

CAS ADULT HEALTH PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED 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. 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. After a right radical mastectomy, which activity may be most difficult for the client with her right hand?**
 - A. Buttoning her blouse
 - B. Eating her breakfast
 - C. Combing her hair
 - D. Brushing her teeth

- 2. What is the primary goal when caring for a patient diagnosed with heart failure?**
 - A. Eliminate all fluid intake
 - B. Improve quality of life
 - C. Increase blood pressure
 - D. Normalize weight

- 3. What is the first action a nurse should take when noticing swelling above a PICC line insertion site?**
 - A. Measure the circumference of both upper arms.
 - B. Notify the provider who inserted the PICC line.
 - C. Remove the PICC line.
 - D. Apply a cold pack to the client's upper arm.

- 4. How should the nurse respond to a client feeling isolated due to a cesium implant?**
 - A. I'll ask the charge nurse to admit someone to your room for company.
 - B. Do you have a cell phone you can talk to friends and family on?
 - C. I'll come and sit with you for 10 minutes each hour.
 - D. You're scheduled for discharge in 2 days, so this isolation will be over soon.

- 5. Which medication type is most appropriate for treating a client experiencing acute asthma exacerbation?**
 - A. Long-acting beta-agonist
 - B. Inhaled corticosteroid
 - C. Short-acting beta-agonist
 - D. Leukotriene receptor antagonist

- 6. During a tap water enema, if a client experiences abdominal cramps, what should the nurse do first?**
- A. Lower the height of the solution container.
 - B. Encourage the client to bear down.
 - C. Allow the client to expel some fluid before continuing.
 - D. Stop the enema and document that the client did not tolerate the procedure.
- 7. In a client with AIDS and a significantly decreased CD4-T cell count, which oral condition should the nurse expect?**
- A. Halitosis
 - B. Gingivitis
 - C. Xerostomia
 - D. Candidiasis
- 8. What EKG change should the nurse identify as a sign of hypokalemia in a client with prolonged vomiting?**
- A. Abnormally prominent U wave
 - B. Elevated ST segment
 - C. Wide QRS
 - D. Inverted P wave
- 9. Which key feature distinguishes a stroke from a transient ischemic attack (TIA)?**
- A. A TIA has permanent symptoms
 - B. A stroke causes lasting symptoms
 - C. A TIA indicates a heart condition
 - D. A stroke reverses symptoms quickly
- 10. What should a nurse do for a client with esophageal varices who has an esophagogastric balloon tamponade?**
- A. Ambulate the client four times per day
 - B. Encourage the client to consume clear liquids
 - C. Provide frequent oral and nares care
 - D. Keep the client in a supine position

Answers

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

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Explanations

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1. After a right radical mastectomy, which activity may be most difficult for the client with her right hand?

- A. Buttoning her blouse
- B. Eating her breakfast
- C. Combing her hair**
- D. Brushing her teeth

After a right radical mastectomy, the client may experience significant challenges with fine motor skills and strength in her right hand due to the surgical removal of breast tissue and surrounding tissues, including lymph nodes. This procedure can impact the range of motion and dexterity of the shoulder and arm on the affected side. Combing her hair is an activity that requires reaching and rotating the shoulder, which may be difficult due to pain, stiffness, or postoperative limitations. Additionally, control and grip strength may be compromised after such a surgery, making the motion of bringing the comb through the hair harder to execute. Conversely, buttoning a blouse, eating breakfast, and brushing her teeth might involve less intricate movement or can be adapted to make them easier. For instance, with some modifications, a person could manage eating or brushing teeth using more of the left hand or with assistive devices. However, combing hair often requires more coordinated movement of the arm and hand, which is why it is particularly challenging in this scenario.

2. What is the primary goal when caring for a patient diagnosed with heart failure?

- A. Eliminate all fluid intake
- B. Improve quality of life**
- C. Increase blood pressure
- D. Normalize weight

The primary goal when caring for a patient diagnosed with heart failure is to improve the quality of life. This involves managing symptoms, enhancing functional capacity, and ensuring that the patient can carry out daily activities with as little discomfort as possible. Heart failure is a chronic, often progressive condition, so the focus of care extends beyond simply treating the disease to supporting the patient's overall well-being and quality of life. Management strategies might include optimizing medication regimens, implementing dietary changes (like sodium restriction rather than complete fluid elimination), and encouraging treatments that help enhance heart function while also focusing on emotional, psychological, and social support. By aiming to improve quality of life, healthcare providers can help patients cope better with their condition, reduce hospitalizations, and ultimately lead more fulfilling lives despite their diagnosis.

3. What is the first action a nurse should take when noticing swelling above a PICC line insertion site?

- A. Measure the circumference of both upper arms.**
- B. Notify the provider who inserted the PICC line.
- C. Remove the PICC line.
- D. Apply a cold pack to the client's upper arm.

Measuring the circumference of both upper arms is a crucial first step when assessing swelling above a PICC line insertion site. This measurement serves as a baseline to determine the degree of swelling and helps to identify any potential complications, such as thrombosis or infection. By obtaining this objective data, the nurse can track any changes over time and provide valuable information to the healthcare team. This action allows the healthcare provider to make informed decisions about further management of the PICC line or the underlying issue causing the swelling. Additionally, it aids in monitoring for any progression, which is essential in a clinical setting where timely interventions may be necessary. Other actions may become relevant depending on the assessment and provider orders, but initial measurement provides vital data that can guide subsequent interventions. In cases of potential complications related to PICC lines, having accurate measurements can also assist in evaluating the response to treatments or interventions later on.

4. How should the nurse respond to a client feeling isolated due to a cesium implant?

- A. I'll ask the charge nurse to admit someone to your room for company.
- B. Do you have a cell phone you can talk to friends and family on?**
- C. I'll come and sit with you for 10 minutes each hour.
- D. You're scheduled for discharge in 2 days, so this isolation will be over soon.

The most appropriate response to a client feeling isolated due to a cesium implant is to encourage the use of technology, such as a cell phone, to maintain connections with friends and family. This approach acknowledges the client's emotional needs while also offering a practical solution to combat feelings of loneliness and isolation. Communication with loved ones can provide emotional support, foster a sense of connection, and alleviate some of the negative feelings associated with isolation. Utilizing a cell phone allows the client to reach out at their convenience, which can be invaluable during a time when they may be physically restricted or unable to have visitors. This choice empowers the client by giving them control over their social interactions, which is vital for emotional well-being. In contrast, other responses may not effectively address the client's emotional needs or may inadvertently reinforce feelings of isolation. For instance, suggesting that the charge nurse admits someone to their room might not be feasible or acceptable to the client, as it may disregard their privacy or personal preferences. Offering to spend 10 minutes each hour could be perceived as insufficient, especially if the client craves more frequent or varied interaction. Simply stating that the isolation will end soon may minimize the client's current feelings and does not provide a supportive outlet for their emotional distress.

5. Which medication type is most appropriate for treating a client experiencing acute asthma exacerbation?

- A. Long-acting beta-agonist
- B. Inhaled corticosteroid
- C. Short-acting beta-agonist**
- D. Leukotriene receptor antagonist

Inhaled short-acting beta-agonists (SABAs) are the primary treatment for acute asthma exacerbations due to their rapid onset of action. These medications, such as albuterol, work by relaxing the muscles around the airways, leading to bronchodilation and immediate relief of symptoms such as wheezing, shortness of breath, and chest tightness. Their effectiveness in quickly alleviating acute bronchospasm makes them the preferred choice during an asthma attack. Long-acting beta-agonists (LABAs) and inhaled corticosteroids (ICS) are not suitable for immediate relief of an acute exacerbation. LABAs are designed for maintenance therapy and are used regularly for asthma control rather than for acute management. Inhaled corticosteroids help reduce airway inflammation over time but do not act quickly enough to address acute symptoms. Leukotriene receptor antagonists also serve a long-term management role and do not provide the immediate bronchodilation that is crucial during an asthma exacerbation. Overall, SABAs are essential in emergency situations like acute exacerbations due to their rapid action and capacity to open airways, making them the most appropriate choice for immediate treatment in this scenario.

6. During a tap water enema, if a client experiences abdominal cramps, what should the nurse do first?

- A. Lower the height of the solution container.**
- B. Encourage the client to bear down.
- C. Allow the client to expel some fluid before continuing.
- D. Stop the enema and document that the client did not tolerate the procedure.

Lowering the height of the solution container is the appropriate response when a client experiences abdominal cramps during a tap water enema. This action reduces the pressure and flow of the solution, which can help alleviate discomfort. High pressure can cause increased cramping as the colon may react to the rapid influx of fluid, so adjusting the height allows for a gentler, more manageable infusion of enema solution. The other responses can potentially lead to further discomfort. Encouraging the client to bear down could increase cramping and discomfort, as it adds pressure to the abdominal area. Allowing the client to expel some fluid before continuing might not address the immediate discomfort caused by the cramping, and stopping the enema may not be necessary unless the cramps are severe or persistent. Adjusting the height of the container is a proactive step that can help improve the situation for the client while continuing the procedure safely.

7. In a client with AIDS and a significantly decreased CD4-T cell count, which oral condition should the nurse expect?

- A. Halitosis
- B. Gingivitis
- C. Xerostomia
- D. Candidiasis**

In a client with AIDS and a significantly decreased CD4-T cell count, the nurse should expect the presence of candidiasis. This expectation arises from the fact that a low CD4-T cell count is indicative of immunosuppression, which is characteristic of advanced HIV/AIDS. Candidiasis, commonly known as oral thrush, is caused by the overgrowth of the fungus Candida, particularly Candida albicans, which typically remains in check by a healthy immune system. As the immune system deteriorates in individuals with a significantly decreased CD4-T cell count, they become more susceptible to opportunistic infections. Candidiasis is one of the most common opportunistic infections that occurs in patients with compromised immune function, notably in those with AIDS. The presentation of this condition in the oral cavity can include white patches, soreness, and difficulty swallowing. While halitosis, gingivitis, and xerostomia may occur in patients with AIDS, they are not as directly linked to the severe immunosuppression that characterizes a low CD4-T cell count. Halitosis can result from poor oral hygiene or certain medical conditions, gingivitis can occur due to inadequate dental care or periodontal disease, and xerostomia (dry mouth) may be associated with

8. What EKG change should the nurse identify as a sign of hypokalemia in a client with prolonged vomiting?

- A. Abnormally prominent U wave**
- B. Elevated ST segment
- C. Wide QRS
- D. Inverted P wave

In cases of hypokalemia, particularly in a client experiencing prolonged vomiting, one significant EKG change that can be observed is the presence of an abnormally prominent U wave. The U wave is a deflection that follows the T wave on the EKG and becomes more prominent in the context of low potassium levels. This prominence occurs because adequate potassium is essential for proper repolarization of cardiac myocytes. Hypokalemia affects the heart's electrical activity and can lead to various changes in the EKG tracing, including the prominence of the U wave. Elevated U waves can help healthcare providers identify the electrolyte imbalance before severe complications develop. Additionally, other EKG changes associated with hypokalemia can include flattening or inversion of T waves and possibly the development of arrhythmias, but the hallmark sign often emphasized in clinical practice is the prominent U wave. While the other options mentioned may indicate different cardiac issues or electrolyte disorders, they are not specifically indicative of hypokalemia. For example, a wide QRS complex might suggest delays in conduction or ventricular hypertrophy, while an inverted P wave could be indicative of atrial issues or other forms of electrolyte imbalance unrelated to potassium depletion. The elevated ST segment could suggest different pathologies, such as ischemia or

9. Which key feature distinguishes a stroke from a transient ischemic attack (TIA)?

- A. A TIA has permanent symptoms
- B. A stroke causes lasting symptoms**
- C. A TIA indicates a heart condition
- D. A stroke reverses symptoms quickly

A stroke is characterized by lasting neurological deficits due to the interruption of blood supply to the brain, leading to cell death and potentially permanent damage. This means that individuals experiencing a stroke often exhibit symptoms that are not only intense but also enduring, impacting their functional abilities and quality of life. Typical symptoms can include weakness on one side of the body, difficulty speaking, and loss of coordination, which remain unless effective treatment is administered quickly. In contrast, a transient ischemic attack (TIA) presents symptoms that are temporary, often resolving completely within minutes to hours with no lasting effects on brain function. While a TIA serves as a warning sign indicating an increased risk for future strokes, its defining characteristic is the transient nature of its symptoms, as opposed to the lasting symptoms associated with a stroke. The relationship between TIAs and underlying health conditions, such as heart problems, is significant, but this feature does not distinguish it from a stroke. Additionally, strokes do not typically cause symptoms that reverse quickly; this characteristic is exclusive to TIAs. Understanding these distinctions is crucial for effective intervention and management in clinical settings.

10. What should a nurse do for a client with esophageal varices who has an esophagogastric balloon tamponade?

- A. Ambulate the client four times per day
- B. Encourage the client to consume clear liquids
- C. Provide frequent oral and nares care**
- D. Keep the client in a supine position

For a client with esophageal varices who is undergoing esophagogastric balloon tamponade, providing frequent oral and nares care is vital. The balloon tamponade is designed to apply pressure to the bleeding varices; however, the presence of the balloon can lead to discomfort, dry mucous membranes, and potential complications such as mucosal erosion or necrosis of the nares and oral cavity due to prolonged pressure. By ensuring good oral and nares hygiene, the nurse helps maintain comfort, prevents infection, and reduces the risk of complications associated with the device. The other options, such as ambulating the client or encouraging clear liquid intake, may not be appropriate due to the client's condition and the potential risks associated with increased movement or oral intake when managing esophageal varices. Additionally, keeping the client in a supine position could lead to increased pressure and potential complications from the tamponade, making regular assessment and care for mucosal integrity more crucial.

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!

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