

HESI Compass 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 laboratory finding indicates that a client undergoing chemotherapy for ovarian cancer may be experiencing an adverse effect?**
 - A. Sodium 140 mEq/L**
 - B. Hemoglobin 12.5 g/dL**
 - C. Blood urea nitrogen (BUN) 20 mg/dL**
 - D. White blood cell count of 2500 cells/mm³**

- 2. A client undergoing chemotherapy asks if their hair will fall out. The nurse should respond:**
 - A. "Your hair will definitely fall out."**
 - B. "You shouldn't worry about your hair right now."**
 - C. "Your hair may fall out but will regrow after treatment."**
 - D. "Brushing vigorously will prevent hair loss."**

- 3. Which factor in a client's history poses the greatest risk for cervical cancer?**
 - A. Nulliparity**
 - B. Early menarche**
 - C. Multiple sexual partners**
 - D. Hormone-replacement therapy**

- 4. Which home care measure should be recommended to a client with acute gout?**
 - A. Applying heat packs to the affected joint**
 - B. Drinking 2 to 3 L of fluid each day**
 - C. Resting after physical activity**
 - D. Consuming foods high in purines**

- 5. What is the main reason for using an oxygen cannula with a client experiencing a myocardial infarction?**
 - A. To promote comfort**
 - B. To maintain adequate oxygenation**
 - C. To monitor heart rhythm**
 - D. To prevent anxiety**

- 6. During the first trimester of pregnancy, what happens to the insulin needs of a client with type 1 diabetes mellitus?**
- A. Increase**
 - B. Decrease**
 - C. Remain unchanged**
 - D. Double from what they normally are**
- 7. What does a client's reaction of fear signify after being told about a possible pancreatic cancer diagnosis?**
- A. Denial**
 - B. Acceptance**
 - C. Fear**
 - D. Preoccupation with self**
- 8. What should a nurse do for a client experiencing irritation from a cast?**
- A. Ask the physician to reapply the cast**
 - B. Use a nail file to smooth the rough edges**
 - C. Place small pieces of tape over the rough edges of the cast**
 - D. Bivalve the cast**
- 9. Which of the following is not a common concern related to wearing a TLSO brace for scoliosis?**
- A. Skin breakdown**
 - B. Need for daily exercises**
 - C. Importance of wearing the brace**
 - D. Regular follow-up appointments**
- 10. If a patient becomes increasingly agitated and anxious, what should the nurse assess first?**
- A. Presence of pain**
 - B. Respiratory status**
 - C. Medications taken**
 - D. Environmental factors**

Answers

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

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Explanations

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1. What laboratory finding indicates that a client undergoing chemotherapy for ovarian cancer may be experiencing an adverse effect?

- A. Sodium 140 mEq/L**
- B. Hemoglobin 12.5 g/dL**
- C. Blood urea nitrogen (BUN) 20 mg/dL**
- D. White blood cell count of 2500 cells/mm³**

A white blood cell count of 2500 cells/mm³ indicates leukopenia, a condition where there is a decrease in the number of white blood cells. This is a common adverse effect of chemotherapy, as many chemotherapeutic agents target rapidly dividing cells, which includes not only cancer cells but also normal cells in the bone marrow where blood cells are produced. A reduced white blood cell count can compromise the immune system, increasing the client's susceptibility to infections. It's important to monitor blood counts closely during chemotherapy treatment. A count falling below the normal range can signal the need for interventions like treatment delays, dose adjustments, or supportive care measures, such as growth factor administration or prophylactic antibiotics, to protect against infections. This monitoring ensures the client's safety and can help manage side effects associated with treatment.

2. A client undergoing chemotherapy asks if their hair will fall out. The nurse should respond:

- A. "Your hair will definitely fall out."**
- B. "You shouldn't worry about your hair right now."**
- C. "Your hair may fall out but will regrow after treatment."**
- D. "Brushing vigorously will prevent hair loss."**

The appropriate response in this scenario acknowledges both the possibility of hair loss due to chemotherapy and provides reassurance about the future. Chemotherapy targets rapidly dividing cells, which often include cancer cells but can also affect hair follicles, leading to hair loss in many patients. By stating that hair may fall out, the nurse is providing honest and realistic information about a common side effect of treatment. Additionally, the reassurance that hair will regrow after treatment offers hope and comfort to the client, mitigating anxiety related to the appearance changes that often accompany chemotherapy. This response fosters a supportive environment where the client feels their concerns are valid and that they are not alone in coping with the effects of their treatment. It emphasizes that while the experience may be distressing, there is a positive outcome to anticipate post-treatment.

3. Which factor in a client's history poses the greatest risk for cervical cancer?

- A. Nulliparity**
- B. Early menarche**
- C. Multiple sexual partners**
- D. Hormone-replacement therapy**

The factor that poses the greatest risk for cervical cancer is having multiple sexual partners. This is primarily because a higher number of sexual partners increases the likelihood of exposure to human papillomavirus (HPV), which is a significant contributing factor in the development of cervical cancer. HPV is a sexually transmitted virus, and certain high-risk types of HPV are directly associated with the changes in cervical cells that can lead to cancer over time. While other factors listed may contribute to the overall risk for cervical cancer, they do not have the same direct link as multiple sexual partners and HPV exposure. Nulliparity, early menarche, and hormone-replacement therapy are not as strongly connected to the progression of cervical cancer as the history of multiple sexual partners, particularly in relation to HPV infection. Therefore, recognizing the impact of sexual behavior on health outcomes is crucial in understanding and reducing the risk for cervical cancer.

4. Which home care measure should be recommended to a client with acute gout?

- A. Applying heat packs to the affected joint**
- B. Drinking 2 to 3 L of fluid each day**
- C. Resting after physical activity**
- D. Consuming foods high in purines**

Drinking 2 to 3 liters of fluid each day is the correct recommendation for a client with acute gout. Increased fluid intake is beneficial in managing gout as it helps to dilute the levels of uric acid in the bloodstream and promotes its excretion through the kidneys. This can help prevent the formation of uric acid crystals, which cause the painful symptoms associated with gout. Proper hydration is crucial to reduce the risk of gout flares and manage the condition effectively. In contrast, other options would not provide the same benefit in managing gout. Applying heat packs could potentially soothe discomfort, but it does not address the underlying issue of uric acid levels. Resting after physical activity may help manage pain and inflammation but does not contribute to the overall management of acute gout. Consuming foods high in purines is counterproductive, as purines can lead to increased uric acid levels and trigger gout attacks. Hence, encouraging adequate fluid intake is the most effective strategy in this scenario.

5. What is the main reason for using an oxygen cannula with a client experiencing a myocardial infarction?

- A. To promote comfort**
- B. To maintain adequate oxygenation**
- C. To monitor heart rhythm**
- D. To prevent anxiety**

Using an oxygen cannula with a client experiencing a myocardial infarction is primarily aimed at maintaining adequate oxygenation. Myocardial infarctions, also known as heart attacks, can significantly impair the heart's ability to pump blood effectively due to reduced blood flow and oxygen delivery to the heart muscle. When the heart muscle suffers from ischemia (lack of oxygen), supplying supplemental oxygen helps to enhance oxygen levels in the blood, ensuring that vital organs and tissues receive the necessary oxygen to function properly. Oxygen therapy alleviates hypoxia, which can be critical during a heart attack to reduce the workload on the heart and minimize damage to the heart muscle. Additionally, adequate oxygenation can improve the outcomes for the patient and support the body's metabolic needs during this critical event.

6. During the first trimester of pregnancy, what happens to the insulin needs of a client with type 1 diabetes mellitus?

- A. Increase**
- B. Decrease**
- C. Remain unchanged**
- D. Double from what they normally are**

During the first trimester of pregnancy, the insulin needs of a client with type 1 diabetes mellitus typically decrease. This reduction in insulin requirements can be attributed to several physiological changes that occur in the body during early pregnancy. Initially, pregnancy induces an enhanced insulin sensitivity, which means that the body's cells are more responsive to insulin. This is partly due to hormonal changes, including an increase in progesterone and estrogen levels, which can assist in utilizing glucose more effectively. Additionally, during the first trimester, there is a higher secretion of insulin from the pancreas as a response to the increased hormonal environment, allowing for better regulation of blood glucose levels without a proportional increase in exogenous insulin. As pregnancy progresses, especially into the second and third trimesters, insulin needs may increase significantly due to factors such as the growing placenta and increased insulin resistance. Hence, understanding that the initial phase of pregnancy can lead to a temporary decrease in insulin requirements is crucial for managing diabetes effectively during this critical time.

7. What does a client's reaction of fear signify after being told about a possible pancreatic cancer diagnosis?

- A. Denial**
- B. Acceptance**
- C. Fear**
- D. Preoccupation with self**

A client's reaction of fear after being informed about a potential pancreatic cancer diagnosis highlights the emotional and psychological responses that can arise when faced with serious health concerns. This fear can stem from various sources, including uncertainty about the diagnosis itself, anxiety about the treatment process, concerns about the implications for their health and future, and possible feelings of vulnerability. In this context, fear is a natural emotional response to a perceived threat. The weight of the diagnosis can evoke anxiety about the unknown, worries about mortality, or apprehension regarding the impact on loved ones and one's quality of life. It is a straightforward reaction that reflects the seriousness of the situation and the potential consequences it carries. While other options might represent different emotional responses, fear specifically captures the essence of the immediate reaction a client might experience in the face of a life-threatening diagnosis. Understanding this emotional response is crucial for healthcare professionals as it helps guide supportive measures and interventions that address the client's psychological needs during such a challenging time.

8. What should a nurse do for a client experiencing irritation from a cast?

- A. Ask the physician to reapply the cast**
- B. Use a nail file to smooth the rough edges**
- C. Place small pieces of tape over the rough edges of the cast**
- D. Bivalve the cast**

When a client experiences irritation from a cast, placing small pieces of tape over the rough edges is an effective approach to alleviating discomfort. This method acts as a protective barrier, cushioning the skin from the abrasive areas of the cast. It can help prevent further skin irritation and protect any areas that may be prone to rubbing or pressure, creating a more comfortable experience for the client. Using tape is a simple and immediate solution that a nurse can implement without needing to make significant alterations to the cast itself. It provides a quick means of addressing the irritation while allowing the cast to remain intact, which is crucial for proper immobilization and healing of the underlying injury. The other responses may not effectively address the issue. Reapplying the cast could be unnecessary if the fundamental structure remains intact and only irritation is present. Smoothing rough edges with a nail file is typically not advisable due to the risk of compromising the integrity of the cast. Bivalving the cast may be appropriate in certain situations, particularly if it is too tight or causing severe issues, but it is a more invasive procedure that should be considered only if simpler measures, such as using tape, do not alleviate the irritation.

9. Which of the following is not a common concern related to wearing a TLSO brace for scoliosis?

- A. Skin breakdown**
- B. Need for daily exercises**
- C. Importance of wearing the brace**
- D. Regular follow-up appointments**

Wearing a TLSO (Thoraco-Lumbo-Sacral Orthosis) brace for scoliosis involves a series of considerations to ensure effective treatment and patient comfort. One of the primary concerns is the importance of wearing the brace consistently, as prescribed. This is vital for the brace to effectively correct or prevent progression of the spinal curvature. Skin breakdown is indeed a common concern, as the brace can cause pressure points and friction against the skin, leading to potential sores. The need for daily exercises is also significant, as strengthening the muscles around the spine can help support the treatment and improve overall posture. Additionally, regular follow-up appointments are important for monitoring the condition and making any necessary adjustments to the brace. In contrast, the notion that the importance of wearing the brace is not a common concern is accurate because it is universally recognized that adherence to brace wear is crucial for the success of the treatment plan. The focus tends to be on ensuring that patients understand the reasons for consistent wear rather than questioning its importance. Therefore, this choice does not reflect the same level of concern as the others listed.

10. If a patient becomes increasingly agitated and anxious, what should the nurse assess first?

- A. Presence of pain**
- B. Respiratory status**
- C. Medications taken**
- D. Environmental factors**

In a situation where a patient is becoming increasingly agitated and anxious, assessing for the presence of pain is crucial. Agitation and anxiety can often be manifestations of discomfort or pain that the patient may be experiencing but is unable to articulate effectively. Pain can lead to physiological responses that exacerbate anxiety and agitation; therefore, determining the presence and intensity of pain can help guide the nurse's subsequent interventions. Identifying pain first not only addresses a potential underlying issue that directly impacts the patient's mental state but also allows for immediate and appropriate pain management. By alleviating pain, the nurse can help reduce agitation and anxiety levels significantly. While other factors such as respiratory status, medications, and environmental elements are also important to assess in an anxious and agitated patient, the presence of unaddressed pain is often a priority, as it can quickly escalate into more severe anxiety or distress if not managed promptly. Furthermore, resolving any underlying pain can create a foundation upon which the nurse can assess and address other contributing factors to the patient's anxiety.

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://hesicompass.examzify.com>

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

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