

Capstone Med-Surg Practice Exam (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

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- 1. Which hormone is primarily responsible for regulating blood sugar levels?**
 - A. Glucagon**
 - B. Insulin**
 - C. Cortisol**
 - D. Adrenaline**

- 2. Which of the following clients is at risk for hepatitis A?**
 - A. A client who has recently done volunteer work in a developing country.**
 - B. A client with a history of alcohol abuse.**
 - C. A client who is immunocompromised.**
 - D. A client who has a family history of liver disease.**

- 3. What are potential complications of long-term corticosteroid use?**
 - A. Improved joint flexibility and reduced inflammation**
 - B. Osteoporosis, infection, hypertension, and hyperglycemia**
 - C. Enhanced immune response and increased hair growth**
 - D. Better mood stability and improved sleep quality**

- 4. Which of the following is a potential side effect of taking beta-blockers?**
 - A. Weight loss**
 - B. Bradycardia**
 - C. Hypertension**
 - D. Increased anxiety**

- 5. During an episode of disequilibrium syndrome, which action should the nurse prioritize?**
 - A. Check the client's level of consciousness**
 - B. Administer a bolus of normal saline**
 - C. Increase the dialysis flow rate**
 - D. Provide the client with a warm blanket**

6. What does "patient-centered care" emphasize?

- A. The use of standardized treatment protocols for all patients**
- B. The inclusion of the patient's preferences, values, and needs in their care plans**
- C. Reduction of costs associated with patient care**
- D. Prioritizing the healthcare provider's experience**

7. Following a bronchoscopy, which finding should prompt the nurse to notify the provider?

- A. Bronchospasms**
- B. Minor cough**
- C. Sore throat**
- D. Increased respiratory rate**

8. What is a stoma?

- A. An internal organ**
- B. An opening created surgically to connect an internal organ to the outside of the body**
- C. A type of medication**
- D. A device for monitoring vital signs**

9. What should a nurse teach a client with heart failure taking furosemide about dietary adjustments?

- A. Limit sodium intake.**
- B. Increase intake of high-potassium food.**
- C. Avoid dairy products.**
- D. Reduce fluid intake to 500 mL daily.**

10. What condition can result from untreated severe hyperthyroidism?

- A. Hypothyroid myxedema**
- B. Thyroid storm**
- C. Hashimoto's thyroiditis**
- D. Adrenal crisis**

Answers

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

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Explanations

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1. Which hormone is primarily responsible for regulating blood sugar levels?

- A. Glucagon**
- B. Insulin**
- C. Cortisol**
- D. Adrenaline**

Insulin is the hormone primarily responsible for regulating blood sugar levels. It is produced by the beta cells of the pancreas and plays a crucial role in maintaining normal glucose homeostasis in the body. When we consume carbohydrates, blood glucose levels rise, prompting the pancreas to release insulin. Insulin facilitates the uptake of glucose into cells, particularly in muscle and adipose (fat) tissue, where it can be used for energy or stored as glycogen. This action lowers blood sugar levels back to a normal range. In addition to promoting glucose uptake, insulin inhibits gluconeogenesis (the production of glucose in the liver) and lipolysis (the breakdown of fat), further contributing to the regulation of blood sugar levels. Without adequate insulin, blood glucose levels can rise dramatically, leading to conditions such as hyperglycemia and, eventually, diabetes mellitus. Other hormones listed, such as glucagon, cortisol, and adrenaline, do play roles in glucose metabolism but are primarily involved in situations where the body needs to raise blood sugar levels. For instance, glucagon is released when blood glucose levels are low to stimulate the liver to convert glycogen back into glucose. Cortisol and adrenaline help raise blood sugar in response to stress but do not primarily regulate it. Thus,

2. Which of the following clients is at risk for hepatitis A?

- A. A client who has recently done volunteer work in a developing country.**
- B. A client with a history of alcohol abuse.**
- C. A client who is immunocompromised.**
- D. A client who has a family history of liver disease.**

Hepatitis A is a viral infection that primarily spreads through the fecal-oral route, often associated with poor sanitation and contaminated food or water. Individuals traveling to or volunteering in developing countries are particularly at risk due to the potential exposure to contaminated water supplies and food handling practices that do not adhere to hygiene standards. Volunteering in a developing country increases the likelihood of encountering situations where proper sanitation measures may not be followed, leading to a higher risk of Hepatitis A infection. Thus, this can put the client in a situation where they are more susceptible to contracting the virus. Other options involve factors that do affect overall liver health or immunity but do not directly relate to the mode of transmission for Hepatitis A. Alcohol abuse is more associated with chronic liver conditions, while immunocompromised status increases the risk for a variety of infections, not specifically Hepatitis A. Family history of liver disease may indicate a predisposition to chronic liver conditions but does not increase the likelihood of exposure to the virus itself like travel to developing countries can.

3. What are potential complications of long-term corticosteroid use?

- A. Improved joint flexibility and reduced inflammation
- B. Osteoporosis, infection, hypertension, and hyperglycemia**
- C. Enhanced immune response and increased hair growth
- D. Better mood stability and improved sleep quality

Long-term corticosteroid use is associated with several significant complications that can affect multiple organ systems. One of the most critical concerns is osteoporosis, which occurs because corticosteroids can interfere with calcium absorption in the intestines and inhibit bone formation, leading to an increased risk of fractures. Infection is another major complication because corticosteroids suppress the immune system, making the body more susceptible to infections and slowing the body's ability to respond to them. Hypertension can arise due to corticosteroids causing increased fluid retention and altering the balance of electrolytes, particularly sodium and potassium, which can lead to elevated blood pressure. Hyperglycemia, or elevated blood sugar levels, can occur as corticosteroids increase glucose production in the liver and decrease the sensitivity of body tissues to insulin, potentially resulting in diabetes mellitus in susceptible individuals. These complications underscore the importance of careful monitoring and management in patients prescribed long-term corticosteroid therapy, as proactive measures can help mitigate some of these risks.

4. Which of the following is a potential side effect of taking beta-blockers?

- A. Weight loss
- B. Bradycardia**
- C. Hypertension
- D. Increased anxiety

Bradycardia is a well-documented potential side effect of taking beta-blockers. These medications work by blocking the effects of adrenaline on the beta-adrenergic receptors in the heart, leading to a decrease in heart rate and contractility. This mechanism effectively lowers heart rate and blood pressure, making beta-blockers useful in managing conditions such as hypertension, heart failure, and arrhythmias. While weight loss, hypertension, and increased anxiety are not typical side effects associated with beta-blockers, bradycardia directly reflects the impact of the medication on heart rate. Clinicians often monitor patients for this side effect, as excessively low heart rates can lead to symptoms such as fatigue, dizziness, or fainting, requiring potential adjustments in medication dosages or alternative treatments. Understanding this side effect is crucial for providing effective patient care and managing treatment plans effectively.

5. During an episode of disequilibrium syndrome, which action should the nurse prioritize?

- A. Check the client's level of consciousness**
- B. Administer a bolus of normal saline**
- C. Increase the dialysis flow rate**
- D. Provide the client with a warm blanket**

Focusing on the client's level of consciousness during an episode of disequilibrium syndrome is crucial because alterations in consciousness can indicate significant neurological effects or complications that can arise from this condition. Disequilibrium syndrome often occurs during dialysis, especially if there is rapid correction of uremic toxins, leading to fluid shifts and cerebral edema. By checking the level of consciousness, the nurse can assess the patient's neurological status and determine if there are any immediate concerns that need to be addressed, such as seizures, confusion, or signs of increased intracranial pressure. While the other actions might seem relevant in different contexts, they do not take precedence over assessing consciousness. Administering normal saline, for example, might be part of treatment for dehydration or hypotension but would not directly address a potential acute change in neurological status. Increasing the dialysis flow rate could exacerbate symptoms and increase the risk of complications during an episode. Providing a warm blanket may improve comfort but does not address the critical assessment of neurological changes. Therefore, prioritizing the assessment of consciousness ensures timely intervention, which can be lifesaving in the context of disequilibrium syndrome.

6. What does "patient-centered care" emphasize?

- A. The use of standardized treatment protocols for all patients**
- B. The inclusion of the patient's preferences, values, and needs in their care plans**
- C. Reduction of costs associated with patient care**
- D. Prioritizing the healthcare provider's experience**

The concept of patient-centered care is fundamentally about recognizing and respecting each patient's individuality. It emphasizes the importance of including the patient's preferences, values, and needs into their care plans. This approach ensures that the treatment aligns with what matters most to the patient, fostering a collaborative relationship between healthcare providers and patients. When care is tailored to the specific circumstances and desires of the patient, it can lead to improved health outcomes, higher levels of satisfaction, and better adherence to treatment plans. By taking into account what is important to the patient—such as their lifestyle, cultural beliefs, and personal goals—healthcare providers can create a more holistic and effective care strategy that not only addresses medical needs but also promotes overall well-being. While other aspects of healthcare, such as standardized treatment protocols or cost reduction, are important in their own right, they do not capture the essence of patient-centered care, which is fundamentally about prioritizing the voice and perspective of the patient in their journey through the healthcare system.

7. Following a bronchoscopy, which finding should prompt the nurse to notify the provider?

- A. Bronchospasms**
- B. Minor cough**
- C. Sore throat**
- D. Increased respiratory rate**

Following a bronchoscopy, bronchospasms are a significant finding that should prompt the nurse to notify the provider. This condition indicates that the airways are constricting, which can obstruct airflow and lead to respiratory distress. Bronchospasms following a bronchoscopy can be a serious complication due to irritation or stimulation of the airways during the procedure. It is crucial for healthcare providers to address this immediately to ensure the patient's safety and to provide appropriate interventions, such as bronchodilators or other medications. While minor cough, sore throat, and increased respiratory rate can occur after a bronchoscopy and are generally expected as part of the recovery process, they do not reflect the same level of urgency or risk as bronchospasms. A minor cough may be a natural reflex due to the procedure, a sore throat is a common result of airway manipulation, and an increased respiratory rate could occur due to anxiety or mild discomfort. However, none of these findings present the immediate threat to airway patency and oxygenation that bronchospasms do. Therefore, the presence of bronchospasms necessitates prompt notification of the provider to ensure optimal patient care.

8. What is a stoma?

- A. An internal organ**
- B. An opening created surgically to connect an internal organ to the outside of the body**
- C. A type of medication**
- D. A device for monitoring vital signs**

A stoma is an opening that is surgically created to allow for the connection of an internal organ to the outside of the body. This procedure is often performed when normal bodily functions are disrupted, such as in the case of bowel obstruction or damage. The stoma serves as an exit point for bodily waste when the traditional pathway (like the rectum) is not usable. For example, a colostomy is a type of stoma that allows for waste to exit the body from the colon through an opening created in the abdomen. The stoma can vary in size and is typically covered with an external pouch to collect waste. Understanding the purpose and function of a stoma is crucial in care settings, emphasizing the importance of specialized nursing care and patient education regarding stoma management.

9. What should a nurse teach a client with heart failure taking furosemide about dietary adjustments?

- A. Limit sodium intake.**
- B. Increase intake of high-potassium food.**
- C. Avoid dairy products.**
- D. Reduce fluid intake to 500 mL daily.**

The appropriate guidance for a client with heart failure who is taking furosemide involves educating them on the importance of increasing their intake of high-potassium foods. Furosemide is a loop diuretic that promotes the excretion of sodium and water through urine, but it can also lead to potassium depletion. This loss can result in hypokalemia, which can cause serious complications, including arrhythmias. Therefore, increasing dietary potassium is crucial to help counteract this effect and maintain normal potassium levels in the body. Common high-potassium foods include bananas, oranges, potatoes, spinach, and avocados. Incorporating these into the diet can help the client manage their potassium levels more effectively while on furosemide. While limiting sodium intake is also critical for managing heart failure, the primary focus in this context is on the potential potassium loss caused by the medication. Advice on sodium reduction typically includes moderate restrictions to avoid exacerbating fluid retention, but that was not the focal point of the question.

10. What condition can result from untreated severe hyperthyroidism?

- A. Hypothyroid myxedema**
- B. Thyroid storm**
- C. Hashimoto's thyroiditis**
- D. Adrenal crisis**

Untreated severe hyperthyroidism can lead to a grave condition known as thyroid storm, which is characterized by a rapid and extreme exacerbation of hyperthyroid symptoms. This condition is a medical emergency and can result in severe complications such as heart failure, hyperthermia, and altered mental status. During thyroid storm, the excessive levels of thyroid hormones can cause an overactivity of multiple body systems, particularly the cardiovascular system. Symptoms may include a high fever, tachycardia, intense agitation, and significant metabolic disturbances. Because this situation can arise when hyperthyroidism is not effectively managed, it highlights the importance of consistent monitoring and treatment of thyroid conditions. The other options listed do not arise directly from untreated severe hyperthyroidism. For example, hypothyroid myxedema is a condition linked to severe hypothyroidism, Hashimoto's thyroiditis is an autoimmune disorder leading to hypothyroidism rather than hyperthyroidism, and adrenal crisis relates to acute adrenal insufficiency rather than thyroid imbalances. Therefore, the association of thyroid storm with untreated severe hyperthyroidism is what makes it the correct answer in this context.

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://capstonemedsurg.examzify.com>

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

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