

HESI BASIC CARE AND COMFORT PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE

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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 is a critical intervention to prevent pressure ulcers?**
 - A. Increasing the patient's fluid intake
 - B. Strategic repositioning of the patient
 - C. Encouraging bed rest
 - D. Using harsh cleaning agents

- 2. What additional symptoms should the nurse monitor in an older adult with suspected alcohol use?**
 - A. Weight loss
 - B. Excessive mood swings
 - C. Severe pain
 - D. High blood pressure

- 3. What is an important factor in respecting a patient's dignity?**
 - A. Offering care based on staff convenience
 - B. Communicating openly and honestly
 - C. Avoiding patient involvement in care processes
 - D. Providing care without any personalization

- 4. Which approach can help reduce anxiety for a patient in a hospital setting?**
 - A. Limiting visitor access
 - B. Providing clear explanations about procedures
 - C. Using more medical jargon
 - D. Scheduling all procedures without prior notice

- 5. 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

- 6. Which of the following is a dyssomnia sleep disorder?**
- A. Nightmares
 - B. Insomnia
 - C. Sleepwalking
 - D. Sleep apnea
- 7. Which clients would the nurse plan to discharge to free up inpatient beds for other disaster victims?**
- A. Those with critical changes in condition
 - B. Those who require immediate surgery
 - C. Those who can be treated in rehabilitation
 - D. Those needing close monitoring
- 8. Which factor is NOT associated with the female athlete triad?**
- A. Osteopenia
 - B. Amenorrhea
 - C. Regular menstrual cycles
 - D. Disordered eating
- 9. Which action should a nurse take to prevent deformities in a client experiencing an exacerbation of arthritis?**
- A. Encourage motion of the joint
 - B. Maintain joints in functional alignment when resting
 - C. Administer pain medication before therapy
 - D. Limit all joint movements
- 10. What should be monitored closely in patients receiving opioids for pain management?**
- A. Respiratory rate and sedation level
 - B. Blood pressure and heart rate
 - C. Gastrointestinal function
 - D. Fluid intake and output

Answers

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

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Explanations

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1. What is a critical intervention to prevent pressure ulcers?

- A. Increasing the patient's fluid intake
- B. Strategic repositioning of the patient**
- C. Encouraging bed rest
- D. Using harsh cleaning agents

The strategic repositioning of the patient is a critical intervention to prevent pressure ulcers because it helps to relieve pressure on areas of the body that are vulnerable to developing sores. When a patient remains in one position for an extended period, blood flow to the skin can be compromised, leading to tissue ischemia and, ultimately, skin breakdown. By repositioning the patient regularly, typically every two hours, the distribution of pressure is altered, and blood circulation to the skin is improved, thereby reducing the risk of pressure ulcer formation. In addition to repositioning, other interventions may complement this strategy, such as maintaining skin hygiene and using supportive surfaces. However, positioning is the cornerstone of prevention. Fluid intake is essential for overall health but does not directly address the mechanical factors involved in the development of pressure ulcers. Bed rest can actually increase the risk of pressure ulcers if the patient is not appropriately repositioned, as prolonged immobility leads to consistent pressure on certain body areas. Harsh cleaning agents can irritate the skin and exacerbate the risk of skin integrity issues, making them counterproductive in the prevention of ulcers.

2. What additional symptoms should the nurse monitor in an older adult with suspected alcohol use?

- A. Weight loss
- B. Excessive mood swings**
- C. Severe pain
- D. High blood pressure

Monitoring excessive mood swings in an older adult with suspected alcohol use is important because alcohol can significantly impact mood and cognitive function. It is common for individuals who consume alcohol excessively to experience fluctuations in mood due to its effects on neurotransmitter systems in the brain. These mood swings can indicate mental health issues such as depression or anxiety, which may be exacerbated by alcohol use. Additionally, older adults may have varying tolerance to alcohol, and the physiological changes that come with aging can lead to increased sensitivity to its effects, potentially resulting in unpredictable emotional responses. Thus, observing for mood changes allows the healthcare provider to assess the impact of alcohol use on the patient's psychological state and to implement appropriate interventions or referrals for mental health support if needed. Weight loss, severe pain, and high blood pressure may also be associated with alcohol use but are not as directly indicative of its immediate effects on mood and behavior. While important, these symptoms could stem from a variety of other health issues and do not specifically reflect the psychological impact of alcohol consumption as strongly as mood swings do.

3. What is an important factor in respecting a patient's dignity?

- A. Offering care based on staff convenience
- B. Communicating openly and honestly**
- C. Avoiding patient involvement in care processes
- D. Providing care without any personalization

Respecting a patient's dignity is fundamentally tied to how care is communicated and delivered. Open and honest communication fosters a trusting relationship between the patient and healthcare provider, making the patient feel valued and respected. This approach allows patients to express their needs, preferences, and concerns, promoting a sense of empowerment and involvement in their own care. When patients are met with transparency, they are more likely to feel dignified and valued, as they are treated as partners in their healthcare journey. This includes providing clear information about their condition, treatment options, and encouraging their participation in decision-making processes. The other options hinder the respect for a patient's dignity. Offering care based on staff convenience prioritizes operational efficiency over the needs and preferences of the patient. Avoiding patient involvement dismisses their autonomy and undermines their personal preferences. Providing care without personalization can make patients feel like just another case, rather than individuals with unique experiences and needs. Hence, effective communication stands out as a crucial element in maintaining and respecting a patient's dignity.

4. Which approach can help reduce anxiety for a patient in a hospital setting?

- A. Limiting visitor access
- B. Providing clear explanations about procedures**
- C. Using more medical jargon
- D. Scheduling all procedures without prior notice

Providing clear explanations about procedures is an effective approach to reducing anxiety for patients in a hospital setting. When patients understand what to expect during their treatment, the unfamiliarity of medical procedures can be less daunting. Clear communication helps demystify the process, alleviating fears and allowing patients to feel more in control of their experience. It also opens the door for them to ask questions, fostering a supportive environment where they feel heard and cared for. In contrast, limiting visitor access can often heighten feelings of isolation and anxiety among patients, as supportive interactions with friends or family can be crucial for emotional well-being. Using more medical jargon can confuse patients and may leave them feeling more anxious, as they may not fully comprehend the information being communicated. Lastly, scheduling procedures without prior notice can contribute to a lack of preparation and increased apprehension, as patients may feel blindsided by the sudden changes in their care plan. Therefore, clear communication stands out as the best strategy for alleviating patient anxiety in a hospital context.

5. 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.

6. 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.

7. Which clients would the nurse plan to discharge to free up inpatient beds for other disaster victims?

- A. Those with critical changes in condition
- B. Those who require immediate surgery
- C. Those who can be treated in rehabilitation**
- D. Those needing close monitoring

Discharging clients who can be treated in rehabilitation is a strategic decision during a disaster situation when the demand for inpatient beds exceeds capacity. These clients, while they still require care, do not need the intensive resources or monitoring available in an acute care setting. By transferring them to a rehabilitation facility, the nurse can help ensure that beds remain available for individuals who are critically injured or require immediate surgical interventions, thus optimizing the hospital's ability to respond to the increased influx of patients. In a disaster situation, resources must be allocated efficiently. Clients with critical changes in condition or those requiring immediate surgery need immediate access to acute care resources, making their discharge inappropriate until their conditions stabilize. Similarly, those needing close monitoring must remain hospitalized to ensure their safety and effective management of their conditions. This further emphasizes the importance of identifying which patients can safely transition to less acute settings without compromising their care needs.

8. Which factor is NOT associated with the female athlete triad?

- A. Osteopenia
- B. Amenorrhea
- C. Regular menstrual cycles**
- D. Disordered eating

The answer identifying "regular menstrual cycles" as the factor that is NOT associated with the female athlete triad is correct because the triad is specifically characterized by disruptions in menstrual cycles related to energy imbalance and nutritional deficiencies experienced by physically active females. The female athlete triad consists of three interrelated components: energy deficiency (which often stems from disordered eating), amenorrhea (the absence of menstrual periods), and low bone mineral density such as osteopenia or osteoporosis. Regular menstrual cycles indicate a healthy hormonal environment and energy balance, which contrasts sharply with the conditions seen in the triad. In individuals affected by the female athlete triad, menstrual irregularities, particularly amenorrhea, are common and signal potential issues with energy availability and overall health. Therefore, having regular menstrual cycles is not compatible with the triad's features, further affirming the accuracy of the answer.

9. Which action should a nurse take to prevent deformities in a client experiencing an exacerbation of arthritis?

- A. Encourage motion of the joint
- B. Maintain joints in functional alignment when resting**
- C. Administer pain medication before therapy
- D. Limit all joint movements

Maintaining joints in functional alignment when resting is crucial for preventing deformities in clients experiencing an exacerbation of arthritis. When joints are not properly aligned, there is a risk of contractures or deformities developing due to muscle imbalances and prolonged immobility. Proper alignment supports optimal positioning and can help alleviate stress on the joints, promoting a healthier range of motion and preventing stiffness. Encouraging motion of the joint can be beneficial in managing symptoms of arthritis, but if the joints are not correctly aligned during rest, movement may not be effective in preventing deformities. Administering pain medication before therapy is important for pain management but does not directly contribute to the prevention of deformities. Limiting all joint movements is counterproductive as it can lead to further stiffness and potential deformities rather than preserving joint function and alignment.

10. What should be monitored closely in patients receiving opioids for pain management?

- A. Respiratory rate and sedation level**
- B. Blood pressure and heart rate
- C. Gastrointestinal function
- D. Fluid intake and output

Monitoring respiratory rate and sedation level in patients receiving opioids for pain management is critical because opioids can significantly depress respiration and cause sedation. Opioids work by binding to opioid receptors in the brain, which not only alleviates pain but can also slow the respiratory drive, leading to hypoventilation or respiratory failure if not monitored properly. Sedation levels are also vital to assess, as excessive sedation can be a precursor to respiratory depression. Patients can quickly become over-sedated, especially if they are not tolerant to opioids or if they have other underlying health conditions. By closely monitoring these parameters, healthcare providers can intervene early if respiratory depression or excessive sedation occurs, ensuring patient safety and effective pain management. While monitoring blood pressure and heart rate, as well as gastrointestinal function and fluid intake/output, is also important in the context of overall patient health, the immediate danger associated with opioid use makes respiratory rate and sedation level the priorities in this scenario.

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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