

# Adult Med Surg Comprehensive Predictor Practice Test (Sample)

## Study Guide



**Everything you need from our exam experts!**

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# Table of Contents

<b>Copyright</b> .....	<b>1</b>
<b>Table of Contents</b> .....	<b>2</b>
<b>Introduction</b> .....	<b>3</b>
<b>How to Use This Guide</b> .....	<b>4</b>
<b>Questions</b> .....	<b>5</b>
<b>Answers</b> .....	<b>8</b>
<b>Explanations</b> .....	<b>10</b>
<b>Next Steps</b> .....	<b>16</b>

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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 are some common complications associated with obstructive sleep apnea?**

- A. Diabetes and anemia**
- B. Hypertension and heart failure**
- C. Stroke and obesity**
- D. Gastroesophageal reflux and insomnia**

**2. Which symptom is NOT typically associated with peritonitis?**

- A. Fever**
- B. Rigidity of the abdomen**
- C. Skin rash**
- D. Nausea and vomiting**

**3. What is the main role of bile produced by the liver?**

- A. Digesting proteins**
- B. Emulsifying fats**
- C. Metabolizing carbohydrates**
- D. Detoxifying alcohol**

**4. What is a significant side effect when administering antidepressants to older adults?**

- A. Increased energy levels**
- B. Altered absorption rates**
- C. Enhanced cognitive function**
- D. Improved sociability**

**5. A nurse is caring for a client with a clogged percutaneous gastrostomy feeding tube. What action should the nurse take FIRST?**

- A. Change the position of the client**
- B. Flush the tube with water**
- C. Replace the feeding tube**
- D. Administer medications through the tube**

**6. What do late or variable decelerations indicate for nursing interventions?**

- A. Continuous fetal monitoring**
- B. Emergency caesarean birth**
- C. Vaginal delivery assistance**
- D. Increase maternal hydration**

**7. What is an appropriate action for a nurse caring for a client with an internal radiation implant?**

- A. Encourage visitors to stay for long durations**
- B. Assign the client to nurses who are not pregnant**
- C. Place the client in a shared room**
- D. Limit nursing interventions to one per shift**

**8. What can somnolence in a patient taking metformin potentially indicate?**

- A. Normal side effect**
- B. Hyponatremia**
- C. Lactic acidosis**
- D. Diabetic ketoacidosis**

**9. What is the toxic level for Phenytoin?**

- A. Greater than 15**
- B. Greater than 25**
- C. Greater than 30**
- D. Greater than 40**

**10. What action should a nurse take after contact with infectious material while caring for a client with C. Diff?**

- A. Change gloves after contact with infectious material**
- B. Wash hands thoroughly with soap**
- C. Increase frequency of vital signs monitoring**
- D. Administer antibiotics as prescribed**

## **Answers**

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

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## **Explanations**

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**1. What are some common complications associated with obstructive sleep apnea?**

- A. Diabetes and anemia**
- B. Hypertension and heart failure**
- C. Stroke and obesity**
- D. Gastroesophageal reflux and insomnia**

Obstructive sleep apnea (OSA) is a condition characterized by repeated interruptions in breathing during sleep due to the obstruction of the upper airway. One of the most significant complications associated with OSA is hypertension. The repetitive episodes of apnea lead to transient awakenings, which cause increased sympathetic nervous system activity and can result in elevated blood pressure. Over time, this can contribute to the development of resistant hypertension. Additionally, heart failure is another serious complication linked to OSA. The intermittent hypoxia and increased work of breathing create stress on the cardiovascular system. Chronic OSA can lead to left ventricular hypertrophy and eventually result in heart failure. The overall cardiovascular risk is significantly elevated in individuals suffering from untreated sleep apnea, necessitating careful management and treatment to mitigate these complications. While other options mention conditions that may be associated with sleep issues, they do not specifically reflect the direct medical complications that are widely observed in patients with obstructive sleep apnea. The close relationship between OSA, hypertension, and heart failure highlights the critical need for diagnosis and treatment of this condition to prevent long-term health consequences.

**2. Which symptom is NOT typically associated with peritonitis?**

- A. Fever**
- B. Rigidity of the abdomen**
- C. Skin rash**
- D. Nausea and vomiting**

Peritonitis, an inflammation of the peritoneum, often presents with a range of gastrointestinal and systemic symptoms. Fever is a common response as the body reacts to infection or inflammation. Rigidity of the abdomen, frequently described as "board-like" tenderness, occurs due to the body's defense mechanism against pain and irritation in the abdominal cavity. Additionally, nausea and vomiting frequently accompany peritonitis as the body attempts to manage the irritation of the gastrointestinal tract. In contrast, a skin rash is not a typical symptom associated with peritonitis. While systemic infections can sometimes present with skin manifestations or rashes, these are not characteristic features of peritonitis itself. Therefore, recognizing that a skin rash does not commonly correlate with the abdominal inflammation and symptoms caused by peritonitis is crucial in understanding and differentiating the condition's presentation. This highlights the importance of accurately identifying symptoms in diagnosis and treatment strategies.

### 3. What is the main role of bile produced by the liver?

- A. Digesting proteins
- B. Emulsifying fats**
- C. Metabolizing carbohydrates
- D. Detoxifying alcohol

Bile produced by the liver plays a crucial role in the digestion and absorption of fats. Its main function is emulsifying fats, which is the process of breaking down large fat globules into smaller droplets. This increases the surface area of fats, allowing digestive enzymes, particularly lipases, to break them down more effectively. When you consume dietary fats, bile is released from the gallbladder into the small intestine, where it helps to disperse the fats in the watery environment of the intestine. This emulsification is essential for the proper digestion of fats and aids in the absorption of fat-soluble vitamins (A, D, E, and K). The other options pertain to various metabolic processes but do not directly relate to the essential function of bile. While proteins are digested in the stomach and small intestine via different enzymes, carbohydrates undergo their own specific metabolic processes. Detoxifying alcohol is primarily a function of the liver itself rather than bile. Thus, the primary and main role of bile in digestion is indeed to emulsify fats.

### 4. What is a significant side effect when administering antidepressants to older adults?

- A. Increased energy levels
- B. Altered absorption rates**
- C. Enhanced cognitive function
- D. Improved sociability

When considering the administration of antidepressants to older adults, altered absorption rates is a significant side effect that can influence the overall effectiveness and safety of treatment. As individuals age, physiological changes, such as decreased gastrointestinal motility and altered blood flow, can affect how medications are absorbed and metabolized in the body. This alteration may lead to altered serum drug levels, impacting either the efficacy or the potential for increased side effects of the antidepressants. Older adults may also experience variations in the distribution and elimination of drugs due to changes in body composition, organ function, and the presence of comorbidities, which can further complicate their response to medications. As a result, careful monitoring and potential adjustments in dosing may be necessary to achieve therapeutic effects while minimizing adverse reactions. In contrast, the other options suggest outcomes or improvements that are not typically associated with the side effects of antidepressants in older adults. Most antidepressants may not necessarily lead to increased energy levels, enhanced cognitive function, or improved sociability directly. In fact, some antidepressants can cause sedation or cognitive impairment, highlighting the importance of managing expectations and closely monitoring this patient population.

**5. A nurse is caring for a client with a clogged percutaneous gastrostomy feeding tube. What action should the nurse take FIRST?**

- A. Change the position of the client**
- B. Flush the tube with water**
- C. Replace the feeding tube**
- D. Administer medications through the tube**

In the scenario of a clogged percutaneous gastrostomy feeding tube, the first action a nurse should take is to flush the tube with water. This is a standard procedure to try and clear the blockage. Flushing the tube may dislodge the clog and restore functionality without needing more invasive measures like replacing the tube or repositioning the patient. Changing the position of the client may not effectively address the clog and could potentially complicate the situation. Additionally, administering medications through the tube is not advisable when there is an obstruction present, as this might exacerbate the clog. Therefore, the immediate handling of the tube through flushing is the most direct and effective first step in resolving the issue.

**6. What do late or variable decelerations indicate for nursing interventions?**

- A. Continuous fetal monitoring**
- B. Emergency caesarean birth**
- C. Vaginal delivery assistance**
- D. Increase maternal hydration**

Late or variable decelerations in fetal heart rate patterns often indicate that the fetus is experiencing some form of stress, typically linked to issues such as uteroplacental insufficiency or umbilical cord compression. These decelerations can suggest that the fetus is not receiving adequate oxygen, which is a critical situation. When late decelerations are observed, they usually signal that immediate action is required to safeguard the well-being of both the mother and the fetus. An emergency caesarean birth may be necessary to expedite delivery and avoid complications such as fetal distress or compromised oxygenation. This option reflects the urgency of the situation, as timely intervention can be crucial to ensure the health and safety of the infant. While continuous fetal monitoring is essential in these scenarios, it is primarily a measure for tracking fetal status rather than an intervention for addressing the underlying problem. Similarly, while increasing maternal hydration can be beneficial, it may not be the most immediate or effective response to late decelerations. Vaginal delivery assistance may be unsuitable if the fetal heart rate patterns indicate severe distress, thus reinforcing the necessity for potentially opting for a cesarean section.

**7. What is an appropriate action for a nurse caring for a client with an internal radiation implant?**

- A. Encourage visitors to stay for long durations**
- B. Assign the client to nurses who are not pregnant**
- C. Place the client in a shared room**
- D. Limit nursing interventions to one per shift**

In the context of caring for a client with an internal radiation implant, it is essential to minimize the exposure to radiation for specific populations, particularly for those who may be more vulnerable, such as pregnant nurses. Assigning the client to nurses who are not pregnant is an appropriate action because pregnant individuals are at a higher risk for radiation exposure, which could adversely affect fetal development. By ensuring that care is provided by nurses who are not pregnant, you are actively reducing the risk of radiation exposure to both the healthcare provider and the unborn child. Maintaining safety protocols in the care of patients with internal radiation implants is critical, emphasizing exposure limits to others. Occupations that involve potential radiation exposure need to follow strict guidelines to protect healthcare staff, patients, and visitors.

**8. What can somnolence in a patient taking metformin potentially indicate?**

- A. Normal side effect**
- B. Hyponatremia**
- C. Lactic acidosis**
- D. Diabetic ketoacidosis**

Somnolence, or excessive sleepiness, in a patient taking metformin can potentially indicate lactic acidosis, a serious and rare side effect of the medication. Metformin works by decreasing glucose production in the liver and improving insulin sensitivity, but it can also lead to an accumulation of lactate, particularly in patients with impaired renal function, an increase in lactic acid production, or conditions that lead to tissue hypoxia. In cases of lactic acidosis, the accumulation of lactate can manifest as confusion, fatigue, and somnolence, among other symptoms. This condition requires immediate medical evaluation and intervention, as it can be life-threatening. While somnolence might appear as a normal side effect of some medications or conditions related to diabetes management, the specific context in which metformin is prescribed and its potential risks make lactic acidosis a significant concern that must be recognized promptly. Overall, vigilance is essential to ensure early detection and treatment of this complication.

## 9. What is the toxic level for Phenytoin?

- A. Greater than 15**
- B. Greater than 25**
- C. Greater than 30**
- D. Greater than 40**

Phenytoin, an anticonvulsant used primarily for controlling seizures, must be monitored carefully due to its narrow therapeutic range. The therapeutic levels of phenytoin typically fall between 10 to 20 micrograms per milliliter (mcg/mL). When levels exceed 20 mcg/mL, the risk of toxicity increases significantly. A level greater than 30 mcg/mL is generally considered toxic. At this level, patients may start experiencing adverse effects such as ataxia, confusion, slurred speech, and lethargy, which can progress to more severe complications if not addressed. Monitoring and managing the dosage of phenytoin is crucial to prevent these toxic effects and ensure patient safety. Thus, identifying the toxic level at greater than 30 mcg/mL is important for healthcare providers to avoid potential complications associated with phenytoin therapy.

## 10. What action should a nurse take after contact with infectious material while caring for a client with C. Diff?

- A. Change gloves after contact with infectious material**
- B. Wash hands thoroughly with soap**
- C. Increase frequency of vital signs monitoring**
- D. Administer antibiotics as prescribed**

After contact with infectious material while caring for a client with *Clostridioides difficile* (C. Diff), changing gloves is essential to prevent the spread of the infection. C. Diff is known for its resilience and ability to survive on surfaces, and proper infection control measures are crucial in a healthcare setting. By changing gloves, the nurse minimizes the risk of transferring spores to other surfaces or clients. It is a vital step to maintain a safe environment for both the healthcare worker and other patients. Additionally, it supports the broader infection control protocols that focus on using protective equipment effectively. Although washing hands thoroughly with soap is also important and recommended, especially after removing gloves, the immediate action of changing gloves comes first in the sequence of infection control practices. Monitoring vital signs and administering antibiotics could be relevant in the overall care for a patient with C. Diff, but they do not directly address the immediate risk of infection transmission associated with handling infectious materials.

# 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](mailto: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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