

CAS Adult Health Practice Exam (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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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 is one potential danger of emptying the collection chamber prior to transport?**
 - A. May lead to excess fluid accumulation**
 - B. Can cause the system to become obtrusive**
 - C. Might increase the risk of dislodgment**
 - D. Could introduce risk of infections**
- 2. For a client with a recent diagnosis of diabetes, what lifestyle change should be emphasized for managing blood sugar levels?**
 - A. Regular physical activity.**
 - B. Increased sugar intake.**
 - C. Skipping meals.**
 - D. Consistent high-calorie snacking.**
- 3. What does "orthostatic hypotension" refer to?**
 - A. Drop in blood pressure when supine**
 - B. Significant drop in blood pressure upon standing**
 - C. Elevated blood pressure during exercise**
 - D. Stable blood pressure during position changes**
- 4. What is the primary medication effect that a nurse should emphasize for a postoperative client recovering from coronary artery bypass graft (CABG) surgery?**
 - A. It decreases the client's level of anxiety.**
 - B. It enhances the client's ability to sleep.**
 - C. It reduces the client's blood pressure.**
 - D. It facilitates the client's deep breathing.**
- 5. During transportation of a client with a chest tube, where should the drainage system be positioned?**
 - A. At the level of the client's chest**
 - B. Above the level of the client's chest**
 - C. Below the level of the client's chest**
 - D. At the same level as the client's head**

- 6. Which healthcare professional plays a primary role in educating patients about anticoagulants?**
- A. Pharmacist.**
 - B. Physical therapist.**
 - C. Dietitian.**
 - D. Occupational therapist.**
- 7. Which assessment finding is characteristic of pneumonia?**
- A. Decreased tactile fremitus**
 - B. Abnormal lung sounds**
 - C. Clear lung fields**
 - D. Increased lung compliance**
- 8. Which method should the nurse use to reduce skin irritation around an incision post-abdominal surgery?**
- A. A transparent dressing**
 - B. Montgomery straps**
 - C. Alcohol swabs**
 - D. Enzymes**
- 9. What should a nurse instruct a client post-arthroscopic knee surgery to do?**
- A. Remain on bedrest for the first 24 hr.**
 - B. Keep the leg in a dependent position.**
 - C. Apply ice to the affected area.**
 - D. Begin active range of motion.**
- 10. In assessing a client with systemic scleroderma, which finding indicates disease progression?**
- A. Periorbital edema**
 - B. Thinning of the skin**
 - C. Finger contractures**
 - D. Excessive salivation**

Answers

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

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Explanations

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1. What is one potential danger of emptying the collection chamber prior to transport?

- A. May lead to excess fluid accumulation**
- B. Can cause the system to become obtrusive**
- C. Might increase the risk of dislodgment**
- D. Could introduce risk of infections**

Emptying the collection chamber prior to transport can indeed introduce a risk of infections. This is primarily because the collection chamber often contains biohazardous waste or fluid that has the potential to harbor pathogens. When the chamber is emptied improperly or in an uncontrolled environment, there could be a risk of splashing or aerosolization of infectious materials. This could expose healthcare personnel and even the surrounding environment to infectious agents, especially if proper infection control measures are not maintained. This concern is particularly relevant in clinical settings where sterile techniques are crucial to prevent healthcare-associated infections. Handling contaminated materials increases the likelihood of cross-contamination and can compromise the safety of both patients and staff. While other options may contain considerations related to fluid management or physical safety, they do not address the direct risk of infection associated with the handling of biohazardous materials during the transport process. Thus, the emphasis on infection risk highlights the critical nature of maintaining strict protocols when dealing with potentially infectious waste.

2. For a client with a recent diagnosis of diabetes, what lifestyle change should be emphasized for managing blood sugar levels?

- A. Regular physical activity.**
- B. Increased sugar intake.**
- C. Skipping meals.**
- D. Consistent high-calorie snacking.**

Emphasizing regular physical activity is crucial for managing blood sugar levels in individuals diagnosed with diabetes. Exercise has several beneficial effects on glucose metabolism, including increasing insulin sensitivity and helping the body utilize glucose more effectively. Engaging in regular physical activity can help with weight management, improve cardiovascular health, and reduce the risk of complications associated with diabetes. It is generally recommended that individuals aim for a combination of aerobic exercises and strength training to optimize these benefits. In contrast, increasing sugar intake would lead to elevated blood glucose levels, making it detrimental for someone managing diabetes. Skipping meals is also not advisable, as it can lead to erratic blood sugar fluctuations and may cause individuals to overeat later on or have hypoglycemic episodes. Consistent high-calorie snacking, especially with low nutritional value, can contribute to weight gain and poor blood sugar control, further complicating the management of diabetes. Therefore, regular physical activity stands out as the most vital lifestyle change in this context.

3. What does "orthostatic hypotension" refer to?

- A. Drop in blood pressure when supine
- B. Significant drop in blood pressure upon standing**
- C. Elevated blood pressure during exercise
- D. Stable blood pressure during position changes

Orthostatic hypotension specifically refers to a significant drop in blood pressure that occurs when a person stands up from a seated or supine position. This condition results from the body's inability to appropriately regulate blood pressure during postural changes. When a person stands, gravity causes blood to pool in the lower extremities, which can result in a temporary decrease in cerebral perfusion, leading to symptoms such as dizziness, lightheadedness, or fainting. In contrast, a drop in blood pressure when in a supine position is not considered orthostatic hypotension but rather may indicate other issues such as cardiac problems or dehydration. Elevated blood pressure during exercise is a normal physiological response as the heart works harder to supply blood to the muscles, rather than an indication of orthostatic changes. Finally, stable blood pressure during position changes would imply that the body is adequately compensating for the change in posture, which is the opposite of what happens in orthostatic hypotension. Understanding this condition is important for proper assessment and management in clinical practice.

4. What is the primary medication effect that a nurse should emphasize for a postoperative client recovering from coronary artery bypass graft (CABG) surgery?

- A. It decreases the client's level of anxiety.
- B. It enhances the client's ability to sleep.
- C. It reduces the client's blood pressure.
- D. It facilitates the client's deep breathing.**

In the context of a postoperative client recovering from coronary artery bypass graft (CABG) surgery, facilitating deep breathing is crucial for several reasons. After such surgery, patients may experience pain, trauma from the surgical procedure, and restrictions in mobility, which can all contribute to shallow breathing patterns. Deep breathing helps expand the lungs, prevents atelectasis (the collapse of part or all of a lung), and promotes effective ventilation. Encouraging deep breathing also helps improve oxygenation and can play a significant role in reducing the risk of postoperative complications such as pneumonia. By emphasizing this aspect of care, nurses can empower patients to actively participate in their recovery, aiding in lung expansion and improving overall respiratory function. While managing anxiety, sleep, and blood pressure are important components of postoperative care, the priority in the immediate recovery phase involves ensuring optimal respiratory function, making the facilitation of deep breathing the most critical medication effect to emphasize.

5. During transportation of a client with a chest tube, where should the drainage system be positioned?

- A. At the level of the client's chest**
- B. Above the level of the client's chest**
- C. Below the level of the client's chest**
- D. At the same level as the client's head**

The drainage system for a client with a chest tube should always be positioned below the level of the client's chest. This positioning is essential for facilitating proper drainage of fluid or air from the pleural space and for allowing gravity to help pull the contents into the drainage chamber. When the drainage system is kept below chest level, it helps prevent complications such as backflow into the pleural cavity, which could lead to a tension pneumothorax or other serious respiratory issues. Additionally, positioning the drainage system correctly ensures that the negative pressure created in the pleural space is maintained, promoting proper lung expansion and aiding in the client's recovery. Keeping the drainage system appropriately positioned is crucial for patient safety and effective management of the chest tube.

6. Which healthcare professional plays a primary role in educating patients about anticoagulants?

- A. Pharmacist.**
- B. Physical therapist.**
- C. Dietitian.**
- D. Occupational therapist.**

The primary role of educating patients about anticoagulants typically falls to the pharmacist. Pharmacists have in-depth knowledge of medications, including their mechanisms, side effects, interactions, and the importance of adherence to prescribed regimens. They are trained to engage with patients about specific drugs, such as anticoagulants, discussing their purpose, how to take them, and the potential risks involved, especially concerning bleeding and interactions with other medications or foods. Pharmacists can also help monitor a patient's therapy, adjust doses if necessary, and provide critical information on lifestyle modifications that can enhance safety and effectiveness while on anticoagulation therapy. This comprehensive education is vital for ensuring that patients understand their treatment plan and the importance of regular follow-ups to monitor their condition and therapy effectiveness. In contrast, other healthcare professionals like physical therapists, dietitians, and occupational therapists focus on different areas of patient care and education. Physical therapists work primarily on rehabilitation and movement, dietitians focus on nutrition and dietary needs, and occupational therapists assist patients with daily living activities. While these professionals may provide some education related to anticoagulants in the context of their specialties, it is the pharmacist who is specifically trained to offer the most detailed and focused education on medications, including anticoagulants.

7. Which assessment finding is characteristic of pneumonia?

- A. Decreased tactile fremitus**
- B. Abnormal lung sounds**
- C. Clear lung fields**
- D. Increased lung compliance**

An assessment finding characteristic of pneumonia is the presence of abnormal lung sounds. When a patient has pneumonia, the lungs can be filled with fluid, exudate, or inflammatory cells, which disrupt normal lung function. This leads to the production of different lung sounds upon auscultation, such as crackles or wheezes, indicating the presence of fluid or secretions in the alveoli or bronchi. In contrast, decreased tactile fremitus is often associated with conditions like pleural effusion or pneumothorax rather than pneumonia. Clear lung fields would typically suggest that there are no abnormalities present in the lung tissue, which does not align with the typical findings of pneumonia. Increased lung compliance is more related to conditions like emphysema, where the lungs can expand more easily but are less able to expel air effectively. Therefore, abnormal lung sounds are a key indicator of pneumonia and provide significant evidence of underlying pathological processes in the respiratory system.

8. Which method should the nurse use to reduce skin irritation around an incision post-abdominal surgery?

- A. A transparent dressing**
- B. Montgomery straps**
- C. Alcohol swabs**
- D. Enzymes**

Using Montgomery straps is the most effective method for reducing skin irritation around an incision post-abdominal surgery. These straps are designed to hold dressings in place without adhering directly to the skin, which minimizes friction and irritation that can occur with other types of dressings. They allow for frequent dressing changes without the need for continuous adhesive contact, thereby promoting skin integrity and comfort in the area surrounding the incision. Transparent dressings can provide a barrier and allow for visibility of the incision, but they may stick to the skin and cause irritation if removed frequently. Alcohol swabs are too harsh on the skin and can further irritate or damage the delicate skin around the incision site. Enzymes may not specifically address the issue of skin irritation and are generally not used for routine care around incisions.

9. What should a nurse instruct a client post-arthroscopic knee surgery to do?

- A. Remain on bedrest for the first 24 hr.**
- B. Keep the leg in a dependent position.**
- C. Apply ice to the affected area.**
- D. Begin active range of motion.**

Following arthroscopic knee surgery, applying ice to the affected area is an essential post-operative care strategy. Ice therapy serves several purposes in this context: it effectively reduces swelling and inflammation that are common after surgery, alleviates pain, and promotes overall comfort for the patient during the recovery process. Using ice can help constrict blood vessels, thereby minimizing edema in the early recovery stages. Employing this method generally involves placing ice packs or a cold compress on the knee for intervals, typically around 15 to 20 minutes at a time, while ensuring that there is a protective barrier to prevent frostbite. In this scenario, the other suggestions do not align with standard post-operative recommendations. For instance, remaining on bedrest for the first 24 hours can lead to decreased circulation and stiffness, hindering recovery. Keeping the leg in a dependent position may contribute to further swelling, and beginning active range of motion too soon can risk damaging the surgical site or extending recovery time. Thus, applying ice stands out as the most beneficial instruction for the patient after knee surgery.

10. In assessing a client with systemic scleroderma, which finding indicates disease progression?

- A. Periorbital edema**
- B. Thinning of the skin**
- C. Finger contractures**
- D. Excessive salivation**

In the context of systemic scleroderma, finger contractures are a significant indicator of disease progression. This condition is characterized by fibrosis of the skin and internal organs, leading to a loss of skin elasticity and mobility. As the disease advances, patients often develop contractures, particularly in the fingers, due to tightening and thickening of the skin. These contractures can result in reduced range of motion and functional impairment. Periorbital edema, while it may be associated with scleroderma, is not a definitive sign of progression as it can occur in various conditions and might not indicate severe disease advancement. Thinning of the skin can also occur with other skin conditions and does not specifically reflect worsening of scleroderma. Excessive salivation is generally not directly related to the severity of scleroderma and may be more indicative of other issues such as gastrointestinal involvement. In summary, the presence of finger contractures is a clear manifestation of disease progression in systemic scleroderma, reflecting the underlying connective tissue changes and functional limitations that arise as the condition worsens.

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://casadulthealth.examzify.com>

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