

# Alzheimer's Disease (Advanced Stages) HESI Case Study 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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**SAMPLE**

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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

- 1. What condition might exacerbate cognitive decline in a patient with Alzheimer's disease?**
  - A. Stable blood pressure**
  - B. Thyroid dysfunction**
  - C. Social support**
  - D. Regular sleep patterns**
- 2. How does advanced Alzheimer's disease typically affect communication abilities?**
  - A. Individuals may speak more eloquently**
  - B. They may communicate through written language exclusively**
  - C. They may lose the ability to speak coherently**
  - D. Individuals become overly talkative and expressive**
- 3. In the context of a long-term care facility, what is a major challenge for caregivers?**
  - A. Ensuring proper nutrition for the patient**
  - B. Developing effective communication with staff**
  - C. Maintaining a presence through regular visits**
  - D. Adjusting to changes in caregiving roles**
- 4. What type of activities can lead to a sense of accomplishment for advanced Alzheimer's patients?**
  - A. Complex problem-solving tasks**
  - B. Simple, structured activities that involve motor skills**
  - C. Group lectures and discussions**
  - D. Unstructured creative tasks**
- 5. What is the most appropriate response by the nurse regarding expected disease progression in a client with Alzheimer's disease?**
  - A. "She is showing signs of late-stage disease and she will soon stabilize at her current level of functioning."**
  - B. "Esther's healthcare provider will explain the expected disease progression at your next appointment."**
  - C. "Every person responds differently to the disease, but it is likely that her ability to function will continue to decline."**
  - D. "It is important to maintain a positive attitude and to not worry too much about what will happen next."**

- 6. What is a key component of effective communication with advanced Alzheimer's patients?**
- A. Frequent long-winded explanations**
  - B. Simple language and direct messages**
  - C. Using complex terminology for clarity**
  - D. Avoiding any physical touch**
- 7. What role does the nurse play during the mental status examination?**
- A. Conduct the examination without the spouse present**
  - B. Facilitate communication between the client and spouse**
  - C. Provide a detailed diagnosis**
  - D. Document personal opinions on the client's condition**
- 8. What impact can music therapy have on advanced Alzheimer's patients?**
- A. It can increase physical mobility.**
  - B. It can evoke memories and improve mood.**
  - C. It can enhance memory retention.**
  - D. It can eliminate behavioral issues.**
- 9. What is an essential consideration when developing care plans for advanced Alzheimer's patients?**
- A. Focusing only on physical health**
  - B. Incorporating the preferences and history of the patient**
  - C. Prioritizing medication adherence above all**
  - D. Limiting activities to avoid overstimulation**
- 10. Which of the following is a non-pharmacological intervention for advanced Alzheimer's patients?**
- A. Increasing medication doses**
  - B. Establishing a predictable daily routine**
  - C. Withdrawing social interactions**
  - D. Implementing strict dietary restrictions**

## **Answers**

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

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## **Explanations**

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**1. What condition might exacerbate cognitive decline in a patient with Alzheimer's disease?**

- A. Stable blood pressure**
- B. Thyroid dysfunction**
- C. Social support**
- D. Regular sleep patterns**

Thyroid dysfunction could significantly exacerbate cognitive decline in a patient with Alzheimer's disease because the thyroid hormones play a crucial role in brain function and metabolism. An underactive thyroid (hypothyroidism) can lead to symptoms such as memory impairment and confusion, which may mimic or worsen the cognitive deficits already present in Alzheimer's disease. Ensuring proper thyroid function is essential for maintaining cognitive health, as imbalances can compound the difficulties associated with neurodegenerative conditions. In contrast, stable blood pressure, social support, and regular sleep patterns are generally associated with promoting cognitive health and stability. Maintaining stable blood pressure can contribute to overall brain health, while social support is known to provide emotional resources that may buffer cognitive decline. Additionally, regular sleep patterns are vital for cognitive functioning, as quality sleep supports memory consolidation and overall brain health. These factors do not typically contribute to an exacerbation of cognitive decline like thyroid dysfunction does.

**2. How does advanced Alzheimer's disease typically affect communication abilities?**

- A. Individuals may speak more eloquently**
- B. They may communicate through written language exclusively**
- C. They may lose the ability to speak coherently**
- D. Individuals become overly talkative and expressive**

In advanced stages of Alzheimer's disease, individuals often experience significant cognitive decline that affects various functions, including communication abilities. One of the hallmark symptoms of this progression is the loss of the ability to speak coherently. This can manifest as difficulty finding the right words, constructing sentences, or even engaging in conversations. As the disease progresses, some individuals may become non-verbal altogether, relying instead on gestures or facial expressions to convey basic feelings or needs. The impact on communication can lead to frustration for both the individual with Alzheimer's and their caregivers, as the loss of coherent speech limits interpersonal connections and can hinder the ability to express thoughts, emotions, and needs. The focus on coherent speech highlights the challenges faced in advanced Alzheimer's, where even basic communication abilities may be severely compromised. This aspect underscores the importance of understanding how communication changes in advanced stages, allowing caregivers and loved ones to adapt their interaction strategies to better support affected individuals.

**3. In the context of a long-term care facility, what is a major challenge for caregivers?**

- A. Ensuring proper nutrition for the patient**
- B. Developing effective communication with staff**
- C. Maintaining a presence through regular visits**
- D. Adjusting to changes in caregiving roles**

In long-term care facilities, maintaining a presence through regular visits can be a significant challenge for caregivers, particularly family members or friends of patients with advanced Alzheimer's Disease. Regular visits are crucial for emotional support and reinforcing the bond between the patient and their loved ones. However, caregivers often face various obstacles that make this task difficult, such as time constraints due to work or personal commitments, distance from the care facility, or their own physical and emotional exhaustion. When caregivers are unable to maintain this presence, patients may experience increased feelings of loneliness and confusion, which can exacerbate their symptoms. Thus, the challenge lies not only in the logistics of visiting but also in the emotional toll it takes on caregivers as they navigate their responsibilities while aiming to provide comfort and reassurance to the patient. Ultimately, ensuring regular visits is fundamental to fostering a supportive environment, but it is fraught with challenges that can impact both the caregiver's ability to show support and the patient's well-being.

**4. What type of activities can lead to a sense of accomplishment for advanced Alzheimer's patients?**

- A. Complex problem-solving tasks**
- B. Simple, structured activities that involve motor skills**
- C. Group lectures and discussions**
- D. Unstructured creative tasks**

Simple, structured activities that involve motor skills are particularly effective for advanced Alzheimer's patients because they provide an opportunity for engagement and foster a sense of accomplishment. These activities can include tasks such as sorting objects, folding laundry, or simple gardening tasks, which require minimal cognitive processing but allow individuals to use their hands and bodies in a meaningful way. Such activities are designed to match the abilities of late-stage Alzheimer's patients, allowing them to experience success and maintain dignity. The structured nature of these tasks helps reduce confusion and frustration, creating a controlled environment where patients can thrive and achieve a sense of purpose. Engaging patients in these activities can also have a positive impact on their mood and well-being, as they receive positive reinforcement through their successful participation. In contrast, complex problem-solving tasks may overwhelm or frustrate patients who may no longer be able to process complex information. Group lectures and discussions may not effectively engage them due to cognitive decline in advanced stages, and unstructured creative tasks may not provide the clarity and direction needed for successful participation. Therefore, simple, structured activities that involve motor skills stand out as the most beneficial choice for fostering a sense of accomplishment among advanced Alzheimer's patients.

**5. What is the most appropriate response by the nurse regarding expected disease progression in a client with Alzheimer's disease?**

- A. "She is showing signs of late-stage disease and she will soon stabilize at her current level of functioning."**
- B. "Esther's healthcare provider will explain the expected disease progression at your next appointment."**
- C. "Every person responds differently to the disease, but it is likely that her ability to function will continue to decline."**
- D. "It is important to maintain a positive attitude and to not worry too much about what will happen next."**

The most appropriate response by the nurse highlights the unique nature of Alzheimer's disease progression in individuals. By stating that "Every person responds differently to the disease, but it is likely that her ability to function will continue to decline," the nurse acknowledges the variability in how the disease affects different patients while realistically framing the expectation of decline in function, which is characteristic of advanced Alzheimer's disease. This response is essential for caregivers and family members as it provides a balanced perspective. It offers a candid acknowledgment that, while there is variability in progression, the overall trajectory tends to involve a decline in cognitive and functional abilities. Understanding this can help families prepare emotionally and logistically for the changes that may occur, enabling them to seek additional support as needed. Furthermore, the approach communicates compassion and understanding, which can foster trust between the nurse and the patient's family. This is a crucial component of nursing care, particularly in the context of progressive degenerative diseases like Alzheimer's, where preparation for future changes can be beneficial to both the patient and their families.

**6. What is a key component of effective communication with advanced Alzheimer's patients?**

- A. Frequent long-winded explanations**
- B. Simple language and direct messages**
- C. Using complex terminology for clarity**
- D. Avoiding any physical touch**

Using simple language and direct messages is essential when communicating with individuals in the advanced stages of Alzheimer's disease. As the condition progresses, cognitive abilities decline, making it increasingly difficult for patients to process complex language or lengthy explanations. Simple language helps ensure that the message is clear and more easily understood, reducing frustration for both the caregiver and the patient. Additionally, direct messages provide clarity and help reinforce understanding. Nonverbal cues, such as tone of voice and facial expressions, also play a significant role, but keeping verbal communication straightforward is paramount. This approach fosters engagement and can help maintain a sense of connection, which is crucial in caring for a person with Alzheimer's. In contrast, utilizing frequent long-winded explanations can overwhelm the patient, while complex terminology may further confuse them and hinder communication. Avoiding physical touch would miss the benefits of human connection, which can be comforting even as cognitive function declines; gentle touch can help in conveying support and care.

**7. What role does the nurse play during the mental status examination?**

- A. Conduct the examination without the spouse present**
- B. Facilitate communication between the client and spouse**
- C. Provide a detailed diagnosis**
- D. Document personal opinions on the client's condition**

In the context of a mental status examination, the nurse's role is to facilitate communication between the client and their spouse. This involves creating an environment where both the patient and their spouse feel comfortable expressing their thoughts and feelings. Effective communication can provide valuable insights into the client's cognitive function, emotional state, and overall well-being, while also helping to alleviate any anxiety or stress the patient may experience during the examination. Facilitating communication allows the nurse to gather pertinent information from both parties, which can enhance the evaluation process. Additionally, the nurse acts as a mediator to ensure that both the client and their spouse understand each other, fostering a supportive atmosphere that can lead to a more accurate assessment of the client's mental status. The other options do not align with the primary responsibilities of a nurse during such assessments. Conducting the examination without the spouse present could limit valuable input and support. Providing a detailed diagnosis is beyond the nurse's typical scope of practice, as that responsibility generally lies with a physician or advanced practice provider. Documenting personal opinions is not appropriate, as assessments should be objective and based on clinical observations rather than subjective interpretations.

**8. What impact can music therapy have on advanced Alzheimer's patients?**

- A. It can increase physical mobility.**
- B. It can evoke memories and improve mood.**
- C. It can enhance memory retention.**
- D. It can eliminate behavioral issues.**

Music therapy is particularly beneficial for advanced Alzheimer's patients as it has the unique ability to evoke memories and improve mood. Engaging with music can stimulate reminiscence and connect patients with their past experiences, even in the later stages of the disease when other cognitive functions may be severely impaired. The emotional connection that music fosters can lead to enhanced feelings of joy, relaxation, and overall well-being. Research shows that melodies and lyrics tied to significant moments in a patient's life can trigger responses and memories that might otherwise be inaccessible. This therapeutic approach provides opportunities for communication and engagement, which can positively influence mood by reducing anxiety and agitation often present in individuals with Alzheimer's. In contrast, while music therapy might encourage some level of physical movement in patients, especially when combined with rhythm or dance, it does not primarily focus on increasing physical mobility. Additionally, it does not improve memory retention or eliminate behavioral issues, but it may help manage them through mood enhancement and emotional connection. Therefore, the profound impact of music therapy lies in its ability to evoke memories and create an uplifting experience for patients.

**9. What is an essential consideration when developing care plans for advanced Alzheimer's patients?**

- A. Focusing only on physical health**
- B. Incorporating the preferences and history of the patient**
- C. Prioritizing medication adherence above all**
- D. Limiting activities to avoid overstimulation**

In the context of caring for patients with advanced Alzheimer's disease, incorporating the preferences and history of the patient is crucial for several reasons. First, Alzheimer's disease affects not only cognitive function but also emotional well-being. Recognizing and honoring a patient's personal history, values, and preferences can enhance their sense of dignity and self-worth, even in advanced stages of the illness. This tailored approach can lead to more effective and compassionate care. Moreover, understanding a patient's past experiences and lifestyle choices can inform caregivers on the types of activities or interactions that may be most comforting or enjoyable for the patient. It creates opportunities for more meaningful engagement, which can help mitigate feelings of confusion and distress commonly associated with advanced Alzheimer's. This patient-centered approach fosters a therapeutic environment that respects individuality, potentially reducing behavioral issues and improving the overall quality of life for both the patient and the caregiver. It also encourages a holistic perspective on care, encouraging attention to emotional and psychological aspects of health alongside physical care, allowing for a more comprehensive plan that addresses all needs.

**10. Which of the following is a non-pharmacological intervention for advanced Alzheimer's patients?**

- A. Increasing medication doses**
- B. Establishing a predictable daily routine**
- C. Withdrawing social interactions**
- D. Implementing strict dietary restrictions**

Establishing a predictable daily routine is a vital non-pharmacological intervention for advanced Alzheimer's patients. This approach provides structure and stability to the lives of individuals experiencing cognitive decline, which can significantly help reduce anxiety and confusion. Predictable routines assist patients in understanding what to expect throughout the day, thereby enhancing their sense of security and control. A consistent daily schedule can also help caregivers better manage care and facilitate positive interactions, leading to improved overall well-being for both the patient and the caregiver. Engaging patients in familiar and routine activities can access their long-term memory, fostering a sense of familiarity and reducing frustration. In contrast, options such as increasing medication doses may lead to adverse effects, and withdrawing social interactions can contribute to feelings of isolation and depression, neither of which are beneficial for individuals with Alzheimer's. Implementing strict dietary restrictions can inadvertently lead to nutritional deficiencies and may not address the holistic needs of the patient. Thus, establishing a predictable daily routine stands out as a constructive approach to care in advanced Alzheimer's disease.

## 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://alzheimersadvstageshesi.examzify.com>**

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