as a specific cause, but rather involves a range of factors including genetics, hormonal changes, and lifestyle choices. Chronic fatigue syndrome is primarily characterized by persistent fatigue and is not directly linked to caloric intake or bone density. Hashimoto's thyroiditis is an autoimmune condition affecting the thyroid and does not directly relate to caloric intake or bone density issues in the same way that the female athlete triad does.

4. Which medication is known to suppress the immune system to prevent kidney rejection?

A. Ibuprofen

B. Cyclosporine

C. Amoxicillin

D. Paracetamol

Cyclosporine is a medication specifically designed to suppress the immune system to prevent organ rejection, particularly in kidney transplant recipients. This immunosuppressive drug works by inhibiting the activity of T-lymphocytes, which are crucial for the immune response that can lead to rejection of transplanted organs. By dampening this immune response, cyclosporine helps ensure that the body does not recognize the transplanted kidney as foreign, thereby significantly decreasing the risk of rejection. In contrast, the other medications listed serve different purposes. Ibuprofen is an anti-inflammatory drug used primarily for pain relief and to reduce inflammation, but it does not have immunosuppressive properties. Amoxicillin is an antibiotic used to treat bacterial infections and also does not play a role in immune suppression. Paracetamol, also known as acetaminophen, is primarily used for pain relief and fever reduction and has no significant effect on the immune system. Therefore, cyclosporine stands out as the appropriate choice for its specific use in preventing kidney rejection through immune suppression.

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5. What indicates that vitamin B6 is effective for a client on isoniazid (INH)?

A. Improved muscle strength

B. Absence of paresthesias

C. Increased appetite

D. Reduced fatigue

Vitamin B6, also known as pyridoxine, is often administered to clients taking isoniazid (INH) because isoniazid can interfere with the metabolism of vitamin B6 and lead to deficiency. One of the primary neurological side effects of vitamin B6 deficiency is the development of peripheral neuropathy, which can manifest as paresthesias, typically described as tingling, numbness, or a 'pins and needles' sensation, particularly in the extremities. The absence of paresthesias is a clear indication that vitamin B6 supplementation is effective in counteracting the neurotoxic effects of isoniazid. If a client receiving INH reports no signs of these symptoms, it suggests that their vitamin B6 levels are adequate, and they are not experiencing the side effects that can occur due to INH treatment without proper supplementation. Improvements in muscle strength, increased appetite, or reduced fatigue may not be directly linked to vitamin B6's specific role in preventing nerve damage related to isoniazid, making them less reliable indicators of the effectiveness of vitamin B6 in this context.

6. What is a commonly used scale for assessing a patient's pain?

A. The visual analog scale

B. The numeric pain scale (0-10)

C. The Wong-Baker Faces scale

D. The McGill Pain Questionnaire

The numeric pain scale (0-10) is widely utilized due to its simplicity and effectiveness in conveying the intensity of pain a patient is experiencing. This scale allows patients to rate their pain from 0 (no pain) to 10 (worst possible pain), providing an easily understandable measure that can be quickly communicated and documented. Its straightforward nature makes it accessible for patients of varying ages and cognitive abilities, ensuring that it can be utilized in diverse clinical settings. This method is particularly beneficial in acute care environments where rapid assessment is crucial, enabling healthcare providers to make timely decisions regarding pain management. Patients can use this scale to express their pain levels concisely, facilitating effective communication between the patient and the healthcare team. While alternative scales, such as the visual analog scale and Wong-Baker Faces scale, offer valuable options, the numeric pain scale's direct numerical assessment often resonates well with adult patients, making it a commonly preferred choice in clinical practice for pain assessment. The McGill Pain Questionnaire, while comprehensive and insightful regarding the nature of pain, tends to be more complex and time-consuming, making it less commonly used for quick assessments.

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7. How can warmth be used therapeutically in patient care?

A. Apply heat packs to relieve muscle tension and enhance comfort

B. Use ice packs to reduce discomfort

C. Encourage patients to stay in cold environments

D. Avoid using warmth in any situation

Warmth can be used therapeutically in patient care primarily through its ability to relieve muscle tension and enhance comfort. Applying heat packs can help to increase blood flow to the affected area, which promotes relaxation of muscles, alleviates stiffness, and reduces pain. This therapeutic use of warmth is particularly beneficial for conditions such as muscle strains, chronic pain, and menstrual cramps. Using heat can also help in improving flexibility in muscles and joints, making it easier for individuals to move without discomfort. Furthermore, the soothing effect of warmth can provide psychological comfort, which can contribute to a patient's overall sense of well-being. Thus, the application of heat packs is a recognized and effective method in patient care to enhance comfort and facilitate healing. Other choices, although they relate to patient care, do not align with the therapeutic use of warmth. Cold applications and avoidance of warmth may be suitable in certain circumstances but are not relevant to using warmth therapeutically.

8. Which type of medication is indicated for management of cardiogenic shock?

A. Antihypertensives

B. Sympathomimetics

C. Diuretics

D. Antibiotics

In the management of cardiogenic shock, the use of sympathomimetics is crucial due to their ability to stimulate the sympathetic nervous system, which enhances cardiac output. These medications work by increasing heart rate and the force of contraction, thereby improving blood flow to vital organs in a state where the heart is unable to pump effectively. This supportive action helps to compensate for the impaired myocardial function associated with cardiogenic shock. Sympathomimetics such as dopamine and norepinephrine can help stabilize blood pressure and improve perfusion, making them well-suited for this critical condition. Their use can directly address the underlying problem in cardiogenic shock, which is inadequate cardiac output leading to poor perfusion and oxygen delivery to body tissues. In contrast, antihypertensives are designed to lower blood pressure and could exacerbate hypotension in a patient experiencing cardiogenic shock. Diuretics primarily remove excess fluid to relieve congestive heart failure symptoms but do not directly address the impaired cardiac output during shock. Antibiotics are used to treat infections and are not relevant to the management of cardiogenic shock unless there is a concurrent infection that needs to be addressed. Thus, sympathomimetics are the appropriate choice for managing cardiogenic shock due to their actions that support heart

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9. What should a nurse be aware of when caring for culturally diverse patients?

A. Generalizing health beliefs across all cultures

B. Specific cultural beliefs regarding health and comfort measures

C. Assuming all patients share the same preferences

D. Focusing only on American health practices

When caring for culturally diverse patients, it is essential for a nurse to recognize and understand the specific cultural beliefs regarding health and comfort measures. Each culture has its own unique values, beliefs, and practices that influence how individuals perceive health, illness, and care. By being aware of these specific cultural beliefs, the nurse can provide culturally competent care that respects the patient's preferences and needs, leading to improved patient satisfaction and outcomes. Understanding specific cultural beliefs allows the nurse to tailor interventions and educate patients in a manner that is relevant and acceptable to them. This tailored approach fosters trust and can enhance communication between the nurse and patient, making it easier to comply with treatment plans and recommendations. Culturally sensitive care acknowledges and integrates the patient's cultural background into the care process, significantly contributing to holistic care and promoting overall well-being. The other options do not align with the principles of culturally competent care. Generalizing health beliefs ignores the individuality of patients and can lead to misunderstandings. Assuming all patients share the same preferences overlooks the diversity within and among cultures, and focusing solely on American health practices disregards the valuable insights and practices that can come from various cultural perspectives. Recognizing and addressing the specific beliefs of each culture enriches the care provided and improves patient experiences

10. Which symptom is least likely to be associated with dehydration?

A. Tenting skin turgor

B. Polyuria

C. Dry mucous membranes

D. Increased heart rate

Polyuria, which is the excessive production of urine, is least likely to be associated with dehydration because, in cases of dehydration, the body typically tries to conserve water. Dehydration usually leads to a decrease in urine output as the kidneys retain water to maintain adequate fluid levels in the body. In contrast, the other symptoms like tenting skin turgor indicate a loss of skin elasticity due to reduced fluid levels, dry mucous membranes reflect the lack of moisture present in the body, and an increased heart rate occurs as the body compensates for low blood volume that can result from dehydration. Each of these symptoms highlights the body's response to insufficient hydration, making polyuria an outlier in this context.

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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://hesibasiccareandcomfort.examzify.com

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

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