HESI ENTRANCE 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 is the medical term for inflammation of the adenoids?

A. Adenitis
B. Adenoiditis
C. Tonsillitis
D. Sinusitis

2. What is the term for the surgical removal of a breast?

A. Lumpectomy
B. Mastectomy
C. Adenectomy
D. Oophorectomy

3. What does the term "sarcoma" refer to?

A. A benign tumor
B. A cancerous tumor of connective tissue
C. A viral infection
D. A bacterial infection

4. When is immediate medical evaluation necessary for a contusion?

A. When swelling occurs
B. When there is severe pain
C. When skin breaks occur
D. All of the above

5. Which term describes something related to internal organs?

A. Visceral
B. Parietal
C. Peritoneal
D. Somatic

6. What term describes the study of the kidneys?

A. Nephrology
B. Urology
C. Biomechanics
D. Hematology

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7. Which type of healthcare involves specialists, such as cardiologists or dermatologists?

A. Primary health care

B. Secondary health care

C. Tertiary health care

D. Emergency health care

8. What is the term for the movement of nutrients from the digestive tube into the bloodstream?

A. Digestion

B. Absorption

C. Metabolism

D. Assimilation

9. What is the process called for the visual examination of the urinary bladder?

A. Cystography

B. Urethroscopy

C. Cystoscopy

D. Cystometry

10. What does "flushed" refer to in a medical context?

A. Pale appearance

B. Reddish or rubby appearance

C. Healthy coloration

D. Bruised areas

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Answers

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

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Explanations

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1. What is the medical term for inflammation of the adenoids?

A. Adenitis

B. Adenoiditis

C. Tonsillitis

D. Sinusitis

Adenoiditis is the correct medical term for inflammation of the adenoids, which are small masses of lymphatic tissue located at the back of the nasal cavity. When these tissues become inflamed, it can lead to symptoms such as nasal congestion, difficulty breathing through the nose, and ear infections due to their anatomical proximity and their role in immune function. This term specifically references the adenoids, distinguishing it from other inflammatory conditions. Adenitis generally refers to inflammation of glands, which can be more general and does not specifically indicate the adenoids. Tonsillitis is the inflammation of the tonsils, another set of lymphatic tissues, while sinusitis refers to inflammation of the sinuses. Each of these conditions involves different anatomical sites and potential causes, which clarifies why adenoiditis is the precise term used for inflammation of the adenoids.

2. What is the term for the surgical removal of a breast?

A. Lumpectomy

B. Mastectomy

C. Adenectomy

D. Oophorectomy

The term for the surgical removal of a breast is mastectomy. This procedure may be performed for various reasons, including breast cancer treatment, reducing the risk of cancer, or other medical conditions affecting the breast. Mastectomy involves the removal of one or both breasts and can vary in extent, from removing only the breast tissue to more extensive surgeries that may include nearby lymph nodes. Lumpectomy refers to the removal of a tumor and a small margin of surrounding tissue, rather than the entire breast. Adenectomy typically refers to the removal of a gland or glandular tissue and is not specific to breast tissue. Oophorectomy is the surgical removal of one or both ovaries, which is unrelated to breast surgery. Understanding these terms provides clarity in the context of surgical procedures and their specific purposes.

3. What does the term "sarcoma" refer to?

A. A benign tumor

B. A cancerous tumor of connective tissue

C. A viral infection

D. A bacterial infection

The term "sarcoma" specifically refers to a type of cancerous tumor that originates in connective tissues, which include bone, cartilage, fat, muscle, and blood vessels. This classification of cancer is distinguished from other tumor types, such as carcinomas, which arise from epithelial cells. Sarcomas are less common than carcinomas and are characterized by their aggressive nature and potential to metastasize, or spread to other parts of the body. Understanding that sarcomas are cancerous and involve connective tissue is crucial for grasping the broader context of tumor biology and oncology. The other options presented relate to different medical concepts. A benign tumor is non-cancerous and does not spread, while viral and bacterial infections pertain to infectious diseases, not tumor classifications. Knowing the specific definition of sarcoma helps clarify its significance in the study of cancers and how it differs from other types of growths or conditions.

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4. When is immediate medical evaluation necessary for a contusion?

A. When swelling occurs

B. When there is severe pain

C. When skin breaks occur

D. All of the above

Immediate medical evaluation for a contusion is vital when any significant signs or symptoms arise, indicating potential complications or severity of the injury. Swelling is a natural response to injury, but when it is excessive or accompanied by other symptoms, it may suggest underlying issues such as hemorrhaging or muscle damage that need further assessment. Severe pain is another critical indicator; it may signal that the contusion is more serious than a typical bruise, possibly indicating damage to deeper tissues like muscles, nerves, or blood vessels, all of which warrant medical attention. When the skin breaks occur, it raises the risk of infection and suggests that the injury might not be limited to a simple contusion but could involve other types of trauma requiring prompt evaluation. Given that each of these signs can indicate a level of severity that necessitates medical intervention, it makes sense that immediate evaluation is needed in any of these cases. Hence, recognizing the combination of these indicators reinforces the necessity for assessment and potential treatment.

5. Which term describes something related to internal organs?

A. Visceral

B. Parietal

C. Peritoneal

D. Somatic

The term "visceral" refers specifically to anything related to the internal organs of the body, particularly those within the chest or abdomen. This includes organs such as the heart, lungs, liver, and intestines. In medical terminology, "visceral" is often used to describe pain or sensations that originate from these internal structures, as opposed to sensations that come from the skin, muscles, or joints. The other terms distinguish various anatomical or physiological concepts that do not pertain specifically to internal organs. For instance, "parietal" typically refers to the walls of a body cavity rather than the contents within, while "peritoneal" is specifically associated with the peritoneum, the membrane lining the abdominal cavity, rather than a broader reference to internal organs. "Somatic" pertains to the body, especially in relation to the skeletal muscles and skin, and is generally used to describe structures or functions under voluntary control.

6. What term describes the study of the kidneys?

A. Nephrology

B. Urology

C. Biomechanics

D. Hematology

The correct answer is nephrology, which specifically focuses on the study, diagnosis, and treatment of kidney-related disorders and diseases. This field encompasses various aspects of kidney function, pathology, and the management of conditions such as chronic kidney disease, glomerulonephritis, and renal failure. Urology, while related to the urinary system and the male reproductive organs, includes a broader range of topics beyond just kidney function, such as bladder and prostate health. Biomechanics pertains to the study of the mechanical aspects of living organisms, particularly in movement and structure, and is not related to any specific organ system like the kidneys. Hematology is the branch of medicine that deals with the study of blood, blood-forming organs, and blood diseases, which again does not encompass the kidneys. Understanding nephrology is essential for anyone pursuing a career in healthcare, particularly for those focusing on areas involving renal function and related medical treatments.

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7. Which type of healthcare involves specialists, such as cardiologists or dermatologists?

A. Primary health care

B. Secondary health care

C. Tertiary health care

D. Emergency health care

The correct answer is secondary health care, which involves specialized medical services provided by healthcare professionals with advanced training in specific areas, such as cardiology or dermatology. This type of care comes into play when a patient requires referral from a primary healthcare provider to a specialist for more detailed diagnosis, treatment, or management of specific health conditions. In secondary health care, the focus is on providing specialized knowledge and treatment that goes beyond the general practice found in primary health care. This may include access to specialized tests, advanced medical technologies, and tailored therapeutic interventions that are necessary for managing complex health issues. Primary health care typically addresses general health needs and acts as the first point of contact for individuals seeking medical attention. Emergency health care involves immediate and urgent treatment, while tertiary health care refers to highly specialized medical care often provided in advanced settings, such as hospitals, focusing on complex procedures or treatments usually referred by secondary care providers. Therefore, secondary health care distinctly embodies the involvement of specialists who are trained to handle specific medical domains.

8. What is the term for the movement of nutrients from the digestive tube into the bloodstream?

A. Digestion

B. Absorption

C. Metabolism

D. Assimilation

The correct term for the movement of nutrients from the digestive tube into the bloodstream is absorption. Absorption is a crucial process that occurs primarily in the small intestine, where digested food is taken up by the intestinal cells and transferred into the bloodstream. This allows the nutrients, such as vitamins, minerals, carbohydrates, proteins, and fats, to be delivered to the body's tissues and used for energy, growth, and repair. Digestion refers to the mechanical and chemical breakdown of food into smaller components that can be absorbed. It is an essential step that precedes absorption, but it does not involve the transport of nutrients into the bloodstream. Metabolism is the process by which the body transforms the nutrients obtained into energy and builds or repairs tissues, but it occurs after absorption has taken place. Assimilation involves the incorporation of absorbed nutrients into the body's cells, making use of them for physiological functions, but it is not the process of moving nutrients from the digestive tract into circulation. Thus, absorption is the precise term for the transition from the digestive tube to the bloodstream.

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9. What is the process called for the visual examination of the urinary bladder?

A. Cystography

B. Urethroscopy

C. Cystoscopy

D. Cystometry

The visual examination of the urinary bladder is known as cystoscopy. This procedure involves the use of a cystoscope, which is a thin, flexible tube equipped with a light and camera to allow healthcare providers to view the interior of the bladder and the urethra. It can help diagnose conditions such as infections, bladder stones, tumors, and other abnormalities within the urinary tract. In contrast, cystography refers to imaging studies, often using contrast materials to visualize the bladder through X-rays or other imaging techniques, rather than directly examining it. Urethroscopy is the inspection of the urethra, thus focusing on a different part of the urinary system. Cystometry measures the pressure and volume of the bladder during filling and voiding, which is a functional assessment rather than a visual examination. Therefore, cystoscopy is specifically designed for the direct visual assessment of the bladder, making it the correct choice in this context.

10. What does "flushed" refer to in a medical context?

A. Pale appearance

B. Reddish or rubby appearance

C. Healthy coloration

D. Bruised areas

In a medical context, "flushed" refers to a reddish or ruby appearance of the skin, often indicating an increase in blood flow due to various reasons such as exercise, embarrassment, or a reaction to substances like alcohol or medications. This change in coloration occurs because blood vessels dilate, allowing more blood to reach the surface of the skin. The presence of a flushed appearance can be a vital sign or symptom that healthcare professionals consider during assessments, as it can indicate underlying physiological changes or reactions within the body. For example, in situations involving fever, inflammation, or allergic reactions, a flushed appearance may be observed as part of the body's response. Recognizing a flushed state can help healthcare providers diagnose and manage various conditions effectively.

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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:

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

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