Evolve HESI Leadership-Prioritizing Care Practice Test (Sample)

Study Guide

BY EXAMZIFY

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. 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!

Questions

1. When managing a client with a history of respiratory alkalosis, which manifestation should be monitored?

   A. Bradycardia

   B. Hyporeflexia

   C. Increased respiratory rate

   D. Weight gain

2. What is the preferable approach for a nurse leader addressing a staff performance issue?

   A. Public reprimand and feedback

   B. Private, constructive feedback

   C. Ignoring the situation

   D. Immediate reassignment

3. What is a priority nursing intervention for a client with suspected head trauma?

   A. Administer anticoagulants

   B. Monitor for increased intracranial pressure

   C. Encourage fluid intake

   D. Perform passive movements

4. How can a nurse leader assess team performance?

   A. By conducting annual evaluations only

   B. Through the use of performance metrics and feedback mechanisms

   C. By relying solely on intuition and experience

   D. Through informal conversations with staff members

5. Which delivery system was developed to provide care through others as an adaptation to functional nursing?

   A. Team

   B. Solo

   C. Individual

   D. Group

6. **What is the correct prioritization of statements for teaching the supraglottic method of swallowing?**

   A. Food in mouth, clear throat, take a deep breath, hold breath, swallow twice

   B. Upright position, clear throat, take a deep breath, food in mouth, hold breath, swallow twice

   C. Take a deep breath, upright position, food in mouth, clear throat, hold breath, swallow twice

   D. Hold breath, take a deep breath, clear throat, upright position, food in mouth, swallow twice

7. **The nurse is caring for a client who sustained a soft tissue injury while playing sports. What should be the order of nursing interventions according to priority?**

   A. Assess neuro, elevate, compression bandage, x-ray

   B. Elevate, assess neuro, x-ray, compression bandage

   C. Compression bandage, elevate, assess neuro, x-ray

   D. X-ray, assess neuro, elevate, compression bandage

8. **What is a critical function of nurse leaders in promoting quality patient care?**

   A. Enforcing a rigid hierarchy

   B. Providing mentorship and support to staff

   C. Avoiding performance evaluations

   D. Limiting professional development opportunities

9. **Which symptom may indicate a worsening condition in a client receiving post-operative care?**

   A. Increased energy

   B. Decreased urine output

   C. Improved pain management

   D. Stable vital signs

10. **Which of the following is a key strategy for effective change management in nursing?**

    A. Ignoring feedback from team members

    B. Clearly communicating the rationale behind changes

    C. Implementing changes without training

    D. Making changes unilaterally

Answers

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

Explanations

1. When managing a client with a history of respiratory alkalosis, which manifestation should be monitored?

A. Bradycardia

B. Hyporeflexia

C. Increased respiratory rate

D. Weight gain

In the context of managing a client with a history of respiratory alkalosis, it is crucial to monitor for manifestations that are indicative of the condition's physiological effects. Respiratory alkalosis occurs when there is a decrease in carbon dioxide levels in the blood, typically due to hyperventilation. As a result, the body may experience a range of symptoms as it adapts to these changes, including effects on muscle and nerve function. Hyporeflexia, or decreased reflexes, is an important manifestation to watch for in patients with respiratory alkalosis. The condition leads to a decrease in the concentration of ions such as calcium in the blood, which can impair nerve and muscle function, subsequently decreasing reflex responses. Monitoring for hyporeflexia is essential as it helps in assessing the neuromuscular state of the patient and indicates that the respiratory alkalosis may be significantly affecting the body's normal functioning. While options like bradycardia, increased respiratory rate, and weight gain could indicate other issues, they are not primary manifestations specific to respiratory alkalosis. Increased respiratory rate, for example, is often the cause of respiratory alkalosis rather than a manifestation to be monitored in this context. Weight gain typically does not correlate with respiratory alkalosis and is therefore less relevant

2. What is the preferable approach for a nurse leader addressing a staff performance issue?

A. Public reprimand and feedback

B. Private, constructive feedback

C. Ignoring the situation

D. Immediate reassignment

Addressing staff performance issues in a constructive and respectful manner is critical for maintaining a positive work environment and encouraging employee growth. Providing private, constructive feedback is the preferable approach for a nurse leader. This method ensures that the individual feels supported rather than embarrassed or defensive, which can often happen in a public setting. It fosters an atmosphere of trust and open communication where the staff member is more likely to be receptive to feedback. In a private setting, the nurse leader can discuss the specific performance issues without the fear of judgment from peers, allowing the staff member to focus on the feedback given. Additionally, this approach emphasizes the leader's commitment to the development and success of their team members, promoting a culture of accountability and continuous improvement. Approaches that involve public reprimands may lead to resentment or fear among staff and can undermine team cohesion. Ignoring performance issues does not address the problem and can lead to further decline in performance and morale, while immediate reassignment may not be necessary and could disrupt team dynamics without addressing the underlying issues. Hence, private, constructive feedback is the most effective strategy for resolving performance concerns while supporting the staff's professional development.

3. What is a priority nursing intervention for a client with suspected head trauma?

A. Administer anticoagulants

B. Monitor for increased intracranial pressure

C. Encourage fluid intake

D. Perform passive movements

Monitoring for increased intracranial pressure (ICP) is critical for a client with suspected head trauma because head injuries can lead to swelling or bleeding in the brain, resulting in elevated pressure within the cranial cavity. Increased ICP can cause further brain injury, decreased cerebral perfusion, and can be life-threatening.   By closely monitoring for signs and symptoms of increased ICP, such as changes in consciousness, pupil reaction, or changes in vital signs, the nurse can implement timely interventions to manage the condition, which can include elevating the head of the bed, maintaining airway patency, and administering medications as prescribed to help reduce the pressure. The other choices do not directly address the immediate risks associated with head trauma. Administering anticoagulants could pose a risk of exacerbating bleeding. Encouraging fluid intake is generally not a priority before establishing the patient's neurological status and addressing potential complications like ICP. Performing passive movements is not relevant in the acute setting of head trauma, where the focus should be on maintaining stability and monitoring neurological status.

4. How can a nurse leader assess team performance?

A. By conducting annual evaluations only

B. Through the use of performance metrics and feedback mechanisms

C. By relying solely on intuition and experience

D. Through informal conversations with staff members

Assessing team performance effectively requires a structured approach that incorporates measurable data and systematic feedback. Utilizing performance metrics and feedback mechanisms allows a nurse leader to gather objective evidence about team dynamics, individual contributions, and overall effectiveness in delivering patient care. Metrics may include patient outcomes, adherence to safety protocols, and efficiency measures, while feedback mechanisms can involve regular team meetings, surveys, and evaluations of collaborative processes. This comprehensive approach ensures that the assessment is data-driven and can identify areas for improvement, fostering an environment of accountability and continuous enhancement in nursing practice. While conducting annual evaluations can provide a snapshot of performance at a specific point in time, it does not offer ongoing insights or timely feedback, which are critical for real-time performance management. Relying solely on intuition and experience may lead to biases and overlook quantifiable aspects of team performance. Informal conversations with staff can be valuable for gathering insights, but they lack the structure and comprehensive nature needed to conduct a thorough assessment of team performance. Therefore, using performance metrics and feedback mechanisms is the most effective strategy for a nurse leader to assess and enhance team performance.

5. Which delivery system was developed to provide care through others as an adaptation to functional nursing?

A. Team

B. Solo

C. Individual

D. Group

The team delivery system was developed as a response to the challenges posed by functional nursing, which often led to fragmented care and a lack of communication among staff. In a functional nursing approach, tasks are assigned based on specific functions, which may result in a lack of continuity and holistic care for patients. The team model addresses these issues by promoting collaboration among healthcare providers.   In a team-based delivery system, members work together, combining their skills and expertise to provide comprehensive care to patients. This system not only improves communication but also allows for shared responsibility, enhancing the quality of care. The emphasis on teamwork helps ensure that all aspects of patient care are considered, thereby improving patient outcomes and satisfaction. This collaborative approach contrasts with individual or solo delivery methods, which can lead to severe limitations in care coordination and continuity for patients.   By leveraging the diverse skills and knowledge of team members, the team delivery model ultimately enhances efficiency and effectiveness in nursing care, making it a suitable adaptation to the earlier functional nursing approach.

6. What is the correct prioritization of statements for teaching the supraglottic method of swallowing?

A. Food in mouth, clear throat, take a deep breath, hold breath, swallow twice

B. Upright position, clear throat, take a deep breath, food in mouth, hold breath, swallow twice

C. Take a deep breath, upright position, food in mouth, clear throat, hold breath, swallow twice

D. Hold breath, take a deep breath, clear throat, upright position, food in mouth, swallow twice

The correct prioritization emphasizes safety and effectiveness when teaching the supraglottic swallow method. Beginning with the patient in an upright position is crucial, as this helps prevent aspiration and ensures proper alignment for swallowing. Following this with clearing the throat prepares the airway, ensuring that any secretions are cleared before the swallowing process begins.   Next, taking a deep breath allows the patient to hold their breath during swallowing, which is an essential step to protect the airway. Placing food in the mouth follows naturally after taking a deep breath to minimize the risk of aspiration. Finally, swallowing twice aids in clearing the food from the throat and esophagus, ensuring a more effective swallow. This sequence not only prioritizes the safety of the patient by ensuring proper posture and airway protection techniques but also helps them to effectively execute the swallowing technique.

7. The nurse is caring for a client who sustained a soft tissue injury while playing sports. What should be the order of nursing interventions according to priority?

A. Assess neuro, elevate, compression bandage, x-ray

B. Elevate, assess neuro, x-ray, compression bandage

C. Compression bandage, elevate, assess neuro, x-ray

D. X-ray, assess neuro, elevate, compression bandage

The correct order of nursing interventions begins with assessing neurovascular status. This initial assessment is critical to identify any potential complications, such as nerve or vascular damage, associated with the soft tissue injury. Ensuring the client has intact sensation and circulation informs the subsequent interventions and can help in identifying any urgent needs. Following the assessment, elevating the injured area helps reduce swelling and promotes venous return. By addressing edema early, the nurse can improve comfort and facilitate healing. Next, applying a compression bandage is essential for further control of swelling and provides support to the injured area, which can alleviate pain and aid in stabilization. Finally, an x-ray is performed to rule out any fractures or more serious underlying issues that may not be immediately apparent. This diagnostic step typically comes after initial assessments and supportive measures have been taken, allowing for proper prioritization of care. Each step is structured to first ensure immediate client safety and comfort, followed by interventions that promote recovery and assess for complications.

8. What is a critical function of nurse leaders in promoting quality patient care?

A. Enforcing a rigid hierarchy

B. Providing mentorship and support to staff

C. Avoiding performance evaluations

D. Limiting professional development opportunities

Providing mentorship and support to staff is a critical function of nurse leaders in promoting quality patient care. This approach fosters an environment of growth and learning, empowering nurses to develop their skills, enhance their knowledge, and ultimately improve patient outcomes. By guiding and supporting team members, nurse leaders promote confidence and competence, facilitating effective teamwork and communication within the healthcare setting. Mentorship also encourages nurses to pursue continuous education and training, which can lead to improved practices and patient care standards. When nurse leaders invest in their staff through mentorship, they are not only enhancing individual performance but also contributing to a culture of quality improvement within the organization. In contrast, enforcing a rigid hierarchy can often stifle communication and collaboration, leading to a less effective care environment. Avoiding performance evaluations hinders personal and professional growth, while limiting professional development opportunities can create a stagnant work environment, detracting from the overall quality of care provided to patients. Therefore, the focus on mentorship and support is vital for establishing a positive work culture that prioritizes patient care.

9. Which symptom may indicate a worsening condition in a client receiving post-operative care?

A. Increased energy

B. Decreased urine output

C. Improved pain management

D. Stable vital signs

Decreased urine output is a significant symptom that may indicate a worsening condition in a client receiving post-operative care. After surgery, careful monitoring of urine output is crucial as it can be an early indicator of potential complications such as dehydration, acute kidney injury, or shock. Normal urine output reflects adequate kidney function and fluid balance; thus, a decrease could suggest that the body is struggling to maintain homeostasis or that there is a disruption in renal perfusion. In the context of post-operative care, healthcare providers often assess urine output as part of the overall evaluation of a patient's recovery. Monitoring changes in urine output can guide clinical decisions, including the need for fluid resuscitation or further assessment to identify underlying issues. Other indicators, such as increased energy, improved pain management, and stable vital signs, typically signify positive recovery progress rather than concerns. Therefore, a decrease in urine output stands out as a potential red flag that warrants further investigation and intervention.

10. Which of the following is a key strategy for effective change management in nursing?

A. Ignoring feedback from team members

B. Clearly communicating the rationale behind changes

C. Implementing changes without training

D. Making changes unilaterally

Clearly communicating the rationale behind changes is crucial for effective change management in nursing. By providing a clear and compelling explanation of why changes are necessary, leaders can foster a shared understanding among team members, which helps in gaining their support and buy-in. This transparency promotes trust and reduces resistance to change, as team members feel informed and involved in the process rather than being subjected to arbitrary decisions. When staff understand the reasons for changes—whether it's to improve patient care, enhance workflow, or respond to new regulations—they are more likely to engage positively with the new initiatives. Additionally, this strategy facilitates open discussions, allowing for feedback, questions, and suggestions that can further refine the implementation process and improve outcomes. Engaging the team in this manner leads to a collaborative environment, essential for successful transitions in the healthcare setting.

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://evolvehesileadprioritizingcare.examzify.com

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