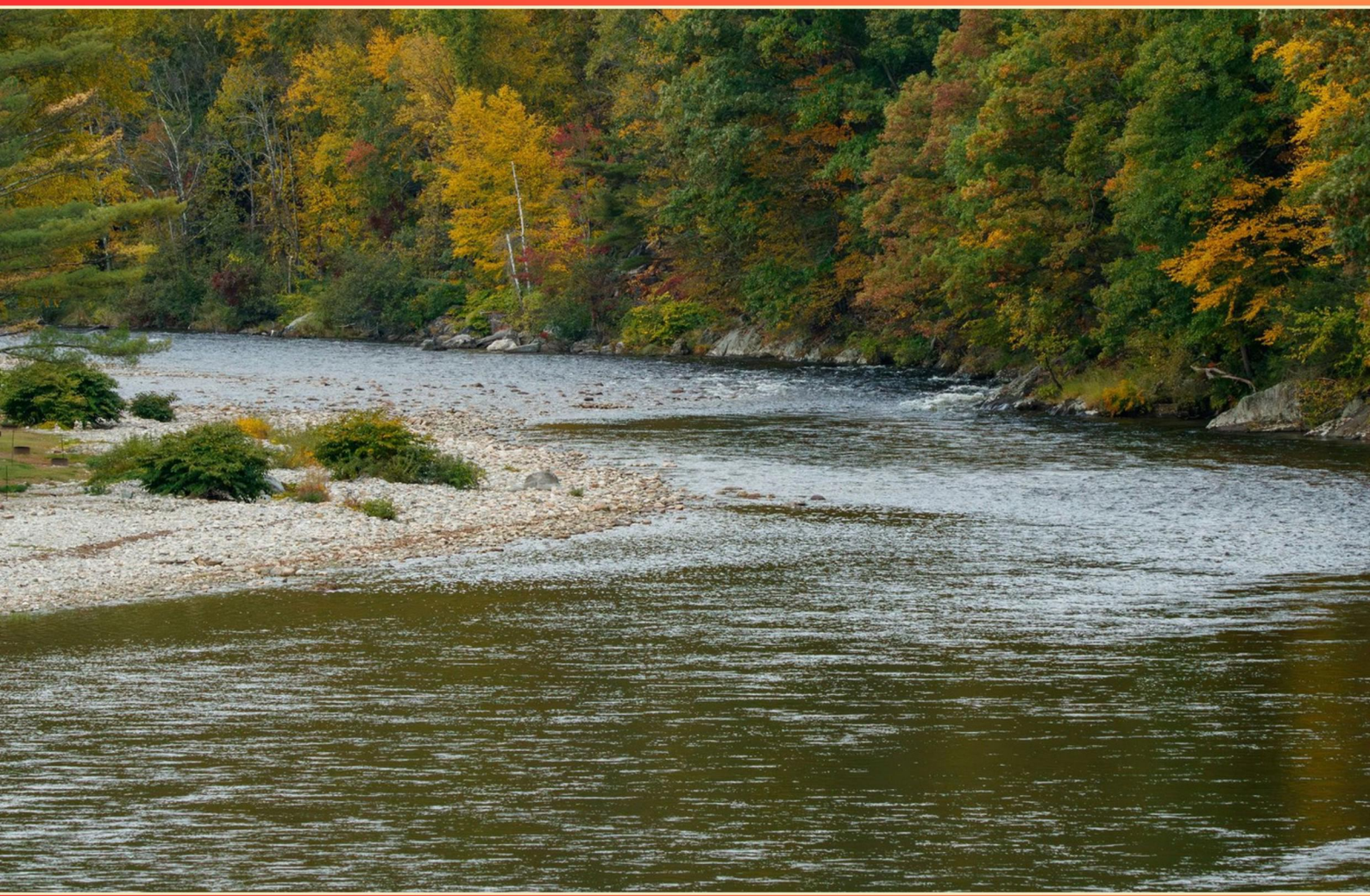
SWIFT RIVER FUNDAMENTALS PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR THE FULL VERSION STUDY GUIDE

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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. How often should vital signs be checked on a post-surgical patient?

A. Every hour

B. Every 15 minutes for the first hour, then every 30 minutes for the next two hours

C. Every 30 minutes for the first two hours

D. Every 10 minutes for the first hour

2. In cases of suspected elder abuse, what is a priority intervention?

A. Consult with family members

B. Assess the physical state of the patient

C. Document the findings accurately

D. Report to adult protective services

3. What does the DASH diet primarily focus on?

A. Increasing carbohydrate intake

B. Reducing hypertension through dietary changes

C. Promoting high protein consumption

D. Eliminating all fats from the diet

4. What is a priority nursing action for a patient experiencing a seizure?

A. Assessing the patient's vital signs

B. Protecting the patient's head and ensuring their airway is clear

C. Administering antiepileptic medication

D. Intervening to stop the seizure

5. What vital signs should be checked first when the lab arrives early for Ms. Yu?

A. Temperature and Respiratory rate

B. Blood pressure and pulse

C. Vital signs and turn patient during lab draw

D. Heart rate and oxygen saturation

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6. How should a nurse respond to a patient experiencing chest pain?

A. Ignore the symptoms until the patient calms down

B. The nurse should evaluate the patient's condition, provide necessary interventions, and notify the healthcare provider

C. Provide the patient with pain medication immediately

D. Reassure the patient and suggest they take deep breaths

7. What is the primary concern for Ms. Yu following her surgery?

A. Anxiety

B. Infection

C. Circulatory issues

D. Pain management

8. What is an important action to take if Ms. Rails shows signs of pain after receiving hydrocodone?

A. Document dosages only

B. Reassess the patient's pain regularly

C. Encourage the patient to exercise

D. Limit the patient's fluid intake

9. What primary method is used to assist with Don Johnson's breathing?

A. Endotracheal tube

B. Simple face mask

C. Non-rebreather mask

D. Nasal cannula

10. What does a blood pressure discrepancy of 30 mmHg indicate?

A. Normal variation

B. Possible vascular issues

C. Need for medication adjustment

D. No need for concern

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Answers

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

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Explanations

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1. How often should vital signs be checked on a post-surgical patient?

A. Every hour

B. Every 15 minutes for the first hour, then every 30 minutes for the next two hours

C. Every 30 minutes for the first two hours

D. Every 10 minutes for the first hour

Vital signs are a crucial aspect of monitoring the health status of a post-surgical patient, as they can indicate changes in the patient's condition that may require immediate intervention. The correct approach is to check vital signs every 15 minutes for the first hour, followed by every 30 minutes for the next two hours. This staggered approach allows for close observation during the initial recovery phase when patients are most vulnerable to complications. Immediately after surgery, patients may experience fluctuations in vital signs due to anesthetic effects, pain, or other factors. The initial 15-minute intervals provide an opportunity to detect any immediate changes that could signify complications, such as bleeding, respiratory distress, or cardiovascular instability. After the first hour, moving to 30-minute intervals allows healthcare providers to continue monitoring closely while also giving some leeway as the patient stabilizes. This schedule helps ensure that healthcare providers can swiftly respond to any issues that arise, thereby enhancing patient safety and improving overall recovery outcomes.

2. In cases of suspected elder abuse, what is a priority intervention?

A. Consult with family members

B. Assess the physical state of the patient

C. Document the findings accurately

D. Report to adult protective services

In cases of suspected elder abuse, the priority intervention is to report to adult protective services. Reporting to the appropriate authorities ensures that the situation is addressed legally and that protective measures can be taken to safeguard the elder individual. Adult protective services are specifically designed to investigate allegations of abuse, neglect, or exploitation of vulnerable adults, providing a structured response that includes assessments and resources necessary for the individual's safety and well-being. While assessing the physical state of the patient is vital, and documenting findings accurately is essential for legal and medical records, these actions should follow the initiation of a report to the proper authorities. Consulting with family members might also play a role, but it should not take precedence over formal reporting, as the safety and protection of the elder is the foremost concern. In situations of suspected abuse, timely reporting can be critical to prevent further harm.

3. What does the DASH diet primarily focus on?

A. Increasing carbohydrate intake

B. Reducing hypertension through dietary changes

C. Promoting high protein consumption

D. Eliminating all fats from the diet

The DASH diet primarily focuses on reducing hypertension through dietary changes. It is designed to help lower blood pressure by promoting a balanced intake of nutrients that can positively influence cardiovascular health. The diet emphasizes the consumption of fruits, vegetables, whole grains, lean proteins, and low-fat dairy, while also encouraging lower sodium intake. This combination of foods is linked to improved blood pressure levels and overall heart health, making the DASH diet a well-researched approach to managing hypertension. In contrast to the other options, which focus on increasing certain macronutrients or eliminating fats, the DASH diet strategically balances food groups to foster better health outcomes rather than promoting extremes in dietary patterns.

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4. What is a priority nursing action for a patient experiencing a seizure?

A. Assessing the patient's vital signs

B. Protecting the patient's head and ensuring their airway is clear

C. Administering antiepileptic medication

D. Intervening to stop the seizure

For a patient experiencing a seizure, the priority nursing action is to protect the patient's head and ensure their airway is clear. During a seizure, the patient is at risk of injury, particularly to the head, and may also be unable to maintain their own airway. Ensuring that the patient is in a safe position and that their airway remains unobstructed is essential to prevent further complications such as airway obstruction, aspiration, or additional injuries. This action helps to stabilize the patient's condition during the seizure and is critical for their immediate safety. While assessing vital signs, administering medication, and intervening to stop the seizure are also important considerations, they may not take precedence over ensuring that the patient is protected and their airway is clear during the seizure event. A safe environment is foundational for effective nursing care in this scenario.

5. What vital signs should be checked first when the lab arrives early for Ms. Yu?

A. Temperature and Respiratory rate

B. Blood pressure and pulse

C. Vital signs and turn patient during lab draw

D. Heart rate and oxygen saturation

When considering which vital signs should be assessed first when the lab arrives early for Ms. Yu, checking all vital signs and turning the patient during the lab draw is crucial for several reasons. Firstly, obtaining a complete set of vital signs, including temperature, blood pressure, pulse, respiratory rate, heart rate, and oxygen saturation, provides a comprehensive overview of the patient's current health status. This is essential for identifying any immediate issues that might affect the lab draw or indicate the need for urgent interventions. Additionally, ensuring the patient is turned during the lab draw can enhance comfort and minimize any potential complications that may arise from prolonged immobilization in one position, especially if the draw is taking longer than expected or if the patient has to stay still for additional procedures. This practice also helps in optimizing positioning for the healthcare provider performing the draw, potentially making the process easier and more efficient. The focus on patient comfort and safety is a critical aspect of care, making it vital to both monitor vitals and ensure proper positioning during procedures. Thus, by emphasizing the importance of both vital signs and patient management during the lab draw, a holistic approach to patient care is maintained.

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6. How should a nurse respond to a patient experiencing chest pain?

A. Ignore the symptoms until the patient calms down

B. The nurse should evaluate the patient's condition, provide necessary interventions, and notify the healthcare provider

C. Provide the patient with pain medication immediately

D. Reassure the patient and suggest they take deep breaths

When a patient is experiencing chest pain, the priority for a nurse is to ensure proper assessment and management of the situation. Option B emphasizes the importance of evaluating the patient's condition, which involves gathering vital signs, medical history, and a description of the pain. This thorough assessment is crucial for determining the potential causes of chest pain, which can range from benign conditions to life-threatening issues such as myocardial infarction. In addition to evaluating, the nurse is responsible for initiating necessary interventions, which may include administering oxygen, positioning the patient for comfort, or using prescribed medications. Promptly notifying the healthcare provider is also vital since chest pain can require urgent medical intervention and specialized care. The other options do not adequately address the urgency and seriousness of chest pain. Ignoring the symptoms may lead to deterioration of the patient's condition. While providing pain medication can be important, it must be based on an appropriate assessment and is not the immediate first step without understanding the cause of the pain. Suggesting relaxation techniques may provide comfort but does not substitute for the critical evaluation and intervention needed in such situations. Therefore, the correct approach involves a comprehensive response to ensure patient safety and effective care.

7. What is the primary concern for Ms. Yu following her surgery?

A. Anxiety

B. Infection

C. Circulatory issues

D. Pain management

The primary concern for Ms. Yu following her surgery is anxiety. Surgery can be a significant source of stress for patients, as it often involves uncertainty about the outcome, the recovery process, and potential complications. This emotional response can impact a patient's overall well-being and their ability to cope with post-operative challenges. Addressing anxiety is important as it can influence healing and recovery. While pain management, infection risks, and circulatory issues are all valid concerns in a post-operative setting, anxiety often plays a pivotal role in how patients perceive and react to their recovery process. High levels of anxiety can exacerbate the experience of pain or lead to increased perceptions of discomfort, making it essential for healthcare providers to recognize and manage this emotional aspect effectively.

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8. What is an important action to take if Ms. Rails shows signs of pain after receiving hydrocodone?

A. Document dosages only

B. Reassess the patient's pain regularly

C. Encourage the patient to exercise

D. Limit the patient's fluid intake

Reassessing the patient's pain regularly is crucial after administering hydrocodone, an opioid pain medication. This action allows healthcare providers to gauge the effectiveness of the medication, determine whether the pain is adequately managed, and make necessary adjustments to the treatment plan. Pain can fluctuate, and regular reassessment ensures that the patient receives optimal care, particularly in adjusting dosages or considering alternative pain management strategies if the pain persists or increases. Monitoring the patient's pain levels also helps in identifying any potential side effects or complications related to the medication, ensuring patient safety. By doing so, healthcare professionals can respond promptly to any concerns, enhancing the overall quality of care provided to the patient.

9. What primary method is used to assist with Don Johnson's breathing?

A. Endotracheal tube

B. Simple face mask

C. Non-rebreather mask

D. Nasal cannula

In this scenario regarding Don Johnson's breathing assistance, the use of a simple face mask is significant because it effectively delivers oxygen to the patient, especially in situations where a higher concentration of oxygen is not critical. The simple face mask covers the mouth and nose and can provide supplemental oxygen, making it suitable for patients who do not require intensive respiratory support. This method allows for a moderate increase in oxygen levels via the gas exchange that occurs when air from the surrounding environment is mixed with the oxygen provided through the mask. It's especially useful for patients who are alert and able to breathe comfortably but may have conditions that necessitate additional oxygen support. In contrast, other options such as an endotracheal tube are more invasive and are used in cases where a patient cannot breathe on their own or needs respiratory protection. Non-rebreather masks provide a higher concentration of oxygen and are typically reserved for emergencies or more severely compromised patients. Nasal cannulas are less suitable for patients requiring a larger volume of oxygen and would not be the best choice in every situation. The choice of the simple face mask indicates a moderate approach where the patient is still able to breathe independently, but with enhanced oxygenation.

10. What does a blood pressure discrepancy of 30 mmHg indicate?

A. Normal variation

B. Possible vascular issues

C. Need for medication adjustment

D. No need for concern

A blood pressure discrepancy of 30 mmHg can signal possible vascular issues that may warrant further investigation. This significant difference could indicate problems such as a narrowing of blood vessels, which might influence blood flow and pressure readings between different areas of the body, such as arms or legs. Such discrepancies could be associated with conditions like peripheral artery disease or aortic dissection, where differences in blood pressure could reflect underlying pathologies. In a clinical context, a variation of this magnitude typically isn't considered normal and could suggest that further diagnostic steps are needed to understand the underlying cause of the disparity and to ensure proper vascular health. Close examination and possibly additional testing might be required to address any identified vascular concerns.

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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://swiftriverfundamentals.examzify.com

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

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