HESI REGISTERED NURSE EXIT 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. **After extubation, which nursing measure will provide the most comfort to a client with a nasogastric tube?**

   A. Allow the client to melt ice chips in the mouth

   B. Provide mints to freshen the breath

   C. Perform frequent oral care with a tooth sponge

   D. Swab the mouth with glycerin swabs

2. **In Chinese folk medicine, what is illness attributed to?**

   A. Yang, the positive force

   B. Yin, the negative force

   C. Use of improper hot foods and herbs

   D. Failure to keep life in balance with nature

3. **What diagnosis is most appropriate for a COPD client who now has difficulty walking to the mailbox?**

   A. Activity intolerance caused by fatigue related to chronic tissue hypoxia

   B. Impaired mobility related to chronic obstructive pulmonary disease

   C. Self-care deficit caused by fatigue related to dyspnea

   D. Ineffective airway clearance related to increased bronchial secretions

4. **What is the primary risk for children with cystic fibrosis in the long term?**

   A. Digestive complications

   B. Chronic lung infections

   C. Skin problems

   D. Heart issues

5. **In caring for a 35-year-old client with sickle cell crisis, what should the nurse do when the client requests something for pain?**

   A. Administer a placebo

   B. Encourage increased fluid intake

   C. Administer the prescribed analgesia

   D. Recommend relaxation exercises for pain control

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6. What is an essential component of a discharge plan for patients with chronic illnesses?

A. Detailed medication regime

B. Emphasis on dietary restrictions

C. A follow-up appointment schedule

D. A list of emergency contacts

7. What vocalization would a nurse expect from an 8-month-old infant?

A. Cooing

B. Imitation of sounds

C. Throaty sounds

D. Laughter

8. Which statement by a client undergoing a myelogram indicates a contraindication for the test?

A. I can't lie in one position for more than thirty minutes.

B. I am allergic to shrimp.

C. I suffer from claustrophobia.

D. I developed a severe headache after a spinal tap.

9. What should a nurse do before referring a child for suspected Attention Deficit Hyperactivity Disorder?

A. Consult with the teacher

B. Compile a history of behavior patterns

C. Compare child's behavior with symptoms

D. Observe the child's behavior

10. What is a significant indication that a client may be experiencing a crisis?

A. A significant loss of control

B. Lack of support from family

C. Disinterest in personal care

D. Failure to meet work responsibilities

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Answers

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

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Explanations

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1. After extubation, which nursing measure will provide the most comfort to a client with a nasogastric tube?

A. Allow the client to melt ice chips in the mouth

B. Provide mints to freshen the breath

C. Perform frequent oral care with a tooth sponge

D. Swab the mouth with glycerin swabs

Performing frequent oral care with a tooth sponge will provide the most comfort to a client with a nasogastric tube after extubation. After extubation, patients often experience dry mouth and discomfort due to the presence of the nasogastric tube, which can contribute to oral dryness and irritation. Regular oral care using a tooth sponge helps maintain oral hygiene, stimulates saliva production, and provides a soothing effect, which can significantly enhance the patient's comfort level. Oral care is crucial for preventing complications such as mucositis and promoting overall patient well-being. Other options may contribute to comfort but do not address the primary need for effective oral hygiene and moisture as thoroughly as frequent oral care does. Melting ice chips may provide temporary relief but does not replace essential oral hygiene, while mints can help freshen breath but do not deal with the discomfort caused by dryness. Glycerin swabs may provide some moisture; however, they can also contribute to dryness if overused. Thus, the comprehensive and supportive approach of frequent oral care is the most beneficial nursing measure in this scenario.

2. In Chinese folk medicine, what is illness attributed to?

A. Yang, the positive force

B. Yin, the negative force

C. Use of improper hot foods and herbs

D. Failure to keep life in balance with nature

In Chinese folk medicine, illness is often attributed to an imbalance between yin and yang, which are fundamental concepts representing opposing forces in the body and universe. Yin is associated with qualities such as coolness, darkness, and receptivity, while yang represents heat, light, and activity. When there is an excess or deficiency in either force, it can lead to health problems. While imbalance between yin and yang is crucial for understanding health issues, this framework is part of a broader view that includes the importance of maintaining balance with nature and lifestyle choices. For example, the consumption of foods and herbs plays a significant role in determining one's health. However, the core principle is that the body must maintain a delicate balance between these two forces to ensure well-being. This context clarifies how the concepts intertwined with yin and yang serve as a foundational explanation for various ailments, showcasing their significance in traditional Chinese medicine. Recognizing the role of these forces allows practitioners to address underlying causes of illnesses rather than merely treating symptoms.

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3. What diagnosis is most appropriate for a COPD client who now has difficulty walking to the mailbox?

A. Activity intolerance caused by fatigue related to chronic tissue hypoxia

B. Impaired mobility related to chronic obstructive pulmonary disease

C. Self-care deficit caused by fatigue related to dyspnea

D. Ineffective airway clearance related to increased bronchial secretions

The diagnosis of activity intolerance caused by fatigue related to chronic tissue hypoxia is the most appropriate because it highlights the client's decreased ability to engage in physical activities, such as walking to the mailbox, due to the systemic effects of COPD. Individuals with chronic obstructive pulmonary disease often experience chronic tissue hypoxia, which occurs when there is an insufficient oxygen supply to body tissues. This lack of adequate oxygen delivery can lead to feelings of fatigue and weakness, making even simple tasks like walking short distances more challenging. Recognizing the connection between activity intolerance and fatigue due to hypoxia is crucial for nursing care, as it guides the interventions necessary to help the client improve their activity level and overall quality of life. The focus is on managing symptoms, possibly through supplemental oxygen therapy, pulmonary rehabilitation, or energy conservation techniques. This understanding helps the healthcare provider to tailor a care plan that addresses the specific limitations the client is facing related to their COPD diagnosis.

4. What is the primary risk for children with cystic fibrosis in the long term?

A. Digestive complications

B. Chronic lung infections

C. Skin problems

D. Heart issues

The primary risk for children with cystic fibrosis in the long term is chronic lung infections. Cystic fibrosis is a genetic disorder that affects the lungs and digestive system, characterized by the production of thick, sticky mucus. This abnormal mucus can obstruct airways, leading to difficulty breathing and creating an ideal environment for bacteria to thrive. Over time, this increases the risk of lung infections, which can lead to inflammation, lung damage, and decreased lung function. Chronic lung infections are the most significant concern for individuals with cystic fibrosis, as they can severely impact overall health, quality of life, and longevity. The management of these infections often involves aggressive treatment strategies, including antibiotics, inhalation therapies, and sometimes advanced interventions such as lung transplants, which underscores the seriousness of the respiratory complications associated with this condition. While digestive complications and other issues like skin problems and heart issues can occur in cystic fibrosis patients, they are not considered the primary long-term risk when compared to the ongoing challenge of managing pulmonary health in these children.

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5. In caring for a 35-year-old client with sickle cell crisis, what should the nurse do when the client requests something for pain?

A. Administer a placebo

B. Encourage increased fluid intake

C. Administer the prescribed analgesia

D. Recommend relaxation exercises for pain control

In the management of pain associated with a sickle cell crisis, the most appropriate action is to administer the prescribed analgesia. Sickle cell crisis can cause significant pain due to the sickling of red blood cells, which leads to vaso-occlusive episodes that block blood flow and result in ischemia and pain. Addressing the patient's request for pain relief promptly and effectively is essential for managing their comfort and overall well-being. Prescribed analgesics are typically tailored to the severity of the pain and are considered a standard part of care in these situations. While other options may play a role in the overall management of a sickle cell crisis, they do not address the immediate need for pain relief as effectively as administering analgesia. Increased fluid intake can help manage the hemoconcentration that often accompanies a crisis, and relaxation exercises may promote general comfort and anxiety reduction. However, these interventions do not provide direct and immediate pain relief, which is the primary concern when the patient explicitly requests assistance with pain. Therefore, the priority should be to adhere to the prescribed analgesia regimen to ensure effective pain management.

6. What is an essential component of a discharge plan for patients with chronic illnesses?

A. Detailed medication regime

B. Emphasis on dietary restrictions

C. A follow-up appointment schedule

D. A list of emergency contacts

An essential component of a discharge plan for patients with chronic illnesses is a follow-up appointment schedule. Ensuring that patients have follow-up appointments is crucial for managing chronic conditions. These follow-ups help monitor the patient's progress, adjust treatment plans as necessary, and address any emerging health concerns. Continuity of care is key in chronic illness management, and scheduled appointments facilitate this by ensuring that healthcare providers can regularly assess the efficacy of the treatment and provide necessary support. While elements such as a detailed medication regime, dietary restrictions, and emergency contacts are also important, they are more focused on individual aspects of treatment rather than the broader strategy of ongoing patient care. A follow-up schedule specifically underscores the importance of consistent healthcare interactions, which are vital for patients dealing with chronic conditions where ongoing management is necessary.

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7. What vocalization would a nurse expect from an 8-month-old infant?

A. Cooing

B. Imitation of sounds

C. Throaty sounds

D. Laughter

At 8 months of age, infants are typically developing their vocalization skills quite significantly. During this stage, they often begin to imitate sounds they hear in their environment. This imitative behavior is a key part of their speech and language development, as they start to experiment with various sounds and understand the dynamics of communication. While cooing and throaty sounds are indeed common earlier in infancy, by 8 months, the infant is expected to engage more actively with their auditory experiences, practicing sounds and beginning to replicate speech patterns. Although laughter is also a possibility, especially as infants become more interactive, the most characteristic vocalization at this age would be an imitation of sounds, reflecting their growing cognitive and social engagement.

8. Which statement by a client undergoing a myelogram indicates a contraindication for the test?

A. I can't lie in one position for more than thirty minutes.

B. I am allergic to shrimp.

C. I suffer from claustrophobia.

D. I developed a severe headache after a spinal tap.

The statement indicating a contraindication for a myelogram is the one about the client being allergic to shrimp. This is pertinent because the contrast dye used in a myelogram can be iodine-based, and patients with a shellfish allergy often have a higher risk of having a reaction to iodine as well. It's essential for healthcare providers to identify any allergies, especially to shellfish, as this can lead to serious allergic reactions when contrast agents are administered. In evaluating the other statements, while they may present potential challenges or concerns in the context of the procedure, they do not outright contraindicate the myelogram. For example, the statement regarding difficulty lying still may complicate the procedure, but it does not necessarily prevent it from being performed with proper strategies in place. Claustrophobia can lead to anxiety during imaging procedures but can often be managed with premedication or sedation. A severe headache after a spinal tap can indicate complications, yet it does not automatically disqualify a person from having a myelogram; instead, medical evaluation would be necessary to assess risk before proceeding.

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9. What should a nurse do before referring a child for suspected Attention Deficit Hyperactivity Disorder?

A. Consult with the teacher

B. Compile a history of behavior patterns

C. Compare child's behavior with symptoms

D. Observe the child's behavior

Before referring a child for suspected Attention Deficit Hyperactivity Disorder (ADHD), it is crucial for the nurse to compile a comprehensive history of behavior patterns. This history should encompass various aspects of the child's behavior across different settings, including home and school environments. A thorough understanding of the child's behavior over time allows the nurse to identify consistent issues related to attention, hyperactivity, and impulsivity, which are key indicators of ADHD. Gathering this historical context not only aids in determining the severity and frequency of symptoms but also helps to rule out other potential causes of the observed behaviors. This step ensures that any referral made for further evaluation is based on a solid foundation of evidence, supporting a more informed assessment by mental health professionals. It lays the groundwork necessary for accurately diagnosing ADHD and facilitates the development of an appropriate intervention strategy tailored to the child's specific needs.

10. What is a significant indication that a client may be experiencing a crisis?

A. A significant loss of control

B. Lack of support from family

C. Disinterest in personal care

D. Failure to meet work responsibilities

A significant loss of control is a critical indication that a client may be experiencing a crisis. When an individual feels that they can no longer manage the events or stressors in their life, it often leads to overwhelming emotions and an inability to cope effectively. This loss of control can manifest in various ways, including heightened anxiety, aggressive behavior, or withdrawal from social situations, making it essential to recognize as a sign that intervention may be needed. While factors such as lack of support from family, disinterest in personal care, and failure to meet work responsibilities can also signal distress or difficulties in coping, they do not inherently indicate an imminent crisis as clearly as a significant loss of control does. These factors may stem from or contribute to a loss of control, but it is the acute sensation of being overwhelmed and powerless that truly characterizes a crisis situation. Addressing this loss of control promptly can be crucial to helping the client regain stability and find effective coping mechanisms.

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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://hesi-registerednurseexit.examzify.com

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

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