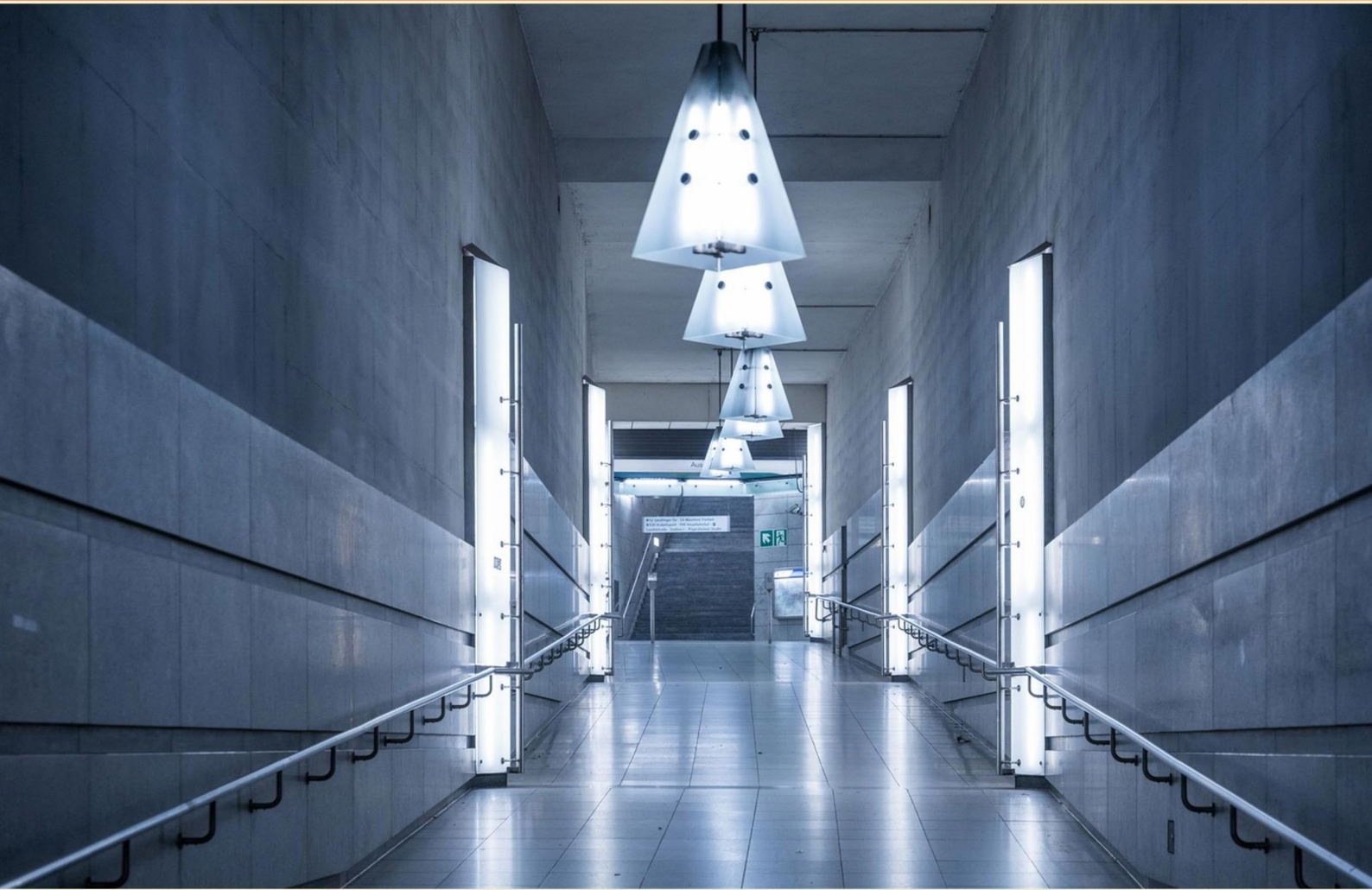


CAPSTONE MED-SURG PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE

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Table of Contents

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

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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 vital sign change may indicate sepsis?**
 - A. Bradycardia
 - B. Hypotension
 - C. Elevated blood glucose
 - D. Hypothermia

- 2. In regards to wound care, which of the following is most crucial for preventing infection?**
 - A. Applying a warm compress
 - B. Keeping the wound moist
 - C. Maintaining a sterile environment
 - D. Using over-the-counter pain relief

- 3. What condition can result from untreated severe hyperthyroidism?**
 - A. Hypothyroid myxedema
 - B. Thyroid storm
 - C. Hashimoto's thyroiditis
 - D. Adrenal crisis

- 4. Which assessment finding is most indicative of pneumonia?**
 - A. Increased bronchial breath sounds
 - B. Fever and chills
 - C. Increased fremitus or dullness to percussion over the lung area
 - D. Clear lung sounds on auscultation

- 5. What is the significance of a high blood glucose level in a patient?**
 - A. It may indicate poor glycemic control or diabetes
 - B. It is a sign of dehydration
 - C. It signifies a need for increased fluid intake
 - D. It can indicate an infection

- 6. What are the key dietary recommendations for a patient with chronic kidney disease?**
- A. High protein, low sodium, and high potassium diet
 - B. Low protein, low sodium, and low potassium diet
 - C. Low carbohydrate and low calcium diet
 - D. High fiber and high calcium diet
- 7. When reviewing a client with unstable angina, which finding should be reported to the provider?**
- A. Blood pressure reading
 - B. Breath sounds
 - C. Heart rate
 - D. Exercise tolerance
- 8. What is the significance of gradually advancing a patient's diet postoperatively?**
- A. It helps the patient regain appetite sooner
 - B. It assesses gut function and reduces complications
 - C. It minimizes the hospital stay for the patient
 - D. It encourages faster recovery through increased caloric intake
- 9. Which vitamin deficiency can lead to pernicious anemia?**
- A. Vitamin A
 - B. Vitamin B12
 - C. Vitamin C
 - D. Vitamin D
- 10. What medication class is commonly used to treat hypertension?**
- A. Beta blockers
 - B. ACE inhibitors
 - C. Calcium channel blockers
 - D. Diuretics

Answers

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

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Explanations

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1. Which vital sign change may indicate sepsis?

- A. Bradycardia
- B. Hypotension**
- C. Elevated blood glucose
- D. Hypothermia

Hypotension is a key vital sign change that may indicate sepsis because it reflects the body's response to an infection that has progressed to the point of systemic inflammation and impaired circulation. In sepsis, the bacterial toxins and inflammatory mediators lead to widespread vasodilation and increased permeability of blood vessels. As a result, blood pressure can drop significantly, leading to inadequate perfusion of vital organs. Monitoring blood pressure is crucial in identifying the early signs of sepsis. The presence of hypotension, especially when coupled with other indicators such as elevated heart rate or altered mental status, should prompt immediate assessment and intervention, as this can progress to septic shock if not addressed promptly. Early recognition and treatment are vital for improving outcomes in patients with sepsis. Bradycardia, elevated blood glucose, and hypothermia can also be associated with sepsis in different contexts, but hypotension remains one of the hallmark signs directly linked to the severe physiological response and can indicate a critical level of distress in the patient's condition.

2. In regards to wound care, which of the following is most crucial for preventing infection?

- A. Applying a warm compress
- B. Keeping the wound moist
- C. Maintaining a sterile environment**
- D. Using over-the-counter pain relief

Maintaining a sterile environment is essential for preventing infection in wound care. A sterile environment helps to minimize the presence of pathogens that could introduce bacteria into the wound, reducing the risk of infection. This involves using clean tools and materials, as well as ensuring that the area around the wound is free of contaminants. When a wound is compromised, the body's natural barriers are disrupted, making it more susceptible to infections from microorganisms in the surrounding environment. Proper sterilization techniques and handling can significantly decrease the likelihood of bacterial colonization and subsequent infection, making it a top priority in effective wound management. Other factors, like keeping the wound moist and applying warm compresses, can be important in certain contexts, but they do not directly address the primary concern of infection prevention as effectively as maintaining sterility does. Over-the-counter pain relief, while beneficial for comfort, does not contribute to infection prevention in any direct manner. Therefore, ensuring a sterile environment is the most crucial step in wound care to protect against infection.

3. 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.

4. Which assessment finding is most indicative of pneumonia?

- A. Increased bronchial breath sounds
- B. Fever and chills
- C. Increased fremitus or dullness to percussion over the lung area**
- D. Clear lung sounds on auscultation

An increased fremitus or dullness to percussion over the lung area is highly indicative of pneumonia because these findings suggest the presence of fluid or consolidation in the lungs, which are hallmark signs of this infection. When lung tissue becomes consolidated, as occurs in pneumonia, the normal air-filled spaces are replaced by fluid or solid material, making the vibrations generated by spoken words and the sounds produced by tapping the chest wall distinctly noticeable. Increased fremitus occurs when the lung tissue becomes denser; as a result, sound vibrations travel more effectively through consolidated areas. Dullness to percussion can also be noted because fluid in the lungs changes the way sound is transmitted and perceived when the chest wall is tapped. These physical examination findings are crucial for assessing a patient suspected of having pneumonia, as they help differentiate it from other respiratory conditions. Other options, while they may also occur in the context of pneumonia, are not as directly indicative as the increased fremitus or dullness. Fever and chills can be general signs of infection but are not specific enough to pneumonia alone. Increased bronchial breath sounds can suggest lung consolidation but need to be interpreted alongside other findings. Clear lung sounds indicate no lung pathology, which does not support the diagnosis of pneumonia. Therefore, the option that best

5. What is the significance of a high blood glucose level in a patient?

A. It may indicate poor glycemic control or diabetes

B. It is a sign of dehydration

C. It signifies a need for increased fluid intake

D. It can indicate an infection

A high blood glucose level is significant as it can indicate poor glycemic control or diabetes. When blood glucose levels are elevated, it often suggests that the body is unable to utilize glucose effectively for energy due to insulin resistance or insufficient insulin production. This can be a key indicator for clinicians to evaluate the patient's overall glycemic management and to determine if the patient has diabetes or if their diabetes management needs adjustment. High blood glucose levels over time can lead to serious complications such as cardiovascular disease, neuropathy, and kidney issues, making it critical for healthcare providers to monitor and manage these levels appropriately. Understanding this connection can help in making informed decisions regarding treatment plans and lifestyle recommendations for the patient.

6. What are the key dietary recommendations for a patient with chronic kidney disease?

A. High protein, low sodium, and high potassium diet

B. Low protein, low sodium, and low potassium diet

C. Low carbohydrate and low calcium diet

D. High fiber and high calcium diet

A patient with chronic kidney disease (CKD) requires careful dietary management to help slow the progression of the disease and to prevent complications associated with kidney failure. The correct choice emphasizes a low protein, low sodium, and low potassium diet, which is critical for managing CKD. Reducing protein intake is essential in CKD because excessive protein can lead to an increase in urea and other nitrogenous waste products in the blood, which the kidneys might struggle to eliminate effectively. A low protein diet helps to decrease the workload on the kidneys while still providing necessary nutrients when managed properly. Lowering sodium intake is also important to help control blood pressure and reduce fluid retention, which can be exacerbated in patients with kidney issues. High sodium levels can lead to hypertension and additional stress on the kidneys. In terms of potassium, management is crucial because as kidney function declines, the ability to excrete potassium diminishes, leading to hyperkalemia, which can have serious cardiac implications. A low potassium diet helps mitigate this risk and maintain safe serum potassium levels. Together, these dietary recommendations are aligned with medical standards for managing CKD, focusing on supporting kidney function while minimizing potential complications.

7. When reviewing a client with unstable angina, which finding should be reported to the provider?

- A. Blood pressure reading
- B. Breath sounds**
- C. Heart rate
- D. Exercise tolerance

In the context of a client with unstable angina, breath sounds are crucial to monitor and report to the provider because they can indicate respiratory complications that might arise from the underlying cardiovascular condition. Unstable angina is characterized by episodes of chest pain or discomfort that occur at rest or with minimal exertion, often signaling potential myocardial ischemia. Abnormal breath sounds, such as wheezing or crackles, could suggest pulmonary congestion or heart failure, which are serious complications that require immediate attention. Changes in breath sounds can reflect deteriorating respiratory function and could indicate that the client is developing pulmonary edema or another severe condition that requires urgent intervention. While blood pressure, heart rate, and exercise tolerance are important vital signs and factors to monitor, changes in breath sounds provide vital information about the overall status of the client and suggest that their condition may be worsening. Failure to report significant changes in breath sounds could lead to a delay in necessary medical intervention, making this finding particularly critical in the management of unstable angina.

8. What is the significance of gradually advancing a patient's diet postoperatively?

- A. It helps the patient regain appetite sooner
- B. It assesses gut function and reduces complications**
- C. It minimizes the hospital stay for the patient
- D. It encourages faster recovery through increased caloric intake

Gradually advancing a patient's diet postoperatively is crucial for several reasons that primarily focus on patient safety and recovery. This approach allows for the assessment of gut function, which is essential after surgery. When the digestive system is inactive for a period, as it often is postoperatively, introducing food too quickly can lead to complications such as nausea, vomiting, or bowel obstruction. By starting with clear liquids and progressing to more solid foods, healthcare providers can monitor the patient's tolerance to each stage of the diet. If the patient experiences discomfort or signs of intolerance, it is easier to adjust the diet accordingly without risking more severe complications. This careful approach not only supports the functional integrity of the gastrointestinal tract but also helps catch potential problems early, which can significantly impact overall recovery and outcomes. In addition, this method of diet advancement is aligned with enhanced recovery protocols that aim to optimize postoperative recovery by minimizing the risk of complications related to feeding without overwhelming the digestive system. This is particularly significant for patients who have undergone abdominal surgeries, where the risk of bowel dysfunction may be higher.

9. Which vitamin deficiency can lead to pernicious anemia?

- A. Vitamin A
- B. Vitamin B12**
- C. Vitamin C
- D. Vitamin D

Pernicious anemia is primarily caused by a deficiency of vitamin B12. This vitamin is essential for the production of red blood cells and the proper functioning of the nervous system. In pernicious anemia, the body's ability to absorb vitamin B12 from the intestinal tract is disrupted, often due to the lack of intrinsic factor, a protein produced by the stomach that is necessary for vitamin B12 absorption. Without adequate vitamin B12, DNA synthesis is impaired, leading to the formation of large, dysfunctional red blood cells—this condition is termed megaloblastic anemia. The symptoms of pernicious anemia can include fatigue, weakness, pale skin, heart palpitations, and neurological issues, such as numbness or tingling in the hands and feet. While other vitamins are crucial for various body functions—such as vitamin A for vision and immune function, vitamin C for collagen synthesis and antioxidant activities, and vitamin D for calcium absorption and bone health—none of them are linked to pernicious anemia as closely as vitamin B12 is. Therefore, a deficiency in vitamin B12 is unmistakably identified as the cause of this type of anemia.

10. What medication class is commonly used to treat hypertension?

- A. Beta blockers
- B. ACE inhibitors**
- C. Calcium channel blockers
- D. Diuretics

ACE inhibitors are a class of medications frequently utilized in the management of hypertension due to their ability to block the angiotensin-converting enzyme, which plays a critical role in the renin-angiotensin-aldosterone system. This system is responsible for regulating blood pressure by constricting blood vessels and promoting the retention of sodium and water, both of which can elevate blood pressure. By inhibiting this enzyme, ACE inhibitors effectively lower blood pressure by promoting vasodilation and decreasing blood volume, thus facilitating easier blood flow and reducing the workload on the heart. The effectiveness of ACE inhibitors in preventing complications associated with hypertension, such as heart failure and stroke, further solidifies their role in clinical practice. Additionally, they are particularly beneficial for patients with conditions like diabetes or chronic kidney disease, where kidney protection is an important consideration in hypertension management. While beta blockers, calcium channel blockers, and diuretics are also employed in treating hypertension, the unique mechanism of action of ACE inhibitors and their particular advantages in certain patient populations make them a foundational tool in hypertension therapy.

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:

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

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