

HESI CARDIOLOGY PRACTICE EXAM (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

**VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE**

<https://hesicardiology.examzify.com>



Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	16

SAMPLE

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

SAMPLE

- 1. What expected response should the nurse monitor after a cardiac catheterization?**
 - A. Marked increase in the volume of urine output
 - B. Decrease in blood pressure of 25% from the precatheterization blood pressure
 - C. Complaints of heart pounding with mild chest discomfort
 - D. Respiratory distress with an increase in respiratory rate of more than 24 respirations per minute

- 2. What is the normal range for blood pressure in adults?**
 - A. 110/70 mmHg
 - B. 120/80 mmHg
 - C. 130/90 mmHg
 - D. 140/90 mmHg

- 3. Which electrolyte is crucial for maintaining normal heart rhythm?**
 - A. Calcium
 - B. Sodium
 - C. Chloride
 - D. Potassium

- 4. Which assessments should a nurse expect to find in a client diagnosed with left-sided congestive heart failure?**
 - A. Peripheral edema
 - B. Jugular distention
 - C. Dyspnea
 - D. All of the above

- 5. What should a nurse educate a client on regarding symptoms of worsening heart failure?**
 - A. Increased appetite
 - B. Swelling in the abdomen
 - C. Decreased urination
 - D. Improved energy levels

6. What is a common non-invasive procedure used to assess heart function?

- A. Echocardiogram
- B. Cardiac catheterization
- C. Coronary angiography
- D. Stress testing

7. What is a common complication of myocardial infarction affecting electrical conduction?

- A. Bradycardia
- B. Tachyarrhythmias
- C. Atrial flutter
- D. All of the above

8. What symptom may indicate worsening heart failure?

- A. Increased aerobic capacity
- B. Swelling in the legs
- C. Improved tolerance to exercise
- D. Decreased respiratory rate

9. What is the primary function of the coronary arteries?

- A. To supply blood to the lungs
- B. To supply oxygenated blood to the heart muscle
- C. To drain blood from the heart
- D. To facilitate electrical conduction

10. Which measurement can indicate heart failure severity?

- A. Heart rate
- B. Ejection fraction
- C. Blood pressure
- D. Respiratory rate

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. What expected response should the nurse monitor after a cardiac catheterization?

- A. Marked increase in the volume of urine output**
- B. Decrease in blood pressure of 25% from the precatheterization blood pressure
- C. Complaints of heart pounding with mild chest discomfort
- D. Respiratory distress with an increase in respiratory rate of more than 24 respirations per minute

After a cardiac catheterization, one of the expected responses that the nurse should monitor for is a marked increase in the volume of urine output. This occurs due to improved renal perfusion resulting from enhanced cardiac function and blood flow after addressing any blockages or abnormalities. Additionally, during the procedure, contrast agents may be used, and a well-functioning heart that is efficiently pumping blood can contribute to a better glomerular filtration rate, hence increasing urine production. Monitoring for this increase is crucial, as it indicates that the kidneys are receiving adequate blood flow and are functioning well post-procedure. This response can also serve as an indirect indicator of the patient's overall hemodynamic status after the intervention. In contrast, a decrease in blood pressure, complaints of discomfort, or respiratory distress are not expected findings following a successful cardiac catheterization.

2. What is the normal range for blood pressure in adults?

- A. 110/70 mmHg
- B. 120/80 mmHg**
- C. 130/90 mmHg
- D. 140/90 mmHg

The normal range for blood pressure in adults is defined as being around 120/80 mmHg. This value is often cited as the standard for optimal health and is used by healthcare providers to assess an individual's cardiovascular risk. Systolic pressure, the top number (120 mmHg in this case), represents the pressure in the arteries when the heart beats and pumps blood. Diastolic pressure, the bottom number (80 mmHg), indicates the pressure in the arteries when the heart rests between beats. When both numbers fall within this range, it suggests that the cardiovascular system is functioning well and that there is a lower risk for heart disease and stroke. When blood pressure readings are lower, such as 110/70 mmHg, while still generally acceptable, they can be on the lower end of the spectrum, suggesting a need for monitoring, particularly if accompanied by symptoms of hypotension like dizziness or fatigue. Higher readings, like 130/90 mmHg or 140/90 mmHg, indicate stages of elevated blood pressure and may classify as hypertension, requiring lifestyle changes or management to prevent health complications.

3. Which electrolyte is crucial for maintaining normal heart rhythm?

- A. Calcium
- B. Sodium
- C. Chloride
- D. Potassium**

Potassium is a crucial electrolyte for maintaining normal heart rhythm because it plays a vital role in the electrical activity of the heart. It is primarily involved in the repolarization phase of the cardiac action potential, which is essential for the heart's ability to contract and relax properly. Potassium ions help regulate the heart's electrical firing and conductivity, influencing how heartbeats are generated and how they propagate throughout the cardiac tissue. Imbalances in potassium levels can lead to arrhythmias, which are irregular heartbeats that can disrupt the heart's function, potentially leading to serious consequences such as cardiac arrest. While other electrolytes like sodium and calcium also have important roles in cardiac function, potassium's specific impact on repolarization and rhythm makes it particularly critical for maintaining a steady and normal heart rhythm. Sodium is more involved in depolarization and the initial phases of action potentials, and calcium is essential for muscle contraction. Chloride, meanwhile, assists with electrical neutrality but does not have a direct role in heart rhythm regulation like potassium does.

4. Which assessments should a nurse expect to find in a client diagnosed with left-sided congestive heart failure?

- A. Peripheral edema
- B. Jugular distention
- C. Dyspnea**
- D. All of the above

In a client diagnosed with left-sided congestive heart failure, the assessment that is most prominent and expected is dyspnea. Left-sided heart failure primarily affects the lungs due to the inability of the left ventricle to properly pump blood to the body. This causes blood to back up into the pulmonary circulation, leading to increased pulmonary pressures and fluid accumulation in the lungs, which ultimately results in dyspnea or shortness of breath. While peripheral edema and jugular distention are commonly associated with right-sided heart failure, they are not the hallmark signs of left-sided failure. In contrast, patients with left-sided congestive heart failure often describe worsening breathlessness, especially with exertion or when lying flat, known as orthopnea. Other symptoms may include coughing or wheezing, especially while lying down, due to fluid in the lungs. Understanding these key features related to left-sided congestive heart failure helps nurses and healthcare providers effectively assess and manage patients, guiding treatment decisions and patient education.

5. What should a nurse educate a client on regarding symptoms of worsening heart failure?

- A. Increased appetite
- B. Swelling in the abdomen**
- C. Decreased urination
- D. Improved energy levels

When educating a client on the symptoms of worsening heart failure, swelling in the abdomen is particularly relevant because it is a sign of fluid retention, which is a common issue in heart failure. This swelling, or ascites, occurs due to increased pressure in the blood vessels caused by the heart's inability to pump effectively. As the heart struggles to maintain adequate circulation, fluid can accumulate in the abdomen, leading to discomfort and other complications. Patients experiencing worsening heart failure may notice changes that indicate their condition is deteriorating. Understanding these signs allows for prompt medical attention and intervention, which can help prevent further complications. By being aware of swelling, clients can communicate changes in their condition to healthcare providers, leading to timely adjustments in treatment. In contrast, increased appetite, decreased urination, and improved energy levels do not align with symptoms typically associated with worsening heart failure. In fact, patients often experience a decreased appetite due to gastrointestinal congestion, may have decreased urination due to kidney impairment or fluid overload, and often report fatigue rather than improved energy levels. Educating clients on these key symptoms empowers them to manage their health effectively.

6. What is a common non-invasive procedure used to assess heart function?

- A. Echocardiogram**
- B. Cardiac catheterization
- C. Coronary angiography
- D. Stress testing

An echocardiogram is a common non-invasive procedure that uses sound waves to create images of the heart's structure and function. This diagnostic tool allows healthcare professionals to evaluate the size, shape, and movement of the heart's chambers and valves, as well as assess blood flow and detect any abnormalities such as heart murmurs, heart enlargement, or signs of heart disease. What makes echocardiography particularly valuable is that it provides real-time images, enabling clinicians to observe the heart's performance while it beats. It is widely utilized because it involves no radiation, is relatively quick to perform, and offers valuable insights into cardiac health. In contrast, other options like cardiac catheterization and coronary angiography are invasive procedures typically reserved for more specific diagnostics or interventions, and stress testing, while also non-invasive, generally focuses on the heart's response to physical activity rather than detailed imaging of heart structures.

7. What is a common complication of myocardial infarction affecting electrical conduction?

- A. Bradycardia
- B. Tachyarrhythmias
- C. Atrial flutter
- D. All of the above**

Myocardial infarction can lead to various complications affecting the heart's electrical conduction system. Among these complications, bradycardia, tachyarrhythmias, and atrial flutter are all potential outcomes due to the damage to cardiac tissue and the resultant alterations in electrical signals. Bradycardia, which is a slower than normal heart rate, can occur when the conduction pathways are impaired or when there is significant damage to the heart's electrical system following an infarction. The compromised blood flow can affect the vagus nerve's influence on heart rate, leading to decreased conduction through the sinoatrial node. On the other hand, tachyarrhythmias, characterized by rapid heart rhythms, may arise from the increased irritability of myocardial cells after injury. Ischemic tissue can create areas of re-entrant circuits or ectopic foci that disrupt normal rhythm, prompting rapid heartbeats and potentially dangerous arrhythmias. Atrial flutter can develop post-myocardial infarction as well, stemming from structural changes in the atria or a heightened susceptibility to re-entrant pathways in the atrium. The resulting rapid atrial contractions can lead to compromised cardiac output and increased risk of thromboembolic events. Given that all three conditions can manifest

8. What symptom may indicate worsening heart failure?

- A. Increased aerobic capacity
- B. Swelling in the legs**
- C. Improved tolerance to exercise
- D. Decreased respiratory rate

Swelling in the legs is a significant symptom that can indicate worsening heart failure. This condition leads to fluid retention in the body due to the heart's impaired ability to pump effectively. As heart failure progresses, pressure builds up in the blood vessels, causing fluid to leak into the surrounding tissues, especially in the lower extremities. This edema is typically more pronounced in the legs and feet, signaling that the heart is struggling to manage the body's demands. In contrast, increased aerobic capacity and improved tolerance to exercise would generally suggest an improvement in cardiac function, as these would reflect the heart's enhanced ability to deliver oxygen to tissues during physical activity. A decreased respiratory rate might also suggest not only a stable status in heart failure but could signify effective respiratory compensation, further indicating that the patient is not experiencing acute distress. Understanding these conditions helps in recognizing the clinical signs that may suggest a deterioration in a patient's heart condition, allowing for timely intervention and management.

9. What is the primary function of the coronary arteries?

- A. To supply blood to the lungs
- B. To supply oxygenated blood to the heart muscle**
- C. To drain blood from the heart
- D. To facilitate electrical conduction

The primary function of the coronary arteries is to supply oxygenated blood to the heart muscle. The heart is a vital organ that requires a constant supply of oxygen-rich blood to function effectively. The coronary arteries branch off from the aorta and encircle the heart, distributing oxygen and nutrients to the myocardium, which is the muscular tissue of the heart. Without an adequate blood supply provided by the coronary arteries, the heart muscle would not receive the oxygen it needs for the contraction process, leading to conditions such as angina or myocardial infarction (heart attack). This essential role highlights the importance of coronary circulation in maintaining the heart's health and performance, as it ensures the muscle can work efficiently to pump blood throughout the body. The other functions mentioned, such as supplying blood to the lungs or facilitating electrical conduction, do not pertain to the coronary arteries. Instead, the pulmonary arteries are responsible for carrying deoxygenated blood to the lungs for oxygenation, while the heart's electrical conduction system, which includes structures like the sinoatrial node and atrioventricular node, regulates the heart's rhythm but is not related to the blood supply.

10. Which measurement can indicate heart failure severity?

- A. Heart rate
- B. Ejection fraction**
- C. Blood pressure
- D. Respiratory rate

Ejection fraction is a vital measurement used to assess the severity of heart failure. It represents the percentage of blood that is pumped out of the heart's ventricles with each contraction. A normal ejection fraction typically ranges from 55% to 70%; values below this range can indicate impaired heart function and the presence of heart failure. In heart failure, a reduced ejection fraction can signify worsening heart muscle performance, suggesting that the heart is not able to pump blood effectively, which is a critical aspect of diagnosing the severity of the condition. This measurement provides insight into the heart's contractility, which is central to understanding the patient's functional capacity and guiding treatment decisions. Other measurements, like heart rate, blood pressure, and respiratory rate, can be influenced by various factors and do not specifically indicate the underlying severity of heart failure. While they are important for a comprehensive assessment of a patient's condition, they do not provide the same level of detail regarding the heart's pumping capability as ejection fraction does.

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://hesicardiology.examzify.com>

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

SAMPLE