

# HESI 1 and 2 Remediation Practice Test (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

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- 1. Which statement best describes an essential quality to include when setting goals with a client?**
  - A. Realistic.**
  - B. Measurable.**
  - C. Patient-centered.**
  - D. Time frame.**
  
- 2. Base on the Health Belief Model (HBM) what are effective strategies for the PN to use to encourage the client to stop smoking?**
  - A. Ask the client how likely he would be to develop lung cancer**
  - B. Encourage the client to list how a smoke cessation program would benefit him**
  - C. Assess whether the client considers lung cancer a serious health condition**
  - D. All of the above**
  
- 3. Which laboratory test would best indicate a developing systemic infection in a child whose mother reports drowsiness, poor appetite, and cough but has normal vital signs?**
  - A. Chest X-ray**
  - B. Urinalysis**
  - C. CBC with differential**
  - D. Serum electrolytes**
  
- 4. Before applying a transcutaneous electrical nerve stimulation (TENS) unit, which action is required?**
  - A. Ensure there is a healthcare provider's prescription for the TENS.**
  - B. Place the electrodes on the patient without shaving.**
  - C. Directly apply heat to the treatment area.**
  - D. Ask the patient to sign a consent form.**

- 5. Which client behavior most indicates health literacy?**
- A. Nods and agrees to all instructions without questions.**
  - B. Client questions the healthcare provider about their prescribed plan of care.**
  - C. Expresses confusion about the purpose of medication.**
  - D. Misses appointments regularly.**
- 6. A practical nurse is assessing a client after a cardiac catheterization. The client reports discomfort at the femoral insertion site. According to standing orders, which action should the PN implement?**
- A. Administer acetaminophen/codeine phosphate.**
  - B. Administer ibuprofen as needed.**
  - C. Apply heat to the site.**
  - D. Notify the physician before giving any analgesic.**
- 7. A client is experiencing cancer-related fatigue. Which recommendations should the PN advise to help alleviate the symptoms?**
- A. Well-balanced diet**
  - B. Routine physical exercise**
  - C. Develop routine sleeping habits**
  - D. All of the above**
- 8. Which statement best describes the role of federally initiated health acts in practical nursing practice?**
- A. Ignorance of the health acts is not permissible.**
  - B. Encourages nurses to keep up with current standards.**
  - C. Guides and defines legal boundaries of nursing practice.**
  - D. Nursing acts are optional.**
- 9. Which approach is most effective when teaching an adult client how to perform a dressing change?**
- A. Assess the client's life experiences.**
  - B. Provide only lecture-based instruction.**
  - C. Demand memorization with no demonstration.**
  - D. Ignore patient feedback.**

**10. Wheezing is most commonly associated with which pathophysiology?**

- A. Narrowed airways due to bronchospasm or edema**
- B. Fluid in the alveoli**
- C. Collapsed lung**
- D. Pleural effusion**

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## Answers

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

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## **Explanations**

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**1. Which statement best describes an essential quality to include when setting goals with a client?**

- A. Realistic.**
- B. Measurable.**
- C. Patient-centered.**
- D. Time frame.**

Setting goals with a client requires choosing aims that can actually be achieved in the client's current situation. Realistic goals take into account the person's health status, physical abilities, resources, support, and potential barriers. When a goal is realistic, the client can picture clear steps, experience small successes, and build confidence, which boosts motivation and sticks with the plan. For instance, if someone is new to exercise, a realistic goal would be to walk 10 minutes most days and gradually increase, rather than committing to a vigorous hour-long workout right away. Goals that aren't realistic tend to lead to frustration and disengagement, even if they are measurable or time-bound or aligned with what the client values. Measurable goals help track progress, a time frame provides structure, and being patient-centered ensures relevance; realism, however, is what makes the goal attainable in the first place.

**2. Base on the Health Belief Model (HBM) what are effective strategies for the PN to use to encourage the client to stop smoking?**

- A. Ask the client how likely he would be to develop lung cancer**
- B. Encourage the client to list how a smoke cessation program would benefit him**
- C. Assess whether the client considers lung cancer a serious health condition**
- D. All of the above**

In the Health Belief Model, getting someone to change a risky behavior like smoking hinges on addressing how they perceive their risk, how serious they think the consequence is, and what benefits they see in taking action, along with their confidence to do it. Asking how likely the client is to develop lung cancer targets perceived susceptibility—making the risk feel personal. Encouraging the client to list how a smoking cessation program would benefit him highlights perceived benefits and personal relevance, showing tangible outcomes of quitting. Assessing whether the client views lung cancer as a serious health condition addresses perceived severity, helping the client recognize the gravity of the risk. When these elements are combined, they reinforce motivation from multiple angles, making it more likely the client will consider and pursue quitting.

**3. Which laboratory test would best indicate a developing systemic infection in a child whose mother reports drowsiness, poor appetite, and cough but has normal vital signs?**

- A. Chest X-ray**
- B. Urinalysis**
- C. CBC with differential**
- D. Serum electrolytes**

When a child shows nonspecific symptoms like drowsiness, poor appetite, and cough with normal vital signs, a developing systemic infection may be present even before classic signs appear. The test that best captures this is a CBC with differential because it directly measures the body's immune response. It provides the total white blood cell count and the distribution of white cell types (neutrophils, lymphocytes, etc.). In the context of infection, you often see an elevated white blood cell count with a shift toward immature neutrophils (a left shift), indicating that the body is actively fighting an infection and a systemic process may be underway. The specific pattern can also give clues about whether the infection is more likely bacterial or viral, guiding further assessment and management. Chest X-ray can reveal pneumonia but does not by itself indicate a systemic infection. Urinalysis can detect a urinary tract infection but again focuses on a specific site rather than the overall systemic response. Serum electrolytes reflect hydration and electrolyte balance rather than infection status.

**4. Before applying a transcutaneous electrical nerve stimulation (TENS) unit, which action is required?**

- A. Ensure there is a healthcare provider's prescription for the TENS.**
- B. Place the electrodes on the patient without shaving.**
- C. Directly apply heat to the treatment area.**
- D. Ask the patient to sign a consent form.**

A healthcare professional's prescription or order is required before using a transcutaneous electrical nerve stimulation unit. This ensures the device and its settings are appropriate for the patient, taking into account medical history, current condition, and any safety concerns. The prescription guides where to apply the electrodes, the intensity and duration of stimulation, and when to stop if adverse effects occur, helping prevent misuse or harm. Other steps like shaving the skin, applying heat, or having the patient sign a consent form may be part of preparation or standard care, but they do not replace the need for formal authorization to use the device.

**5. Which client behavior most indicates health literacy?**

- A. Nods and agrees to all instructions without questions.**
- B. Client questions the healthcare provider about their prescribed plan of care.**
- C. Expresses confusion about the purpose of medication.**
- D. Misses appointments regularly.**

Understanding health information and applying it to care is demonstrated when a client actively engages by asking questions about their prescribed plan. When a patient questions the plan, dosages, timing, or rationale, it shows they can obtain, process, and use the information to make informed decisions about their health. This active inquiry indicates true health literacy. In contrast, simply nodding and agreeing without questions can mask gaps in understanding, expressing confusion signals lack of comprehension, and missing appointments often reflect barriers or nonadherence rather than literacy. Encouraging questions and using the teach-back approach helps confirm understanding and ensure safe, effective care.

**6. A practical nurse is assessing a client after a cardiac catheterization. The client reports discomfort at the femoral insertion site. According to standing orders, which action should the PN implement?**

- A. Administer acetaminophen/codeine phosphate.**
- B. Administer ibuprofen as needed.**
- C. Apply heat to the site.**
- D. Notify the physician before giving any analgesic.**

Discomfort after a femoral catheterization is managed with analgesia that is authorized by standing orders, so providing pain relief promptly is appropriate. Acetaminophen combined with codeine offers effective pain relief without affecting platelet function, which helps reduce the risk of bleeding at the catheter site compared to NSAIDs. Ibuprofen, an NSAID, can impair clotting and increase bleeding risk, making it less suitable in this setting. Applying heat to the fresh femoral site can promote bleeding and edema, so it's not recommended. Delaying analgesia by calling the physician isn't necessary when standing orders authorize this medication. Use the approved analgesic to relieve pain and continue to monitor the insertion site for signs of bleeding or complications.

**7. A client is experiencing cancer-related fatigue. Which recommendations should the PN advise to help alleviate the symptoms?**

- A. Well-balanced diet**
- B. Routine physical exercise**
- C. Develop routine sleeping habits**
- D. All of the above**

Cancer-related fatigue is often multifactorial, so the best approach combines nutrition, activity, and sleep strategies that support energy, muscle function, and rest. A well-balanced diet provides the calories and protein needed to maintain weight and tissue repair, helping prevent energy dips. Gentle, regular physical activity—guided by tolerance—improves endurance, preserves muscle mass, and can reduce fatigue by boosting circulation and mood. Establishing routine sleeping habits and good sleep hygiene enhances restorative rest, supporting daytime energy and reducing fatigue symptoms. When these elements are used together, they address multiple contributing factors, making all three recommendations collectively the most effective option.

**8. Which statement best describes the role of federally initiated health acts in practical nursing practice?**

- A. Ignorance of the health acts is not permissible.**
- B. Encourages nurses to keep up with current standards.**
- C. Guides and defines legal boundaries of nursing practice.**
- D. Nursing acts are optional.**

Federally initiated health acts establish the legal framework that governs nursing practice. They define what nurses are allowed to do, under what conditions, and what standards must be met, creating the scope of practice, licensure expectations, and duties related to patient safety, privacy, documentation, and reporting. This legal boundary guides how you plan and deliver care, ensuring you act within permitted limits and can be held accountable if standards aren't met. Staying informed about current standards is important, but the primary role of these acts is to set the legal rules you operate under, not merely to encourage ongoing education or to be treated as optional.

**9. Which approach is most effective when teaching an adult client how to perform a dressing change?**

- A. Assess the client's life experiences.**
- B. Provide only lecture-based instruction.**
- C. Demand memorization with no demonstration.**
- D. Ignore patient feedback.**

Teaching adults is most effective when you start by assessing their life experiences. Adults bring practical knowledge from work, home, and prior health care encounters, and learning is best when new information connects to what they already know and feels relevant to their goals. By asking about past dressing changes, wound care experiences, and what worked or didn't, you tailor the instruction to the individual, set meaningful objectives, and create a learning plan they can own. This approach also promotes active participation, problem-solving, and clearer skill transfer during hands-on practice with feedback. Relying solely on lectures doesn't engage adults or address real-life needs, memorization without demonstration doesn't build the hands-on competence required for a safe dressing change, and ignoring patient feedback misses crucial adjustments that ensure the technique fits the learner's situation and reinforces safety.

**10. Wheezing is most commonly associated with which pathophysiology?**

- A. Narrowed airways due to bronchospasm or edema**
- B. Fluid in the alveoli**
- C. Collapsed lung**
- D. Pleural effusion**

Wheezing reflects airway narrowing that forces air to move through constricted bronchioles, creating a high-pitched, musical sound from turbulent flow. This narrowing comes from bronchial smooth muscle constriction (bronchospasm) and swelling of the airway lining with mucus (edema and secretions). That's why wheezing is commonly heard in asthma and other conditions with bronchial hyperreactivity. Fluid in the alveoli produces crackles (not a wheeze) as fluid shimmers in the small airways and air sacs. A collapsed lung tends to reduce or absent breath sounds on the affected side and may cause chest signs like hyperresonance or asymmetry, not a wheeze. Pleural effusion muffles sounds and often presents with dull percussion and diminished breath sounds rather than a wheezing noise.

## 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://hesi1and2remediation.examzify.com>**

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

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