HOSA CLINICAL NURSING ASSESSMENT PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR THE FULL VERSION STUDY GUIDE

https://hosaclinicalnursing.examzify.com

Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

Table of Contents

Copyright 1
Table of Contents 2
Introduction 3
How to Use This Guide 4
Questions 5
Answers 8
Explanations 10
Next Steps 16

SAMPLE

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.

SAMPLE

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!

SAMPLE

Questions

SAMPLE

1. What dietary deficiency puts vegetarians at risk for megaloblastic anemia?

A. Iron

B. Vitamin B12

C. Vitamin D

D. Folate

2. During which months is a neonate likely to demonstrate a social smile and reach for objects 12 inches away?

A. 2-3 months

B. 4-5 months

C. 6-7 months

D. 8-9 months

3. In which month can a neonate typically follow an object within 60 degrees horizontally and 30 degrees vertically?

A. 1 month

B. 2 months

C. 3 months

D. 4 months

4. What is the primary goal of rehabilitation in health care?

A. To improve physical appearance

B. To restore health and prevent further disability

C. To provide emergency care

D. To ensure compliance with medical directives

5. If you give only part of a premeasured dose of a controlled substance, what type of nurse must witness the disposal of the unused portion?

A. First

B. Second

C. Third

D. Registered

SAMPLE

6. Why is it important to know the exact therapeutic effect of a medication?

A. To properly evaluate side effects

B. To teach patients about the medication's intended effect

C. To determine the color of the medication

D. To understand the medication's cost

7. What is a rare complication of sinusitis that can affect the eyes?

A. Periorbital cellulitis

B. Chalazion

C. Conjunctivitis

D. Retinal detachment

8. Patients, especially older adults and those with chronic diseases, are at risk for what if their organs that metabolize medications do not function properly?

A. Medication efficacy

B. Medication toxicity

C. Medication absorption

D. Medication distribution

9. Which nurses are required to sign their names on the form for medication disposal?

A. Only one

B. Both

C. Only the administering nurse

D. Only the witnessing nurse

10. Which team is responsible for managing a surgical procedure?

A. Anesthesia

B. Surgical

C. Patient care

D. Rehabilitation

SAMPLE

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. What dietary deficiency puts vegetarians at risk for megaloblastic anemia?

A. Iron

B. Vitamin B12

C. Vitamin D

D. Folate

Megaloblastic anemia is primarily caused by deficiencies in certain vitamins that are crucial for red blood cell formation and proper cellular function. One of the key nutrients that vegetarians may lack due to their dietary choices is vitamin B12. This vitamin is predominantly found in animal products, and individuals following a vegetarian diet may not consume adequate amounts, leading to insufficient levels in the body. Vitamin B12 plays a vital role in the production of healthy red blood cells. A deficiency can result in the production of large, immature, and dysfunctional red blood cells, characteristic of megaloblastic anemia. The body needs vitamin B12 to synthesize DNA during the formation of red blood cells, and without it, the development process is disrupted. Although iron, vitamin D, and folate are important for overall health and can also impact blood health, they are less directly associated with megaloblastic anemia specifically in the context of a vitamin B12 deficiency. Iron deficiencies typically lead to different types of anemia, while folate deficiencies can contribute to similar conditions but do not exclusively stem from vegetarian diets like vitamin B12 does. Therefore, the risk of megaloblastic anemia in vegetarians primarily hinges on their intake of vitamin B12.

2. During which months is a neonate likely to demonstrate a social smile and reach for objects 12 inches away?

A. 2-3 months

B. 4-5 months

C. 6-7 months

D. 8-9 months

A neonate typically begins to show a social smile around the age of 2 to 3 months, which indicates the development of emotional and social engagement with caregivers. Additionally, by this same age, they start to make more voluntary movements, including reaching for objects, although their ability to accurately reach is still developing. By 4 to 5 months, an infant's visual acuity and motor skills advance significantly. At this stage, they not only consistently display a social smile but also begin to reach for objects that are 12 inches away with improved coordination. This period marks a critical time of cognitive and physical development, as infants become more aware of their surroundings and engage more with the people and objects around them. In contrast, by 6 to 7 months, most infants have further refined their motor skills, often sitting independently, and displaying more complex interactions. At this age, they can reach for and grasp objects well beyond the initial distance and begin exploring their world through a combination of reaching and crawling. Further developmental milestones such as sitting up and possibly starting to crawl are typically observed between 8 to 9 months. While infants may still smile socially, the focus shifts towards more intense exploration and mobility rather than just reaching for objects at a

SAMPLE

3. In which month can a neonate typically follow an object within 60 degrees horizontally and 30 degrees vertically?

A. 1 month

B. 2 months

C. 3 months

D. 4 months

Visual tracking of moving objects develops as the eye muscles and brain pathways mature. By about two months, most babies begin to smoothly follow a slow-moving object within a limited field—roughly 60 degrees horizontally and 30 degrees vertically. This reflects growing oculomotor control and coordinated eye movement, allowing sustained fixation and pursuit rather than simple reflexive glances. Earlier than this, tracking is more limited and often relies on head movement, while later months see tracking extend to wider angles and faster speeds. So the ability described aligns with the typical development seen around two months.

4. What is the primary goal of rehabilitation in health care?

A. To improve physical appearance

B. To restore health and prevent further disability

C. To provide emergency care

D. To ensure compliance with medical directives

The primary goal of rehabilitation in health care is to restore health and prevent further disability. This process focuses on helping individuals regain their functional abilities and achieve the highest level of independence possible after illness or injury. Rehabilitation involves a comprehensive approach that may include physical therapy, occupational therapy, speech therapy, and counseling to address both physical and emotional needs. While improving physical appearance might be a secondary benefit in some rehabilitation settings, it is not the central aim. Emergency care focuses on immediate health threats but does not encompass the holistic recovery goals that rehabilitation aims to achieve. Ensuring compliance with medical directives is essential in health care but does not specifically target recovery or restoration of function, which are the cornerstones of rehabilitation. Therefore, the goal of rehabilitation extends beyond compliance to encompass full recovery and enhancement of the quality of life for patients.

5. If you give only part of a premeasured dose of a controlled substance, what type of nurse must witness the disposal of the unused portion?

A. First

B. Second

C. Third

D. Registered

In the context of controlled substances, the disposal of any unused portion of a premeasured dose must be witnessed by another qualified nurse to ensure accountability, security, and compliance with legal standards regarding the handling of these substances. A second nurse is required to observe the disposal process, confirming that proper procedures are being followed. This practice helps prevent diversion, misuse, and ensures that accurate records are maintained, reflecting the handling of the medication. The involvement of a second nurse is particularly significant because it adds a layer of verification and trust in the handling of substances that are strictly regulated due to their potential for abuse. This protocol is established to safeguard patient safety and maintain ethical practices within healthcare settings.

SAMPLE

6. Why is it important to know the exact therapeutic effect of a medication?

A. To properly evaluate side effects

B. To teach patients about the medication's intended effect

C. To determine the color of the medication

D. To understand the medication's cost

Knowing the exact therapeutic effect of a medication is crucial for several reasons, particularly in enabling healthcare professionals to effectively educate patients about the intended outcomes of their treatment. When patients understand what a medication is specifically meant to do, they can better adhere to their prescribed regimen, recognize when the medication is working, and identify any issues that might arise if they do not experience the expected effects. This knowledge also empowers patients to engage more actively in their healthcare, asking questions or discussing concerns with their healthcare providers. Understanding the therapeutic effect enhances communication between healthcare providers and patients, fostering a more collaborative and trusting relationship. It is fundamental for safe medication administration as well, as it allows healthcare professionals to monitor for both efficacy and safety by comparing the patient's response to the expected outcomes. In contrast, while evaluating side effects, identifying the medication's color, or considering its cost are important aspects of medication management and patient care, they do not directly address the primary goal of ensuring patients understand the purpose and effects of their medications. This understanding ultimately enhances patient compliance and outcomes in their treatment journey.

7. What is a rare complication of sinusitis that can affect the eyes?

A. Periorbital cellulitis

B. Chalazion

C. Conjunctivitis

D. Retinal detachment

Periorbital cellulitis is a rare but serious complication of sinusitis that can affect the eyes. This condition occurs when the infection spreads from the sinuses to the soft tissues surrounding the eyes, leading to swelling, redness, and pain. The anatomical proximity of the sinuses to the orbit makes it feasible for infections to extend beyond the nasal passages and into the surrounding areas, including the eyelids and the fatty tissues around the eye. Early recognition and treatment of periorbital cellulitis is crucial, as it can progress to more severe conditions, such as orbital cellulitis, which can threaten vision and require more aggressive management. Treating sinusitis effectively can help prevent this complication, highlighting the importance of understanding the potential risks associated with sinus infections. While chalazion and conjunctivitis relate to eyelid and eye irritation, respectively, they are not complications of sinusitis. Retinal detachment is a serious condition that affects the retina but is not directly linked to sinusitis and thus does not fit in the context of sinus-related complications.

SAMPLE

8. Patients, especially older adults and those with chronic diseases, are at risk for what if their organs that metabolize medications do not function properly?

A. Medication efficacy

B. Medication toxicity

C. Medication absorption

D. Medication distribution

When organs that metabolize medications, such as the liver and kidneys, do not function properly, there is a significant risk of medication toxicity. This occurs because impaired organ function can lead to the accumulation of medications in the body. When drugs are not metabolized appropriately, their concentrations can rise to toxic levels, causing adverse effects and potentially harming the patient. In older adults and individuals with chronic diseases, these risks are magnified due to age-related changes in organ function and the possibility of polypharmacy, where multiple medications are used concurrently. This can complicate the situation further, as interactions or accumulation can increase the chance of adverse reactions. Therefore, close monitoring of medication dosages, effects, and patient response is essential in these populations to avoid toxicity. The other options—medication efficacy, absorption, and distribution—are affected differently and may not be directly related to the improper function of metabolizing organs in the same way that toxicity is. Efficacy refers to the effectiveness of a medication in achieving its intended goals, while absorption and distribution deal more with how a drug enters the bloodstream and is spread throughout the body, rather than its breakdown and elimination, which are crucial in understanding toxicity risk.

9. Which nurses are required to sign their names on the form for medication disposal?

A. Only one

B. Both

C. Only the administering nurse

D. Only the witnessing nurse

The requirement for both nurses to sign the medication disposal form is essential for ensuring accountability and traceability within medication management practices. This procedure typically necessitates two nurses to confirm that the medication has been properly disposed of, which reduces the risk of medication errors, fraud, or diversion. By having both nurses sign the form, it establishes a clear record that attests to the proper handling of the medication, reinforcing due diligence on both parts. This practice not only upholds safety standards but also aligns with regulatory requirements that aim to ensure medications are accounted for at each step of the process. The dual-signature approach serves as a safeguard, contributing to a culture of safety within healthcare settings. In this context, the involvement of two nurses helps maintain trust and integrity within the medication management system, distinguishing it from scenarios where only one person's signature might leave room for ambiguity or liability.

SAMPLE

10. Which team is responsible for managing a surgical procedure?

A. Anesthesia

B. Surgical

C. Patient care

D. Rehabilitation

The surgical team is primarily responsible for managing a surgical procedure. This team typically consists of a surgeon, surgical assistants, and nurses who work together during the operation to ensure that everything runs smoothly and safely. The surgeon leads the procedure, making critical decisions and performing the necessary actions to address the patient's condition. Surgical nurses play a vital role by managing instruments, maintaining sterile fields, and assisting the surgeon as required. Anesthesia teams, while crucial to the surgical process, focus on administering anesthesia and monitoring the patient's vital signs throughout the procedure. Their role is specialized and supports the surgical team, but they do not manage the entire surgical procedure. Patient care teams deal with the overall management of the patient's health and recovery but are not involved in the technical aspects of surgery. Rehabilitation teams work on recovery after surgery, focusing on physical therapy and rehabilitation needs, which is separate from the function of managing the surgical procedure itself.

SAMPLE

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!

SAMPLE