PN ADULT MEDICAL SURGICAL PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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

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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 is the significance of monitoring vital signs before medication administration?

A. To ensure the patient is sedated

B. To assess the patient's readiness for surgery

C. To determine appropriate medication dosages

D. To detect possible adverse reactions

2. Which electrolyte imbalance is most commonly seen with diuretic therapy?

A. Hyperkalemia

B. Hyponatremia

C. Hypokalemia

D. Hypernatremia

3. Which lab value is typically used to indicate an infection?

A. Low platelet count

B. Elevated white blood cell (WBC) count

C. Low hemoglobin level

D. Increased creatinine levels

4. What is the normal range for adult blood pressure?

A. 80/50 mmHg to 110/70 mmHg

B. 90/60 mmHg to 120/80 mmHg

C. 100/70 mmHg to 130/90 mmHg

D. 85/55 mmHg to 115/75 mmHg

5. How often should a bedridden patient be repositioned?

A. Every hour

B. Every two hours

C. Every four hours

D. Once a day

6. What should be assessed regularly in patients with chronic heart failure?

A. Skin integrity alone

B. Fluid balance and weight

C. Exercise tolerance solely

D. Dietary habits exclusively

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7. What are the signs and symptoms of a deep vein thrombosis (DVT)?

A. Swelling, pain, and redness in the affected leg

B. Nausea and vomiting

C. Chest pain and shortness of breath

D. Pallor and numbness in fingers

8. Who should the nurse recommend for referral prior to initiating oral intake for a client who had a stroke?

A. Occupational therapist

B. Speech-language pathologist

C. Physical therapist

D. Case manager

9. What is the purpose of a chest tube?

A. To provide respiratory support

B. To administer medication directly into the lungs

C. To remove air or fluid from the pleural space

D. To monitor cardiac function

10. In the context of wound healing, which factor can delay healing?

A. Increased protein intake

B. Uncontrolled diabetes

C. Regular exercise

D. Smoking cessation

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Answers

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

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Explanations

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1. What is the significance of monitoring vital signs before medication administration?

A. To ensure the patient is sedated

B. To assess the patient's readiness for surgery

C. To determine appropriate medication dosages

D. To detect possible adverse reactions

Monitoring vital signs before medication administration is crucial as it helps healthcare providers detect any potential adverse reactions that could occur after the medication is given. Vital signs, including blood pressure, heart rate, respiratory rate, and temperature, provide important baseline data about the patient's physiological status. If there are significant deviations from the normal ranges, it may indicate that the patient is at risk for complications after medication is administered. For instance, if a patient's heart rate is elevated, this could suggest an underlying condition that may lead to an adverse reaction once certain medications are administered. By establishing a baseline with vital signs, healthcare providers can better identify any changes that occur post-medication and respond appropriately. This proactive monitoring is essential for patient safety, as it allows for timely interventions if adverse effects do arise. The other choices focus on different aspects of patient care but do not directly relate to the primary significance of monitoring vital signs in the context of preventing adverse medication reactions.

2. Which electrolyte imbalance is most commonly seen with diuretic therapy?

A. Hyperkalemia

B. Hyponatremia

C. Hypokalemia

D. Hypernatremia

Diuretic therapy is commonly associated with electrolyte imbalances, particularly hypokalemia. Diuretics, especially loop diuretics and thiazides, increase the excretion of potassium in the urine, leading to reduced potassium levels in the bloodstream. This loss occurs because diuretics inhibit sodium reabsorption in the renal tubules, and in exchange, potassium is often lost as well. As a result, individuals on these medications may develop hypokalemia, which can lead to various complications, such as muscle weakness, arrhythmias, and fatigue. Understanding the mechanism of action of diuretics is crucial. By increasing urine output and sodium excretion, they inadvertently cause the kidneys to excrete more potassium. Monitoring potassium levels in patients on diuretic therapy is essential to prevent hypokalemia and manage any potential side effects.

3. Which lab value is typically used to indicate an infection?

A. Low platelet count

B. Elevated white blood cell (WBC) count

C. Low hemoglobin level

D. Increased creatinine levels

Elevated white blood cell (WBC) count is a common laboratory indicator of infection in the body. When an infection occurs, the immune system responds by producing more white blood cells to help combat the invading pathogens. This increase in WBCs is often reflected in laboratory tests that measure the complete blood count (CBC). A high WBC count can indicate various types of infections, including bacterial, viral, and fungal infections. It is important to note that while other lab values may provide useful information about a patient's overall health and assist in diagnosing other conditions, they are not specific indicators of infection. For example, a low platelet count may suggest conditions like bleeding disorders or bone marrow problems, while low hemoglobin levels can indicate anemia that may not be directly related to an infection. Increased creatinine levels typically point to renal impairment rather than infectious processes.

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4. What is the normal range for adult blood pressure?

A. 80/50 mmHg to 110/70 mmHg

B. 90/60 mmHg to 120/80 mmHg

C. 100/70 mmHg to 130/90 mmHg

D. 85/55 mmHg to 115/75 mmHg

The normal range for adult blood pressure is considered to be from 90/60 mmHg to 120/80 mmHg. This range reflects the average pressures measured in healthy adults at rest. Blood pressure readings consist of two numbers; the first, or systolic pressure, represents the pressure in the arteries when the heart beats, while the second, or diastolic pressure, measures the pressure in the arteries when the heart is resting between beats. Systolic values above 120 mmHg and diastolic values above 80 mmHg indicate elevated blood pressure levels, which may necessitate further evaluation or intervention. Conversely, values below 90/60 mmHg might suggest hypotension, which could lead to symptoms like dizziness or fainting in some individuals. Each of the other ranges given in the options represent either too low or too high figures for a normal adult population, which is not consistent with widely accepted clinical guidelines.

5. How often should a bedridden patient be repositioned?

A. Every hour

B. Every two hours

C. Every four hours

D. Once a day

Repositioning a bedridden patient every two hours is essential for preventing pressure ulcers and promoting overall skin integrity. This practice helps to redistribute pressure, enhance circulation, and minimize the risk of complications associated with immobility, such as contractures and muscle atrophy. Pressure ulcers, also known as bedsores, occur when there is prolonged pressure on particular areas of the skin, typically bony prominences, leading to tissue damage. By repositioning a patient every two hours, healthcare providers can significantly reduce the risk of these injuries. Moreover, this frequent movement can stimulate circulation, which is critical for maintaining skin health and supporting healing in any already compromised areas. Beyond the physiological benefits, regular repositioning can also contribute to the psychological well-being of patients by providing them with a change of position and a sense of being cared for, thereby enhancing their overall comfort and quality of life. Hence, every two hours is widely accepted as the optimal interval for repositioning to ensure effective prevention of complications in bedridden individuals.

6. What should be assessed regularly in patients with chronic heart failure?

A. Skin integrity alone

B. Fluid balance and weight

C. Exercise tolerance solely

D. Dietary habits exclusively

In managing chronic heart failure, regular assessment of fluid balance and weight is crucial. Fluid balance helps to monitor any retention or overload, which is a common issue in heart failure due to the heart's decreased ability to pump effectively. Weight changes can be an early indicator of fluid retention; gaining weight rapidly may signal worsening heart failure. Thus, monitoring these factors allows healthcare providers to make timely interventions, such as adjusting medications or fluid intake. While skin integrity, exercise tolerance, and dietary habits are also important aspects of patient care, they do not provide the same level of immediate insight into the management of chronic heart failure as fluid balance and weight do. Focusing on these two areas can help prevent complications such as edema, hypertension, and exacerbations of heart failure symptoms.

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7. What are the signs and symptoms of a deep vein thrombosis (DVT)?

A. Swelling, pain, and redness in the affected leg

B. Nausea and vomiting

C. Chest pain and shortness of breath

D. Pallor and numbness in fingers

The signs and symptoms of a deep vein thrombosis (DVT) typically include swelling, pain, and redness in the affected leg. This condition usually occurs in one leg, and the swelling is often accompanied by warmth and tenderness around the area where the blood clot is formed. The pain can sometimes be described as cramping or soreness, particularly in the calf or thigh. The redness is due to inflammation and increased blood flow in response to the clot. These classic symptoms are critical for early detection and treatment, as DVT can lead to serious complications, such as a pulmonary embolism if the clot dislodges and travels to the lungs. The other options describe symptoms associated with different medical conditions. Nausea and vomiting are more generalized symptoms and do not specifically indicate DVT. Chest pain and shortness of breath could indicate a pulmonary embolism, which is often a complication of DVT, but these symptoms do not directly reflect DVT itself. Pallor and numbness in the fingers are related to vascular or neurological issues, again not indicative of DVT. Understanding these distinctions is vital for effective patient assessment and intervention.

8. Who should the nurse recommend for referral prior to initiating oral intake for a client who had a stroke?

A. Occupational therapist

B. Speech-language pathologist

C. Physical therapist

D. Case manager

The nurse should recommend a referral to a speech-language pathologist prior to initiating oral intake for a client who has had a stroke because these specialists are specifically trained to assess and treat swallowing disorders, known as dysphagia, which are common after a stroke. The risk of aspiration, where food or liquid enters the airway instead of the esophagus, is significant in such cases, potentially leading to serious complications like pneumonia. The speech-language pathologist can evaluate the client's swallowing abilities and determine the safest dietary recommendations and modifications needed to ensure that oral intake can occur without risk. They are equipped to conduct swallowing assessments and provide strategies to improve swallowing safety. The other professionals listed play important roles in the rehabilitation process but are not specifically focused on the immediate need to assess swallowing. The occupational therapist might help with activities of daily living, the physical therapist would address mobility and strength, and the case manager would coordinate the overall care plan rather than directly assess swallowing capabilities.

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9. What is the purpose of a chest tube?

A. To provide respiratory support

B. To administer medication directly into the lungs

C. To remove air or fluid from the pleural space

D. To monitor cardiac function

The purpose of a chest tube is to remove air or fluid from the pleural space, which is essential for restoring normal lung function and ensuring adequate breathing. When air or fluid accumulates in the pleural cavity, it can lead to conditions such as pneumothorax or pleural effusion. A chest tube works by creating a pathway for the trapped air or fluid to exit the pleural space, allowing the lungs to expand properly and facilitating better gas exchange. By achieving this, the chest tube helps in relieving pressure on the lungs, which can be critical in emergency situations or post-surgical recovery. The successful evacuation of air or fluid not only restores lung function but also enhances oxygenation and overall respiratory efficiency, making it a vital procedure in medical management for patients with these conditions. Respiratory support and medication administration through inhalation do not relate to the primary function of chest tubes, and monitoring cardiac function is outside the scope of what a chest tube is designed to do.

10. In the context of wound healing, which factor can delay healing?

A. Increased protein intake

B. Uncontrolled diabetes

C. Regular exercise

D. Smoking cessation

Uncontrolled diabetes is a significant factor that can delay wound healing due to its impact on various physiological processes. In individuals with poorly managed blood glucose levels, high levels of glucose can impair the function of immune cells, leading to a decreased ability to fight infections, which is crucial for the healing process. Additionally, elevated blood sugar can damage blood vessels and nerve tissues, reducing circulation and sensation in the affected area, which can further compromise healing. Furthermore, diabetes-related complications, such as neuropathy and peripheral vascular disease, can also contribute to delayed wound healing. In contrast, increased protein intake supports wound healing by providing the necessary building blocks for tissue repair, regular exercise promotes circulation and overall health, and smoking cessation significantly improves oxygenation and circulation, both of which are beneficial for wound healing.

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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://pn-adultmedicalsurgical.examzify.com

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

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