HOSA CLINICAL NURSING ASSESSMENT PRACTICE TEST (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 abilities are present in a neonate by 8 to 9 months of age?

A. Tracks an object through 180 degrees

B. Pokes at holes in a peg board

C. Begins visual motor coordination

D. Crawls and uncovers a toy when hidden

2. What happens to energy needs as a person ages?

A. They increase

B. They stay the same

C. They become erratic

D. They lessen

3. What symptom is often associated with orbital cellulitis?

A. Rash on the torso

B. Swelling around the eye

C. Dry cough

D. Ear pain

4. Which clinical sign is typically monitored in patients with orbital cellulitis?

A. Heart rate

B. Visual acuity

C. Liver function

D. Blood pressure

5. What does the trough level of a medication indicate?

A. Highest drug concentration

B. Lowest drug concentration

C. Average drug concentration

D. Peak drug concentration

6. What type of procedure is performed to relieve symptoms or improve function without correcting the basic problem?

A. Curative

B. Palliative

C. Diagnostic

D. Exploratory

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7. At what age do infants typically begin to stack blocks and place pegs in holes?

A. 9-11 months

B. 12-14 months

C. 15-18 months

D. 19-24 months

8. Which of the following aims specifically at the prevention and treatment of conditions in older adults?

A. Holistic health

B. Geriatrics

C. Rehabilitation

D. Internal medicine

9. What type of surgical procedure is performed with the intention to relieve symptoms rather than cure a condition?

A. Curative

B. Palliative

C. Cosmetic

D. Diagnostic

10. What is the term for the involuntary turning inward of the eyes that is common in neonates?

A. Strabismus

B. Estropia

C. Exotropia

D. Hyperopia

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Answers

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

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Explanations

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1. What abilities are present in a neonate by 8 to 9 months of age?

A. Tracks an object through 180 degrees

B. Pokes at holes in a peg board

C. Begins visual motor coordination

D. Crawls and uncovers a toy when hidden

At 8 to 9 months of age, neonates typically demonstrate significant motor development and cognitive skills. Crawling is a key milestone that indicates not only physical growth but also the ability to explore their environment more independently. This period also includes the ability to uncover a toy when it is hidden, which reflects cognitive skills such as object permanence—the understanding that objects continue to exist even when they cannot be seen. This is an important developmental milestone, as it shows the child's growing awareness of their surroundings and their understanding of basic concepts about the world around them. While tracking an object, poking at holes, and visual motor coordination are important developmental skills, they are either emerging earlier or still developing later, making them less characteristic of what is typically seen at this age compared to the ability to crawl and search for hidden toys. Thus, the correct capability that supports the developmental stage of a neonate at 8 to 9 months is effectively represented by the ability to crawl and uncover hidden toys.

2. What happens to energy needs as a person ages?

A. They increase

B. They stay the same

C. They become erratic

D. They lessen

As a person ages, energy needs typically lessen. This decrease is primarily due to several physiological changes associated with aging. One of the main factors is the reduction in basal metabolic rate (BMR), which occurs as muscle mass decreases and fat mass potentially increases. Muscle tissue burns more calories at rest compared to fat tissue; therefore, a decrease in muscle mass means the body requires fewer calories to maintain basic bodily functions. Additionally, older adults may become less physically active, further contributing to a reduced calorie requirement. Lifestyle changes, such as decreased physical activity and changes in appetite, can lead to lower energy consumption. Therefore, the combination of metabolic decline and reduced physical activity generally results in a decreased energy need as individuals age. Understanding this trend is important for effective dietary planning and ensuring that nutritional needs are met without excess calorie intake, which can lead to health issues such as obesity.

3. What symptom is often associated with orbital cellulitis?

A. Rash on the torso

B. Swelling around the eye

C. Dry cough

D. Ear pain

Swelling around the eye is a hallmark symptom of orbital cellulitis. This condition is characterized by an infection of the tissues surrounding the eye, which can lead to inflammation and noticeable puffiness in the eyelids and periorbital area. Patients suffering from orbital cellulitis often present with pronounced erythema (redness) and edema (swelling), which can cause the eye to protrude slightly, a condition known as proptosis. Understanding this symptom is critical for distinguishing orbital cellulitis from other conditions, such as conjunctivitis or allergic reactions, which may have different presentations and implications for treatment. The other options, while they may occur in different medical scenarios, do not specifically correlate with the classic presentation of orbital cellulitis. Recognizing the swelling around the eye as a primary symptom is essential for timely diagnosis and intervention to prevent complications.

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4. Which clinical sign is typically monitored in patients with orbital cellulitis?

A. Heart rate

B. Visual acuity

C. Liver function

D. Blood pressure

In patients with orbital cellulitis, visual acuity is a critical clinical sign to monitor due to the potential complications associated with this infection. Orbital cellulitis, which involves inflammation and infection of the tissues surrounding the eye, can lead to severe consequences including vision loss or impairment. Monitoring visual acuity helps healthcare professionals assess the severity of the condition and determine if there is any pressure on the optic nerve or other ocular structures being compromised by the infection or associated swelling. Changes in visual acuity can provide essential information about the progression of the disease, guiding treatment decisions such as the need for surgical intervention or more aggressive medical therapy. This attention to visual function is vital in preventing long-term consequences stemming from the infection. While heart rate, liver function, and blood pressure are important parameters to monitor in various clinical situations, they do not directly reflect the specific risks associated with orbital cellulitis in the same way that visual acuity does.

5. What does the trough level of a medication indicate?

A. Highest drug concentration

B. Lowest drug concentration

C. Average drug concentration

D. Peak drug concentration

The trough level of a medication is the measurement of the lowest concentration of the drug in the bloodstream before the next dose is administered. This value is critical because it can help determine if the medication is at a therapeutic level, ensuring that it is effective but not toxic. Monitoring the trough level is especially important for medications with narrow therapeutic indexes, as it helps to avoid both subtherapeutic effects and potential toxicity. Understanding the other aspects related to drug concentration is also essential. For example, the peak level refers to the highest concentration of the drug in the bloodstream after administration, while the average level provides a general idea of how much drug is typically present over time. The trough measurement is specifically focused on ensuring that drug levels do not fall too low before the next dose, emphasizing its importance in medication management.

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6. What type of procedure is performed to relieve symptoms or improve function without correcting the basic problem?

A. Curative

B. Palliative

C. Diagnostic

D. Exploratory

The focus of a palliative procedure is to alleviate suffering and improve the quality of life for patients, rather than to cure the underlying disease. These procedures may include pain management techniques, symptom relief measures, or interventions that help patients perform daily activities more comfortably. For example, a palliative procedure might involve the insertion of a catheter to manage urinary obstruction or chemotherapy aimed at reducing tumor size to relieve pain, even if it does not eliminate the cancer itself. Curative procedures aim to remove or entirely treat the underlying cause of a condition, which is fundamentally different from the intent of palliative methods. Diagnostic procedures are carried out to obtain information about a patient's condition, while exploratory procedures involve investigating the body for unknown issues, neither focusing on symptom relief or functional improvement. Thus, the emphasis in the correct choice on enhancing quality of life without addressing the root cause aligns perfectly with the definition of palliative care.

7. At what age do infants typically begin to stack blocks and place pegs in holes?

A. 9-11 months

B. 12-14 months

C. 15-18 months

D. 19-24 months

Infants typically begin to stack blocks and place pegs in holes around the age of 12 to 14 months. This developmental milestone signifies that they are gaining better control over their fine motor skills. By this age, infants are often able to grasp objects with their fingers and demonstrate improved hand-eye coordination, which are essential for activities such as stacking blocks and manipulating pegs. During this period of development, children are also exploring their environment and learning about spatial relationships through play. They may experiment with balance and gravity as they stack objects, which helps enhance their cognitive skills as they begin to understand cause and effect. The ability to engage in these activities marks an important step in their developmental journey, progressing from random grasping and reaching to purposeful manipulation of objects. Understanding this milestone allows caregivers and educators to foster appropriate play-based learning activities that support continued motor and cognitive development.

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8. Which of the following aims specifically at the prevention and treatment of conditions in older adults?

A. Holistic health

B. Geriatrics

C. Rehabilitation

D. Internal medicine

The correct answer focuses on geriatrics, a specialized branch of medicine that deals specifically with the health and care of older adults. This field is dedicated to addressing the unique medical needs and challenges faced by the aging population. Geriatrics encompasses not only the prevention and treatment of age-related conditions but also emphasizes improving quality of life and promoting functional independence among older patients. In this context, while holistic health takes a comprehensive approach to patient care, which includes addressing physical, emotional, and social factors, it is not solely targeted at older adults. Rehabilitation focuses on restoring function and independence following illness or injury, which may benefit individuals of any age, but does not exclusively cater to older adults. Internal medicine, while it can include care for older patients, broadly addresses all adult diseases rather than concentrating on the aging population's specific needs. Thus, geriatrics is the most appropriate choice for the prevention and treatment aimed specifically at conditions in older adults.

9. What type of surgical procedure is performed with the intention to relieve symptoms rather than cure a condition?

A. Curative

B. Palliative

C. Cosmetic

D. Diagnostic

A surgical procedure aimed at relieving symptoms rather than curing a condition is referred to as palliative surgery. This type of surgery is specifically designed to improve the quality of life for patients who may be suffering from symptoms associated with advanced stages of illness. Palliative procedures can help manage pain, alleviate pressure from tumors, or address other complications that arise from a medical condition, but they do not aim to resolve the underlying disease process. Curative procedures, on the other hand, are intended to completely eliminate a disease or condition. Cosmetic surgery focuses on improving appearance rather than addressing health problems, and diagnostic surgeries are performed to obtain more information about a condition, not to relieve symptoms. The primary focus of palliative surgery is on symptom management and enhancing the comfort of the patient, which distinguishes it from the other types of surgical procedures.

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10. What is the term for the involuntary turning inward of the eyes that is common in neonates?

A. Strabismus

B. Estropia

C. Exotropia

D. Hyperopia

The term for the involuntary turning inward of the eyes, particularly in neonates, is known as esotropia. This condition is a type of strabismus, where one or both eyes turn inward towards the nose. In infants and young children, it is common for some degree of misalignment of the eyes to occur as their visual system develops. Esotropia signifies that the eyes are not properly aligned when a person looks at an object, and this misalignment can sometimes resolve as the child grows and their visual system matures. In the context of the other terms, strabismus is the broader term that encompasses all types of eye misalignment, including both esotropia (inward turning) and exotropia (outward turning). Hyperopia, or farsightedness, refers to a refractive error where distant objects can be seen more clearly than close ones, and it is not directly related to the alignment of the eyes. Therefore, esotropia is the most accurate term to describe the specific condition of the inward turning of the eyes in neonates.

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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://hosaclinicalnursing.examzify.com

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

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