KAPLAN INTEGRATED TEST D – REMEDIATION 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 can be expected from the scoring of the Kaplan Integrated Test D?

A. A strict pass/fail result

B. Feedback on specific areas of weakness

C. A scaled score indicating national benchmark comparisons

D. Identification of individual skill levels without any comparisons

2. What is the correct method for collecting a urine specimen?

A. Insert a catheter directly into the bladder

B. Apply clamp to drainage tubing then aspirate urine

C. Use a non-sterile needle to draw urine

D. Collect urine in a regular container

3. What type of diet is designed to acidify urine?

A. Vegetarian

B. Low Residue

C. Low Purine

D. Acid Ash

4. What is an example of an exercise designed to maintain muscle strength without moving body parts?

A. Jogging

B. Isometric exercises

C. Stretching exercises

D. Cardio exercises

5. What does orthopnea refer to?

A. Easier breathing while lying down

B. Difficulty breathing when sitting up

C. Difficulty breathing when lying down

D. Normal breathing regardless of position

6. What is the purpose of a thoracentesis?

A. To insert a breathing tube

B. To relieve lung compression by removing fluid

C. To perform a chest x-ray

D. To monitor heart rhythms

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7. Which dietary restriction is associated with a gluten-free diet?

A. Excludes sugars

B. Excludes dairy

C. Excludes albumin protein from specific grains

D. Excludes fats

8. What type of nursing diagnoses is considered high priority?

A. Non-life-threatening diagnoses

B. Diagnoses that could cause physical harm if left untreated

C. Diagnoses related to comfort

D. Diagnoses that need routine monitoring

9. Which of the following areas is NOT covered in the Kaplan Integrated Test D?

A. Nursing fundamentals

B. Pharmacology

C. Neuroscience

D. Maternal-child nursing

10. Which of the following best defines evidence-based nursing practice?

A. Relying solely on traditional methods

B. Using scientific research to guide clinical decision-making

C. Following patient requests irrespective of research

D. Integrating teamwork and collaboration over evidence

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Answers

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

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Explanations

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1. What can be expected from the scoring of the Kaplan Integrated Test D?

A. A strict pass/fail result

B. Feedback on specific areas of weakness

C. A scaled score indicating national benchmark comparisons

D. Identification of individual skill levels without any comparisons

A scaled score indicating national benchmark comparisons is a key feature of the Kaplan Integrated Test D. This scoring method allows test-takers to understand their performance relative to a national population. By using a scaled score, the test provides a way to compare individual results to a broader context, giving insights into how a student's abilities measure up against those of their peers. This approach is beneficial as it helps students identify not only their own skill levels but also the expected competencies across a wider group. Scaled scores can account for variations in test difficulty and ensure that a fair and uniform interpretation of results is possible, which can guide students in their educational paths and highlight areas where improvement is necessary based on national trends. Other options do not accurately reflect the capabilities of the test. For instance, a strict pass/fail result simplifies scoring too much and does not provide detailed insights into competencies. Feedback on specific areas of weakness is useful; however, it might not capture the comparative aspect that a scaled score entails. Likewise, identifying individual skill levels without comparisons lacks the context that helps students understand how they fit into the broader educational landscape.

2. What is the correct method for collecting a urine specimen?

A. Insert a catheter directly into the bladder

B. Apply clamp to drainage tubing then aspirate urine

C. Use a non-sterile needle to draw urine

D. Collect urine in a regular container

The correct method for collecting a urine specimen involves applying a clamp to the drainage tubing and then aspirating urine. This technique is particularly useful when dealing with patients who have a catheter in place, as it helps ensure that the urine sample is collected directly from the bladder, minimizing contamination from other sources. By clamping the drainage tubing, you temporarily prevent any new urine from entering the drainage bag, allowing a clean sample to be obtained from the urine that is already in the tubing. This method also maintains a sterile environment, which is crucial for accurate laboratory results, especially in cases where the patient may have infections or when sterile specimens are required. It emphasizes maintaining aseptic technique throughout the procedure to ensure the integrity of the specimen. Other methods listed are not recommended for proper urine collection due to the potential for contamination or complications. For example, inserting a catheter directly into the bladder may be invasive and could introduce bacteria if proper sterile techniques are not followed. Using a non-sterile needle to draw urine poses a risk of contamination as well, and collecting urine in a regular container might not meet the necessary sterile requirements for certain tests.

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3. What type of diet is designed to acidify urine?

A. Vegetarian

B. Low Residue

C. Low Purine

D. Acid Ash

The diet designed to acidify urine is referred to as an Acid Ash diet. This type of diet typically includes foods that are high in protein or certain minerals that lead to the production of acidic residues in the body after digestion. Such foods can include meats, fish, eggs, and certain grains, which help lower the pH of urine, making it more acidic. Acidifying the urine can be beneficial in specific medical contexts, such as managing certain types of kidney stones or urinary tract infections. Understanding the role of dietary components in altering urine pH is crucial for implementing dietary changes effectively in clinical settings. Other dietary types mentioned, such as Vegetarian, Low Residue, and Low Purine diets, do not generally focus on acidifying urine. Instead, they may emphasize reducing fiber, purine intake, or following plant-based food choices, respectively, which do not result in the desired acidification effect on urine.

4. What is an example of an exercise designed to maintain muscle strength without moving body parts?

A. Jogging

B. Isometric exercises

C. Stretching exercises

D. Cardio exercises

Isometric exercises are specifically designed to maintain muscle strength without generating movement in the joints. These exercises involve tensing the muscles against an immovable object or creating tension without changing the length of the muscle. For instance, performing a wall sit or engaging the core while holding a plank position are common examples of isometric exercises. These exercises are particularly useful for strength training in situations where movement might aggravate an injury or for individuals who may have limitations preventing movement of certain body parts. By focusing on muscle engagement and contraction without movement, isometric exercises can effectively target and strengthen specific muscle groups while minimizing strain on the joints. The other options involve some form of movement or dynamic activity. Jogging and cardio exercises require the body to move through space, and stretching exercises typically involve lengthening muscles while also allowing for some degree of movement. Therefore, isometric exercises distinctly stand out as the option that meets the criteria of maintaining muscle strength without movement.

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5. What does orthopnea refer to?

A. Easier breathing while lying down

B. Difficulty breathing when sitting up

C. Difficulty breathing when lying down

D. Normal breathing regardless of position

Orthopnea specifically refers to the difficulty breathing that an individual experiences when lying down. This condition is often associated with various respiratory and cardiac disorders, including heart failure, where the supine position can lead to an increased return of blood to the heart, resulting in pulmonary congestion and shortness of breath. Patients may find relief by sitting up or using multiple pillows while sleeping to help alleviate the discomfort. In contrast, the other options describe different scenarios that do not accurately capture the clinical definition of orthopnea. For instance, easier breathing while lying down does not align with the symptoms associated with orthopnea, and difficulty breathing when sitting up could suggest other conditions unrelated to this specific term. Finally, normal breathing regardless of position does not represent any difficulty, which is a key component of orthopnea. Understanding orthopnea is essential for recognizing symptoms that may signal underlying health issues, especially related to heart and lung function.

6. What is the purpose of a thoracentesis?

A. To insert a breathing tube

B. To relieve lung compression by removing fluid

C. To perform a chest x-ray

D. To monitor heart rhythms

The purpose of a thoracentesis is primarily to relieve lung compression by removing fluid from the pleural space. This procedure involves inserting a needle or catheter into the chest cavity, allowing for the drainage of excess pleural fluid that can accumulate due to various conditions, such as pleural effusion, pneumonia, or heart failure. By removing the fluid, thoracentesis helps improve breathing and allows the lungs to expand more fully, alleviating discomfort and potentially improving oxygenation. This procedure is crucial in diagnostic and therapeutic contexts, as it can also provide samples for analysis to determine the cause of the fluid accumulation. The focus on relieving lung compression directly addresses the significant impact that excess fluid can have on respiratory function.

7. Which dietary restriction is associated with a gluten-free diet?

A. Excludes sugars

B. Excludes dairy

C. Excludes albumin protein from specific grains

D. Excludes fats

A gluten-free diet is specifically designed to exclude gluten, which is a protein found in certain grains such as wheat, barley, and rye. The focus of this dietary restriction is on eliminating foods that contain this particular protein, making the option that refers to excluding albumin protein from specific grains the correct choice. Gluten is not only a protein of concern for those with celiac disease or gluten sensitivity but is also associated with certain health issues for individuals affected by these conditions. By avoiding gluten, these individuals can alleviate symptoms and prevent damage to the intestines. The other options mention excluding sugars, dairy, or fats, which do not directly relate to gluten or the reasons for following a gluten-free diet. Excluding sugars may be relevant for certain medical conditions like diabetes, while dairy and fat restrictions pertain to different dietary considerations, but none of them specifically address the primary goal of a gluten-free diet, which is to avoid gluten-containing grains.

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8. What type of nursing diagnoses is considered high priority?

A. Non-life-threatening diagnoses

B. Diagnoses that could cause physical harm if left untreated

C. Diagnoses related to comfort

D. Diagnoses that need routine monitoring

High-priority nursing diagnoses are those that, if not addressed, could lead to significant physical harm or jeopardize the patient's safety and well-being. This type of diagnosis often focuses on immediate threats to life or severe complications that could arise from untreated conditions. In the context of nursing, prioritizing these diagnoses ensures that the most critical issues are managed first, promoting patient safety and effective care. For instance, a diagnosis related to respiratory distress or severe hemorrhage would fall into this category, as these conditions can rapidly deteriorate the patient's health status if not addressed promptly. Other types of diagnoses, while important, do not carry the same level of urgency. Diagnoses that pertain to comfort or non-life-threatening issues, or those that require routine monitoring, can typically be managed with less immediacy. By focusing on high-priority diagnoses, nurses can effectively allocate their time and resources to where they are most needed.

9. Which of the following areas is NOT covered in the Kaplan Integrated Test D?

A. Nursing fundamentals

B. Pharmacology

C. Neuroscience

D. Maternal-child nursing

Neuroscience is the area not covered in the Kaplan Integrated Test D, which focuses primarily on nursing-related topics. The test is designed to assess knowledge and competencies necessary for nursing practice, including nursing fundamentals, pharmacology, and maternal-child nursing. Each of these areas directly relates to nursing responsibilities, patient care, and the application of medical knowledge in clinical settings. In contrast, neuroscience, while a critical field that intersects with nursing, is not typically a core focus in nursing assessment tests like Kaplan's, which emphasizes practical and theoretical aspects of nursing rather than specialized subjects. This distinction clarifies why neuroscience is the correct answer in identifying area not covered in the test.

10. Which of the following best defines evidence-based nursing practice?

A. Relying solely on traditional methods

B. Using scientific research to guide clinical decision-making

C. Following patient requests irrespective of research

D. Integrating teamwork and collaboration over evidence

Evidence-based nursing practice is fundamentally about using scientific research to guide clinical decision-making. This approach involves integrating the best available evidence, which includes rigorous research findings, clinical expertise, and patient values to inform nursing care. By relying on well-conducted studies and systematic reviews, practitioners can ensure that the interventions they choose are effective and grounded in the latest knowledge. This method stands in contrast to relying solely on traditional methods or practices that may not have been rigorously tested. It also emphasizes the importance of evidence rather than following patient requests without considering research, which ensures that care is both safe and effective. While teamwork and collaboration are definitely important in nursing, evidence-based practice specifically prioritizes the application of scientific findings in clinical decision-making to enhance patient outcomes. Thus, the correct definition highlights the crucial role of research in shaping nursing interventions.

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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://kaplanintegrtestdremediation.examzify.com

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

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