

CAS Adult Health 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

- 1. How can psychiatric conditions affect physical health?**
 - A. They can cause weight gain only**
 - B. They have no effect on physical health**
 - C. They can lead to various physical health issues**
 - D. They only affect mental well-being**
- 2. Which room assignment is most appropriate for a client admitted with active tuberculosis?**
 - A. A room with air exhaust directly to the outdoor environment**
 - B. A room with another nonsurgical client**
 - C. A room in the ICU**
 - D. A room that is within view of the nurses' station**
- 3. What is the priority risk for a client with extensive burns of the head, neck, and chest?**
 - A. Infection**
 - B. Fluid imbalance**
 - C. Airway obstruction**
 - D. Paralytic ileus**
- 4. A client with chemotherapy-induced peripheral neuropathy is most likely to report which symptom?**
 - A. Extremities that turned blue when exposed to cold**
 - B. Tingling feeling in the extremities**
 - C. Jerking movements of the extremities**
 - D. Spasms of the extremities**
- 5. What might elevated body temperature in a patient indicate besides fever?**
 - A. Increased hydration**
 - B. Infection**
 - C. Malnutrition**
 - D. Adverse effects of medication**

- 6. Which statement by a client receiving heat therapy for cellulitis indicates understanding of the instructions?**
- A. "I will sit on the side of the tub and soak my right leg two times every day."**
 - B. "I'll keep a heating pad on the calf of my right leg when I am lying down."**
 - C. "I'll place my leg under a heat lamp every 3 hours."**
 - D. "I'll wrap a warm, wet towel around my right calf every 4 hours."**
- 7. What is the primary focus of adult health nursing?**
- A. To provide care exclusively for elderly patients**
 - B. To assess, plan, implement, and evaluate nursing care for adults with various health conditions**
 - C. To focus on pediatric populations**
 - D. To manage only critical care situations**
- 8. In a diabetic patient, which sign should alert the nurse to a potential hyperglycemic episode?**
- A. Excessive thirst**
 - B. Increased energy**
 - C. Drowsiness**
 - D. Clear urine**
- 9. What does the Glasgow Coma Scale assess?**
- A. Blood pressure and heart rate**
 - B. Patient's level of consciousness based on eye, verbal, and motor responses**
 - C. Muscle strength and reflexes**
 - D. Respiratory function**
- 10. Which of the following is a major risk factor for cardiovascular disease?**
- A. Obesity**
 - B. Hypertension**
 - C. Smoking**
 - D. High cholesterol**

Answers

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

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Explanations

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1. How can psychiatric conditions affect physical health?

- A. They can cause weight gain only
- B. They have no effect on physical health
- C. They can lead to various physical health issues**
- D. They only affect mental well-being

Psychiatric conditions can lead to various physical health issues due to several interrelated mechanisms. Mental health disorders, such as depression, anxiety, and schizophrenia, can significantly impact behavior, lifestyle choices, and physiological processes. For example, individuals with depression often experience fatigue, loss of motivation, and changes in appetite, which can result in poor nutrition, lack of physical activity, and consequently, weight gain or loss. Chronic stress and anxiety can lead to increased cortisol levels, affecting the immune system and potentially leading to conditions like cardiovascular disease. Furthermore, certain psychiatric conditions are associated with chronic inflammation, which can have a biological effect on the body, contributing to ailments such as diabetes, cardiovascular diseases, and gastrointestinal issues. Medications used to treat psychiatric disorders can also have physical side effects. In summary, psychiatric conditions can cause a wide range of physical health issues by influencing behavior, affecting biological systems, and through the impact of medications. This highlights the importance of an integrated approach in healthcare that addresses both mental and physical health for optimal patient outcomes.

2. Which room assignment is most appropriate for a client admitted with active tuberculosis?

- A. A room with air exhaust directly to the outdoor environment**
- B. A room with another nonsurgical client
- C. A room in the ICU
- D. A room that is within view of the nurses' station

For a client with active tuberculosis, the most appropriate room assignment would indeed be one with air exhaust directly to the outdoor environment, as this setup minimizes the risk of airborne transmission to other patients and staff. Tuberculosis is primarily spread through the air via respiratory droplets released when a person with active TB coughs, sneezes, or talks. Assigning the patient to a room with exhaust directly to the outside helps to ensure that any infectious droplets are expelled from the building rather than recirculated within it. This is a crucial infection control measure that helps prevent potential outbreaks of the disease within healthcare settings. In contrast, placing a client with active tuberculosis in a room with another nonsurgical client could increase the risk of airborne transmission, compromising the safety of both patients. While an ICU might be necessary for certain patients due to the severity of their illness, it's not specifically designed for infection control related to airborne pathogens like tuberculosis. Assigning a patient to a room within view of the nurses' station does improve monitoring but does not address the critical need for effective airborne isolation. Therefore, the choice that promotes the highest level of safety and containment for both the patient and the healthcare environment is the room with air exhaust directly to the outdoor environment.

3. What is the priority risk for a client with extensive burns of the head, neck, and chest?

- A. Infection**
- B. Fluid imbalance**
- C. Airway obstruction**
- D. Paralytic ileus**

In the case of a client with extensive burns of the head, neck, and chest, the priority risk is airway obstruction. Burns in these areas can lead to significant swelling and edema, which can quickly compromise the airway. The head and neck are particularly critical because they house the trachea and major blood vessels. Inflammation from the burns can result in narrowing of the airway passages, making it difficult for the client to breathe. Additionally, the risk of airway compromise is heightened due to the potential for smoke inhalation or aspiration of harmful substances, especially in cases of fire-related burns. Therefore, ensuring a patent airway is the top priority in burn management, as airway obstruction can lead to hypoxia and respiratory failure if not addressed promptly. While infection is a serious concern with burns due to skin barrier loss, it typically becomes a more pressing issue after immediate threats to life, such as airway compromise, have been managed. Fluid imbalance is also significant in burn patients, given the risk of hypovolemic shock due to fluid loss. However, without a clear airway, the client cannot adequately receive oxygen, making airway obstruction the most critical priority. Paralytic ileus, while a concern due to stress and decreased bowel perfusion, is not an immediate

4. A client with chemotherapy-induced peripheral neuropathy is most likely to report which symptom?

- A. Extremities that turned blue when exposed to cold**
- B. Tingling feeling in the extremities**
- C. Jerking movements of the extremities**
- D. Spasms of the extremities**

Chemotherapy-induced peripheral neuropathy commonly presents with symptoms such as tingling, numbness, or a burning sensation in the extremities. This specific symptom occurs due to nerve damage caused by certain chemotherapy agents, which can disrupt the normal functioning of peripheral nerves. The tingling feeling, often described as "pins and needles," is characteristic of neuropathic pain and can significantly affect a patient's quality of life. Patients may report difficulty with fine motor skills, altered sensations, and increased sensitivity to touch. Recognizing these symptoms is crucial for healthcare providers as they can lead to adjustments in chemotherapy regimens or the implementation of supportive measures to improve the patient's comfort. Other choices describe symptoms that are not typically associated with chemotherapy-induced peripheral neuropathy. For instance, extremities turning blue indicates a lack of blood flow or circulation issues, jerking movements could suggest a different type of neurological disorder, and spasms are more indicative of muscular issues rather than peripheral nerve damage. Understanding the specific symptom profile associated with chemotherapy-induced peripheral neuropathy aids healthcare providers in delivering appropriate care and supportive measures.

5. What might elevated body temperature in a patient indicate besides fever?

- A. Increased hydration**
- B. Infection**
- C. Malnutrition**
- D. Adverse effects of medication**

Elevated body temperature, while commonly associated with fever, can indicate other underlying conditions as well. In this context, the choice of infection as the correct answer is particularly relevant because a rise in body temperature is one of the body's natural responses to pathogenic invasion. When the body detects infection, the immune system triggers processes to help fight off the intruders. This can involve the release of pyrogens, which are substances that induce fever, thereby increasing the body's temperature in an effort to create an environment less favorable for the growth of pathogens. Infection can lead to various symptoms and manifestations, and monitoring temperature can be a critical aspect of patient assessment in such cases. Elevated temperatures might indicate localized infections, such as abscesses or pneumonia, and systemic infections, such as sepsis, where the body's temperature may rise significantly as part of the systemic inflammatory response. In contrast, while elevated body temperature can imply dehydration as the body tries to regulate heat, it does not indicate increased hydration. Malnutrition might manifest in other ways and does not typically present as hyperthermia. The adverse effects of medication could lead to various side effects, but they do not directly correlate with elevated body temperature in the same way that infection does. Hence, interpreting elevated body temperature

6. Which statement by a client receiving heat therapy for cellulitis indicates understanding of the instructions?

- A. "I will sit on the side of the tub and soak my right leg two times every day."**
- B. "I'll keep a heating pad on the calf of my right leg when I am lying down."**
- C. "I'll place my leg under a heat lamp every 3 hours."**
- D. "I'll wrap a warm, wet towel around my right calf every 4 hours."**

The statement about wrapping a warm, wet towel around the right calf every 4 hours demonstrates a clear understanding of the appropriate use of heat therapy for cellulitis. Using a warm, wet towel provides moist heat, which is beneficial for promoting blood flow, reducing pain, and aiding in the healing process of the affected area. This method also allows for better penetration of heat compared to dry heat, which can sometimes lead to overheating or burns if not properly monitored. It's important to recognize that moist heat is usually preferred in a therapeutic context, particularly for skin conditions like cellulitis, because it can help with inflammation and tissue healing without causing excessive dryness. The frequency of every 4 hours is reasonable, allowing sufficient time between applications while also providing regular warmth to the affected area. Other methods, such as soaking a leg in a tub or using a heating pad, may not provide the same direct and consistent benefits as the method described in the correct statement, and could pose risks if not performed under careful control.

7. What is the primary focus of adult health nursing?

- A. To provide care exclusively for elderly patients**
- B. To assess, plan, implement, and evaluate nursing care for adults with various health conditions**
- C. To focus on pediatric populations**
- D. To manage only critical care situations**

The primary focus of adult health nursing is to assess, plan, implement, and evaluate nursing care for adults with various health conditions. This specialty encompasses a wide range of health issues, allowing nurses to work in diverse settings such as hospitals, clinics, and community health environments. Adult health nursing promotes holistic care, recognizing the complex interplay of physical, emotional, and social factors that impact adult patients. This approach allows nurses to tailor interventions to address individual needs, making it a critical component of effective health care. Adult health nurses not only manage chronic and acute illnesses but also play a vital role in health promotion and disease prevention, enhancing overall patient outcomes across various demographics. The emphasis is on catering to the needs of adults, contrasting with other fields that may concentrate exclusively on specific populations, such as pediatrics or geriatric care.

8. In a diabetic patient, which sign should alert the nurse to a potential hyperglycemic episode?

- A. Excessive thirst**
- B. Increased energy**
- C. Drowsiness**
- D. Clear urine**

Excessive thirst is a primary sign that can indicate a hyperglycemic episode in a diabetic patient. This symptom, known as polydipsia, occurs because high blood sugar levels cause the body to pull water from cells, leading to dehydration. When the kidneys filter excess glucose from the blood, they produce more urine, which can result in a loss of fluids and increased thirst as the body attempts to compensate for this fluid loss. Increased energy is generally not associated with hyperglycemia; in fact, individuals with uncontrolled diabetes often feel fatigued due to the body's inability to effectively utilize glucose for energy. Drowsiness can occur but is not a definitive sign of hyperglycemia and can be related to other factors, including fluctuating blood sugar levels or complications of diabetes. Clear urine may indicate adequate hydration and normal kidney function, but it does not provide a specific indicator of hyperglycemia. Thus, excessive thirst is the most relevant and significant sign to watch for in this context.

9. What does the Glasgow Coma Scale assess?

- A. Blood pressure and heart rate
- B. Patient's level of consciousness based on eye, verbal, and motor responses**
- C. Muscle strength and reflexes
- D. Respiratory function

The Glasgow Coma Scale (GCS) is specifically designed to assess a patient's level of consciousness following a brain injury or in critical care settings. This scale evaluates three key components: eye opening, verbal response, and motor response. Each of these elements provides critical information about the neurological status of a patient. Eye response measures the patient's ability to open their eyes spontaneously or in response to stimuli. Verbal response assesses the clarity and appropriateness of the patient's speech, ranging from being oriented to time and place to being completely unresponsive. Motor response evaluates the patient's ability to follow commands or exhibit purposeful movement in response to pain. The scores from these three categories are summed up to provide a total score ranging from 3 (indicating deep unconsciousness) to 15 (indicating full alertness). The GCS is used widely in clinical practice to quickly evaluate the severity of brain injuries, monitor changes in consciousness, and guide management decisions. This focus on neurological function is why the assessment derived from the GCS is directly relevant to the level of consciousness.

10. Which of the following is a major risk factor for cardiovascular disease?

- A. Obesity
- B. Hypertension**
- C. Smoking
- D. High cholesterol

Hypertension, or high blood pressure, is a significant risk factor for cardiovascular disease because it places excessive strain on the heart and blood vessels. Over time, this increased pressure can lead to damage, resulting in conditions such as heart attack, stroke, and heart failure. Hypertension is often referred to as a "silent killer" since it may not present symptoms until serious health problems arise. It is important to manage blood pressure through lifestyle modifications and medication when necessary to reduce the risk of developing cardiovascular complications. Although obesity, smoking, and high cholesterol are also serious risk factors for cardiovascular disease, hypertension is particularly critical due to its pervasive, systemic effects on the cardiovascular system. Each of these factors can interact with one another and compound the risk; for example, obesity can lead to hypertension, and smoking can increase blood pressure as well. However, the specific role of hypertension in directly damaging the cardiovascular system makes it a major focus for intervention and prevention strategies.

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!