

# 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 strategy should the practical nurse implement when assisting an older client with self-care deficits?**
  - A. Give adequate time for completion of activities**
  - B. Instruct in the use of assistive devices such as a button hook and sock assist**
  - C. Modify activities of daily living to client's abilities such as sitting to brush teeth**
  - D. Plan time schedule, daily activities, and staffing according to the client's functional ability**
  
- 2. Which religion directs followers to avoid food items made with pork?**
  - A. Islam.**
  - B. Judaism.**
  - C. Hinduism.**
  - D. Buddhism.**
  
- 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. When a client's pulse oximeter alarm shows 80% oxygen saturation while on 2 liters per minute via nasal cannula, what should the practical nurse do next?**
  - A. Call for assistance from the rapid response team**
  - B. Check that the placement of the pulse oximeter is correct**
  - C. Increase oxygen flow to 4 liters per minute**
  - D. Assess the client's respiratory rate and work of breathing**

- 5. Which task would be appropriate for delegation to an unlicensed assistive personnel (UAP) by the practical nurse (PN)?**
- A. Assisting clients with morning ADLs including showering and shaving.**
  - B. Transporting a client with a fractured wrist to the cast clinic for cast placement.**
  - C. Administering intravenous medications.**
  - D. Performing sterile wound cultures.**
- 6. Which of the following would NOT contribute to effective interdisciplinary teamwork?**
- A. Effective and consistent communication**
  - B. Trust and mutual respect**
  - C. Isolation of team members**
  - D. Recognition and valuation**
- 7. Which dosing route is acceptable for the practical nurse to administer fentanyl to a client with cancer who is experiencing chronic pain?**
- A. PCA pump.**
  - B. Transdermal patch.**
  - C. Transmucosal swab.**
  - D. Slow intravenous push.**
- 8. Which statement describes a NOT element of the Health Belief Model?**
- A. The severity of the illness.**
  - B. The perception of susceptibility to the illness.**
  - C. The client's willingness to change lifestyle choices.**
  - D. Perceived benefits.**
- 9. Which symptom indicates dehydration?**
- A. Dark urine with dry mouth.**
  - B. Clear urine.**
  - C. Excessive thirst.**
  - D. Edema.**

**10. What can happen if cold therapy is left in place for more than 30 minutes for the treatment of inflammation?**

- A. Worsening of the inflammation**
- B. Decreased tissue temperature**
- C. Vasodilation**
- D. Nerve damage**

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## Answers

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

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## **Explanations**

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**1. Which strategy should the practical nurse implement when assisting an older client with self-care deficits?**

- A. Give adequate time for completion of activities**
- B. Instruct in the use of assistive devices such as a button hook and sock assist**
- C. Modify activities of daily living to client's abilities such as sitting to brush teeth**
- D. Plan time schedule, daily activities, and staffing according to the client's functional ability**

Coordinating care to match the older client's functional ability is key when supporting self-care deficits. Planning the schedule, daily activities, and staffing around what the client can do and what level of support they need creates a structured environment that promotes independence while keeping safety and energy conservation in mind. This approach makes it more likely that self-care tasks are completed efficiently and with appropriate help, reduces fatigue and frustration, and helps the nurse anticipate needs throughout the day. While giving adequate time, teaching assistive devices, and modifying activities are useful tools, they work best when integrated into a comprehensive plan centered on the client's abilities and routines.

**2. Which religion directs followers to avoid food items made with pork?**

- A. Islam.**
- B. Judaism.**
- C. Hinduism.**
- D. Buddhism.**

Religious dietary rules specify which foods are allowed and forbidden. In Islam, pork and its byproducts are forbidden (haram), and Muslims follow halal guidelines for what is permissible. This prohibition comes from Qur'anic verses that label pork as impure, so foods like bacon and pork sausage are avoided. Judaism also forbids pork under kosher dietary laws, which shows that more than one tradition prohibits pork; Hinduism and Buddhism have varied practices and are not universally tied to a pork prohibition. Given the focus on a direct directive to avoid pork, Islam is the clear match for this item.

**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. When a client's pulse oximeter alarm shows 80% oxygen saturation while on 2 liters per minute via nasal cannula, what should the practical nurse do next?**

- A. Call for assistance from the rapid response team**
- B. Check that the placement of the pulse oximeter is correct**
- C. Increase oxygen flow to 4 liters per minute**
- D. Assess the client's respiratory rate and work of breathing**

The most important first step is to confirm the reading by ensuring the pulse oximeter is applied correctly. A sensor that isn't placed properly or isn't in good contact can produce a falsely low reading, even if the patient's oxygenation isn't as bad as it seems. So, check that the probe is on a well-perfused site, secure and snug, with clean, dry skin and no nail polish or artificial nails blocking the sensor. If the placement and contact are correct and the reading remains 80%, then proceed with a full respiratory assessment (rate, depth, work of breathing, lung sounds) and follow your protocol for escalating oxygen or other interventions as needed. If the patient shows signs of distress, escalate care per your facility's procedures after confirming accuracy.

5. Which task would be appropriate for delegation to an unlicensed assistive personnel (UAP) by the practical nurse (PN)?

- A. Assisting clients with morning ADLs including showering and shaving.**
- B. Transporting a client with a fractured wrist to the cast clinic for cast placement.**
- C. Administering intravenous medications.**
- D. Performing sterile wound cultures.**

The task being delegated should be a routine, safe activity that doesn't require nursing assessment or invasive procedures. Assisting clients with morning activities of daily living, including showering and shaving, fits this: it's basic hygiene and mobility support that a UAP can handle under supervision, helping the patient stay clean and comfortable while the PN focuses on assessment, medications, and more complex care. The other tasks involve elements that require nursing knowledge or sterile technique. Administering intravenous medications demands pharmacologic knowledge, IV access checks, and monitoring for adverse effects. Performing sterile wound cultures requires aseptic technique and clinical judgment. Transporting a patient can be appropriate in some settings if the patient is stable, but in this context those other responsibilities typically fall outside the UAP scope because they involve greater risk or specialized procedures.

6. Which of the following would NOT contribute to effective interdisciplinary teamwork?

- A. Effective and consistent communication**
- B. Trust and mutual respect**
- C. Isolation of team members**
- D. Recognition and valuation**

Effective interdisciplinary teamwork hinges on open communication, trust and mutual respect, and recognizing each team member's contribution. Isolation of team members would not contribute because it creates silos that cut off the flow of information and hinder coordinated problem solving. When people work in isolation, important observations, updates, and perspectives from different disciplines may be missed, increasing the chance of errors and delays in care. In contrast, clear and consistent communication keeps everyone informed and aligned; trust and mutual respect encourage team members to speak up about concerns and share expertise without fear; and recognizing and valuing each contribution boosts morale and engagement across disciplines. Together, these elements support cohesive, safer, and more effective teamwork.

**7. Which dosing route is acceptable for the practical nurse to administer fentanyl to a client with cancer who is experiencing chronic pain?**

- A. PCA pump.**
- B. Transdermal patch.**
- C. Transmucosal swab.**
- D. Slow intravenous push.**

A PCA pump is the dosing route that fits best for a practical nurse to manage fentanyl for chronic cancer pain. It allows the patient to self-administer small, individualized doses within set limits, providing rapid relief when pain flares while helping prevent oversedation or respiratory depression through lockout intervals and dose caps. The nurse's role is to set up the pump and monitor the patient, assessing pain scores, respiratory status, and any side effects, all under the physician's order and the facility's protocol. Why the other options aren't as suitable for ongoing, titratable pain: a fentanyl transdermal patch delivers a continuous, long-acting dose that isn't readily adjusted for breakthrough pain and typically requires patch changes by an RN or clinician, making it less responsive to fluctuating chronic pain. Transmucosal fentanyl can be useful for breakthrough episodes but involves careful, individualized dosing and monitoring that may go beyond routine LPN duties in some settings. A slow intravenous push is a direct, rapid route that demands higher-level oversight and is not ideal for steady, ongoing management of chronic cancer pain.

**8. Which statement describes a NOT element of the Health Belief Model?**

- A. The severity of the illness.**
- B. The perception of susceptibility to the illness.**
- C. The client's willingness to change lifestyle choices.**
- D. Perceived benefits.**

The Health Belief Model explains whether people take preventive action based on their beliefs about a health problem and the benefits and barriers to taking action. Among the statements, those describing perceived severity and perceived susceptibility map directly to core constructs: they capture how serious the person thinks the illness is and how likely they believe they are to get it. The statement about perceived benefits also fits as an explicit element, reflecting whether the person believes the recommended action will be advantageous. The statement about the client's willingness to change lifestyle choices, while related to motivation, is not an explicit construct in the Health Belief Model. The model focuses on beliefs like severity, susceptibility, benefits, and barriers, along with cues to action and self-efficacy. Willingness to change aligns more with motivation or readiness, which isn't a defined, separate construct in the traditional model. So, the statement describing willingness to change lifestyle choices is not an explicit Health Belief Model element, whereas severity, susceptibility, and perceived benefits are.

## 9. Which symptom indicates dehydration?

- A. Dark urine with dry mouth.**
- B. Clear urine.**
- C. Excessive thirst.**
- D. Edema.**

When the body is dehydrated, it conserves water, so the kidneys produce more concentrated urine and you feel dry. Dark urine means the urine is concentrated from reduced fluid intake, while a dry mouth reflects less saliva due to lower overall fluids. This combination is a strong signal that there isn't enough body water. In contrast, clear urine shows good hydration, excessive thirst can occur but isn't as definitive on its own, and edema involves excess fluid in tissues rather than a lack of fluids.

## 10. What can happen if cold therapy is left in place for more than 30 minutes for the treatment of inflammation?

- A. Worsening of the inflammation**
- B. Decreased tissue temperature**
- C. Vasodilation**
- D. Nerve damage**

Cold therapy first causes vasoconstriction to limit swelling, but if it stays on for too long the body initiates a protective response called cold-induced vasodilation. This increases blood flow to the area after the initial cooling, so leaving the pack on for more than about 20 minutes can actually reverse the cooling effect and raise tissue perfusion. That's why the best answer is vasodilation. The other ideas don't fit the timing: decreased tissue temperature happens during the cooling itself, not after prolonged exposure; nerve damage would require extreme, improper use; and worsening inflammation isn't the direct, typical outcome of extended cold exposure—the immediate physiological change is renewed blood flow through vasodilation.

## 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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