

HESI Admission Assessment Practice Exam (Sample)

Study Guide



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SAMPLE

Questions

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- 1. What does 'complete' imply in a contextual framework?**
 - A. Finished**
 - B. Partial**
 - C. Initiated**
 - D. Pending**
- 2. What does "parameter" refer to?**
 - A. A variable that can change**
 - B. A general observation**
 - C. A characteristic or constant factor limit**
 - D. An unrelated concept**
- 3. What does "flushed" indicate about a person's appearance?**
 - A. Cool and pale**
 - B. Reddened or ruddy appearance**
 - C. Healthy and glowing**
 - D. Dirty and unkempt**
- 4. Which mindset might hinder performance during the HESI A2 examination?**
 - A. A focus on personal best**
 - B. A confident and prepared attitude**
 - C. A competitive spirit**
 - D. A mindset of self-doubt and anxiety**
- 5. Which term refers to a gradual development of a potentially harmful condition?**
 - A. Labile**
 - B. Insidious**
 - C. Intact**
 - D. Latent**
- 6. What does the term 'retain' mean in a healthcare setting?**
 - A. To release**
 - B. To hold or keep**
 - C. To analyze**
 - D. To relinquish**

- 7. What does the term 'concave' refer to?**
- A. Flat surface**
 - B. Rounded outward**
 - C. Rounded inward**
 - D. Angular shape**
- 8. What does "flaccid" mean in a medical context?**
- A. Firm and strong**
 - B. Tightly held**
 - C. Limp, lacking tone**
 - D. Well-developed**
- 9. What does the term 'concise' mean?**
- A. Detailed and lengthy**
 - B. Unclear and vague**
 - C. To the point and brief**
 - D. Overly complex**
- 10. What type of substance can be classified as a nutrient?**
- A. A food or ingredient that provides nourishment**
 - B. A synthetic chemical compound**
 - C. A detoxifying agent**
 - D. A non-digestible bulk**

Answers

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

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Explanations

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1. What does 'complete' imply in a contextual framework?

A. Finished

B. Partial

C. Initiated

D. Pending

In a contextual framework, the term 'complete' signifies that something is finished or has been fully fulfilled. It indicates that all necessary components or steps have been accomplished, leaving nothing outstanding or requiring additional action. This is crucial for understanding concepts in various fields, like education, projects, or assessments, where a complete task or assignment indicates that the objectives have been reached and that there are no remaining elements to address. Other terms like 'partial,' 'initiated,' and 'pending' suggest that something is still ongoing or not fully developed. For instance, 'partial' implies that only a portion of a task is done, 'initiated' suggests that the process has started but is not yet underway in full, and 'pending' indicates that action is awaited or that a decision has yet to be made. Understanding the definitive nature of 'complete' helps to clarify expectations in different scenarios where the state of work or achievement is assessed.

2. What does "parameter" refer to?

A. A variable that can change

B. A general observation

C. A characteristic or constant factor limit

D. An unrelated concept

The term "parameter" typically refers to a characteristic or constant factor that defines a system or sets boundaries within which something operates. In various fields—such as mathematics, statistics, and science—the concept of a parameter serves to specify the elasticity, range, or constraints that govern relationships among different variables. By establishing these limits, parameters help to define the nature of a given problem or model. In the context of a system, parameters are often constants that shape the behavior or outcomes of that system by influencing its properties. They can represent fixed values, contributing to defining the rules or structure of the model without changing. This understanding is crucial in many practical applications, such as designing experiments or creating mathematical models. Other options, while potentially relevant to discussions about variables and observations, do not accurately capture the specific and defining aspect of a parameter. A variable that can change does not align with the fixed nature that parameters represent. General observations and unrelated concepts fail to encapsulate the precise role that parameters play in providing necessary context and boundaries within specific fields.

3. What does "flushed" indicate about a person's appearance?

- A. Cool and pale
- B. Reddened or ruddy appearance**
- C. Healthy and glowing
- D. Dirty and unkempt

When someone is described as "flushed," it typically refers to a reddening of the skin, particularly in the face or cheeks. This could be due to a variety of factors, such as increased blood flow from emotions like embarrassment, exertion, or even fever. A reddened or ruddy appearance is a hallmark characteristic of this term, signifying heightened blood circulation that often results in a noticeable change in skin tone. The other options imply characteristics that do not align with the concept of being flushed. For instance, a cool and pale appearance suggests poor circulation or lack of blood flow, while a healthy and glowing complexion indicates a vibrant skin tone that is not specifically reddened. Likewise, describing someone as dirty and unkempt focuses on hygiene and grooming rather than the physiological vascular response denoted by "flushed."

4. Which mindset might hinder performance during the HESI A2 examination?

- A. A focus on personal best
- B. A confident and prepared attitude
- C. A competitive spirit
- D. A mindset of self-doubt and anxiety**

A mindset of self-doubt and anxiety can significantly hinder performance during the HESI A2 examination. When individuals experience self-doubt, they may become preoccupied with their fear of failure, which distracts them from focusing on the examination content itself. Anxiety can lead to negative thoughts that undermine confidence and reduce cognitive function, making it more difficult to recall information and apply knowledge effectively. This mental state can also cause physical symptoms such as increased heart rate or sweating, further impairing concentration and decision-making skills during the test. In contrast, focusing on personal best, maintaining a confident and prepared attitude, and embodying a competitive spirit are all conducive to achieving optimal performance. These positive mindsets encourage individuals to concentrate on their abilities, draw on their preparation, and strive for success, rather than getting bogged down by fear or insecurity.

5. Which term refers to a gradual development of a potentially harmful condition?

A. Labile

B. Insidious

C. Intact

D. Latent

The term that describes a gradual development of a potentially harmful condition is "insidious." This word is commonly used in medical contexts to refer to diseases or disorders that progress slowly and may not present immediate or obvious symptoms. As a result, the condition can go unnoticed for an extended period, often allowing it to reach a more advanced or harmful stage before a diagnosis is made. In contrast, "labile" typically refers to something that is unstable or subject to change, often used in relation to emotions or conditions that fluctuate unpredictably. "Intact" means undamaged or whole, which does not convey the notion of development or potential harm. "Latent" refers to a condition that exists but is not currently active or visible; while it does have implications of hidden potential, it does not specifically imply a gradual progression toward harm as "insidious" does. Thus, "insidious" is the most appropriate term to characterize conditions that develop slowly and might lead to adverse effects.

6. What does the term 'retain' mean in a healthcare setting?

A. To release

B. To hold or keep

C. To analyze

D. To relinquish

In a healthcare setting, the term 'retain' primarily refers to the action of holding or keeping something in possession. This can relate to various contexts, such as retaining medical records, patient information, or even retaining staff and resources. For instance, healthcare facilities retain patient records for a specified duration to comply with legal requirements and ensure continuity of care. The importance of retention in healthcare cannot be overstated, as it involves not only administrative processes but also the safeguarding of patient privacy and maintaining quality of care. Retention practices ensure that essential information is accessible for ongoing treatment, research, and legal purposes. In contrast, the other terms do not align with the specific context in which 'retain' is used in healthcare. Releasing implies letting go of something, analyzing pertains to examining or evaluating data, and relinquishing means giving up or surrendering something. These meanings do not reflect the concept of holding onto or keeping essential healthcare information and resources.

7. What does the term 'concave' refer to?

- A. Flat surface
- B. Rounded outward
- C. Rounded inward**
- D. Angular shape

The term 'concave' specifically describes a shape that is rounded inward, resembling a cave or hollow area. This is in contrast to a convex shape, which bulges outward. In various contexts, such as geometry or optics, 'concave' surfaces or lenses curve inward, which can affect how light or objects interact with them. For example, concave mirrors are used in applications like reflective telescopes because they can focus light to a single point. This inward curvature is what distinguishes it from other forms like flat surfaces or angular shapes, which do not exhibit the same inward bending characteristic. Understanding the properties of concave shapes is essential in fields that involve design and physics, emphasizing their unique functional attributes.

8. What does "flaccid" mean in a medical context?

- A. Firm and strong
- B. Tightly held
- C. Limp, lacking tone**
- D. Well-developed

In a medical context, the term "flaccid" refers to a state of being limp or lacking in tone. This description is often used to characterize muscles or tissues that are unable to maintain firmness or tension. For instance, in conditions such as flaccid paralysis, there is a loss of muscle tone resulting in weakened or non-resisting muscles, which can affect movement and overall body function. Understanding this term is crucial in clinical assessments and diagnoses, as it helps healthcare professionals determine the state of a patient's muscle function and potential neurological issues. Other terms suggested, such as "firm and strong," "tightly held," and "well-developed," convey qualities opposite to flaccidity, indicating healthy tone and strength, which are not applicable in this context.

9. What does the term 'concise' mean?

- A. Detailed and lengthy
- B. Unclear and vague
- C. To the point and brief**
- D. Overly complex

The term 'concise' refers to communication that is clear and to the point, incorporating only the essential information without unnecessary details or elaboration. This ensures the message is easily understood and quickly conveyed, making it effective in both written and verbal communication. Being concise means being succinct while still preserving the core idea, which allows the audience to grasp the intended meaning quickly and without confusion. Other interpretations of the term, such as being detailed and lengthy, unclear and vague, or overly complex, do not align with the fundamental aspects of being concise. Those approaches introduce extraneous information or ambiguity, counteracting the purpose of achieving clarity and brevity.

10. What type of substance can be classified as a nutrient?

A. A food or ingredient that provides nourishment

B. A synthetic chemical compound

C. A detoxifying agent

D. A non-digestible bulk

A nutrient is defined as a substance that provides nourishment essential for the maintenance of life and for growth. This includes substances that the body requires to function properly, such as carbohydrates, proteins, fats, vitamins, and minerals, which are primarily derived from food or ingredients we consume. These nutrients are crucial for various bodily functions, including energy production, immune function, and tissue repair. The other options do not fall within the standard definition of nutrients. A synthetic chemical compound may not necessarily provide nourishment and could even be harmful or lacking in nutritional value. A detoxifying agent, while potentially beneficial for certain health aspects, does not qualify as a nutrient because its primary role is not to provide nourishment. A non-digestible bulk, such as dietary fiber, although important for digestive health, does not directly supply nutrients in the traditional sense, as it is not broken down and absorbed by the body for energy or building blocks. Therefore, the correct classification as a nutrient is given only to substances that provide direct nourishment.