

Adult Med Surg Comprehensive Predictor Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

This is a sample study guide. To access the full version with hundreds of 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.

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. Don't worry about getting everything right, 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, and take breaks to retain information better.

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.

7. Use Other Tools

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. During assessment, what should a nurse prioritize when identifying risk for falls in a client on risperidone?**
 - A. Encouraging mobility**
 - B. Initiating bed rest**
 - C. Implementing fall precautions**
 - D. Monitoring medication adherence**

- 2. A client who is prone to uric acid calculi should avoid eating foods containing what?**
 - A. Fats**
 - B. Sugars**
 - C. Purine**
 - D. Carbohydrates**

- 3. What is a primary nursing intervention during magnesium sulfate administration for preterm labor?**
 - A. Monitor vital signs and urine output**
 - B. Monitor contractions and fetal heart rate**
 - C. Administer calcium gluconate for toxicity**
 - D. Evaluate Bishop score**

- 4. What is the primary goal of placing a client in seclusion?**
 - A. To punish the client for disruptive behavior**
 - B. To ensure the client's safety and the safety of others**
 - C. To isolate the client from staff interaction**
 - D. To promote a calm environment through removal from stimuli**

- 5. What position should a client be in after receiving Prostaglandin E2 gel for cervical ripening?**
 - A. Sitting upright**
 - B. Supine with a wedge**
 - C. Standing**
 - D. Prone position**

6. What type of precautions are necessary for a patient with bacterial meningitis?

- A. Contact**
- B. Airborne**
- C. Droplet**
- D. Standard**

7. What is one sign that a patient is experiencing hypotonic uterine dysfunction?

- A. Contractions that are infrequent and weak**
- B. Contractions that result in rapid delivery**
- C. A consistently high level of pain**
- D. Regular contractions with increased effectiveness**

8. Should a client with deep vein thrombosis (DVT) elevate their leg while sitting?

- A. Yes**
- B. No**
- C. Only if instructed by a physician**
- D. Only when sleeping**

9. Which condition is characterized by excessive gastric acid production?

- A. Refeeding Syndrome**
- B. Zollinger-Ellison Syndrome**
- C. Ulcerative Colitis**
- D. Fat overload syndrome**

10. A borderline or equivocal biophysical profile score is classified as which score?

- A. 0-2**
- B. 3-5**
- C. 6**
- D. 7-9**

Answers

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

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Explanations

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1. During assessment, what should a nurse prioritize when identifying risk for falls in a client on risperidone?

- A. Encouraging mobility**
- B. Initiating bed rest**
- C. Implementing fall precautions**
- D. Monitoring medication adherence**

Prioritizing the implementation of fall precautions is critical for clients on risperidone due to the medication's potential side effects, which include sedation, dizziness, and orthostatic hypotension. These effects can significantly increase the risk of falls, especially in a vulnerable population such as the elderly or those with other comorbid conditions. By focusing on fall precautions, the nurse can take proactive measures to create a safer environment for the client. This may include ensuring that the client's living area is free of obstacles, providing appropriate assistive devices, ensuring that the call bell is within reach, and educating the client and family about the signs of dizziness or sedation that may lead to falls. While encouraging mobility is important for overall health and can help maintain strength and balance, it must be balanced with safety precautions when a client is on medications that pose a fall risk. Initiating bed rest may be appropriate in certain situations to prevent injury, but it does not address the need for safety in daily activities. Monitoring medication adherence is crucial for managing the client's treatment plan but does not directly mitigate the immediate risk of falls associated with the side effects of risperidone. Thus, implementing fall precautions is the most relevant and effective action to address the heightened risk of falls

2. A client who is prone to uric acid calculi should avoid eating foods containing what?

- A. Fats**
- B. Sugars**
- C. Purine**
- D. Carbohydrates**

Individuals who are prone to uric acid calculi should avoid foods that are high in purines. Purines are substances found in certain foods that, when metabolized, produce uric acid as a byproduct. Elevated levels of uric acid in the blood can lead to the formation of uric acid stones in the kidneys, which can cause pain and complications. Foods that are particularly high in purines include organ meats (like liver and kidney), red meats, certain types of seafood (such as anchovies, sardines, and mackerel), and some types of alcohol (especially beer). By limiting intake of purine-rich foods, individuals can help to manage their uric acid levels and reduce the risk of developing uric acid stones. While fats, sugars, and carbohydrates are important components of diet, they do not directly influence uric acid levels the same way that purine-rich foods do. Therefore, focusing on reducing purine intake is the most effective dietary modification for someone at risk of uric acid calculi.

3. What is a primary nursing intervention during magnesium sulfate administration for preterm labor?

- A. Monitor vital signs and urine output**
- B. Monitor contractions and fetal heart rate**
- C. Administer calcium gluconate for toxicity**
- D. Evaluate Bishop score**

The primary nursing intervention during magnesium sulfate administration for preterm labor is to monitor contractions and fetal heart rate. This is crucial because magnesium sulfate is commonly used to prevent preterm labor and can affect both uterine activity and fetal well-being. Monitoring contractions helps assess the effectiveness of the medication in suppressing premature contractions, while keeping track of the fetal heart rate is essential for identifying any potential distress in the fetus that could arise due to the effects of magnesium sulfate. This dual focus is vital to ensure that both the mother's and the fetus's conditions are stable throughout the administration of the drug. While monitoring vital signs and urine output, administering calcium gluconate for potential toxicity, and evaluating the Bishop score are all important nursing considerations, they are secondary to the immediate need to assess the efficacy of the treatment in controlling contractions and maintaining fetal safety. Understanding this hierarchy of interventions is critical for effective management in the context of preterm labor.

4. What is the primary goal of placing a client in seclusion?

- A. To punish the client for disruptive behavior**
- B. To ensure the client's safety and the safety of others**
- C. To isolate the client from staff interaction**
- D. To promote a calm environment through removal from stimuli**

The primary goal of placing a client in seclusion is to ensure the client's safety and the safety of others. Seclusion is a therapeutic intervention used in situations where a client's behavior poses a risk of harm to themselves or others. It is a means of preventing potential injury by removing the individual from a problematic environment and reducing stimuli that may contribute to their distress or agitation. In this setting, the focus is on protecting the client and others rather than on punishment or deprivation of interaction. The intent is to create a controlled environment where the client can regain composure and receive appropriate care and support. This aligns with the ethical standards of mental health care, emphasizing the welfare and protection of both clients and staff. While promoting a calm environment and reducing stimuli can be associated with the process, the overarching goal remains centered on safety, making it the primary consideration when deciding to use seclusion.

5. What position should a client be in after receiving Prostaglandin E2 gel for cervical ripening?

- A. Sitting upright**
- B. Supine with a wedge**
- C. Standing**
- D. Prone position**

After administering Prostaglandin E2 gel for cervical ripening, it is important for the client to be in a supine position with a wedge under one hip. This positioning helps to optimize uteroplacental circulation and reduces the risk of supine hypotensive syndrome, which can occur when a pregnant woman lies flat on her back. The wedge elevates one side of the pelvis, allowing for better blood flow to the fetus and ensuring the safety and effectiveness of the medication. Maintaining this posture also aids in the distribution and absorption of the gel, maximizing its therapeutic effect. Therefore, positioning is a critical aspect of care following the administration of Prostaglandin E2 to enhance outcomes for both the mother and the fetus.

6. What type of precautions are necessary for a patient with bacterial meningitis?

- A. Contact**
- B. Airborne**
- C. Droplet**
- D. Standard**

For a patient with bacterial meningitis, droplet precautions are necessary due to the transmission route of the pathogens responsible for the infection. Bacterial meningitis is primarily caused by organisms such as *Neisseria meningitidis*, *Streptococcus pneumoniae*, and *Haemophilus influenzae*, which can be spread through respiratory droplets when an infected person coughs or sneezes. Droplet precautions include wearing a mask when within close proximity to the patient, ensuring the patient wears a mask during transport, and maintaining proper respiratory hygiene. This approach helps to limit the spread of infectious droplets that can carry the bacteria. Standard precautions, while essential for all patients, do not specifically address the transmission risks associated with bacterial meningitis. They involve basic infection control practices but do not provide the added protection required for diseases spread by respiratory droplets. Therefore, implementing droplet precautions is crucial to protect healthcare workers and other patients from potential infection.

7. What is one sign that a patient is experiencing hypotonic uterine dysfunction?

- A. Contractions that are infrequent and weak**
- B. Contractions that result in rapid delivery**
- C. A consistently high level of pain**
- D. Regular contractions with increased effectiveness**

In the context of hypotonic uterine dysfunction, the presence of infrequent and weak contractions is a significant indicator. This condition typically occurs when the uterus fails to contract effectively, leading to inadequate progress during labor. When contractions are infrequent and weak, they are unable to exert enough pressure to facilitate cervical dilation and the descent of the fetus through the birth canal. This can lead to prolonged labor and may necessitate interventions to enhance uterine contractions or assist with delivery. Other signs of effective labor include contractions that are strong and frequent, which help in achieving the desired outcomes during the labor process. Thus, infrequent and weak contractions clearly characterize hypotonic uterine dysfunction as they fail to promote effective labor progression.

8. Should a client with deep vein thrombosis (DVT) elevate their leg while sitting?

- A. Yes**
- B. No**
- C. Only if instructed by a physician**
- D. Only when sleeping**

Elevating the leg is beneficial for a client with deep vein thrombosis (DVT) because it helps to improve venous return and reduce swelling in the affected limb. By elevating the leg, gravity assists in the drainage of excess fluid and reduces the pressure within the veins, which can help alleviate discomfort and promote circulation. This practice is often recommended as part of conservative management for DVT. In addition, elevating the leg can also help mitigate complications associated with DVT, such as the risk of developing post-thrombotic syndrome. When sitting, patients should aim to keep their legs elevated above the level of the heart if possible, although they should also be cautious of keeping the leg immobile for extended periods. Regular movement and positioning adjustments are important to encourage circulation. While it is critical for clients to follow their healthcare provider's instructions regarding leg elevation and any other management strategies, promoting elevation as a routine measure when sitting can be a helpful and practical approach in managing DVT symptoms.

9. Which condition is characterized by excessive gastric acid production?

- A. Refeeding Syndrome**
- B. Zollinger-Ellison Syndrome**
- C. Ulcerative Colitis**
- D. Fat overload syndrome**

Zollinger-Ellison Syndrome is characterized by excessive gastric acid production due to gastrin-secreting tumors, known as gastrinomas. These tumors, often found in the pancreas or duodenum, lead to an overproduction of gastrin, a hormone that stimulates the stomach to produce more gastric acid. This increased acid can cause recurrent peptic ulcers, diarrhea, and weight loss, as the acid can also affect the gastrointestinal tract's ability to absorb nutrients properly. In contrast, the other conditions listed do not primarily involve excessive gastric acid production. Refeeding Syndrome pertains to metabolic complications that arise when feeding is restarted in malnourished patients, Ulcerative Colitis is an inflammatory bowel disease characterized by inflammation and ulcers in the colon, and Fat overload syndrome refers to a condition of lipid accumulation often associated with nutritional imbalances and not related to gastric acid secretion. Thus, the characteristic feature of Zollinger-Ellison Syndrome is its direct link to excess gastric acid production.

10. A borderline or equivocal biophysical profile score is classified as which score?

- A. 0-2**
- B. 3-5**
- C. 6**
- D. 7-9**

A borderline or equivocal biophysical profile score is indeed classified as a score of 6. In a biophysical profile assessment, which is used to evaluate fetal well-being, scores are assigned based on various indicators such as fetal heart rate, movements, tone, and amniotic fluid volume. A score of 6 indicates an ambiguous result, suggesting that the fetus is neither clearly healthy nor clearly compromised. It prompts further evaluation or closer monitoring, as further decisiveness may be needed regarding the health of the fetus. In contrast, scores below 6 suggest more concerning issues that may require immediate intervention, while scores above 6 reflect a reassuring status. The classification of a score of 6 as equivocal acknowledges the need for further assessment rather than indicating immediate health risk or reassurance.

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://adultmedsurgpredictor.examzify.com>

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

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