

ADULT HEALTH 1 TEST 4 PRACTICE (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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.

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!

Questions

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- 1. What complication is a patient with diabetes at risk for if their blood glucose levels are poorly controlled?**
 - A. Improved insulin sensitivity
 - B. Skin infections
 - C. Cardiovascular diseases and neuropathy
 - D. Enhanced vision clarity
- 2. What is the primary nursing goal for a patient with a myocardial infarction?**
 - A. To enhance physical activity
 - B. To restore and maintain tissue perfusion
 - C. To promote dietary changes
 - D. To ensure constant patient comfort
- 3. When assessing a client receiving bolus enteral feedings, which lab value suggests a change in formula is needed?**
 - A. Hematocrit 42%
 - B. Urine specific gravity 1.022
 - C. BUN 28 mg/dL
 - D. Sodium 142 mEq/L
- 4. What is a common side effect of eye drops used in post-operative cataract patients?**
 - A. "Blurred vision."
 - B. "Decreased sensitivity to pain."
 - C. "Itching around the eyelids."
 - D. "Increased tearing of the eye."
- 5. What lifestyle change is most effective in reducing the risk of cardiovascular disease?**
 - A. A consistent exercise routine combined with a healthy diet
 - B. A smoking cessation program
 - C. Regular health screenings for cholesterol
 - D. Use of medication to manage blood pressure

- 6. Why are immunizations important for adult health?**
- A. They can increase healthcare costs significantly
 - B. They protect against preventable diseases and reduce outbreaks
 - C. They solely benefit children and adolescents
 - D. They are optional for overall health
- 7. In preparation for initiating a continuous enteral feeding, what action should the nurse take?**
- A. Administer 200 mL of formula immediately.
 - B. Discard unused formula after 8 hours.
 - C. Warm the feeding formula before administration.
 - D. Infuse the formula over 30 minutes.
- 8. What dietary recommendation is critical for a patient with chronic kidney disease?**
- A. A diet low in carbohydrates and high in protein
 - B. A diet high in potassium and low in sodium
 - C. A diet low in protein and high in carbohydrates and healthy fats
 - D. A diet centered on high dairy intake
- 9. What pH reading should a nurse expect when testing the secretions of a client with an NG tube to confirm correct placement?**
- A. 6.0
 - B. 4.0
 - C. 3.0
 - D. 5.0
- 10. A nurse in an ophthalmology clinic expects which report from a client suspected of having cataracts?**
- A. Loss of central vision.
 - B. Loss of peripheral vision.
 - C. Seeing bright flashes of light.
 - D. Decreased ability to perceive colors.

Answers

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

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Explanations

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1. What complication is a patient with diabetes at risk for if their blood glucose levels are poorly controlled?

- A. Improved insulin sensitivity
- B. Skin infections
- C. Cardiovascular diseases and neuropathy**
- D. Enhanced vision clarity

A patient with diabetes who has poorly controlled blood glucose levels is at increased risk for a variety of complications, and one of the most significant is the development of cardiovascular diseases and neuropathy. Chronic hyperglycemia, or sustained high blood sugar levels, can lead to damage in blood vessels and nerves over time. This can result in conditions such as atherosclerosis, where arteries become hardened and narrowed, leading to an increased risk of heart attack and stroke. Additionally, poorly controlled diabetes can also cause neuropathy, which is nerve damage that often presents with pain, tingling, or loss of feeling, particularly in the extremities. These complications stem from the underlying pathophysiology of diabetes, where elevated glucose levels can lead to increased oxidative stress and inflammation, further contributing to vascular and nerve injury. Managing blood glucose levels effectively is crucial to reducing the risk of these serious health outcomes. In contrast, improved insulin sensitivity and enhanced vision clarity would not arise from poor blood glucose control; rather, they are associated with effective diabetes management and lifestyle modifications. Similarly, while skin infections may be a concern due to the impact of diabetes on immune function, they do not reflect the comprehensive risks posed by cardiovascular diseases and peripheral neuropathy, which are more directly

2. What is the primary nursing goal for a patient with a myocardial infarction?

- A. To enhance physical activity
- B. To restore and maintain tissue perfusion**
- C. To promote dietary changes
- D. To ensure constant patient comfort

The primary nursing goal for a patient with a myocardial infarction is to restore and maintain tissue perfusion. During a myocardial infarction, blood flow to a portion of the heart muscle is obstructed, leading to ischemia that can result in tissue death if not addressed promptly. Therefore, the main focus of nursing care is to ensure that adequate blood flow is restored to the affected area, which is critical for preventing further damage to the heart and supporting recovery. Effective interventions may include administering medications to dissolve clots, such as thrombolytics or anticoagulants, and monitoring vital signs and cardiac parameters to assess perfusion status. Maintaining tissue perfusion helps to reduce complications and promotes healing, making it a priority in the management of myocardial infarction. While enhancing physical activity, promoting dietary changes, and ensuring patient comfort are important aspects of overall patient care, they are secondary to the immediate need to restore and sustain adequate blood flow to the heart, thus making them less critical than the goal of maintaining tissue perfusion.

3. When assessing a client receiving bolus enteral feedings, which lab value suggests a change in formula is needed?

- A. Hematocrit 42%
- B. Urine specific gravity 1.022
- C. BUN 28 mg/dL**
- D. Sodium 142 mEq/L

A blood urea nitrogen (BUN) level of 28 mg/dL indicates potential dehydration or a concern with protein metabolism. In clients receiving enteral feedings, a significantly elevated BUN could suggest that the formula may not be meeting the client's nutritional needs adequately, particularly in terms of hydration or protein content. Elevated BUN levels in this context may indicate that the kidneys are concentrating waste products due to dehydration or insufficient fluid intake, suggesting that a change in the enteral formula or an increase in hydration is necessary to support optimal renal function and overall metabolic status. In contrast, while the other lab values provide useful information about the client's health, they do not necessarily indicate an urgent need to change the enteral feeding formula. The hematocrit level of 42% is within a normal range and does not imply issues with the feeding formula. A urine specific gravity of 1.022 reflects normal hydration status, suggesting that the client is not dehydrated. Sodium at 142 mEq/L is also within a normal range, indicating that there are no electrolyte imbalances needing immediate attention related to enteral feeds.

4. What is a common side effect of eye drops used in post-operative cataract patients?

- A. "Blurred vision."**
- B. "Decreased sensitivity to pain."
- C. "Itching around the eyelids."
- D. "Increased tearing of the eye."

Blurred vision is a common side effect of eye drops used in post-operative cataract patients. After cataract surgery, patients often receive eye drops that contain medications like corticosteroids or non-steroidal anti-inflammatory drugs (NSAIDs) to reduce inflammation, manage pain, and promote healing. One of the effects of these medications can be transient changes in vision, including blurriness, as the eye adjusts to the healing process and the presence of the drops. It's important to note that while decreased sensitivity to pain may occur due to the numbing effects of some eye drops, it is not a common side effect associated specifically with post-operative cataract procedures. Itching around the eyelids can happen as a result of irritation or allergy to the drops, but it is not as frequent or as significant as blurred vision after cataract surgery. Increased tearing of the eye can also occur, but it is less commonly linked directly to the use of post-operative eye drops compared to blurred vision, which is clinically significant and directly relevant to patient care and recovery assessments.

5. What lifestyle change is most effective in reducing the risk of cardiovascular disease?

- A. A consistent exercise routine combined with a healthy diet**
- B. A smoking cessation program
- C. Regular health screenings for cholesterol
- D. Use of medication to manage blood pressure

A consistent exercise routine combined with a healthy diet directly addresses multiple risk factors for cardiovascular disease, making it the most effective lifestyle change for risk reduction. Regular physical activity strengthens the heart, improves circulation, lowers blood pressure, and can help with weight management. It also enhances overall metabolic health, which contributes to lower cholesterol levels and improved blood sugar control. In conjunction with a healthy diet that emphasizes whole foods, such as fruits, vegetables, whole grains, lean proteins, and healthy fats, individuals can significantly reduce their risk of developing cardiovascular issues. This comprehensive approach not only helps to manage existing risk factors but also promotes long-term health and well-being. While other options, such as smoking cessation and regular health screenings, are important components of cardiovascular health, they primarily target specific risk factors rather than providing a holistic improvement in health through lifestyle changes. The use of medication to manage blood pressure can also be effective, but it often works best alongside lifestyle modifications. Therefore, the combination of exercise and healthy eating stands out as the most impactful change for reducing the overall risk of cardiovascular disease.

6. Why are immunizations important for adult health?

- A. They can increase healthcare costs significantly
- B. They protect against preventable diseases and reduce outbreaks**
- C. They solely benefit children and adolescents
- D. They are optional for overall health

Immunizations play a crucial role in adult health as they protect individuals against preventable diseases that can cause serious health complications. Vaccines help to create a strong immune response, which not only protects the vaccinated individual but also contributes to herd immunity. This means that when a significant portion of the population is immunized, the spread of disease is significantly reduced, leading to fewer outbreaks and protecting those who cannot be vaccinated, such as individuals with compromised immune systems. Immunizations are essential throughout life, not just during childhood or adolescence, as many diseases, such as influenza, shingles, and pneumonia, can affect adults and become more severe with age. Maintaining up-to-date vaccinations is vital for preventing these illnesses, thereby supporting overall health and well-being in the adult population. Additionally, widespread vaccination efforts contribute to public health by minimizing the risk of disease transmission in communities.

7. In preparation for initiating a continuous enteral feeding, what action should the nurse take?

- A. Administer 200 mL of formula immediately.
- B. Discard unused formula after 8 hours.**
- C. Warm the feeding formula before administration.
- D. Infuse the formula over 30 minutes.

In preparation for initiating a continuous enteral feeding, discarding unused formula after 8 hours is a vital action that aligns with safety and infection control guidelines. When enteral feeding formulas are opened or prepared, they can become a medium for bacterial growth if not handled properly. The 8-hour limit is recommended to ensure that the formula remains safe for patient consumption, as prolonged exposure to room temperature can lead to spoilage and increase the risk of gastrointestinal complications or infections. Other options, while they may seem reasonable, are not aligned with standard practice guidelines. Administering a large volume of formula immediately could overwhelm the patient's gastrointestinal system, especially if they are not accustomed to enteral feedings or if the formula has not been gradually introduced. Warming the formula might not be necessary unless specified by the healthcare provider, as most formulas are designed to be administered at room temperature. Infusing the formula over 30 minutes does not apply to continuous feeding protocols; typically, continuous feedings are administered over an extended period, not just 30 minutes, to ensure a steady nutritional supply without causing cramping or discomfort.

8. What dietary recommendation is critical for a patient with chronic kidney disease?

- A. A diet low in carbohydrates and high in protein
- B. A diet high in potassium and low in sodium
- C. A diet low in protein and high in carbohydrates and healthy fats**
- D. A diet centered on high dairy intake

In patients with chronic kidney disease (CKD), managing dietary intake is essential for slowing disease progression and preventing complications. A diet low in protein, high in carbohydrates, and healthy fats aligns well with the nutritional needs of these patients. Reducing protein intake is crucial for CKD patients because the accumulation of protein waste products can occur due to the kidneys' compromised filtering ability. This dietary modification helps lessen the burden on the kidneys and may help delay the progression of the disease. Carbohydrates and healthy fats provide the necessary calories and energy without placing additional stress on the kidneys. Emphasizing healthy fats, such as those found in nuts, seeds, and olive oil, can also support overall health. This approach encourages a balanced diet that maintains nutritional status and supports metabolic functions without overloading the kidneys. Therefore, recommending a diet low in protein while prioritizing carbohydrates and healthy fats is vital for managing the health of individuals with CKD. Other options, involving high protein, high potassium, or high dairy intake, do not align with the dietary needs of CKD patients and could exacerbate their condition or lead to further complications.

9. What pH reading should a nurse expect when testing the secretions of a client with an NG tube to confirm correct placement?

- A. 6.0
- B. 4.0**
- C. 3.0
- D. 5.0

In the context of confirming the placement of a nasogastric (NG) tube, the expected pH reading of gastric secretions typically falls between 1.5 to 4.0. This acidic range helps distinguish gastric content from respiratory or intestinal secretions. An expected pH of around 4.0 aligns well with this understanding, indicating that the contents are likely gastric. The acidic environment is maintained by the secretion of hydrochloric acid in the stomach, which serves both digestive and protective roles. When testing for NG tube placement, a pH of 4.0 suggests that the tube is correctly positioned in the stomach; higher pH values could indicate the presence of contents from the intestines or respiratory tract, which would not be appropriate for an NG tube's intended functioning. Other potential answers suggest pH values that could indicate different types of secretions. A pH of 6.0 and above begins to approach the alkaline range typically found in bile or respiratory secretions, making them less likely for proper gastric placement. A reading of 3.0, albeit within the normal gastric range, is closer to the acidic limit that may not consistently represent the average pH of gastric secretions. Likewise, a pH of

10. A nurse in an ophthalmology clinic expects which report from a client suspected of having cataracts?

- A. Loss of central vision.
- B. Loss of peripheral vision.
- C. Seeing bright flashes of light.
- D. Decreased ability to perceive colors.**

The expected report from a client suspected of having cataracts would include a decreased ability to perceive colors. Cataracts are characterized by the clouding of the lens in the eye, which can lead to various visual disturbances. One of the common symptoms experienced by individuals with cataracts is blurred vision or a general reduction in the clarity of vision, which can impact color perception. As the lens becomes more opaque, it can alter the way colors are seen, often making them appear faded or less vibrant. In contrast, loss of central vision is more typically associated with conditions like macular degeneration, while loss of peripheral vision can occur with glaucoma or retinal detachment. Seeing bright flashes of light is often linked to issues such as retinal detachment or migraines, not cataracts. Therefore, the report of decreased ability to perceive colors aligns well with the common experiences of individuals diagnosed with cataracts, making it the most relevant choice.

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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