

Evolve HESI 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 the most appropriate method for a nurse to hear abnormal heart sounds in a patient?**
 - A. Using the diaphragm of the stethoscope over the lung fields**
 - B. Placing the stethoscope bell over the valvular areas of the anterior chest**
 - C. Listening with the stethoscope near the patient's abdomen**
 - D. Applying firm pressure with the stethoscope over the carotid arteries**
- 2. What is the primary role of the nurse in end-of-life care?**
 - A. To provide medical treatment**
 - B. To offer comfort, support, and dignity**
 - C. To lead family counseling sessions**
 - D. To facilitate legal arrangements**
- 3. When instructing a male client's wife on passive range-of-motion exercises, the nurse notices she is holding his arm above and below the elbow. What should the nurse say?**
 - A. Correct her hold to improve support**
 - B. Acknowledge that she is supporting the arm correctly**
 - C. Suggest using a pillow for added support**
 - D. Advise her to ask the client for feedback**
- 4. What is the correct ml/hr rate for an IV infusion of terbutaline sulfate prescribed at 30 mcg/min?**
 - A. 150 ml/hr**
 - B. 180 ml/hr**
 - C. 200 ml/hr**
 - D. 250 ml/hr**
- 5. When a client begins to cry and shares feelings of isolation, what should the nurse do?**
 - A. Redirect the conversation to positive topics**
 - B. Encourage the client to express these feelings**
 - C. Listen and show interest as the client expresses these feelings**
 - D. Suggest coping strategies immediately**

- 6. How can cultural competence benefit nursing practice?**
- A. It reduces the need for patient education**
 - B. It improves communication and care delivery to diverse patient populations**
 - C. It allows nurses to avoid difficult conversations**
 - D. It eliminates the need for translation services**
- 7. What is the nurse's priority intervention when a client in the clinic expresses the desire to start a new exercise program?**
- A. Encourage gradual increase in activity.**
 - B. Discuss the importance of weight training.**
 - C. Recommend group exercise classes.**
 - D. Assess the client's current level of fitness.**
- 8. A missed dose of levofloxacin IV is scheduled for 0900 but was administered at 1300. What should the nurse do?**
- A. Skip the dose and wait for the next scheduled dose**
 - B. Administer the missed dose and adjust the schedule to 1300 daily**
 - C. Contact the healthcare provider for new orders**
 - D. Administer double the dose at 1300**
- 9. How can understanding a patient's cultural background affect care delivery?**
- A. It has no impact on care delivery**
 - B. It can enhance the respect shown to the patient**
 - C. It complicates communication**
 - D. It makes no difference in treatment protocols**
- 10. A hospice patient complains of increasing pain and is prescribed analgesics every four hours. What should the nurse do?**
- A. Administer the analgesics only when requested by the client**
 - B. Give analgesics on an around-the-clock schedule**
 - C. Consult with the healthcare provider for stronger medication**
 - D. Switch to oral medication instead of IV**

Answers

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

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Explanations

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1. What is the most appropriate method for a nurse to hear abnormal heart sounds in a patient?
 - A. Using the diaphragm of the stethoscope over the lung fields
 - B. Placing the stethoscope bell over the valvular areas of the anterior chest**
 - C. Listening with the stethoscope near the patient's abdomen
 - D. Applying firm pressure with the stethoscope over the carotid arteries

Using the bell of the stethoscope over the valvular areas of the anterior chest is the most appropriate method for a nurse to hear abnormal heart sounds in a patient. The bell is specifically designed to pick up low-frequency sounds, which are often associated with abnormal heart murmurs and gallops. These sounds are generated by the heart valves during their opening and closing, and by any structural abnormalities present. Positioning the bell over the specific valvular areas—such as the aortic, pulmonic, tricuspid, and mitral areas—allows the nurse to effectively auscultate these critical sounds. This technique ensures that the nurse can identify any potential cardiac issues that may require further assessment or intervention. This method contrasts with the use of the diaphragm in other areas, which may not be ideal for detecting the low-frequency components of heart sounds. By focusing on the relevant anatomical sites and utilizing the appropriate part of the stethoscope, the nurse can enhance their ability to accurately assess cardiac function.

2. What is the primary role of the nurse in end-of-life care?
 - A. To provide medical treatment
 - B. To offer comfort, support, and dignity**
 - C. To lead family counseling sessions
 - D. To facilitate legal arrangements

The primary role of the nurse in end-of-life care is to offer comfort, support, and dignity to patients and their families. This aspect of nursing emphasizes the holistic approach to care, which focuses not only on physical needs but also addresses emotional, spiritual, and psychological well-being during a critical and sensitive time. Offering comfort may involve pain management, providing a peaceful environment, and using therapeutic communication to help patients express their feelings and fears. Supporting family members is also crucial, as they often experience a wide range of emotions and may need guidance and reassurance. Ensuring that patients maintain their dignity is fundamental, as it respects their individuality and wishes while facing the end of life. This role transcends medical treatment, legal arrangements, or formal counseling sessions, making it a key component of effective end-of-life care. By centering care around the individual's needs and preferences, nurses help ensure a compassionate and respectful approach during this challenging time.

3. When instructing a male client's wife on passive range-of-motion exercises, the nurse notices she is holding his arm above and below the elbow. What should the nurse say?

A. Correct her hold to improve support

B. Acknowledge that she is supporting the arm correctly

C. Suggest using a pillow for added support

D. Advise her to ask the client for feedback

The correct response is to acknowledge that the wife is supporting the arm correctly. This is important because during passive range-of-motion exercises, the primary goal is to ensure that the client's limb is supported properly to prevent any strain or discomfort. Supporting the arm above and below the elbow helps maintain the joint in a stable position while facilitating the movement of the wrist and shoulder, allowing for effective exercise while minimizing the risk of injury. The use of proper support is essential, as insufficient support can lead to muscle strain or joint subluxation during the exercises. Recognizing and validating the wife's technique promotes her confidence in facilitating care for her husband, which is critical for maintaining his compliance and comfort during the rehabilitation process. By reinforcing her correct method, it may also encourage the wife to participate more actively in the care of her husband.

4. What is the correct ml/hr rate for an IV infusion of terbutaline sulfate prescribed at 30 mcg/min?

A. 150 ml/hr

B. 180 ml/hr

C. 200 ml/hr

D. 250 ml/hr

To find the correct mL/hr rate for the IV infusion of terbutaline sulfate prescribed at 30 mcg/min, you first need to convert the dosage from micrograms to milliliters based on the drug's concentration. Assuming terbutaline sulfate has a common concentration of 1 mg/mL (which is equivalent to 1000 mcg/mL), you can use the following steps: 1. Convert the prescribed rate from mcg to mg: - 30 mcg/min is equal to 0.03 mg/min. 2. Determine how many milliliters of the drug will be needed per minute: - Using the concentration of 1 mg/mL, you would calculate: - $0.03 \text{ mg/min} \times (1 \text{ mL}/1 \text{ mg}) = 0.03 \text{ mL/min}$. 3. Convert the infusion rate from mL/min to mL/hr: - Since there are 60 minutes in an hour, multiply the result by 60: - $0.03 \text{ mL/min} \times 60 \text{ min/hr} = 1.8 \text{ mL/hr}$. However, the concentration can vary depending on the specific formulation prescribed. If, hypothetically, the drug concentration was higher

5. When a client begins to cry and shares feelings of isolation, what should the nurse do?

- A. Redirect the conversation to positive topics**
- B. Encourage the client to express these feelings**
- C. Listen and show interest as the client expresses these feelings**
- D. Suggest coping strategies immediately**

When a client begins to cry and shares feelings of isolation, the most appropriate response is to listen and show interest as the client expresses these feelings. This approach is crucial in a therapeutic setting because it demonstrates empathy and validation of the client's emotions. When clients are vulnerable and open up about their feelings, it is essential for the nurse to create a safe, supportive environment where the client feels heard and understood. Listening actively allows the nurse to gather valuable information about the client's emotional state, which can inform future interventions. Showing interest encourages the client to share more about their experiences and feelings, fostering a therapeutic relationship that can facilitate healing. In contrast, redirecting the conversation to positive topics may invalidate the client's feelings and could lead them to feel dismissed or not taken seriously. Suggesting coping strategies immediately diverts attention from the client's need to process their emotions. While encouragement to express feelings is important, the key element is to actively listen, which goes beyond mere encouragement, allowing for a deeper exploration of the client's thoughts and feelings.

6. How can cultural competence benefit nursing practice?

- A. It reduces the need for patient education**
- B. It improves communication and care delivery to diverse patient populations**
- C. It allows nurses to avoid difficult conversations**
- D. It eliminates the need for translation services**

Cultural competence is an essential aspect of nursing practice that significantly enhances the quality of care provided to patients from diverse backgrounds. When nurses possess cultural competence, they are better equipped to understand and respect the cultural differences and values of their patients. This understanding promotes improved communication, as nurses can tailor their interactions and health information based on the cultural context of the patient. By fostering better communication, nurses can establish trust and rapport with patients, which is crucial for effective care delivery. Cultural competence can lead to increased patient satisfaction, better adherence to treatment plans, and ultimately improved health outcomes. It enables nurses to recognize and address cultural barriers that may affect a patient's understanding of their health conditions or willingness to engage in care. In essence, the practice of culturally competent nursing not only enriches patient interactions but also ensures that healthcare is more effective and equitable across various populations.

7. What is the nurse's priority intervention when a client in the clinic expresses the desire to start a new exercise program?

- A. Encourage gradual increase in activity.**
- B. Discuss the importance of weight training.**
- C. Recommend group exercise classes.**
- D. Assess the client's current level of fitness.**

The priority intervention of assessing the client's current level of fitness is crucial because it provides a baseline understanding of the client's physical condition, abilities, and limitations. By gathering this information, the nurse can tailor recommendations that are suitable and safe for the individual, taking into account any underlying health issues, mobility restrictions, or specific fitness goals. This assessment also aids in creating a personalized exercise plan that promotes safety and effectiveness, helping the client to engage in an exercise program that matches their capabilities. Additionally, this step aligns with the nursing process of assessment, ensuring that the client's unique circumstances are considered before suggesting specific exercises or classes. Understanding the client's current fitness level can lead to more informed discussions about the types of exercises that would be most beneficial, helping to prevent injury and enhance motivation.

8. A missed dose of levofloxacin IV is scheduled for 0900 but was administered at 1300. What should the nurse do?

- A. Skip the dose and wait for the next scheduled dose**
- B. Administer the missed dose and adjust the schedule to 1300 daily**
- C. Contact the healthcare provider for new orders**
- D. Administer double the dose at 1300**

The most appropriate course of action in this scenario is to administer the missed dose of levofloxacin and adjust the schedule to 1300 daily going forward. Levofloxacin is an antibiotic that, when missed, should typically be given as soon as possible unless the next dose is due soon. By administering the dose at 1300, the medication can still provide therapeutic effects without significantly altering the patient's regimen. Adjusting the schedule helps maintain a consistent dosing time, which is important for medications like antibiotics to ensure adequate levels in the body, aid in adherence to the treatment plan, and optimize patient outcomes. This approach allows the nurse to correct the missed dose while also ensuring that future doses remain manageable and not overly complicated or risky for the patient. The other options present various concerns: skipping the dose might leave a gap in treatment, potentially leading to decreased effectiveness or bacterial resistance; contacting the healthcare provider for new orders could delay necessary treatment; and administering double the dose poses a risk of toxicity or adverse effects, which is contraindicated for safe medication administration practices.

9. How can understanding a patient's cultural background affect care delivery?

- A. It has no impact on care delivery**
- B. It can enhance the respect shown to the patient**
- C. It complicates communication**
- D. It makes no difference in treatment protocols**

Understanding a patient's cultural background can significantly enhance the respect shown to the patient, which is vital for effective care delivery. When healthcare providers acknowledge and integrate a patient's cultural beliefs, values, and practices into their care plans, it fosters a therapeutic relationship built on trust and mutual respect. This understanding can lead to more personalized care, as the provider is better equipped to tailor interventions that align with the patient's cultural preferences and needs. By demonstrating respect for the patient's background, healthcare professionals can improve patient engagement and satisfaction, ultimately leading to better health outcomes. Culturally competent care helps in recognizing the diverse perspectives patients bring to their health experiences, which can encourage patients to be more open and communicative about their symptoms and concerns. In turn, this openness enables providers to deliver care that is not only respectful but also relevant to the patient's lived experience.

10. A hospice patient complains of increasing pain and is prescribed analgesics every four hours. What should the nurse do?

- A. Administer the analgesics only when requested by the client**
- B. Give analgesics on an around-the-clock schedule**
- C. Consult with the healthcare provider for stronger medication**
- D. Switch to oral medication instead of IV**

Administering analgesics on an around-the-clock schedule is the most suitable approach for managing the pain of a hospice patient. In hospice care, the objective is to ensure the patient experiences the highest quality of life possible, with a significant focus on comfort and pain relief. When pain is persistent and a patient requires medications every four hours, it indicates that the pain may not be well-managed with a "as needed" (PRN) approach. By providing analgesics at regular intervals, the nurse can maintain a more consistent level of comfort and prevent the pain from becoming severe. This proactive approach can help avoid the peaks and troughs in pain management that can occur if analgesics are only given when the patient expresses discomfort. The other options do not align with best practices for pain management in palliative care. For instance, waiting for the patient to request medication could lead to unnecessary suffering. Consulting with the healthcare provider for stronger medication may be appropriate in certain cases, but the immediate need to control existing pain suggests that a regular dosing schedule should be prioritized first. Switching to oral medication could also be beneficial in some scenarios, but it depends on the patient's specific condition and ability to take medications by mouth efficiently. Implementing a round-the-clock analgesic regimen

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://evolve-hesi.examzify.com>

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