# KAPLAN EXIT PRACTICE EXAM (SAMPLE)

## STUDY GUIDE



## SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

**VISIT US ONLINE FOR THE FULL VERSION STUDY GUIDE**

https://kaplanexit.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 ..... 15


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. Which symptom might suggest severe anxiety related to PTSD?**

A. Loss of interest

B. Heightened excitement

C. Increased sleep

D. Decreased heart rate

**2. What is a potential sign of skin cancer?**

A. Asymmetric with coloring

B. Uniform color

C. Flat and round moles

D. Rapidly growing hair

**3. What is the main purpose of critical thinking in nursing?**

A. To promote safe and effective decision-making in patient care

B. To increase the workload of nurses

C. To enhance the physical examination process

D. To prioritize task delegation among staff

**4. What should be avoided when administering TPN to a patient?**

A. Mixing with other IV fluids

B. Crushing sublingual tablets

C. Using a disconnected line for administration

D. Administering TPN rapidly

**5. When caring for a patient with a pinkish maculopapular rash, what precaution should be taken?**

A. Keep the patient isolated from other patients

B. Keep them away from pregnant people

C. Administer antihistamines to relieve itching

D. Apply topical corticosteroid ointment

**6. Which snack is appropriate for toddlers?**

A. Graham crackers

B. Whole grapes

C. Nuts

D. Hard candy

SAMPLE

**7. What is a key principle of a kosher diet?**

A. Meats and dairy can be eaten together

B. Vegetables must be washed with salt

C. Meats and dairy are not eaten in the same meal

D. Only baked foods are allowed

**8. What is the correct ergonomic movement for proper posture?**

A. Tighten the stomach muscle and tuck in the pelvis

B. Lean forward while sitting

C. Slouch when standing

D. Stretch the back muscles

**9. Name an important assessment for a patient with heart failure.**

A. Regular blood glucose checks

B. Monitoring for signs of fluid overload

C. Assessing cardiovascular risk factors

D. Evaluating sleep patterns

**10. What is the main reason for a healthcare provider to receive reports about a patient's sleep problems?**

A. To prescribe sleep medication

B. To assess overall health and support appropriate interventions

C. To inform insurance of complications

D. To validate the nurse's responsibility

SAMPLE

# Answers

SAMPLE

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

SAMPLE

# Explanations

SAMPLE

## 1. Which symptom might suggest severe anxiety related to PTSD?

A. Loss of interest

B. Heightened excitement

C. Increased sleep

D. Decreased heart rate

*The symptom of loss of interest can be a significant indicator of severe anxiety related to post-traumatic stress disorder (PTSD). Individuals experiencing PTSD often face a range of emotional disturbances, including a profound sense of apathy or disconnection from activities or interests that once provided joy or fulfillment. This condition, also known as anhedonia, can be directly linked to the overwhelming nature of anxiety and stress that comes from trauma. In cases of severe anxiety, the body's responses can lead to withdrawal from social situations and hobbies, further exacerbating feelings of isolation and distress. Recognizing loss of interest helps mental health professionals understand that a person may be coping with not just typical anxiety but the deeper emotional scars associated with past trauma. The other symptoms mentioned, such as heightened excitement, increased sleep, and decreased heart rate, do not typically align with severe anxiety linked to PTSD. Instead, they may indicate different psychological states or responses that are not characteristic of this condition.*

## 2. What is a potential sign of skin cancer?

A. Asymmetric with coloring

B. Uniform color

C. Flat and round moles

D. Rapidly growing hair

*A potential sign of skin cancer is the presence of asymmetric moles with irregular coloring. Skin cancer, particularly melanoma, often presents with moles or growths that do not have uniform shapes or colors. The asymmetry indicates that one half of the mole does not match the other half, which is a common indicator of malignancy. Additionally, variations in color—such as different shades of brown, black, or even patches of pink, red, white, or blue—can suggest changes in a mole that warrant further examination. In contrast, uniform color typically indicates benign moles that are not associated with skin cancer. Flat and round moles are generally considered normal and do not raise concerns as signs of cancer. Rapidly growing hair is not a factor associated with skin cancer diagnosis or assessment. Understanding these characteristics is crucial for early detection and intervention in cases of skin cancer.*

## 3. What is the main purpose of critical thinking in nursing?

A. To promote safe and effective decision-making in patient care

B. To increase the workload of nurses

C. To enhance the physical examination process

D. To prioritize task delegation among staff

*The main purpose of critical thinking in nursing is to promote safe and effective decision-making in patient care. Critical thinking enables nurses to evaluate and analyze information critically, apply clinical judgment, and make informed decisions regarding patient treatment. This process involves gathering data, recognizing patterns, and considering the implications of various care options. By utilizing critical thinking skills, nurses can assess patient needs accurately, anticipate potential complications, and devise appropriate interventions, ultimately leading to improved patient outcomes and safety. While increasing workload or enhancing specific procedural tasks may be considerations in nursing, they do not encapsulate the foundational purpose of critical thinking. Moreover, prioritizing task delegation is important but is a component that arises from effective critical thinking rather than its primary objective. Thus, the emphasis remains on ensuring that decision-making processes in patient care are well-informed and rooted in evidence-based practice.*

SAMPLE

## 4. What should be avoided when administering TPN to a patient?

A. Mixing with other IV fluids

B. Crushing sublingual tablets

C. Using a disconnected line for administration

D. Administering TPN rapidly

*When administering Total Parenteral Nutrition (TPN), it is critical to ensure the integrity and effectiveness of the nutrition being provided to the patient. TPN is a complex mixture that includes carbohydrates, proteins, fats, vitamins, and minerals, specifically formulated to meet a patient's nutritional needs when they cannot be fed orally or enterally. Crushing sublingual tablets should be avoided as it can affect the pharmacokinetics of the medication. Sublingual tablets are specifically designed to dissolve under the tongue for quick absorption directly into the bloodstream. Altering the form of these tablets by crushing them can lead to improper absorption and may not provide the intended therapeutic effect. This is important because patients receiving TPN may require specific medications that must be absorbed in their intended manner to avoid complications. In contrast, mixing TPN with other IV fluids can lead to precipitate formation and nutrient loss, and using a disconnected line can introduce risks such as air embolism or infection. Administering TPN rapidly poses a risk of fluid overload and hyperglycemia, both of which can lead to serious complications. Therefore, while all the listed scenarios have potential risks, the issue of altering the form of sublingual medications directly impacts their pharmacological effectiveness, which is why*

## 5. When caring for a patient with a pinkish maculopapular rash, what precaution should be taken?

A. Keep the patient isolated from other patients

B. Keep them away from pregnant people

C. Administer antihistamines to relieve itching

D. Apply topical corticosteroid ointment

*The correct choice emphasizes the importance of protecting vulnerable individuals, particularly pregnant people, from exposure to infections that could impact fetal development. A pinkish maculopapular rash may be indicative of various viral infections, such as rubella or other communicable diseases that can have serious consequences for pregnant women and their unborn children. Maintaining distance between the patient and pregnant individuals is crucial to prevent any potential transmission of the illness, as some rashes are symptomatic of contagious conditions. Understanding the nature of the rash and the potential implications for special populations like pregnant individuals is fundamental in a healthcare setting to ensure safety for all patients. Other options may include appropriate measures for symptom management or isolation procedures based on specific diagnoses, but they do not address the specific concern regarding vulnerability in pregnant individuals in this context.*

SAMPLE

## 6. Which snack is appropriate for toddlers?

A. Graham crackers

B. Whole grapes

C. Nuts

D. Hard candy

*Graham crackers are appropriate for toddlers because they are soft, easy to chew, and digestible, which makes them a safe snack option for young children. They also provide a simple source of carbohydrates for energy and can be enjoyed on their own or with toppings like peanut butter or yogurt. In contrast, whole grapes pose a choking hazard for toddlers due to their round shape and size; they should be cut in half or quarters to be safe. Nuts present a similar risk of choking, particularly for younger children who may not yet have the necessary chewing skills. Hard candy is also unsafe for toddlers, as it can lead to choking and does not provide nutritional benefits that are suitable for their diet. Graham crackers strike a good balance by being safe, soft, and providing a degree of nutritional value while being appropriate for a toddler's diet.*

## 7. What is a key principle of a kosher diet?

A. Meats and dairy can be eaten together

B. Vegetables must be washed with salt

C. Meats and dairy are not eaten in the same meal

D. Only baked foods are allowed

*In a kosher diet, one of the fundamental principles is that meats and dairy products should not be consumed together. This guideline is rooted in Jewish dietary laws, known as kashrut, which dictate how food should be prepared and consumed in a way that aligns with religious principles. The separation of meats and dairy is derived from the Torah, specifically the verse prohibiting boiling a kid in its mother's milk, which has been interpreted to mean that these two food groups must not be mixed. This principle is not just a matter of preference but is integral to maintaining the dietary laws that define what is considered kosher. As a result, meals are often planned and prepared with this distinction in mind, ensuring that separate utensils and cooking processes are used for meat and dairy products. This separation impacts Jewish cultural practices around eating and meal preparation, reinforcing the distinct lifestyle that adheres to kashrut. The other choices reflect misunderstandings of kosher laws. For example, meats and dairy must always be kept separate rather than being consumed together, and there are no specific requirements for washing vegetables with salt in the kosher context. Also, there are various permissible cooking methods in a kosher diet beyond just baking, making that option too restrictive.*

## 8. What is the correct ergonomic movement for proper posture?

A. Tighten the stomach muscle and tuck in the pelvis

B. Lean forward while sitting

C. Slouch when standing

D. Stretch the back muscles

*The correct ergonomic movement for proper posture involves tightening the stomach muscles and tucking in the pelvis. This action helps maintain a neutral spine position, which is crucial for supporting the body's weight evenly and reducing strain on the muscles, ligaments, and spine. By engaging the core muscles, an individual can provide better stabilization for the back, which can help prevent discomfort and injuries associated with poor posture. Maintaining this proper alignment minimizes the risk of developing musculoskeletal issues over time and can enhance overall physical comfort and function during various activities, whether sitting, standing, or moving. This approach is foundational in ergonomic training, emphasizing the importance of core strength and pelvic positioning for optimal body mechanics.*

SAMPLE

## 9. Name an important assessment for a patient with heart failure.

A. Regular blood glucose checks

B. Monitoring for signs of fluid overload

C. Assessing cardiovascular risk factors

D. Evaluating sleep patterns

*Monitoring for signs of fluid overload is a crucial assessment for patients with heart failure. This condition often leads to the body's inability to manage fluid balance effectively, resulting in excessive fluid retention. Key symptoms of fluid overload include swelling in the legs and ankles, weight gain, shortness of breath, and increased blood pressure. By closely monitoring these indicators, healthcare providers can identify potential complications early, allowing for timely interventions such as adjusting diuretics or modifying dietary sodium intake. This proactive approach is vital for managing heart failure and preventing acute exacerbations, making it an essential component of patient care in this context. While other assessments, such as evaluating cardiovascular risk factors and checking glucose levels, are important in the broader scope of a patient's health management, they do not address the immediate concerns specific to fluid balance that are critical in heart failure management. Evaluating sleep patterns can also be informative, especially considering the impact of heart failure symptoms on sleep quality, but it is not as directly related to the immediate assessments needed for managing fluid overload.*

## 10. What is the main reason for a healthcare provider to receive reports about a patient's sleep problems?

A. To prescribe sleep medication

B. To assess overall health and support appropriate interventions

C. To inform insurance of complications

D. To validate the nurse's responsibility

*The primary reason for a healthcare provider to receive reports about a patient's sleep problems is to assess overall health and support appropriate interventions. Sleep issues can provide critical insights into a patient's general well-being, affecting both physical and mental health. By understanding the nature and extent of a patient's sleep problems, a provider can identify underlying conditions, evaluate the risks associated with those problems, and design tailored treatment plans. This approach allows for a more comprehensive view of the patient's health, enabling the provider to address not only sleep issues but also other related health concerns. The other options, while they touch on relevant aspects of patient care, do not comprehensively capture the essential purpose of receiving sleep reports. Prescribing medication might be a possible outcome of the assessment, but it is not the main reason. Informing insurance about complications might be relevant but does not directly inform the quality of care or health assessment. Validating the nurse's responsibility pertains more to administrative duties rather than the direct patient care focus that assessments aim to achieve.*

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://kaplanexit.examzify.com

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

SAMPLE