

# Comfort Examination and Assessment Questionnaire (EAQ) 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. When does pain typically occur for a client with a peptic ulcer after eating?**
  - A. Immediately after a meal**
  - B. 1 to 2 hours after a meal**
  - C. Within 30 minutes of eating**
  - D. Not associated with meals**
- 2. Which areas does the EAQ primarily focus on for assessment?**
  - A. Financial, nutritional, and emotional comfort**
  - B. Physical, emotional, and psychosocial comfort**
  - C. Social, cognitive, and spiritual well-being**
  - D. Physical, financial, and environmental concerns**
- 3. Which anesthetic medication is commonly used for short procedures in pediatric clients?**
  - A. Hydromorphone**
  - B. Fentanyl**
  - C. Meperidine**
  - D. Morphine**
- 4. In patients with cognitive impairments, how can the EAQ be adjusted?**
  - A. By offering more complex questions to challenge patient thinking**
  - B. Simplifying questions or using assisted forms of assessment**
  - C. Ignoring their responses due to cognitive limitations**
  - D. Conducting the assessment without any adaptations**
- 5. When a client asks about pain during an endoscopic sphincterotomy for gallstone removal, what should the nurse say?**
  - A. It will be extremely painful.**
  - B. There is usually minimal discomfort.**
  - C. You won't feel a thing.**
  - D. Pain is not a concern during the procedure.**

- 6. What should the nurse do first when a client reports severe abdominal pain and rigidity on the third postoperative day?**
- A. Encourage the use of an incentive spirometer**
  - B. Administer an analgesic**
  - C. Obtain the client's vital signs**
  - D. Assist the client to ambulate**
- 7. During an abdominal assessment, if a client exhibits rigidity, what is the nurse's priority action?**
- A. Check the client's medication history**
  - B. Obtain the client's vital signs**
  - C. Perform a thorough abdominal examination**
  - D. Reassure the client about recovery**
- 8. What emotional aspect is considered as part of the comfort dimensions in the EAQ?**
- A. Anxiety**
  - B. Depression**
  - C. Emotional strain**
  - D. Psychosis**
- 9. Which waveform on an electrocardiogram (ECG) represents atrial depolarization?**
- A. P Wave**
  - B. QRS Complex**
  - C. T Wave**
  - D. U Wave**
- 10. What does the analysis of EAQ results ultimately aim to improve?**
- A. Patient outcomes and care experiences**
  - B. Financial outcomes for healthcare providers**
  - C. Administrative efficiency in healthcare settings**
  - D. Standardization of patient assessments across all facilities**



## **Answers**

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

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## **Explanations**

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**1. When does pain typically occur for a client with a peptic ulcer after eating?**

- A. Immediately after a meal**
- B. 1 to 2 hours after a meal**
- C. Within 30 minutes of eating**
- D. Not associated with meals**

For a client with a peptic ulcer, pain typically occurs 1 to 2 hours after eating. This timing correlates with the digestion process and the release of gastric acid. After a meal, the stomach begins to process food, stimulating acid production. In individuals with peptic ulcers, this increase in gastric acidity can irritate the ulcerated area, leading to pain a short while after the food has entered the stomach. This pattern is significant because it helps differentiate peptic ulcer pain from other types of abdominal discomfort. For instance, pain that occurs immediately after eating might suggest other conditions, such as food-related reactions or gallbladder issues. Similarly, discomfort 30 minutes after eating could indicate other gastrointestinal complications like gastritis. Pain not associated with meals could suggest other causes entirely unrelated to the digestive process. Thus, recognizing the typical timing of ulcer-related pain plays a critical role in diagnosis and management.

**2. Which areas does the EAQ primarily focus on for assessment?**

- A. Financial, nutritional, and emotional comfort**
- B. Physical, emotional, and psychosocial comfort**
- C. Social, cognitive, and spiritual well-being**
- D. Physical, financial, and environmental concerns**

The EAQ primarily focuses on physical, emotional, and psychosocial comfort because these areas encompass the holistic experience of comfort in an individual's life. Physical comfort refers to the absence of pain and the presence of wellness in bodily functions. Emotional comfort addresses the psychological state, including feelings of happiness, security, and the ability to cope with stressors. Psychosocial comfort integrates social aspects and relationships, recognizing how interactions with others and one's social environment impact overall well-being. Together, these dimensions allow a comprehensive assessment that approaches comfort from a multidimensional perspective, aiding in the identification of areas needing intervention and support.

**3. Which anesthetic medication is commonly used for short procedures in pediatric clients?**

- A. Hydromorphone
- B. Fentanyl**
- C. Meperidine
- D. Morphine

Fentanyl is often chosen for short procedures in pediatric clients due to its rapid onset and short duration of action. This makes it ideal for situations where quick sedation and pain relief are needed without the prolonged effects that could complicate recovery or monitoring during brief interventions. Its potency allows it to be administered in lower doses, which is especially important in pediatric patients to minimize potential side effects. In pediatric care, the ability to quickly manage pain while facilitating a smooth procedure is crucial, and fentanyl meets these requirements effectively. Its use is often complemented by other sedatives or anesthetic agents to achieve optimal results tailored to the specific needs of younger patients. Other options, while they may be effective analgesics, do not have the same quick action or short duration as fentanyl when it comes to procedures that are brief in nature.

**4. In patients with cognitive impairments, how can the EAQ be adjusted?**

- A. By offering more complex questions to challenge patient thinking
- B. Simplifying questions or using assisted forms of assessment**
- C. Ignoring their responses due to cognitive limitations
- D. Conducting the assessment without any adaptations

The adjustment of the Examination and Assessment Questionnaire (EAQ) for patients with cognitive impairments is best accomplished by simplifying questions or utilizing assisted forms of assessment. This approach recognizes the unique challenges that individuals with cognitive difficulties face, enabling them to engage effectively with the questionnaire. By using simpler language, clear and direct questions, and possibly visual aids or prompts, healthcare providers can enhance understanding and responsiveness. Assisted forms of assessment might involve a caregiver or clinician providing support, ensuring that the patient can communicate their thoughts and feelings even if they struggle with the cognitive demands of a standard assessment format. This method not only respects the patient's dignity by valuing their input but also improves the reliability and validity of the information gathered, which is crucial for providing appropriate care and support. It maximizes the patient's ability to express their comfort and discomfort, leading to better-informed care strategies.

**5. When a client asks about pain during an endoscopic sphincterotomy for gallstone removal, what should the nurse say?**

- A. It will be extremely painful.**
- B. There is usually minimal discomfort.**
- C. You won't feel a thing.**
- D. Pain is not a concern during the procedure.**

When responding to a client's inquiry about pain during an endoscopic sphincterotomy for gallstone removal, the best approach is to communicate that there is usually minimal discomfort during the procedure. This assures the client without causing unnecessary fear or anxiety. Acknowledging that endoscopic procedures often involve local anesthesia or sedation can explain why pain levels are typically low. By setting realistic expectations about discomfort, the nurse helps the client understand the procedure while maintaining a comforting and professional demeanor. This option strikes a balance, conveying that while some sensation may occur, it will not be overwhelming or extreme, thereby promoting transparency and trust in the professional relationship. The other responses tend to exaggerate potential discomfort or provide overly optimistic reassurances that may not accurately reflect the reality of patient experiences.

**6. What should the nurse do first when a client reports severe abdominal pain and rigidity on the third postoperative day?**

- A. Encourage the use of an incentive spirometer**
- B. Administer an analgesic**
- C. Obtain the client's vital signs**
- D. Assist the client to ambulate**

When a client reports severe abdominal pain and rigidity on the third postoperative day, the first action a nurse should take is to obtain the client's vital signs. This is crucial because changes in vital signs can provide vital information regarding the client's hemodynamic status and can indicate potential complications, such as infection, internal bleeding, or other postoperative complications that may manifest as abdominal pain and rigidity. The presence of severe abdominal pain and rigidity might suggest a serious issue, such as an abdominal abscess, bowel obstruction, or peritonitis, which may require immediate medical intervention. By assessing the vital signs, the nurse can establish a baseline and detect any abnormalities—like elevated heart rate or low blood pressure—that may necessitate urgent medical attention. Other actions, such as administering analgesics or assisting with ambulation, may be appropriate later but are secondary to the need to assess the client's physiological status. Similarly, the incentive spirometer encourages respiratory function but would not directly address the immediate concern posed by severe abdominal symptoms. Therefore, obtaining vital signs is the most critical and immediate step in this scenario.

**7. During an abdominal assessment, if a client exhibits rigidity, what is the nurse's priority action?**

**A. Check the client's medication history**

**B. Obtain the client's vital signs**

**C. Perform a thorough abdominal examination**

**D. Reassure the client about recovery**

In the context of an abdominal assessment, the presence of rigidity can indicate potential underlying issues, such as peritoneal irritation or inflammation, which may suggest a serious condition like appendicitis or a perforated organ. The priority action in this case should be to obtain the client's vital signs. This is essential because vital signs provide crucial information about the client's hemodynamic stability and can reveal alarming changes indicating distress or shock. By assessing vital signs, the nurse can quickly determine the urgency of the situation, facilitating timely interventions or escalation of care if necessary. Monitoring the client's vital signs offers immediate insights into their overall condition, which is critical in emergency assessments. While the other options may be relevant at different points in the assessment process, none take precedence over ensuring the client's vital signs are stable to identify immediate threats to their health. Keeping the client informed about recovery or checking their medication history may be important for holistic care but do not address the potential urgency implied by the rigidity observed during the physical examination.

**8. What emotional aspect is considered as part of the comfort dimensions in the EAQ?**

**A. Anxiety**

**B. Depression**

**C. Emotional strain**

**D. Psychosis**

The emotional aspect considered as part of the comfort dimensions in the EAQ is emotional strain. Within the context of comfort assessment, emotional strain encompasses how negative feelings and stress can affect a person's overall sense of well-being and comfort. This concept is particularly important in healthcare settings, as it can significantly influence a patient's recovery and their ability to cope with illness or treatment processes. Emotional strain includes various psychological stressors and the capacity to manage emotions related to health status, which can impact both physical and emotional comfort. It helps in identifying individuals who may need additional support or interventions aimed at alleviating emotional distress, thus facilitating better healthcare outcomes. Understanding emotional strain allows healthcare providers to tailor their approach to patient care, ensuring that both emotional and physical comfort are prioritized, which may lead to improved patient satisfaction and engagement in their own health management.

**9. Which waveform on an electrocardiogram (ECG) represents atrial depolarization?**

**A. P Wave**

**B. QRS Complex**

**C. T Wave**

**D. U Wave**

The P Wave on an electrocardiogram (ECG) represents atrial depolarization, which is the electrical activity that triggers the contraction of the atria. During this phase, the sinoatrial (SA) node fires, generating an impulse that spreads through the atrial muscle, leading to its depolarization and subsequent contraction. This waveform is typically the first deflection observed in a normal ECG cycle, indicating the start of the heart's electrical cycle. In contrast, the QRS complex reflects the depolarization of the ventricles, which occurs following atrial depolarization. The T Wave corresponds to ventricular repolarization, while the U Wave is not always visible but is thought to represent repolarization of the Purkinje fibers or other aspects of cardiac repolarization. Understanding the role of each waveform helps in deciphering the electrical activity of the heart and diagnosing various cardiac conditions.

**10. What does the analysis of EAQ results ultimately aim to improve?**

**A. Patient outcomes and care experiences**

**B. Financial outcomes for healthcare providers**

**C. Administrative efficiency in healthcare settings**

**D. Standardization of patient assessments across all facilities**

The analysis of EAQ results primarily aims to enhance patient outcomes and care experiences. This focus stems from the fundamental objective of healthcare, which is to maximize the effectiveness of treatments and ensure that patients feel cared for and understood throughout their medical interactions. By analyzing the results, healthcare providers can identify areas where patient comfort and satisfaction can be improved, leading to better health results and more favorable experiences for patients. The ultimate goal is to tailor care strategies based on the insights gathered from these assessments, allowing providers to address specific concerns and needs of patients, ultimately facilitating improved care processes and outcomes. This focus on enhancing the patient experience is foundational to providing holistic care, where patients are actively engaged and supported in their healthcare journey, resulting in both better health and satisfaction with the care received.



## 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](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://comforteag.examzify.com>**

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