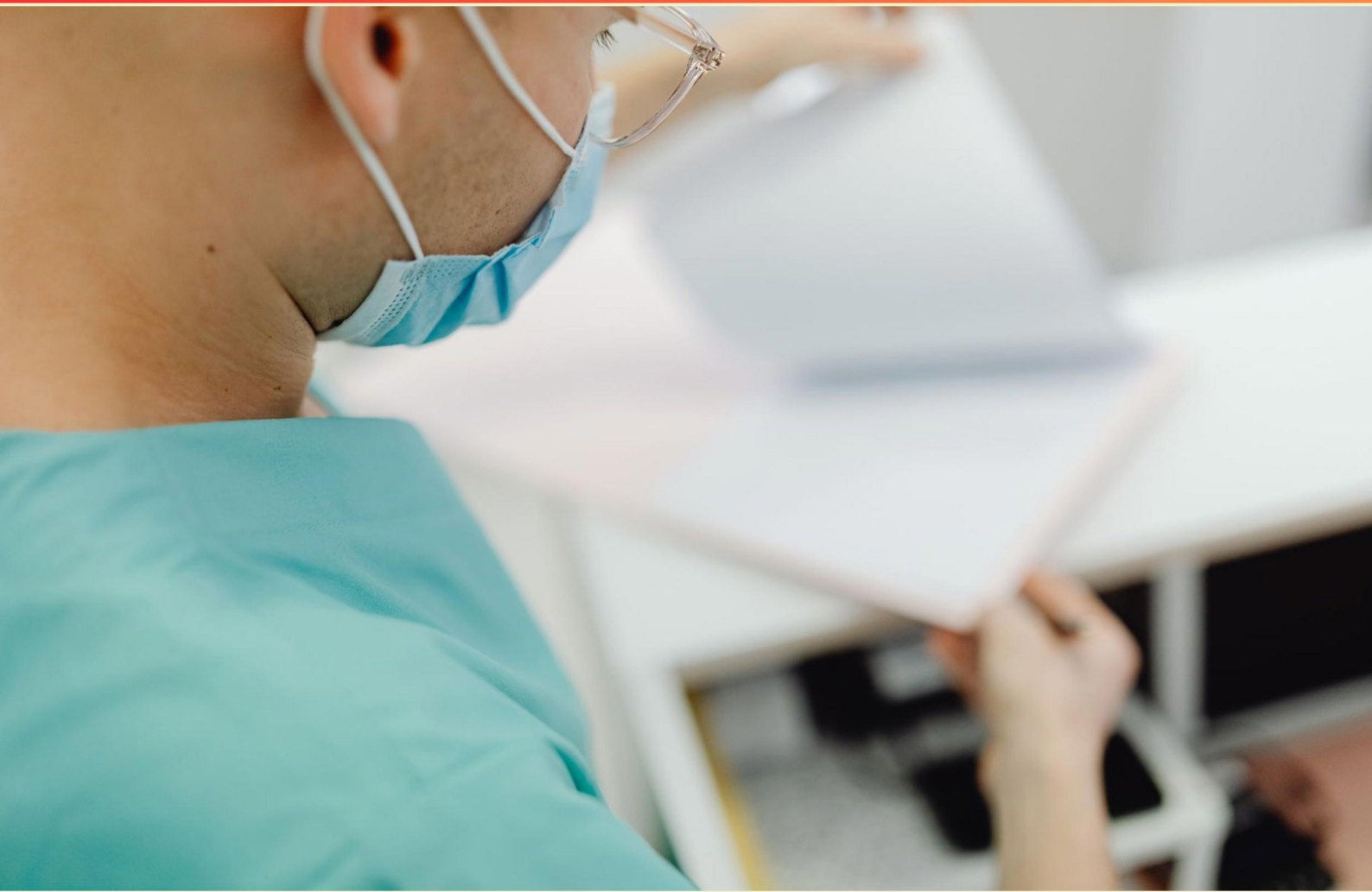


# ADULT MED SURG COMPREHENSIVE PREDICTOR PRACTICE TEST (SAMPLE)

STUDY GUIDE



*Prepare with structure. Pass with confidence*



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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. Angioedema associated with ACE inhibitors typically presents as what?**
  - A. Painful swelling
  - B. Painless swelling
  - C. Localized rash
  - D. Itching all over
- 2. Which range is considered an abnormal score in a biophysical profile?**
  - A. 5-7
  - B. 0-4
  - C. 8-10
  - D. 6-8
- 3. What should a nurse advise a client who is at risk of developing a pressure ulcer?**
  - A. Limit fluid intake
  - B. Change position every 2 hours
  - C. Use lotions excessively
  - D. Avoid movement to reduce friction
- 4. What is the first action to take when implementing an emergency preparedness plan?**
  - A. Assess the situation first
  - B. Notify the incident commander
  - C. Evacuate the area
  - D. Gather supplies
- 5. What time frame is relevant for assessing the effects of maternal serum alpha-fetoprotein in pregnancy?**
  - A. Week 8-12
  - B. Week 13-16
  - C. Week 16-20
  - D. Week 24-28

- 6. What health condition is considered a contraindication for becoming a living kidney donor?**
- A. Diabetes
  - B. Hypertension
  - C. Obesity
  - D. Chronic kidney disease
- 7. What is the expected finding for a client receiving radiation therapy to the neck?**
- A. Intense pain at the treatment site
  - B. Dry mouth
  - C. Skin blisters
  - D. Excessive swelling around the neck
- 8. To pass a line on the Snellen chart, a child must identify how many symbols correctly?**
- A. Two to three symbols
  - B. Three to four symbols
  - C. Four to six symbols
  - D. Six to eight symbols
- 9. In planning care for a client with Alzheimer's disease, what should the nurse suggest regarding locks?**
- A. Remove all locks for safety
  - B. Place locks at the tops of exterior doors
  - C. Install alarms on doors
  - D. Use sliding bolts on interior doors
- 10. How much folate intake is recommended during pregnancy?**
- A. 200 mcg/day
  - B. 400 mcg/day
  - C. 600 mcg/day
  - D. 800 mcg/day



## **Answers**

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

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## **Explanations**

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## 1. Angioedema associated with ACE inhibitors typically presents as what?

- A. Painful swelling
- B. Painless swelling**
- C. Localized rash
- D. Itching all over

Angioedema associated with ACE inhibitors typically presents as painless swelling. This condition is characterized by deep swelling in the dermis and subcutaneous tissues, most frequently affecting the face, lips, tongue, and throat. The swelling usually occurs without associated pain, which distinguishes it from other types of edema or allergic reactions, where pain might be more common. ACE inhibitors can cause angioedema as a result of increased bradykinin levels due to the inhibition of the angiotensin-converting enzyme. Since bradykinin is a peptide that can induce vasodilation and increased vascular permeability, its accumulation can lead to swelling without the inflammatory pain typical of other allergic responses. Understanding this presentation is crucial for healthcare providers when assessing patients who are on ACE inhibitors, as rapid identification of angioedema is essential for preventing further complications, such as airway obstruction. The painless nature of the swelling is a key feature that allows for differentiation from other conditions that involve swelling and discomfort.

## 2. Which range is considered an abnormal score in a biophysical profile?

- A. 5-7
- B. 0-4**
- C. 8-10
- D. 6-8

A biophysical profile (BPP) is an assessment typically performed during pregnancy to evaluate the well-being of the fetus. It combines an ultrasound evaluation of fetal movement, fetal tone, fetal breathing movements, and amniotic fluid levels, along with a non-stress test to assess the fetal heart rate. An abnormal score in a biophysical profile indicates potential concerns regarding fetal health. The scoring system for the BPP typically ranges from 0 to 10, with a score of 8 to 10 being considered normal. A score in the range of 5 to 7 is generally seen as "intermediate" or borderline, which might warrant further monitoring but does not necessarily reflect an immediate risk to the fetus. In contrast, a score within the range of 0-4 is considered an abnormal score. This low scoring reflects significant concerns that require immediate attention, as it indicates potential fetal distress or complications that might necessitate further intervention, including possible delivery. Thus, the identification of 0-4 as abnormal is based on the established guidelines and clinical protocols that define how healthcare providers respond to varying BPP scores to ensure the safety and health of the mother and fetus.

**3. What should a nurse advise a client who is at risk of developing a pressure ulcer?**

- A. Limit fluid intake
- B. Change position every 2 hours**
- C. Use lotions excessively
- D. Avoid movement to reduce friction

*Advising a client at risk for developing a pressure ulcer to change position every 2 hours aligns with best practices for preventing skin breakdown. Regular repositioning relieves pressure on bony prominences, reducing the risk of ischemia and tissue damage that can lead to pressure ulcers. This recommendation is especially important for individuals with limited mobility, as constant pressure on the skin can compromise blood flow and increase the likelihood of ulcer formation. By encouraging frequent changes in position, the nurse helps distribute body weight more evenly and enhances circulation to the skin, promoting overall skin health. This strategy is part of a comprehensive approach to pressure ulcer prevention, which might also include maintaining skin hygiene and assessing the skin regularly for any signs of breakdown. Other options, such as limiting fluid intake, using excessive lotions, or avoiding movement, do not support the overall goal of preventing pressure ulcers and could ultimately compromise skin integrity and health.*

**4. What is the first action to take when implementing an emergency preparedness plan?**

- A. Assess the situation first
- B. Notify the incident commander**
- C. Evacuate the area
- D. Gather supplies

*The first action to take when implementing an emergency preparedness plan is to notify the incident commander. This step is vital because the incident commander is responsible for overseeing the emergency response efforts, coordinating actions, and making critical decisions to ensure safety and effectiveness during the incident. By notifying the incident commander first, you ensure that there is a clear chain of command and that the response is organized, which is essential in any emergency situation. This allows for proper resource allocation, communication with other responders, and the establishment of priorities, which are all necessary for an effective response. While assessing the situation, evacuating the area, and gathering supplies are also important actions that might follow, they should be directed or guided by the incident commander after they have been informed about the emergency. This structured approach helps maintain order and increases the chances of a successful response to the emergency.*

**5. What time frame is relevant for assessing the effects of maternal serum alpha-fetoprotein in pregnancy?**

- A. Week 8-12
- B. Week 13-16**
- C. Week 16-20
- D. Week 24-28

*The assessment of maternal serum alpha-fetoprotein (MSAFP) is typically recommended during the time frame of weeks 15 to 20 of pregnancy, with the most accurate results generally obtained between the 15th and 18th weeks. This screening test is primarily used to evaluate the risk of certain fetal abnormalities, including neural tube defects and Down syndrome. Choosing the correct time frame for assessing MSAFP is important because conducting the test too early or too late can yield inaccurate results. In the earlier weeks of pregnancy, particularly before week 15, the levels of alpha-fetoprotein may not yet be indicative of potential fetal abnormalities. Conversely, testing too late in the pregnancy may miss the optimal window for meaningful interpretation and appropriate clinical action. Therefore, the period between weeks 13 and 16 is indeed a critical window, but the accuracy and best practice firmly support the choice of weeks 15 to 18 as the ideal timing for assessment. This understanding emphasizes the importance of timing in obtaining reliable screening results and making informed decisions about further diagnostic testing or interventions, if necessary.*

**6. What health condition is considered a contraindication for becoming a living kidney donor?**

- A. Diabetes
- B. Hypertension**
- C. Obesity
- D. Chronic kidney disease

*The health condition that serves as a contraindication for becoming a living kidney donor is chronic kidney disease. Individuals with chronic kidney disease have reduced kidney function, which poses significant risks for both the donor and the recipient. Since the primary role of the kidneys is to filter waste and excess fluids from the body, an individual with impaired kidney function is already under strain, and the donation of a kidney could lead to further deterioration of their health. In the context of kidney donation, potential donors must be in good overall health and possess at least one adequately functioning kidney. The long-term health of the donor is a primary concern in the selection process, ensuring that they can live healthily and functionally with only one kidney post-donation. Chronic kidney disease directly undermines this requirement, making it a critical contraindication for potential living donors. While conditions such as diabetes, hypertension, and obesity can impact the suitability of a donor, they do not automatically negate the possibility of donation as well as chronic kidney disease does. Decisions about these other conditions are made on a case-by-case basis, considering the severity of the disease and overall health.*

**7. What is the expected finding for a client receiving radiation therapy to the neck?**

- A. Intense pain at the treatment site
- B. Dry mouth**
- C. Skin blisters
- D. Excessive swelling around the neck

*The expected finding for a client receiving radiation therapy to the neck is dry mouth, also known as xerostomia. This symptom arises due to the effects of radiation on the salivary glands, which can become damaged during treatment. The radiation can lead to decreased saliva production, resulting in a sensation of dryness in the mouth. This side effect is particularly important to monitor, as saliva plays a crucial role in oral health, including the prevention of tooth decay and difficulty swallowing. Clients experiencing dry mouth may also notice difficulties in speaking and eating, and they may require interventions to help manage this condition, such as increased hydration, oral rinses, or saliva substitutes. While intense pain, skin blisters, and excessive swelling can occur with radiation therapy, they are not typical expected findings specifically associated with neck radiation. Pain may not be prevalent unless the treatment causes irritation or affects surrounding tissues significantly. Skin blisters could indicate a more severe reaction, and excessive swelling may suggest an abnormal response rather than a common side effect.*

**8. To pass a line on the Snellen chart, a child must identify how many symbols correctly?**

- A. Two to three symbols
- B. Three to four symbols
- C. Four to six symbols**
- D. Six to eight symbols

*The correct answer indicates that to pass a line on the Snellen chart, a child must correctly identify four to six symbols. This range is based on established guidelines for assessing visual acuity in children. The Snellen chart is designed to measure a person's visual sharpness, and the number of symbols identified correlates to a child's ability to see at specific distances. In clinical settings, identifying four to six symbols reflects an adequate level of visual acuity for children, ensuring that they can discern details necessary for tasks such as reading or recognizing objects at a distance. This benchmark helps healthcare professionals determine whether a child's vision is within the normal range or if further assessment or intervention may be needed. The choice of four to six symbols strikes a balance, allowing for small variations in performance while still generally indicating satisfactory vision.*

**9. In planning care for a client with Alzheimer's disease, what should the nurse suggest regarding locks?**

- A. Remove all locks for safety
- B. Place locks at the tops of exterior doors**
- C. Install alarms on doors
- D. Use sliding bolts on interior doors

*When caring for a client with Alzheimer's disease, placing locks at the tops of exterior doors is an effective strategy to enhance safety while maintaining a degree of independence for the individual. This approach helps prevent unsupervised wandering, which is a common concern in Alzheimer's patients, as they may lose track of their surroundings or become disoriented. Positioning locks at a higher level makes them less accessible to the client, while allowing caregivers to have easy control and quick access to the door. This can significantly reduce the risk of the client leaving the premises unnoticed and potentially placing themselves in harmful situations. In contrast, removing all locks could create an unsafe environment, as the individual would have the freedom to exit unsupervised. Installing alarms on doors can be effective, but may not provide the same level of physical security. Meanwhile, using sliding bolts on interior doors has limited relevance to wandering prevention, as it does not address exterior exits where wandering is more likely to occur. Therefore, placing locks at the tops of exterior doors strikes a balance between safety and autonomy, making it a recommended care strategy for clients with Alzheimer's disease.*

**10. How much folate intake is recommended during pregnancy?**

- A. 200 mcg/day
- B. 400 mcg/day
- C. 600 mcg/day**
- D. 800 mcg/day

*During pregnancy, it is recommended that women increase their folate intake to support the developing fetus and to reduce the risk of neural tube defects. The recommended daily allowance (RDA) for folate during pregnancy is 600 micrograms (mcg) per day. This increased intake is crucial because folate plays a vital role in DNA synthesis, cell division, and the growth of the placenta and fetus. Adequate folate levels during the preconception period and throughout pregnancy contribute to healthy fetal development and significantly impact maternal health as well. Insufficient folate can lead to serious complications such as spina bifida and other neural tube defects, making it essential for pregnant women to meet this higher nutritional requirement. Other options reflect lower recommended intakes that do not align with current dietary guidelines for pregnant women, as they do not provide the optimal amounts needed for fetal health.*



## 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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