

# HESI Basic Care and Comfort 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**

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- 1. What is the recommended frequency for a colonoscopy after age 50?**
  - A. Every year**
  - B. Every 2 years**
  - C. Every 5 years**
  - D. Every 10 years**
  
- 2. Which of the following is a dyssomnia sleep disorder?**
  - A. Nightmares**
  - B. Insomnia**
  - C. Sleepwalking**
  - D. Sleep apnea**
  
- 3. What medication is identified as aiding in uterine evacuation in cases of miscarriage?**
  - A. Methotrexate**
  - B. Prostaglandin E1**
  - C. Dinoprostone**
  - D. Oxytocin**
  
- 4. What can be done to support a patient's spiritual comfort?**
  - A. Offering to contact spiritual services or facilitating prayer**
  - B. Discouraging discussions about spirituality**
  - C. Only focusing on physical care**
  - D. Encouraging patients to avoid religious practices**
  
- 5. What should be prioritized when caring for an elderly patient?**
  - A. Performing all tasks quickly**
  - B. Understanding and addressing their unique health needs**
  - C. Focusing solely on medication management**
  - D. Ensuring minimal interaction**

**6. What are non-pharmacologic strategies for improving patient comfort?**

- A. Only focusing on medication administration**
- B. Distraction techniques, relaxation training, and comforting touch**
- C. Restricting patient interaction**
- D. Avoiding patient feedback**

**7. What is a commonly used scale for assessing a patient's pain?**

- A. The visual analog scale**
- B. The numeric pain scale (0-10)**
- C. The Wong-Baker Faces scale**
- D. The McGill Pain Questionnaire**

**8. When planning meals for a client who practices the Russian Orthodox faith, which dietary restriction should be considered?**

- A. No meat on Sundays**
- B. No meat on Wednesdays and Fridays**
- C. No dairy during lent**
- D. Vegetarian meals daily**

**9. What indicates that vitamin B6 is effective for a client on isoniazid (INH)?**

- A. Improved muscle strength**
- B. Absence of paresthesias**
- C. Increased appetite**
- D. Reduced fatigue**

**10. Which measures can help control environmental noise in a patient's room?**

- A. Using bright lighting and keeping windows open**
- B. Closing doors, using soft music, and minimizing overhead paging**
- C. Increasing staff presence in the room**
- D. Providing earplugs only upon request**

## **Answers**

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

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## **Explanations**

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**1. What is the recommended frequency for a colonoscopy after age 50?**

- A. Every year**
- B. Every 2 years**
- C. Every 5 years**
- D. Every 10 years**

The recommended frequency for a colonoscopy after age 50 is every 10 years. This schedule is based on guidelines that aim to balance the need for early detection and prevention of colorectal cancer with the risks and costs associated with the procedure. The typical recommendation for average-risk individuals is to begin screening at age 50 and continue every 10 years if no abnormalities are found. Colonoscopy has a significant role in detecting and removing polyps before they turn cancerous, making it an essential tool in colorectal cancer prevention. If polyps or other risk factors are found during a colonoscopy, doctors may suggest more frequent screenings based on the individual's specific situation, but under normal circumstances, the 10-year interval is standard for most people. Regular screening is crucial for early detection, which can lead to better outcomes.

**2. Which of the following is a dyssomnia sleep disorder?**

- A. Nightmares**
- B. Insomnia**
- C. Sleepwalking**
- D. Sleep apnea**

Insomnia is classified as a dyssomnia sleep disorder because it pertains to problems with the amount, quality, or timing of sleep. Dyssomnias are characterized by difficulty in initiating or maintaining sleep, excessive sleepiness, or altered sleep cycles. Insomnia specifically involves difficulty falling asleep, staying asleep, or waking up too early and not being able to return to sleep, leading to significant distress or impairment in daytime functioning. In contrast, nightmares are classified as parasomnias, which involve abnormal movements, behaviors, or experiences during sleep. Sleepwalking, another type of parasomnia, occurs during non-REM sleep and typically involves the individual walking or performing other complex behaviors while still asleep. Sleep apnea, while also a serious condition affecting sleep quality, is a sleep-related breathing disorder rather than a dyssomnia, as it involves interruptions in breathing during sleep, which may lead to poor sleep quality without the primary issue being the initiation or maintenance of sleep itself.

### 3. What medication is identified as aiding in uterine evacuation in cases of miscarriage?

- A. Methotrexate**
- B. Prostaglandin E1**
- C. Dinoprostone**
- D. Oxytocin**

The medication identified as aiding in uterine evacuation in cases of miscarriage is **Dinoprostone**. This medication is a type of prostaglandin and is commonly used to induce labor or to facilitate the expulsion of the contents of the uterus during a miscarriage. Its action helps to soften the cervix and stimulate uterine contractions, which assists in the process of uterine evacuation. While other medications might be involved in reproductive health, their uses differ. Methotrexate, for instance, is primarily employed in treating ectopic pregnancies and certain types of cancer rather than in the management of miscarriages. Prostaglandin E1 also has its uses, especially in inducing labor, but Dinoprostone is more specifically associated with the evacuation of the uterus following a miscarriage. Oxytocin is effective for promoting contractions during labor but is not typically utilized in cases of miscarriage for evacuation. Understanding these distinctions highlights the specific role Dinoprostone plays in this context.

### 4. What can be done to support a patient's spiritual comfort?

- A. Offering to contact spiritual services or facilitating prayer**
- B. Discouraging discussions about spirituality**
- C. Only focusing on physical care**
- D. Encouraging patients to avoid religious practices**

Supporting a patient's spiritual comfort involves recognizing their individual beliefs and values and facilitating access to resources that align with those beliefs. Offering to contact spiritual services or facilitating prayer directly addresses the patient's spiritual needs. It enables them to engage in practices that may provide comfort and strength during their healing process. This approach demonstrates a holistic perspective on healthcare, where the emotional and spiritual dimensions of a patient's experience are acknowledged alongside their physical needs. Encouraging patients to connect with spiritual services or participate in prayer can lead to improved overall well-being, as spiritual care is often linked to enhanced coping mechanisms during illness. When healthcare providers show openness to spiritual discussions and practices, it fosters a supportive environment, helping patients feel seen and valued in all aspects of their care. This aspect of care is crucial, especially in times of significant health challenges, where spiritual support can be a key component of the healing process.

## 5. What should be prioritized when caring for an elderly patient?

- A. Performing all tasks quickly
- B. Understanding and addressing their unique health needs**
- C. Focusing solely on medication management
- D. Ensuring minimal interaction

Prioritizing understanding and addressing the unique health needs of an elderly patient is crucial because this demographic often presents with complex health situations that may be multifaceted, including multiple co-morbidities, cognitive changes, and varying levels of independence. Each elderly patient has distinct medical histories, preferences, and psychosocial factors that significantly influence their overall care and wellbeing. By focusing on their unique health needs, healthcare providers can tailor interventions that promote better health outcomes, enhance quality of life, and foster a more collaborative and person-centered approach to care. This involves assessing their physical health, mental health, social supports, and any potential barriers to effective treatment. Additionally, this approach encourages effective communication, ensuring that the patient's voice and preferences are heard, which can lead to greater satisfaction with care and improved adherence to treatment plans. Understanding the individuality of elderly patients ensures that care is holistic, respects their dignity, and addresses not just their medical needs but also their emotional and social well-being.

## 6. What are non-pharmacologic strategies for improving patient comfort?

- A. Only focusing on medication administration
- B. Distraction techniques, relaxation training, and comforting touch**
- C. Restricting patient interaction
- D. Avoiding patient feedback

Non-pharmacologic strategies for improving patient comfort encompass a range of techniques that prioritize the emotional and physical well-being of the patient without relying on medications. The correct choice highlights several important approaches: distraction techniques, relaxation training, and comforting touch. Distraction techniques involve diverting a patient's attention away from discomfort or pain. This can be achieved through activities that engage the patient's interest, such as listening to music, watching a movie, or engaging in conversation. These methods not only reduce the perception of pain but also promote a more positive emotional state. Relaxation training includes practices such as deep breathing exercises, guided imagery, and mindfulness meditation. These techniques help to lower anxiety levels and promote a sense of calm, which can contribute to overall patient comfort, especially in stressful situations like medical procedures or hospital stays. Comforting touch, such as gentle hand-holding or back rubs, can provide significant emotional and physical reassurance to patients. This form of touch is known to stimulate the release of endorphins, naturally reducing pain and fostering a sense of safety and support, which enhances the healing process. In contrast, focusing solely on medication administration, restricting patient interaction, and avoiding patient feedback do not contribute to overall comfort. Medication alone may not address psychosocial aspects.

## 7. What is a commonly used scale for assessing a patient's pain?

- A. The visual analog scale
- B. The numeric pain scale (0-10)**
- C. The Wong-Baker Faces scale
- D. The McGill Pain Questionnaire

The numeric pain scale (0-10) is widely utilized due to its simplicity and effectiveness in conveying the intensity of pain a patient is experiencing. This scale allows patients to rate their pain from 0 (no pain) to 10 (worst possible pain), providing an easily understandable measure that can be quickly communicated and documented. Its straightforward nature makes it accessible for patients of varying ages and cognitive abilities, ensuring that it can be utilized in diverse clinical settings. This method is particularly beneficial in acute care environments where rapid assessment is crucial, enabling healthcare providers to make timely decisions regarding pain management. Patients can use this scale to express their pain levels concisely, facilitating effective communication between the patient and the healthcare team. While alternative scales, such as the visual analog scale and Wong-Baker Faces scale, offer valuable options, the numeric pain scale's direct numerical assessment often resonates well with adult patients, making it a commonly preferred choice in clinical practice for pain assessment. The McGill Pain Questionnaire, while comprehensive and insightful regarding the nature of pain, tends to be more complex and time-consuming, making it less commonly used for quick assessments.

## 8. When planning meals for a client who practices the Russian Orthodox faith, which dietary restriction should be considered?

- A. No meat on Sundays
- B. No meat on Wednesdays and Fridays**
- C. No dairy during lent
- D. Vegetarian meals daily

In the context of the Russian Orthodox faith, there are specific dietary practices that reflect the spiritual and liturgical calendar. A key aspect of these practices is the observance of fasting days, which includes abstaining from meat on Wednesdays and Fridays throughout the year, as well as during certain fasting periods such as Lent. This practice is rooted in the tradition of fasting for spiritual growth and preparation. The significance of avoiding meat specifically on Wednesdays and Fridays serves as a reminder of Christ's betrayal and crucifixion. Therefore, when planning meals for a client who follows the Russian Orthodox faith, it's essential to recognize these particular restrictions to respect their dietary customs and spiritual beliefs. In contrast, the other options refer to practices that do not align with the specific fasting rules observed in the Russian Orthodox tradition. While abstaining from meat on Sundays may be observed in some Christian traditions, it is not a requirement within the Russian Orthodox faith. The restriction on dairy during Lent pertains to certain periods but does not capture the full scope of dietary restrictions that occur regularly throughout the year. Lastly, while vegetarian meals may be beneficial for some, they do not reflect the specific traditional practices of the Russian Orthodox, which allow for varied dietary choices outside of fasting periods.

**9. What indicates that vitamin B6 is effective for a client on isoniazid (INH)?**

- A. Improved muscle strength**
- B. Absence of paresthesias**
- C. Increased appetite**
- D. Reduced fatigue**

Vitamin B6, also known as pyridoxine, is often administered to clients taking isoniazid (INH) because isoniazid can interfere with the metabolism of vitamin B6 and lead to deficiency. One of the primary neurological side effects of vitamin B6 deficiency is the development of peripheral neuropathy, which can manifest as paresthesias, typically described as tingling, numbness, or a 'pins and needles' sensation, particularly in the extremities. The absence of paresthesias is a clear indication that vitamin B6 supplementation is effective in counteracting the neurotoxic effects of isoniazid. If a client receiving INH reports no signs of these symptoms, it suggests that their vitamin B6 levels are adequate, and they are not experiencing the side effects that can occur due to INH treatment without proper supplementation. Improvements in muscle strength, increased appetite, or reduced fatigue may not be directly linked to vitamin B6's specific role in preventing nerve damage related to isoniazid, making them less reliable indicators of the effectiveness of vitamin B6 in this context.

**10. Which measures can help control environmental noise in a patient's room?**

- A. Using bright lighting and keeping windows open**
- B. Closing doors, using soft music, and minimizing overhead paging**
- C. Increasing staff presence in the room**
- D. Providing earplugs only upon request**

Controlling environmental noise in a patient's room is essential for promoting rest and comfort, which can significantly impact healing and recovery. The correct choice, which involves closing doors, using soft music, and minimizing overhead paging, directly addresses ways to reduce the overall noise level. Closing doors can help isolate sounds from the hallway and other areas of the healthcare facility, effectively reducing intrusive noises that may disturb the patient. Soft music can serve as a calming background noise, potentially drowning out harsher sounds and creating a more serene atmosphere conducive to relaxation and sleep. Additionally, minimizing overhead paging is crucial, as these announcements can be loud and disruptive; reducing their frequency or volume can help maintain a more tranquil environment. Other options, such as using bright lighting and keeping windows open, may inadvertently increase noise levels and do not specifically focus on measures that actively reduce sound. Increasing staff presence in the room could lead to more conversations and activity, which may contribute to a noisier environment. Providing earplugs only upon request limits the proactive measures that can be taken to ensure a quieter and more comfortable space for all patients.

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

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

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