SWIFT RIVER MEDICAL-SURGICAL 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. **How should a nurse initially respond to a patient displaying signs of cognitive distress?**
   - A. Request a mental health consultation
   - B. Document and ignore the behavior
   - C. Attempt to establish rapport
   - D. Initiate isolation precautions

2. **What key psychological status is identified for Roger Clinton?**
   - A. Increased
   - B. Decreased
   - C. Normal
   - D. High risk

3. **In a scenario where a patient exhibits an understanding of their condition, what is the most relevant action?**
   - A. Document the findings
   - B. Educate the patient
   - C. Perform a full assessment
   - D. Notify the lead RN

4. **What is the first step in managing a surgical patient's care transition?**
   - A. Perform full assessment
   - B. Inform his partner
   - C. Provide comfort
   - D. Check surgical consent

5. **What condition is noted as a risk factor for Viola Cumble?**
   - A. Impaired mobility
   - B. Excessive Exercise
   - C. Nutritional Surplus
   - D. Social Isolation

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6. What should be done first when a patient is scheduled for a procedure?

A. Contact head RN

B. Ask patient to explain their understanding

C. Document the procedure in the chart

D. Verify patient ID

7. Which action should be taken in Scenario #3 for Viola Cumble that involves notifying medical personnel?

A. Contact social services

B. Notify doctor

C. Document interactions

D. Administer antipyretic medication

8. Which strategy is essential for nursing education about health changes for a patient?

A. Offering pamphlets

B. Using therapeutic communication

C. Documenting the teaching

D. Making discharge plans

9. What should be ensured before a pre-operative patient is taken to surgery?

A. Initiate IV antibiotics

B. Perform patient education

C. Verify consent forms

D. Establish vital sign baseline

10. Which symptom is noted for Janene Whitmore along with increased health change?

A. Impaired mobility

B. Aspiration risk

C. Acute pain

D. Educational needs

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Answers

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

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Explanations

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1. How should a nurse initially respond to a patient displaying signs of cognitive distress?

A. Request a mental health consultation

B. Document and ignore the behavior

C. Attempt to establish rapport

D. Initiate isolation precautions

A nurse's initial response to a patient displaying signs of cognitive distress is crucial for effective patient care. Attempting to establish rapport is vital because it creates a foundation of trust and communication, which is essential when dealing with patients who might be confused or agitated. Building rapport allows the nurse to better understand the patient's feelings and thought processes, thereby enabling a more accurate assessment of their cognitive status. Creating a safe and supportive environment encourages the patient to express their concerns or confusion, which can provide valuable insights into their condition. Establishing rapport may involve using a calm and reassuring tone, maintaining eye contact, and being present with the patient, which can help alleviate their distress and make them feel more secure. Other options, while they may be appropriate at different stages of care, are not the best initial response. Requesting a mental health consultation could be necessary down the line if the situation does not improve, but it is not the immediate action to take when a patient is in distress. Documenting and ignoring the behavior is counterproductive, as it doesn't address the patient's needs and might worsen their situation. Initiating isolation precautions may be indicated in certain scenarios involving infection or safety risks, but it does not directly address the cognitive distress and could contribute to feelings of

2. What key psychological status is identified for Roger Clinton?

A. Increased

B. Decreased

C. Normal

D. High risk

The identification of Roger Clinton's psychological status as normal indicates that his mental health is within a typical range without significant signs of distress or dysfunction. A normal psychological status suggests that he is functioning well emotionally and behaviorally, able to handle everyday stresses and engage in social interactions effectively. This assessment is important in a medical-surgical context, as understanding a patient's mental health can influence their recovery and overall treatment plan. Patients with a normal psychological status often exhibit resilience and adaptability, which are crucial for following medical advice, managing health conditions, and adhering to treatment protocols. In contrast, the other options imply varying degrees of concern. An increased status may suggest heightened anxiety or stress, decreased status would indicate lower functioning or mood issues, and high risk typically refers to significant concerns for safety or severe psychological distress. Identifying Roger's status as normal helps healthcare providers ensure he receives appropriate care and supports ongoing wellness.

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3. In a scenario where a patient exhibits an understanding of their condition, what is the most relevant action?

A. Document the findings

B. Educate the patient

C. Perform a full assessment

D. Notify the lead RN

Documenting the findings when a patient demonstrates an understanding of their condition is crucial for several reasons. Primarily, documentation serves as a formal record of the patient's comprehension and engagement in their own care. This record not only reflects the patient's progress in understanding their condition but also ensures that all healthcare team members are informed about the patient's knowledge level and readiness to participate in further management. Moreover, this information can be instrumental for future encounters, should there be any changes in the patient's understanding or condition, as it provides a baseline for evaluating the effectiveness of any educational interventions. Additionally, proper documentation fulfills legal and regulatory requirements, ensuring that the healthcare team maintains accountability for the care provided. While educating the patient is essential and should be a part of care, the immediate action when their understanding is confirmed is to document this finding, which lays the groundwork for any additional patient education and next steps in their care. Performing a full assessment and notifying the lead RN may be relevant in specific contexts, but these actions are not the primary focus when a patient shows clear understanding of their condition.

4. What is the first step in managing a surgical patient's care transition?

A. Perform full assessment

B. Inform his partner

C. Provide comfort

D. Check surgical consent

Performing a full assessment is the first step in managing a surgical patient's care transition because it establishes a comprehensive understanding of the patient's current health status. This assessment allows healthcare providers to identify any immediate needs, potential complications, and areas requiring specific attention. It includes evaluating vital signs, surgical site condition, pain levels, mobility, and any other pertinent information that informs the patient's ongoing care plan. Conducting a thorough assessment early on ensures that appropriate interventions can be initiated promptly, which is critical for patient safety and effective recovery. Additional steps, such as informing a partner, providing comfort, or checking consent are certainly important but would typically follow the assessment to ensure that the patient's immediate clinical needs are addressed first before considering the psychosocial aspects or confirming logistics around the surgical procedure.

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5. What condition is noted as a risk factor for Viola Cumble?

A. Impaired mobility

B. Excessive Exercise

C. Nutritional Surplus

D. Social Isolation

Impaired mobility is a significant risk factor for various health conditions, including those that may affect an individual's mental and physical well-being. When mobility is compromised, individuals may experience a decreased ability to perform daily activities, leading to a sedentary lifestyle. This can contribute to a range of complications, such as muscle atrophy, increased risk of falls, and elevated stress on the cardiovascular system. Furthermore, impaired mobility can also exacerbate feelings of helplessness or depression, potentially creating a cycle of further reduced activity and declining health. In conditions like Viola Cumble, which may involve physical or psychological aspects, being unable to move freely can hinder recovery or adaptation, making it essential to address mobility issues swiftly to support overall health and quality of life. In contrast, excessive exercise, nutritional surplus, and social isolation might be considered in different contexts but do not directly correlate with the same immediate consequences associated with impaired mobility. They can contribute to various health issues, yet the direct impact of impaired mobility on an individual's ability to function and engage in life makes it a critical area of concern.

6. What should be done first when a patient is scheduled for a procedure?

A. Contact head RN

B. Ask patient to explain their understanding

C. Document the procedure in the chart

D. Verify patient ID

In preparing for a procedure, it is essential to ensure that the patient comprehensively understands what will take place, as this fosters informed consent and promotes patient safety. By asking the patient to explain their understanding of the procedure, healthcare providers can confirm that the patient has the necessary information regarding the risks, benefits, and steps involved. This communication also helps to address any misconceptions or concerns the patient may have. Additionally, engaging the patient in this discussion supports their autonomy and improves their comfort level regarding the procedure. It aligns with best practices in patient-centered care, which emphasize the importance of involving patients in their own care decisions. Ensuring understanding is foundational and often precedes other actions such as verifying patient identification or documentation, since consent and knowledge are critical in ensuring patient safety and reducing the likelihood of errors through misunderstandings. Therefore, prioritizing the patient's comprehension is a vital step in the procedural workflow.

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7. Which action should be taken in Scenario #3 for Viola Cumble that involves notifying medical personnel?

A. Contact social services

B. Notify doctor

C. Document interactions

D. Administer antipyretic medication

In the context of notifying medical personnel for Viola Cumble, the correct action is to notify the doctor. This step is crucial as it ensures that the medical team is informed about the patient's current condition, which may require medical intervention or adjustment of care strategies. Notifying the doctor can trigger further assessment, potential treatments, or necessary lab tests that might address any worsening or concerning symptoms. Effective communication with the healthcare provider is vital for optimal patient safety and care continuity. The other actions, while important in different scenarios, do not specifically address the immediate need for medical assessment or intervention. Contacting social services might be relevant for social or environmental concerns, documenting interactions is essential for maintaining accurate patient records, and administering antipyretic medication would only be appropriate if the clinician had already been notified and approved this course of action. Hence, notifying the doctor is the priority in this scenario.

8. Which strategy is essential for nursing education about health changes for a patient?

A. Offering pamphlets

B. Using therapeutic communication

C. Documenting the teaching

D. Making discharge plans

Using therapeutic communication is essential for nursing education about health changes for a patient because it fosters an open, trusting environment where patients feel comfortable expressing their concerns, asking questions, and discussing their understanding of health information. Therapeutic communication involves active listening, empathy, and appropriate questioning techniques, making it possible for nurses to assess a patient's baseline knowledge, clarify misunderstandings, and reinforce important information tailored to the individual's needs. This interactive approach not only enhances the patient's comprehension but also encourages patient engagement and adherence to health changes. Other strategies, while valuable, do not provide the same depth of interaction as therapeutic communication. For instance, offering pamphlets can share information, but it may not address specific questions or clarify misunderstandings. Documenting the teaching is crucial for records but doesn't contribute directly to the patient's understanding of their health changes. Making discharge plans is vital for ensuring continuity of care but does not inherently educate the patient about their health. Thus, the relational aspect and clarity brought about by therapeutic communication are what make it a critical strategy in nursing education.

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9. What should be ensured before a pre-operative patient is taken to surgery?

A. Initiate IV antibiotics

B. Perform patient education

C. Verify consent forms

D. Establish vital sign baseline

Verifying consent forms is essential before a pre-operative patient is taken to surgery because it ensures that the patient has given informed consent for the procedure. This process involves explaining the risks, benefits, and alternatives of the surgery to the patient, as well as confirming their understanding and willingness to proceed. This legal document protects both the patient and the healthcare provider by confirming that the patient is aware of what the surgery entails and has voluntarily agreed to undergo the procedure. It is a critical step that safeguards the patient's autonomy and decision-making rights regarding their healthcare. In the context of surgery, it is also crucial to address this step before any other preparations take place, as it lays the groundwork for a transparent and respectful patient-provider relationship. Without proper verification of the consent, ethical and legal implications may arise, which can jeopardize the surgery and the patient's experience. The importance of establishing a solid informed consent process is paramount and is foundational to the surgical process, which clarifies why this answer holds significant weight.

10. Which symptom is noted for Janene Whitmore along with increased health change?

A. Impaired mobility

B. Aspiration risk

C. Acute pain

D. Educational needs

Increased health change often indicates a significant alteration in a patient's condition, which can lead to various symptoms. In Janene Whitmore's case, noting acute pain along with increased health change is critical as it can be a direct response to an underlying medical issue or complication. Acute pain is not only a symptom but also acts as a vital signal that something is wrong within the body, potentially indicating issues such as a new injury, complication from a chronic condition, or an infection. Acute pain may manifest as a result of physiological changes in the body due to the health changes Janene is experiencing. It can also lead to functional impairments or further complications, making its recognition essential in managing her overall health status. Addressing acute pain is often a priority in clinical settings because it can significantly impact a patient's quality of life and their ability to participate in their own care processes. The focus on acute pain in relation to health changes reflects the need for immediate assessment, management, and intervention to help alleviate discomfort and prevent further deterioration, ensuring that the patient's needs are effectively met during their care process.

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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:

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

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