

HESI Basic Care and Comfort Practice Exam (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. 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**
- 2. Which instruction should the nurse include in the teaching plan for a client taking propylthiouracil (PTU)?**
 - A. Avoid abrupt discontinuation of the medication**
 - B. Stop monitoring weight and pulse**
 - C. Only report side effects if they are severe**
 - D. Take the medication only with food**
- 3. What symptoms are associated with Wernicke encephalopathy?**
 - A. Weight gain and lethargy**
 - B. Altered gait and confusion**
 - C. Muscle spasms and rash**
 - D. Severe headaches and nausea**
- 4. What core component is essential to provide dignity during personal care?**
 - A. Using advanced medical equipment**
 - B. Respecting the patient's privacy and preferences**
 - C. Completing tasks as quickly as possible**
 - D. Applying strict protocols without deviation**
- 5. What is the best practice to prevent systemic absorption of eye drops?**
 - A. Instilling drops with the head tilted back**
 - B. Applying gentle pressure to the inner canthus**
 - C. Immediately closing the eyes after instillation**
 - D. Using a larger drop size**

6. What defense mechanism is evidenced by a client screaming hysterically at the sight of a spider?

- A. Suppression**
- B. Displacement**
- C. Projection**
- D. Rationalization**

7. How would a client with a ureteral calculus most likely describe their pain?

- A. Dull and throbbing**
- B. Spasmodic and radiating from the side to the suprapubic area**
- C. Sharp and localized**
- D. Constant and severe**

8. Which foods should a client diagnosed with calcium oxalate renal calculi avoid? Select all that apply.

- A. Tea**
- B. Spinach**
- C. Rhubarb**
- D. White rice**

9. Which intervention is essential for a patient's well-being regarding mobility?

- A. Allowing the patient to remain in bed all day**
- B. Encouraging ambulation as tolerated**
- C. Restricting movement to prevent falls**
- D. Only repositioning during nursing shifts**

10. What is the primary intervention for a patient with impaired mobility?

- A. Encouraging complete bed rest**
- B. Encouraging physical activity within safe limits**
- C. Solely focusing on physical therapy**
- D. Using assistive devices exclusively**

Answers

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

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Explanations

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1. 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

2. Which instruction should the nurse include in the teaching plan for a client taking propylthiouracil (PTU)?

- A. Avoid abrupt discontinuation of the medication**
- B. Stop monitoring weight and pulse**
- C. Only report side effects if they are severe**
- D. Take the medication only with food**

The instruction to avoid abrupt discontinuation of propylthiouracil (PTU) is important because stopping the medication suddenly can lead to a rebound effect, causing the condition being treated—typically hyperthyroidism—to worsen. PTU is used to inhibit the production of thyroid hormones, and a gradual tapering may be necessary to allow the body to adjust and to prevent the resurgence of hyperthyroid symptoms. Ensuring that the patient understands the importance of continuing the medication as prescribed helps maintain stable thyroid hormone levels and supports effective management of their condition. Monitoring weight and pulse is crucial in patients taking PTU, as fluctuations can indicate changes in thyroid function that need to be addressed. It's also essential for patients to report all side effects, not just severe ones, as early detection of adverse effects can lead to timely interventions. Lastly, taking PTU with food helps to enhance its absorption and reduce gastrointestinal side effects, but the option regarding avoiding abrupt discontinuation is more critical for ensuring patient safety and treatment effectiveness.

3. What symptoms are associated with Wernicke encephalopathy?

- A. Weight gain and lethargy
- B. Altered gait and confusion**
- C. Muscle spasms and rash
- D. Severe headaches and nausea

Wernicke encephalopathy is a neurological condition that results from thiamine (Vitamin B1) deficiency, often associated with chronic alcoholism, but can also occur due to malnutrition or other medical conditions. The hallmark symptoms of this condition include altered mental status (such as confusion), ophthalmoplegia (eye movement abnormalities), and ataxia (impaired coordination and gait). The correct choice, which includes altered gait and confusion, directly aligns with the typical manifestations of Wernicke encephalopathy. The confusion is indicative of cognitive dysfunction linked to the brain's impaired function due to thiamine deficiency, while altered gait stems from ataxia, which affects balance and movement control. In contrast, the other choices do not present symptoms typically associated with this condition. Weight gain is not characteristic of Wernicke encephalopathy, as patients often exhibit weight loss due to malnutrition. Muscle spasms and rash are not main features of this condition; rather, they may indicate other disorders. Severe headaches and nausea are also not commonly linked to Wernicke encephalopathy, as the primary symptoms center around confusion and atactic mobility rather than these gastrointestinal or pain-related symptoms. Understanding these correlations reinforces the importance of recognizing Wernicke encephalopathy.

4. What core component is essential to provide dignity during personal care?

- A. Using advanced medical equipment
- B. Respecting the patient's privacy and preferences**
- C. Completing tasks as quickly as possible
- D. Applying strict protocols without deviation

Providing dignity during personal care largely hinges on respecting the patient's privacy and preferences. This respect fosters a sense of autonomy for the patient and acknowledges their individuality, which is critical in healthcare settings. When a caregiver considers a patient's personal preferences regarding how care is administered, it supports their emotional well-being and reinforces their dignity. Allowing patients control over their care, within safe parameters, encourages a more positive interaction and can lead to better cooperation and comfort. By prioritizing privacy, patients feel safer and more respected, which can significantly enhance their overall care experience. Other options, such as using advanced medical equipment or applying strict protocols, may not necessarily contribute to an individual's sense of dignity. While efficiency in caregiving is important, completing tasks quickly can often overlook the personal and emotional aspects of care.

5. What is the best practice to prevent systemic absorption of eye drops?

- A. Instilling drops with the head tilted back
- B. Applying gentle pressure to the inner canthus**
- C. Immediately closing the eyes after instillation
- D. Using a larger drop size

Applying gentle pressure to the inner canthus, which is the corner of the eye closest to the nose, is an effective strategy to prevent systemic absorption of eye drops. This technique minimizes the amount of medication that drains into the tear duct, thereby reducing the risk of the drops entering the systemic circulation. When pressure is applied to the inner canthus, it occludes the nasolacrimal duct, which is responsible for draining tears (and any instilled medication) into the nasal cavity. By blocking this duct for a short period after administering the drops, you can significantly limit the amount that might otherwise be absorbed through the mucosal surfaces of the nose and further into the bloodstream. Other practices, like instilling drops with the head tilted back or immediately closing the eyes after instillation, do not address the key pathway of systemic absorption through the tear drainage system. Using a larger drop size is generally not recommended, as larger drops do not necessarily improve efficacy and can lead to more medication being lost due to overflow, which can also increase side effects and waste. Hence, applying gentle pressure to the inner canthus is recognized as the best practice in this context.

6. What defense mechanism is evidenced by a client screaming hysterically at the sight of a spider?

- A. Suppression
- B. Displacement**
- C. Projection
- D. Rationalization

The scenario presented involves a client who screams hysterically at the sight of a spider, which indicates a heightened emotional response disproportionate to the actual threat posed by the spider. Displacement is a defense mechanism characterized by redirecting emotions or responses from the original source of distress to a safer or more appropriate target. In this case, the client may be displacing feelings of anxiety, fear, or frustration onto the spider, rather than addressing the underlying issues that are causing such intense emotions. Since the response is intense and immediate, it suggests that there may be deeper unresolved feelings or fears related to the spider or a broader issue that the individual is not directly confronting. This reaction emphasizes the mechanism of displacement as the client is channeling intense emotions toward a less threatening stimulus (the spider) rather than dealing with the root cause of those emotions. The other options represent different mechanisms: suppression involves consciously pushing away thoughts or feelings, projection entails attributing one's own unacceptable qualities or feelings to another person, and rationalization is about justifying behaviors or feelings with logical reasons, even if they are not the real reasons. None of these align with the immediate and emotionally charged reaction observed in this scenario as effectively as displacement does.

7. How would a client with a ureteral calculus most likely describe their pain?

- A. Dull and throbbing**
- B. Spasmodic and radiating from the side to the suprapubic area**
- C. Sharp and localized**
- D. Constant and severe**

A client with a ureteral calculus is likely to describe their pain as spasmodic and radiating from the side to the suprapubic area because of the nature of renal colic, which is caused by obstruction in the urinary tract. The pain due to ureteral stones often presents in waves, aligned with the movement of the stone, leading to intermittent, sharp, and severe episodes of discomfort that can radiate from the flank region to the lower abdomen and suprapubic area. This type of pain is typically sudden in onset and can vary in intensity, reflecting the dynamic and spasmodic nature of the ureter as it attempts to move the stone. Radiating pain is characteristic because the ureters are connected to both the kidneys and the bladder, and the body often presents pain in areas where the nerves overlap during such obstructions. In contrast, descriptions of pain as dull and throbbing, sharp and localized, or constant and severe do not accurately reflect the common presentation associated with ureteral calculi, as they do not capture the episodic and migratory quality typical of this condition.

8. Which foods should a client diagnosed with calcium oxalate renal calculi avoid? Select all that apply.

- A. Tea**
- B. Spinach**
- C. Rhubarb**
- D. White rice**

A client diagnosed with calcium oxalate renal calculi should focus on avoiding foods that are high in oxalates, as these can contribute to the formation of kidney stones. Tea, particularly black tea, contains significant amounts of oxalate, making it a suitable choice to eliminate from the diet for individuals with this condition. Spinach and rhubarb are also high in oxalates and would typically be recommended for avoidance among clients dealing with calcium oxalate stones. While white rice is low in oxalates and generally does not contribute to stone formation, it is not high in oxalate content like the other food items. Therefore, the focus on tea, along with spinach and rhubarb, is crucial for managing and preventing further complications in patients with calcium oxalate renal calculi.

9. Which intervention is essential for a patient's well-being regarding mobility?

- A. Allowing the patient to remain in bed all day**
- B. Encouraging ambulation as tolerated**
- C. Restricting movement to prevent falls**
- D. Only repositioning during nursing shifts**

Encouraging ambulation as tolerated is essential for a patient's well-being regarding mobility because it promotes physical health, mobility, and independence. Regular ambulation can enhance circulation, strengthen muscles, and improve joint flexibility, which are critical components of maintaining overall physical function. Additionally, mobility activities can help prevent complications associated with prolonged immobility, such as pressure ulcers, deep vein thrombosis, and muscle atrophy. Promoting movement can also have mental and emotional benefits, including reducing feelings of anxiety or depression that can arise from being sedentary for extended periods. For patients, being encouraged to move within their capabilities fosters confidence in their physical abilities, enhancing their sense of well-being and motivation for recovery. While it is important to be cautious of falls and ensure safety measures are in place, these concerns should not inhibit a patient's mobility unless absolutely required. Therefore, encouraging ambulation within their capacity strikes a balance between safety and promoting a proactive approach to health and recovery.

10. What is the primary intervention for a patient with impaired mobility?

- A. Encouraging complete bed rest**
- B. Encouraging physical activity within safe limits**
- C. Solely focusing on physical therapy**
- D. Using assistive devices exclusively**

The primary intervention for a patient with impaired mobility is to encourage physical activity within safe limits. Engaging patients in physical activity that is safe helps to maintain or improve their mobility and strength, prevents deconditioning, and promotes overall health. Physical activity can take various forms, such as exercises that improve flexibility, strength, and balance, as well as aerobic activities tailored to the patient's condition and ability. Promoting activity within safe limits is fundamental because complete bed rest can lead to further complications such as muscle atrophy, pressure ulcers, and decreased cardiovascular function. While physical therapy and assistive devices can play significant roles in a patient's rehabilitation, the focus should be on encouraging movement to enhance their ability to perform daily activities and improve their functional independence. Thus, it is crucial to strike a balance between safety and mobility, ensuring that the patient engages in activities that are appropriate for their specific condition.

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://hesibasiccareandcomfort.examzify.com>

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

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