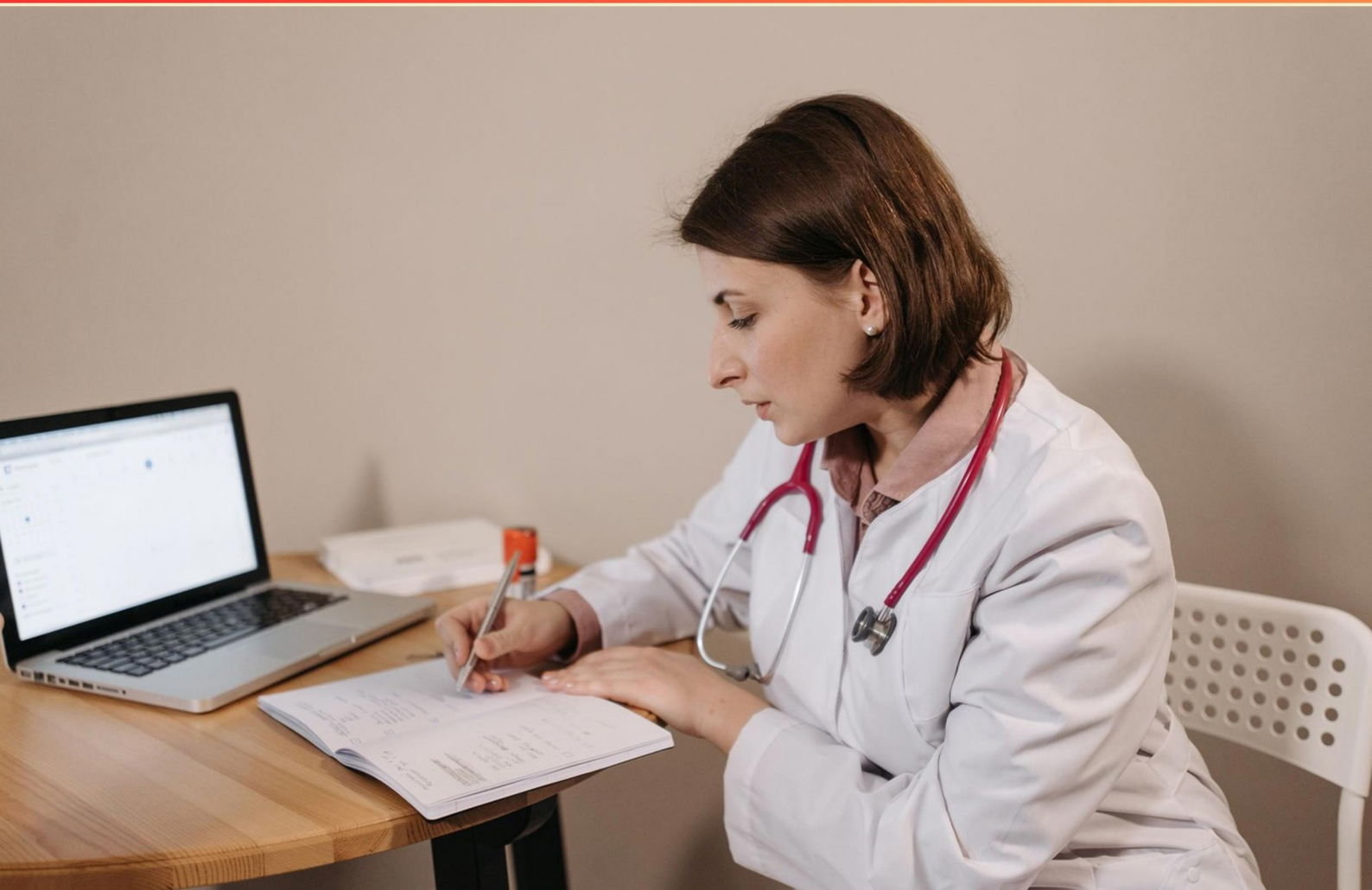


HESI 366 PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

**VISIT US ONLINE FOR
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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 time window is critical for initiating thrombolytic therapy in ischemic stroke?**
 - A. Within 4.5 hours
 - B. Within 24 hours
 - C. Within 72 hours
 - D. Anytime during the day
- 2. A client is admitted with Wernicke's encephalopathy. Which assessment finding should the nurse use when developing the plan of care?**
 - A. Confusion
 - B. Euphoria
 - C. Severe headache
 - D. Seizures
- 3. An admission assessment for a patient with bipolar disorder includes signs of boundary testing when the patient undresses during the interview. What is the most appropriate initial nursing action?**
 - A. State it is unacceptable to undress during the interview
 - B. Ignore the behavior to avoid confrontation
 - C. Continue the interview as if nothing happened
 - D. Offer a blanket and ask the patient to cover up
- 4. A child with acquired aplastic anemia has the best prognosis with which treatment regimen?**
 - A. Bone Marrow Transplant
 - B. Steroid Therapy
 - C. Antibiotics Only
 - D. Supportive Care with Transfusions
- 5. In the PACU, a client who has had a hypophysectomy for Cushing's disease requires which intervention to be most important in the plan of care?**
 - A. Keep head of bed at 30°
 - B. Maintain strict bed rest
 - C. Encourage coughing and deep breathing frequently
 - D. Keep the patient flat to reduce CSF leakage

- 6. Which finding would indicate the patient with COPD on supplemental oxygen is not adequately oxygenated?**
- A. SpO2 95% on oxygen
 - B. SpO2 88% on oxygen
 - C. No dyspnea with activity
 - D. Normal respiratory rate
- 7. A client began an exercise program to lose weight to improve sleep but reports it still takes at least two hours to fall asleep. Which action should the nurse implement?**
- A. Encourage the client to exercise every day to eliminate bedtime wakefulness.
 - B. Advise stopping exercise after dinner to avoid stimulation.
 - C. Recommend taking a sedative before bedtime.
 - D. Suggest watching television before bed to relax.
- 8. Which food should the nurse encourage a patient on a postoperative full liquid diet to eat?**
- A. Potato soup
 - B. Lentils
 - C. Tea
 - D. Banana
- 9. Why is avoiding crowds important after a liver transplant?**
- A. To reduce infection risk due to immunosuppression
 - B. To minimize exposure to pollutants
 - C. To ensure adequate rest
 - D. To improve appetite
- 10. When performing venipuncture in an older adult, which technique helps reduce vessel trauma?**
- A. Decrease the angle of insertion
 - B. Increase the angle of insertion
 - C. Use a larger gauge catheter
 - D. Apply a tourniquet for a longer period

Answers

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

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Explanations

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1. Which time window is critical for initiating thrombolytic therapy in ischemic stroke?

A. Within 4.5 hours

B. Within 24 hours

C. Within 72 hours

D. Anytime during the day

The key idea is that thrombolytic therapy for ischemic stroke works best when given as soon as possible after symptoms start, because it dissolves the clot and helps salvage brain tissue that is at risk. Evidence from major trials shows that intravenous thrombolysis with rt-PA provides the most benefit when started within 4.5 hours of onset in eligible patients. Beyond this window, the chance of meaningful recovery diminishes and the risk of harmful bleeding increases, so this treatment is not routinely recommended. The other time frames listed either fall outside the proven window or aren't applicable to thrombolysis. So, the critical window to initiate thrombolytic therapy is within 4.5 hours of symptom onset.

2. A client is admitted with Wernicke's encephalopathy. Which assessment finding should the nurse use when developing the plan of care?

A. Confusion

B. Euphoria

C. Severe headache

D. Seizures

Confusion signals acute brain dysfunction from thiamine deficiency, which is the central issue in Wernicke's encephalopathy. When planning care, the presence of confusion shapes priorities: ensuring safety (preventing falls and aspiration), performing regular neuro checks to track changes, and providing urgent thiamine replacement along with nutritional support. While other signs like eye movement abnormalities or ataxia may occur, altered mental status is the most actionable indicator for guiding the care plan. Euphoria, severe headache, and seizures aren't the defining features that drive immediate nursing actions in this condition.

3. An admission assessment for a patient with bipolar disorder includes signs of boundary testing when the patient undresses during the interview. What is the most appropriate initial nursing action?

A. State it is unacceptable to undress during the interview

B. Ignore the behavior to avoid confrontation

C. Continue the interview as if nothing happened

D. Offer a blanket and ask the patient to cover up

Setting and maintaining professional boundaries is essential in psychiatric care. When a patient with mania tests limits by undressing during an interview, the first step is to establish a clear, nonjudgmental boundary and halt the behavior by saying that undressing is not allowed and the interview cannot continue until the patient is dressed. This immediate limit protects both patient and staff, reinforces professional conduct, and keeps the assessment on track. Ignoring the behavior, continuing as if nothing happened, or accommodating with a blanket does not address the boundary violation and can reinforce boundary testing, potentially compromising safety and the therapeutic relationship. Once the boundary is reestablished, you can resume the assessment within appropriate limits and address the patient's clinical needs.

4. A child with acquired aplastic anemia has the best prognosis with which treatment regimen?

- A. Bone Marrow Transplant**
- B. Steroid Therapy
- C. Antibiotics Only
- D. Supportive Care with Transfusions

The key idea is that acquired aplastic anemia causes pancytopenia because the bone marrow fails to produce blood cells, so the treatment that offers the highest chance of a long-term cure is replacing the defective marrow with healthy hematopoietic stem cells from a matched donor. A bone marrow transplant from a matched sibling donor can reconstitute the marrow and restore normal blood cell production, giving the most durable remission and potential cure, especially in younger children. Steroid therapy and other immunosuppressive approaches can help some patients but do not provide the same durable cure rates and can be followed by relapse. Antibiotics alone don't address the marrow failure, and supporting with transfusions manages symptoms without treating the underlying problem, leading to a poorer long-term prognosis compared with transplantation in suitable candidates.

5. In the PACU, a client who has had a hypophysectomy for Cushing's disease requires which intervention to be most important in the plan of care?

- A. Keep head of bed at 30°**
- B. Maintain strict bed rest
- C. Encourage coughing and deep breathing frequently
- D. Keep the patient flat to reduce CSF leakage

Elevating the head of the bed to about 30 degrees is the most important in the immediate postoperative period after a hypophysectomy because it lowers intracranial pressure and improves venous drainage. This position helps protect the surgical site from stress and reduces the risk of a CSF leak through the nasal/incisional route, which is a key concern after this procedure. Keeping the patient flat would raise intracranial pressure and increase the chance of CSF leakage, while repeatedly coughing and deep breathing can transiently raise ICP and put strain on the repair. Strict bed rest isn't required once stable, and elevation assists healing without unnecessary restriction.

6. Which finding would indicate the patient with COPD on supplemental oxygen is not adequately oxygenated?

- A. SpO2 95% on oxygen
- B. SpO2 88% on oxygen**
- C. No dyspnea with activity
- D. Normal respiratory rate

SpO2 is a quick snapshot of how much oxygen the blood is carrying, and in COPD patients receiving oxygen, we aim to keep that saturation in a safe, target range to ensure tissues are oxygenated without causing other issues. An SpO2 of 88% while on supplemental oxygen means there's ongoing hypoxemia despite therapy, so oxygenation is not adequate and needs urgent review—check the delivery system for proper FiO2, adjust the oxygen flow as prescribed, and consider further evaluation (including an arterial blood gas) to assess PaO2 and PaCO2 and to look for reasons like disease progression or an acute illness. SpO2 of 95% on oxygen would indicate that oxygenation is adequate. Lack of dyspnea with activity and a normal respiratory rate can occur in stable patients and doesn't by itself prove adequate oxygenation, though it's a reassuring sign; the key indicator here is the low SpO2 on supplemental oxygen.

7. A client began an exercise program to lose weight to improve sleep but reports it still takes at least two hours to fall asleep. Which action should the nurse implement?

- A. Encourage the client to exercise every day to eliminate bedtime wakefulness.**
- B. Advise stopping exercise after dinner to avoid stimulation.
- C. Recommend taking a sedative before bedtime.
- D. Suggest watching television before bed to relax.

Regular physical activity helps regulate the sleep-wake cycle and reduces how long it takes to fall asleep. When a client has trouble drifting off even after starting an exercise plan, reinforcing a daily exercise habit is the best move because consistency builds the habit of faster sleep onset and better sleep quality over time. Exercise increases overall energy expenditure and can lower arousal at night, helping the body cues align with sleep. If needed, tailor timing so workouts occur earlier in the day to avoid any potential late-evening stimulation, but maintain the daily routine. The other options rely on pharmacologic aids or activities that can be stimulating near bedtime and do not address the underlying sleep-hygiene pattern.

8. Which food should the nurse encourage a patient on a postoperative full liquid diet to eat?

- A. Potato soup**
- B. Lentils
- C. Tea
- D. Banana

A full liquid diet includes liquids and smooth, pourable foods that are easy to swallow and provide some calories and nutrients without chewing. Potato soup fits this requirement when it's prepared smooth and free of chunks, offering fluids along with nourishment to support healing. Lentils contain solid pieces and fiber, making them unsuitable for a full liquid diet. Tea, while a clear liquid, lacks calories and protein, so it doesn't meet the nutritional needs of a full liquid plan. A banana is a solid fruit; unless thoroughly puréed to a completely smooth texture, it wouldn't be considered part of a full liquid diet. So potato soup is the best choice.

9. Why is avoiding crowds important after a liver transplant?

- A. To reduce infection risk due to immunosuppression**
- B. To minimize exposure to pollutants
- C. To ensure adequate rest
- D. To improve appetite

Immunosuppressive therapy after a liver transplant dampens the immune system, making infections more likely and potentially serious. Crowds bring in more people who may be contagious, so avoiding crowded places reduces exposure to germs during the early recovery period when the transplant is most vulnerable. While getting adequate rest and avoiding pollutants can help overall healing, the primary reason to steer clear of crowds is to protect against infections that the weakened immune system can't fight as well.

10. When performing venipuncture in an older adult, which technique helps reduce vessel trauma?

- A. Decrease the angle of insertion**
- B. Increase the angle of insertion
- C. Use a larger gauge catheter
- D. Apply a tourniquet for a longer period

Fragile veins in older adults benefit from a shallow entry that minimizes how deeply the needle penetrates. Decreasing the angle of insertion keeps the needle tip more parallel to the vein, allowing a gentle entry that enters the lumen without digging through the posterior wall or causing excessive trauma. A steeper angle would drive the needle deeper and increase the risk of penetrating the vein or surrounding tissue. Using a larger gauge catheter would create a larger puncture, which raises trauma, and keeping a tourniquet on longer doesn't specifically reduce vessel injury and can worsen vein swelling.

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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://hesi366.examzify.com>

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

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