

# Adult Med Surg Comprehensive Predictor Practice Test (Sample)

## Study Guide



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**SAMPLE**

## **Questions**

SAMPLE

- 1. What is a manifestation of vaso-occlusive crisis in sickle cell disease?**
  - A. Excessive fatigue**
  - B. Painful swelling of the hands**
  - C. Decreased appetite**
  - D. Blurred vision**
- 2. Which initial action should a nurse take when a client shows signs of anaphylaxis after IV medication administration?**
  - A. Administer epinephrine**
  - B. Stop the infusion**
  - C. Call for a rapid response team**
  - D. Provide oxygen via non-rebreather mask**
- 3. Which condition involves an inflammation process leading to blood clot formation in veins?**
  - A. Thrombophlebitis**
  - B. Ulcerative Colitis**
  - C. Acid reflux**
  - D. Zollinger-Ellison Syndrome**
- 4. What is a common adverse effect associated with sertraline?**
  - A. Weight gain**
  - B. Insomnia**
  - C. Excessive sweating**
  - D. Nausea**
- 5. Which adverse effect should a nurse monitor for in a client receiving ciprofloxacin?**
  - A. Myalgia**
  - B. Insomnia**
  - C. Nausea**
  - D. Diarrhea**

- 6. What are the major adverse effects of Gentamicin?**
- A. Nephrotoxicity and ototoxicity**
  - B. Hepatotoxicity and vision changes**
  - C. Respiratory distress and rash**
  - D. Hematologic effects and dizziness**
- 7. A nurse needs to refer a client for speech therapy. Which client would be most appropriate for this referral?**
- A. A client with a broken jaw**
  - B. A client who has dysphagia following a stroke**
  - C. A client with a hearing impairment**
  - D. A client with aphasia due to a traumatic brain injury**
- 8. What is a key benefit of maintaining hydration during cyclophosphamide treatment?**
- A. Improves energy levels**
  - B. Prevents nausea**
  - C. Prevents hemorrhagic cystitis**
  - D. Reduces the risk of infection**
- 9. When using crutches while walking upstairs, what should a client do first?**
- A. Advance the crutches first**
  - B. Advance the affected leg first**
  - C. Advance the unaffected leg first**
  - D. Move the crutches and legs simultaneously**
- 10. At what point in pregnancy is a fetus considered especially vulnerable to teratogens?**
- A. First trimester**
  - B. Second trimester**
  - C. Third trimester**
  - D. At birth**

## **Answers**

SAMPLE

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

SAMPLE

## **Explanations**

SAMPLE



**1. What is a manifestation of vaso-occlusive crisis in sickle cell disease?**

- A. Excessive fatigue**
- B. Painful swelling of the hands**
- C. Decreased appetite**
- D. Blurred vision**

In sickle cell disease, vaso-occlusive crisis refers to the blockage of blood vessels due to the sickling of red blood cells, which can lead to intense pain and tissue ischemia. One of the hallmark manifestations of this crisis is the painful swelling of the hands and feet, often referred to as dactylitis. This occurs due to the obstruction of blood flow and subsequent inflammation in the small blood vessels of the extremities, leading to pain and edema. This manifestation is particularly significant in sickle cell disease because it is directly tied to the primary pathology of the illness — the sickling of red blood cells under conditions of low oxygen, which can trigger the vaso-occlusive events throughout the body. The painful swelling is not only indicative of acute crises but can also serve as an early sign of impending complications in patients with sickle cell disease. Other manifestations such as excessive fatigue, decreased appetite, or blurred vision may be associated with sickle cell disease in general but are not direct manifestations of a vaso-occlusive crisis. Fatigue can stem from chronic anemia related to the disease, decreased appetite may result from various factors including pain or illness, and blurred vision could be associated with complications like retinopathy or transient ischemic attacks but

**2. Which initial action should a nurse take when a client shows signs of anaphylaxis after IV medication administration?**

- A. Administer epinephrine**
- B. Stop the infusion**
- C. Call for a rapid response team**
- D. Provide oxygen via non-rebreather mask**

In a situation where a client displays signs of anaphylaxis following IV medication administration, the most immediate and appropriate initial action is to stop the infusion of the medication. Anaphylaxis is a severe, life-threatening allergic reaction that can rapidly progress, and stopping the infusion removes the trigger that is likely causing the reaction to escalate. Following the cessation of the medication, the nurse can then proceed to administer epinephrine and implement other emergency interventions. It is crucial to act promptly in such situations to minimize the patient's exposure to the allergen and stabilize their condition. After stopping the infusion, calling for assistance or providing oxygen may be necessary steps, but they come after the critical action of stopping the infusion to prevent further harm.

**3. Which condition involves an inflammation process leading to blood clot formation in veins?**

- A. Thrombophlebitis**
- B. Ulcerative Colitis**
- C. Acid reflux**
- D. Zollinger-Ellison Syndrome**

Thrombophlebitis is characterized by inflammation of the veins associated with the formation of blood clots. This condition typically occurs when a vein becomes inflamed, leading to the development of a thrombus, or blood clot, within that vein. The inflammation can result from various factors, including injury, prolonged immobility, or varicose veins. Recognizing this process is crucial in understanding the risks associated with venous thromboembolism. Symptoms of thrombophlebitis can include pain, swelling, redness, and warmth over the affected area, which are indicative of inflammation and clot formation within the venous system. Early identification and management of thrombophlebitis are essential to prevent potential complications, such as deep vein thrombosis or pulmonary embolism. The other conditions listed do not primarily involve an inflammatory process leading to venous blood clot formation. Ulcerative colitis is an inflammatory bowel disease affecting the gastrointestinal tract, acid reflux pertains to a digestive disorder involving stomach acid regurgitating into the esophagus, and Zollinger-Ellison Syndrome involves gastrin-secreting tumors leading to excessive gastric acid production. Hence, thrombophlebitis is the only condition among the choices that directly relates to vein inflammation and

**4. What is a common adverse effect associated with sertraline?**

- A. Weight gain**
- B. Insomnia**
- C. Excessive sweating**
- D. Nausea**

A common adverse effect associated with sertraline is excessive sweating. This side effect affects many individuals taking the medication, as sertraline, which is a selective serotonin reuptake inhibitor (SSRI), can influence the body's serotonin levels, leading to increased sweating as a pharmacological response. Patients often report this as a bothersome side effect, which can affect their quality of life and adherence to the medication. While other side effects such as nausea, insomnia, and weight gain are also associated with sertraline use, excessive sweating stands out as particularly common in clinical practice, making it an important consideration for both healthcare providers and patients when discussing the potential side effects of the medication. Understanding these effects can help in monitoring and managing patient symptoms more effectively.

**5. Which adverse effect should a nurse monitor for in a client receiving ciprofloxacin?**

- A. Myalgia**
- B. Insomnia**
- C. Nausea**
- D. Diarrhea**

When monitoring a client receiving ciprofloxacin, it is essential to be aware of specific adverse effects associated with the medication. Ciprofloxacin, a fluoroquinolone antibiotic, is known to cause various side effects, among which myalgia (muscle pain) can occur, although it is less common compared to gastrointestinal symptoms. Monitoring for myalgia is crucial because it may indicate a systemic reaction to the medication or an intolerance, particularly in older adults and those with certain underlying health conditions. It is important to assess the severity of the muscle pain, as this could prompt further evaluation or a reconsideration of the treatment regimen. While nausea and diarrhea are significant side effects of ciprofloxacin that require monitoring due to their impact on hydration and nutritional status, myalgia is noted specifically as a possible adverse effect that should remain on the nurse's radar. Insomnia, while possible, is not directly linked to ciprofloxacin's side effect profile in the same manner as myalgia.

**6. What are the major adverse effects of Gentamicin?**

- A. Nephrotoxicity and ototoxicity**
- B. Hepatotoxicity and vision changes**
- C. Respiratory distress and rash**
- D. Hematologic effects and dizziness**

Gentamicin is an aminoglycoside antibiotic commonly used to treat serious infections caused by gram-negative bacteria. One of the key considerations when prescribing this medication is its potential for significant adverse effects, specifically nephrotoxicity and ototoxicity. Nephrotoxicity refers to damage to the kidneys, which is a major concern since many aminoglycosides can lead to impaired renal function. This toxicity is often dose-related and can manifest as elevated serum creatinine and blood urea nitrogen levels, indicating an inability of the kidneys to filter waste products from the blood effectively. Regular monitoring of kidney function is essential when a patient is receiving gentamicin. Ototoxicity involves damage to the inner ear, which can result in hearing loss or balance issues. This effect is also dose-dependent and can be cumulative, meaning the risk increases with prolonged use or high doses. Symptoms may include tinnitus (ringing in the ears) and dizziness. While the other listed options mention potential side effects that may occur with various medications, they are not the primary concerns associated with gentamicin. For instance, hepatotoxicity and vision changes, respiratory distress and rash, and hematologic effects and dizziness are not well-documented adverse effects specific to gentamicin.

**7. A nurse needs to refer a client for speech therapy. Which client would be most appropriate for this referral?**

- A. A client with a broken jaw**
- B. A client who has dysphagia following a stroke**
- C. A client with a hearing impairment**
- D. A client with aphasia due to a traumatic brain injury**

Referring a client for speech therapy is particularly appropriate in situations where communication or swallowing abilities are compromised. In this scenario, the client experiencing dysphagia following a stroke is most suitable for a speech therapy referral. Dysphagia, or difficulty swallowing, is a common consequence of strokes due to the neurological impact on motor control and the coordination of swallowing. Speech therapists are skilled in evaluating and treating swallowing disorders, which is crucial for ensuring the client's safety while eating and preventing aspiration pneumonia, among other complications. While other clients presented may require additional forms of therapy, they do not specifically relate to the core competencies of speech therapy. For example, a client with a broken jaw might need a different focus on healing and oral rehabilitation, but not necessarily speech therapy. A hearing-impaired client usually benefits from audiological support rather than speech therapy. Similarly, while a client with aphasia related to a traumatic brain injury could benefit from speech therapy, the immediate need for addressing dysphagia with strong implications for safety takes precedence in this case. Thus, the client with dysphagia following a stroke most directly represents a scenario where speech therapy is essential for improving quality of life and safety.

**8. What is a key benefit of maintaining hydration during cyclophosphamide treatment?**

- A. Improves energy levels**
- B. Prevents nausea**
- C. Prevents hemorrhagic cystitis**
- D. Reduces the risk of infection**

Maintaining hydration during cyclophosphamide treatment is particularly important because it helps to prevent hemorrhagic cystitis. Cyclophosphamide is an alkylating agent used in cancer chemotherapy that can lead to the accumulation of its toxic metabolite, acrolein, in the bladder. This metabolite can irritate the bladder lining, resulting in inflammation, bleeding, and painful urination, a condition known as hemorrhagic cystitis. By ensuring adequate hydration, patients dilute the concentration of acrolein and promote better renal clearance of the drug and its metabolites. This can significantly reduce the risk of bladder toxicity and the development of hemorrhagic cystitis, which can be a serious and uncomfortable side effect of treatment. Thus, hydration serves as a crucial preventive measure to safeguard the bladder health of individuals undergoing therapy with cyclophosphamide.

**9. When using crutches while walking upstairs, what should a client do first?**

- A. Advance the crutches first**
- B. Advance the affected leg first**
- C. Advance the unaffected leg first**
- D. Move the crutches and legs simultaneously**

When using crutches while walking upstairs, the correct approach is to advance the unaffected leg first. This technique is essential because it provides the client with stability and balance as they ascend the stairs. Moving the unaffected leg first allows the individual to bear weight on the stronger side, which is critical for maintaining their center of gravity and providing additional support as they navigate the steps. In this method, once the unaffected leg is placed on the step, the crutches and the affected leg can then be brought up to the same step, ensuring that the client moves in a controlled and stable manner. This order of movement minimizes the risk of falls and enhances safety while promoting effective weight distribution. Following this protocol helps individuals who may have limited strength or mobility due to injury or surgery to ascend stairs more effectively.

**10. At what point in pregnancy is a fetus considered especially vulnerable to teratogens?**

- A. First trimester**
- B. Second trimester**
- C. Third trimester**
- D. At birth**

The first trimester is the period during pregnancy when the embryo and early fetus are particularly vulnerable to teratogens, which are substances that can cause developmental abnormalities. During this time, the foundations for various organ systems are established, and major developmental processes occur. This stage covers the first 12 weeks of gestation and is critical because many structures are forming, including the heart, brain, and spinal cord. Exposure to teratogens during this period can lead to significant birth defects and developmental issues due to the rapid cell division and differentiation happening as the fetus develops. For example, substances like alcohol, certain medications, and viral infections can have particularly harmful effects if encountered during the early weeks of pregnancy when the fetus is still developing. In contrast, while teratogenic effects can occur at any point during pregnancy, the risk diminishes after the first trimester as the major organ systems are established, although the third trimester can have concerns related to growth and development rather than congenital malformations. Therefore, recognizing that the first trimester is the most critical time for teratogenic exposure is fundamental for prenatal care and maternal health education.