HESI NEXT GENERATION 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. Which health condition is identified with both asthma and lung cancer as associated with urban industrial workforce expansion?

A. Asthma

B. Lung Cancer

C. Both Asthma and Lung Cancer

D. None

2. At the time of the first dressing change, the client refuses to look at her mastectomy incision. The nurse tells the client that the incision is healing well, but the client refuses to talk about it. What would be an appropriate response to this client's silence?

A. It is normal to feel angry and depressed, but the sooner you deal with this surgery, the better you will feel.

B. Looking at your incision can be frightening, but facing this fear is a necessary part of your recovery.

C. It is OK if you don't want to talk about your surgery. I will be available when you are ready.

D. I will ask a woman who has had a mastectomy to come by and share her experiences with you.

3. Lillian Wald was a significant person in the history of American nursing. Which contribution is most closely associated with her work?

A. Development of public health nursing practices

B. First nursing service for occupational health

C. Established committee that was the forerunner of the NLN

D. Instituted a sliding scale fee for service

4. Which data source is most appropriate to understand long-term population growth and aging for planning health services?

A. Client satisfaction surveys

B. Budgeting process information

C. Census data

D. Changes in the community's demographic data

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5. In the sentence 'The pharmacist dispensed an _____ for the patient's pain.'

A. Analgesic

B. Antibiotic

C. Vitamin

D. Electrolyte

6. Which sentence is the most concise and clear?

A. The patient was unresponsive; the nurse started CPR immediately.

B. The patient was unresponsive, so CPR was started by the nurse.

C. The patient was unresponsive; CPR began by the nurse.

D. The patient was unresponsive. The nurse started CPR immediately.

7. Which organ system is primarily responsible for transporting nutrients, gases, and wastes through the body?

A. Digestive

B. Circulatory

C. Nervous

D. Endocrine

8. In a neutralization reaction, the common products are:

A. An acid and a base form a salt and water.

B. An acid and water form a salt.

C. A base and water form salt.

D. A salt and gas.

9. Which snack food is best for a client with myasthenia gravis who is at risk for altered nutritional status?

A. Chocolate pudding

B. Graham crackers

C. Sugar free gelatin

D. Apple slices

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10. A patient with a demand pacemaker has telemetry showing a pacing spike with no corresponding QRS complex, and the myocardium elicits a QRS after a delay of several seconds. What interpretation should the nurse conclude?

A. Oversensing

B. Failure to pace

C. Failure to sense

D. Loss of capture

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Answers

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

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Explanations

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1. Which health condition is identified with both asthma and lung cancer as associated with urban industrial workforce expansion?

A. Asthma

B. Lung Cancer

C. Both Asthma and Lung Cancer

D. None

Urban industrial workforce expansion exposes people to a mix of pollutants and occupational hazards that can drive both airway inflammation and cancer. Substances like particulate matter, chemical irritants, and diesel exhaust irritate the airways, promoting chronic inflammation and hyperresponsiveness that underlie asthma. At the same time, many of these exposures are carcinogenic or cause DNA damage in lung tissue, increasing the risk of lung cancer. Because the same environment can contribute to both conditions, the best answer reflects their shared association. Asthma alone wouldn't capture the cancer risk, and lung cancer alone wouldn't reflect the inflammatory airway disease aspect.

2. At the time of the first dressing change, the client refuses to look at her mastectomy incision. The nurse tells the client that the incision is healing well, but the client refuses to talk about it. What would be an appropriate response to this client's silence?

A. It is normal to feel angry and depressed, but the sooner you deal with this surgery, the better you will feel.

B. Looking at your incision can be frightening, but facing this fear is a necessary part of your recovery.

C. It is OK if you don't want to talk about your surgery. I will be available when you are ready.

D. I will ask a woman who has had a mastectomy to come by and share her experiences with you.

Respecting a patient's readiness to discuss a traumatic event and offering ongoing, nonintrusive support is central to therapeutic communication. In this scenario, saying it's OK not to talk about the surgery and that you'll be available when she's ready shows you respect her pace, avoids pressuring her, and keeps the channel for conversation open. This approach builds trust, validates her feelings, and provides a safe space for her to choose when she's ready to share or explore her fears. Other approaches push for discussion or involve someone else immediately, which can feel confrontational or intrusive and may cause the patient to withdraw further. By offering support without forcing conversation, you support her coping process and autonomy while still conveying that you're there to help when she's ready.

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3. Lillian Wald was a significant person in the history of American nursing. Which contribution is most closely associated with her work?

A. Development of public health nursing practices

B. First nursing service for occupational health

C. Established committee that was the forerunner of the NLN

D. Instituted a sliding scale fee for service

Public health nursing practices. Lillian Wald helped launch nursing as a force for community health by creating the Henry Street Settlement in New York City and organizing visiting nurse services to care for underserved populations, especially immigrants and the poor. Her approach combined home visits, preventive care, health education, and connections to social services, showing how nursing could address living conditions and social factors that drive illness. This built the foundation for public health nursing as a distinct field and set a model for organized, community-based nursing care. The other options don't fit as closely: occupational health nursing as a first service, a committee leading to the NLN, or sliding-scale fees aren't the defining elements of Wald's legacy.

4. Which data source is most appropriate to understand long-term population growth and aging for planning health services?

A. Client satisfaction surveys

B. Budgeting process information

C. Census data

D. Changes in the community's demographic data

Understanding how the population will look in the future, especially its size and aging, is essential for planning health services. Census data best serves this need because it provides a complete count of the population with detailed age and sex breakdowns across geographic areas, giving a solid baseline for projecting demand for services. Its standardized design and comprehensive coverage allow planners to track trends over time and across locations, which is crucial for forecasting where facilities, staff, and resources will be needed. While other sources might offer insights into current satisfaction, budgeting, or changes in demographics, they don't provide the broad, comparable view of the entire population and its age structure that census data delivers. Keep in mind that census data is collected periodically, so planners often use intercensal estimates to fill gaps, but the census remains the most appropriate starting point for understanding long-term population growth and aging.

5. In the sentence 'The pharmacist dispensed an _____ for the patient's pain.'

A. Analgesic

B. Antibiotic

C. Vitamin

D. Electrolyte

Relief of pain is achieved with analgesics, drugs designed to reduce or eliminate pain. In this sentence, dispensing an analgesic for the patient's pain makes sense because the context is about treating pain, not infection or nutritional needs. The word starts with a vowel sound, so the correct indefinite article is "an analgesic." An antibiotic targets infections, a vitamin provides nutrients, and an electrolyte helps with mineral balance; none of these directly address pain, so they wouldn't fit the sentence as well.

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6. Which sentence is the most concise and clear?

A. The patient was unresponsive; the nurse started CPR immediately.

B. The patient was unresponsive, so CPR was started by the nurse.

C. The patient was unresponsive; CPR began by the nurse.

D. The patient was unresponsive. The nurse started CPR immediately.

Conciseness and clarity in clinical writing come from using active voice, direct structure, and tight punctuation. The sentence that states the patient is unresponsive and then says the nurse started CPR immediately does this best: it clearly assigns the action to the nurse and places immediacy right after the action, all in one compact line. The semicolon links two closely related ideas without extra filler, preserving the urgent flow. In other options, the action is described in passive voice or split into two sentences, which adds words and weakens immediacy.

7. Which organ system is primarily responsible for transporting nutrients, gases, and wastes through the body?

A. Digestive

B. Circulatory

C. Nervous

D. Endocrine

The circulatory system is responsible for moving nutrients, gases, and wastes throughout the body. The heart pumps blood through a vast network of vessels, delivering nutrients absorbed from the digestive tract to every cell. It also carries oxygen from the lungs to tissues and returns carbon dioxide and other waste products to organs like the lungs, liver, and kidneys for elimination. Other systems provide the substances to be transported—nutrients come from digestion, and gases are exchanged in the lungs—but the actual distribution network that carries them everywhere is the circulatory system.

8. In a neutralization reaction, the common products are:

A. An acid and a base form a salt and water.

B. An acid and water form a salt.

C. A base and water form salt.

D. A salt and gas.

In a neutralization reaction, acids react with bases to form salt and water. In aqueous solutions, the acid donates a proton (H+), while the base provides hydroxide (OH−) or accepts the proton. The H+ and OH− combine to produce water (H2O), and the remaining ions—the cation from the base and the anion from the acid—pair to form a salt. A classic example is hydrochloric acid reacting with sodium hydroxide: HCl + NaOH NaCl + H2O. This shows why the common products are a salt and water. The other options don't reflect this proton-transfer process: an acid reacting with water or a base reacting with water doesn't produce the characteristic salt plus water in a single neutralization step, and producing a gas would require a different type of reaction altogether.

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9. Which snack food is best for a client with myasthenia gravis who is at risk for altered nutritional status?

A. Chocolate pudding

B. Graham crackers

C. Sugar free gelatin

D. Apple slices

When someone has myasthenia gravis, swallowing and chewing can be weakened, so the best snack is smooth, easy to swallow, and able to provide calories and protein to prevent nutritional decline. Chocolate pudding fits perfectly: its soft, creamy texture goes down with minimal effort, reducing fatigue of the swallowing muscles. If made with milk, it also adds protein and additional calories, helping maintain weight and nutritional status. The other options are less ideal because they require more chewing or are lower in calories and protein: dry graham crackers are hard to chew, sugar-free gelatin may be very low in energy and protein, and apple slices are fibrous and challenging to swallow, increasing choking risk.

10. A patient with a demand pacemaker has telemetry showing a pacing spike with no corresponding QRS complex, and the myocardium elicits a QRS after a delay of several seconds. What interpretation should the nurse conclude?

A. Oversensing

B. Failure to pace

C. Failure to sense

D. Loss of capture

The main idea here is that a pacing spike occurring without a following QRS means the heart did not respond to the electrical stimulus. In a demand pacemaker, a captured beat should produce a depolarization that shows up as a QRS complex right after the spike. When the spike is present but no QRS follows, the impulse failed to depolarize the myocardium—this is called loss of capture. The later appearance of a QRS suggests the heart fired on its own after a longer interval, not in response to the pacemaker's spike. This situation is distinct from oversensing (where the device withholds pacing because it senses tissue or artifacts and you'd see pacing present or absent inconsistently), failure to pace (no pacing spike at all), or failure to sense (spikes may occur at inappropriate times relative to intrinsic beats). Here, the actionable point is that capture isn't occurring, so you'd look at pacing thresholds, lead integrity, or adjust the output to restore capture.

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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://hesinextgen.examzify.com

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

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