

Alzheimer's Disease (Advanced Stages) HESI Case Study Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

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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

- 1. What is a recommended approach for providing cognitive support to a client with Alzheimer's?**
 - A. Remove all items that may trigger memories.**
 - B. Engage in repetitive questioning to clarify memories.**
 - C. Encourage journaling to document clear thoughts.**
 - D. Assist recognition of emotions associated with memories.**
- 2. What method can caregivers use to help Alzheimer's patients in advanced stages with confusion?**
 - A. Implementing irregular routines and schedules**
 - B. Using technology for reminders**
 - C. Familiar routines and structured schedules**
 - D. Encouraging patient independence at all times**
- 3. What is a significant challenge in providing dental care for advanced Alzheimer's patients?**
 - A. Limited access to dental professionals.**
 - B. Difficulty communicating discomfort or dental issues.**
 - C. Inability to sit still during examinations.**
 - D. Heightened resistance to treatment.**
- 4. What is an effective technique for helping a client with Alzheimer's recognize the bathroom?**
 - A. Using a verbal cue before entering.**
 - B. Placing a picture of a toilet on the bathroom door.**
 - C. Using bright colored lights in the bathroom.**
 - D. Playing a sound that indicates it's bathroom time.**
- 5. How can caregivers help with emotional support for advanced Alzheimer's patients?**
 - A. By providing emotional distance**
 - B. By understanding and validating feelings**
 - C. By avoiding discussions about feelings**
 - D. By limiting emotional expression**

- 6. Why is it important for caregivers to participate in self-care activities?**
- A. To feel guilty for needing time away from their responsibilities.**
 - B. To maintain their own physical and mental health amidst caregiving demands.**
 - C. To lessen their involvement with their loved ones.**
 - D. To ensure they remain in full control without external assistance.**
- 7. What benefit does pet therapy provide for patients with advanced Alzheimer's?**
- A. It increases their memory retention**
 - B. It can reduce stress and improve mood**
 - C. It ensures they have no feelings of loneliness**
 - D. It allows for greater verbal communication**
- 8. What is a key consideration for managing medications in advanced Alzheimer's patients?**
- A. Simplifying medication regimens to ensure compliance**
 - B. Increasing the number of medications to address all symptoms**
 - C. Administering medications at varied times to confuse the patient**
 - D. Using only over-the-counter medications**
- 9. How should a nurse respond to a spouse who feels correcting their partner's inaccuracies makes them feel stupid?**
- A. Instruct the spouse to ignore all inaccuracies.**
 - B. Suggest balancing the client's feelings with the need for reality.**
 - C. Advise always correcting the client to prevent confusion.**
 - D. Encourage the spouse to simplify conversations.**

10. What aspect of behavior management is essential in caring for advanced Alzheimer's patients?

- A. Utilizing strict disciplinary measures**
- B. Understanding triggers and maintaining patience**
- C. Promoting autonomy at all times**
- D. Combining logic with emotional support**

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Answers

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

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Explanations

1. What is a recommended approach for providing cognitive support to a client with Alzheimer's?

- A. Remove all items that may trigger memories.**
- B. Engage in repetitive questioning to clarify memories.**
- C. Encourage journaling to document clear thoughts.**
- D. Assist recognition of emotions associated with memories.**

Assisting recognition of emotions associated with memories is an effective approach for providing cognitive support to a client with Alzheimer's disease. This strategy acknowledges that even if detailed memories may be impaired, emotional responses to past experiences can still be accessible and meaningful. By tapping into these emotions, caregivers can help the individual connect with their past, promote a sense of identity, and enhance emotional well-being. Focusing on emotions allows for a deeper engagement, as feelings often remain intact even when cognitive functions decline. This approach can also facilitate communication and provide comfort, helping the individual feel understood and supported, which is essential in advanced stages of Alzheimer's. The other options may not provide the same level of cognitive and emotional support. Removing items that may trigger memories could deprive the individual of potential points of connection, while repetitive questioning may lead to frustration instead of clarity. Encouraging journaling, although beneficial in some contexts, can be challenging for someone with advanced Alzheimer's who may struggle with writing or organization of thoughts. This makes the recognition of emotions a more suitable and empathetic choice.

2. What method can caregivers use to help Alzheimer's patients in advanced stages with confusion?

- A. Implementing irregular routines and schedules**
- B. Using technology for reminders**
- C. Familiar routines and structured schedules**
- D. Encouraging patient independence at all times**

Caregivers can significantly help Alzheimer's patients in advanced stages by implementing familiar routines and structured schedules. Establishing a consistent routine provides a sense of security and predictability, which is essential for individuals experiencing confusion due to the disease. Familiarity can help reduce anxiety and agitation, as the individual knows what to expect throughout the day. Structured schedules can also aid memory and orientation, helping the patient to sequence their day more effectively and understand what is happening at each moment. This method allows caregivers to create an environment that minimizes uncertainty and chaos, facilitating a smoother day-to-day experience for both the patient and the caregiver. In contrast, irregular routines can lead to further confusion and distress, while encouraging complete independence may overwhelm the patient, who may not have the cognitive ability to manage tasks independently. Using technology for reminders can be beneficial in certain situations but may not always be practical or effective for those in advanced stages of Alzheimer's, who may struggle with using devices or may not understand their purpose.

3. What is a significant challenge in providing dental care for advanced Alzheimer's patients?

- A. Limited access to dental professionals.**
- B. Difficulty communicating discomfort or dental issues.**
- C. Inability to sit still during examinations.**
- D. Heightened resistance to treatment.**

The challenge of difficulty communicating discomfort or dental issues is particularly significant in providing dental care for advanced Alzheimer's patients. As the disease progresses, individuals often experience cognitive decline that impairs their ability to express their needs, symptoms, or any discomfort they may be feeling. This inability to effectively communicate makes it difficult for dental professionals to accurately assess the patient's condition and provide the necessary care. Moreover, a lack of awareness about oral health can lead to an accumulation of dental problems without the patient being able to inform caregivers or dental staff about pain or issues they are experiencing. This can result in delayed treatment, worsening dental health, and increased anxiety for both the patient and the caregivers. Recognizing the importance of non-verbal cues and utilizing alternative communication methods becomes critical in these cases to ensure that the patient's dental health is managed properly. In contrast, while other options present real challenges, such as resistance to treatment or inability to sit still, these can often be managed with appropriate strategies and support. The core issue of communication, however, fundamentally impacts the assessment and treatment of dental care in patients with advanced Alzheimer's, making it a uniquely critical challenge.

4. What is an effective technique for helping a client with Alzheimer's recognize the bathroom?

- A. Using a verbal cue before entering.**
- B. Placing a picture of a toilet on the bathroom door.**
- C. Using bright colored lights in the bathroom.**
- D. Playing a sound that indicates it's bathroom time.**

Placing a picture of a toilet on the bathroom door is an effective technique for helping a client with Alzheimer's recognize the bathroom because visual cues can significantly aid in orientation and navigation for individuals with cognitive impairments. People with Alzheimer's disease often have difficulty processing verbal instructions or remembering spoken cues. A clear visual representation of a toilet can provide immediate recognition and understanding of the purpose of the room. Using pictures as signage is beneficial in environments for Alzheimer's patients, as it leverages their visual memory and can help reduce confusion or anxiety about where to go. The simplicity and directness of a visual aid can encourage independence and promote positive outcomes, such as reducing accidents or missed bathroom opportunities. In contrast, verbal cues may not be reliably processed by someone in advanced stages of Alzheimer's, as their comprehension can be impaired. Bright colored lights might attract attention but do not directly communicate the function of the room and could even lead to confusion instead of clarity. Audio cues, while engaging, may not provide the necessary context for the patient to understand that they should enter the bathroom. A visual cue like the picture of a toilet effectively addresses the recognition challenge by offering a direct and understandable prompt.

5. How can caregivers help with emotional support for advanced Alzheimer's patients?

- A. By providing emotional distance
- B. By understanding and validating feelings**
- C. By avoiding discussions about feelings
- D. By limiting emotional expression

Providing emotional support for patients with advanced Alzheimer's is crucial for their well-being, as these individuals may experience confusion, fear, and frustration due to their cognitive decline. One effective way caregivers can help is by understanding and validating the feelings of the patient. This approach fosters a sense of connection, safety, and acceptance, which can significantly improve the patient's emotional state. Understanding involves caregivers being attentive to non-verbal cues and recognizing when the patient is upset or anxious. Validating feelings means acknowledging those emotions without judgment, such as expressing understanding when a patient shows sadness or confusion. This not only reassures the patient that their feelings are valid but also encourages open communication, which can help alleviate feelings of isolation that many Alzheimer's patients experience. Validation helps create an environment where patients feel supported, even if their ability to articulate their feelings is diminished. Caregivers who engage in this way can help enhance the quality of life for individuals with advanced stages of the disease, providing them with comfort and reducing stress.

6. Why is it important for caregivers to participate in self-care activities?

- A. To feel guilty for needing time away from their responsibilities.
- B. To maintain their own physical and mental health amidst caregiving demands.**
- C. To lessen their involvement with their loved ones.
- D. To ensure they remain in full control without external assistance.

Participating in self-care activities is crucial for caregivers, particularly those caring for individuals with Alzheimer's disease, because it allows them to maintain their own physical and mental health amidst the demanding responsibilities they face. Caregiving can be emotionally and physically exhausting, often leading to burnout, stress, and decline in the caregiver's well-being. Engaging in self-care activities provides caregivers with essential time to recharge, reduces stress levels, and helps them manage their emotional health. By prioritizing self-care, caregivers are better equipped to provide high-quality support and interaction with their loved ones. Maintaining their health ensures they have the energy and mental clarity needed to handle daily challenges, perform caregiving tasks effectively, and foster meaningful relationships with those they care for. This proactive approach to maintaining one's health is fundamental within the caregiving role.

7. What benefit does pet therapy provide for patients with advanced Alzheimer's?

- A. It increases their memory retention**
- B. It can reduce stress and improve mood**
- C. It ensures they have no feelings of loneliness**
- D. It allows for greater verbal communication**

Pet therapy has been shown to offer significant benefits to patients with advanced Alzheimer's disease, primarily by reducing stress and improving mood. Engaging with pets, such as dogs or cats, can evoke positive emotional responses, which is particularly valuable for individuals experiencing the challenges associated with advanced stages of the disease. These interactions often lead to decreased agitation, anxiety, and feelings of isolation, creating a more comforting and enjoyable environment for the patient. While some might hope that pet therapy can enhance cognitive functions such as memory retention or verbal communication, these outcomes are less reliably supported in advanced Alzheimer's disease. The primary focus of pet therapy is to provide emotional support and companionship, rather than addressing cognitive deficits directly. Therefore, the emphasis on stress reduction and mood improvement accurately reflects the profound emotional and psychological benefits that such therapy can provide to patients in this stage of the disease.

8. What is a key consideration for managing medications in advanced Alzheimer's patients?

- A. Simplifying medication regimens to ensure compliance**
- B. Increasing the number of medications to address all symptoms**
- C. Administering medications at varied times to confuse the patient**
- D. Using only over-the-counter medications**

In managing medications for patients with advanced Alzheimer's disease, simplifying medication regimens to ensure compliance is crucial. Patients in this stage often experience cognitive impairment, which can significantly affect their ability to remember when to take medications or even understand the instructions they have been given. A simplified regimen reduces the complexity of the medication schedule, potentially improving adherence and ensuring that patients receive the necessary treatments without overwhelming them. Streamlining the number of medications and utilizing combinations that achieve the desired therapeutic effects can help maintain the patient's quality of life while minimizing confusion and the risk of medication errors. This approach emphasizes the importance of understanding each patient's unique needs and capabilities, considering how their cognitive decline may impact their daily routines, rather than increasing the number of medications or using confusing practices.

9. How should a nurse respond to a spouse who feels correcting their partner's inaccuracies makes them feel stupid?

- A. Instruct the spouse to ignore all inaccuracies.**
- B. Suggest balancing the client's feelings with the need for reality.**
- C. Advise always correcting the client to prevent confusion.**
- D. Encourage the spouse to simplify conversations.**

The appropriate response in this situation focuses on balancing the emotional state of the spouse and the reality of the situation concerning the partner with Alzheimer's disease. When a spouse expresses that correcting their partner's inaccuracies makes them feel stupid, it's crucial to acknowledge the emotional impact while still recognizing the importance of maintaining some level of reality. Suggesting that the spouse balance their partner's feelings with the need for reality enables them to approach communication with empathy. This perspective encourages the spouse to validate their partner's feelings, which is essential in dementia care, while also gently introducing corrections in a way that doesn't undermine the partner's dignity. This method fosters a nurturing environment and respects the partner's emotional experiences, while subtly steering conversations towards a more accurate representation of reality that can be beneficial in their care and overall well-being. In this context, simply instructing the spouse to ignore inaccuracies could lead to misunderstandings and hinder effective communication. Advising that they always correct their partner could exacerbate feelings of frustration or confusion and diminish the relational bond. Finally, encouraging simplification in conversations, while useful in some instances, doesn't directly address the emotional dynamics at play regarding the spouse's feelings of inadequacy. Hence, balancing feelings with reality is the most empathetic and effective approach in this scenario

10. What aspect of behavior management is essential in caring for advanced Alzheimer's patients?

- A. Utilizing strict disciplinary measures**
- B. Understanding triggers and maintaining patience**
- C. Promoting autonomy at all times**
- D. Combining logic with emotional support**

Understanding triggers and maintaining patience is crucial in caring for patients with advanced Alzheimer's disease. Individuals in the later stages of Alzheimer's often experience significant cognitive decline, which can lead to challenging behaviors due to confusion, frustration, and unmet needs. Recognizing the specific situations, environments, or stimuli that provoke distress or agitation in these patients allows caregivers to anticipate and mitigate potential behavioral issues. By maintaining patience, caregivers can respond calmly even when faced with difficult behaviors, providing a stable environment that fosters comfort and security for the patient. This approach helps in reducing anxiety and preventing escalation of challenging behaviors. Understanding triggers equips caregivers with the knowledge to create supportive interventions, leading to better outcomes for the patient and a more harmonious caregiving environment.

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://alzheimersadvstageshesi.examzify.com>

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