

HESI Developmental Stages and Transitions Module 1 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. Which statement is NOT considered a danger sign requiring contacting the health care provider during pregnancy?**
 - A. Morning sickness**
 - B. Puffiness of the face**
 - C. Visual disturbances**
 - D. Abdominal pain**

- 2. Which theory identifies stages such as sensorimotor, preoperational, concrete operational, and formal operational?**
 - A. Piaget's theory.**
 - B. Erikson's theory.**
 - C. Kohlberg's theory.**
 - D. Vygotsky's theory.**

- 3. A breastfeeding newborn passes mustard-yellow stools. What should you tell the mother?**
 - A. That this is normal for breastfed infants**
 - B. To decrease the number of feedings by two per day**
 - C. That the stools should be solid and pale yellow to light brown**
 - D. To monitor the infant for infection and, if a fever develops, to contact the pediatrician**

- 4. Which description matches the tonic neck reflex?**
 - A. Extension of the limbs on the side toward which the head is turned with flexion on the opposite side**
 - B. The infant raises both arms above the head when startled**
 - C. The infant sweeps the arm toward the face when the cheek is touched**
 - D. All four limbs extend and rotate in the same direction**

- 5. A postpartum nurse monitors a patient who had a subarachnoid (spinal) block for cesarean delivery. Which adverse effect is monitored?**
 - A. Headache**
 - B. Pruritus**
 - C. Vomiting**
 - D. Hypertension**

- 6. A laboring woman not yet fully dilated is pushing; which breathing method helps prevent pushing with the urge?**
- A. Cleansing breaths**
 - B. Holding her breath and using the Valsalva maneuver**
 - C. Blowing repeatedly in short puffs**
 - D. Deep inspiration and expiration at the beginning and end, respectively, of each contraction**
- 7. What is a major difference between Erikson's psychosocial theory and Piaget's cognitive theory?**
- A. Erikson focuses on cognitive development across the lifespan; Piaget focuses on social interaction.**
 - B. Erikson focuses on psychosocial development across the lifespan; Piaget focuses on cognitive development and thinking patterns.**
 - C. Erikson emphasizes behaviorism; Piaget emphasizes personality.**
 - D. Erikson is biological; Piaget is cultural.**
- 8. Which domain includes self-care tasks such as dressing, feeding, and toileting for children?**
- A. Activities of Daily Living (ADLs)**
 - B. Instrumental Activities of Daily Living**
 - C. Social-Emotional Skills**
 - D. Cognitive Skills**
- 9. If the mother tests positive for hepatitis B during pregnancy, what is typical for the newborn after birth?**
- A. No intervention needed**
 - B. Only the Hepatitis B vaccine**
 - C. Only Hepatitis B immune globulin**
 - D. Hepatitis B immune globulin and vaccine**
- 10. Around which week of gestation are fetal movements first noticed by a multigravida pregnant woman?**
- A. 6 weeks**
 - B. 8 weeks**
 - C. 12 weeks**
 - D. 16 weeks**

Answers

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

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Explanations

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1. Which statement is NOT considered a danger sign requiring contacting the health care provider during pregnancy?

- A. Morning sickness**
- B. Puffiness of the face**
- C. Visual disturbances**
- D. Abdominal pain**

Morning sickness is a common and expected part of early pregnancy caused by hormonal changes, and by itself it does not usually require contacting a health care provider. You would reach out if nausea becomes so severe that you can't keep fluids down, leading to dehydration, significant weight loss, or persistent vomiting. Puffiness of the face can signal fluid retention or rising blood pressure, and in pregnancy this can be a warning sign of preeclampsia, so it warrants evaluation. Visual disturbances such as blurred vision or seeing spots can indicate high blood pressure or preeclampsia and require urgent assessment. Abdominal pain in pregnancy may point to serious issues like placental problems or other complications and should be evaluated promptly. So the statement that is not a danger sign requiring contacting the health care provider is morning sickness.

2. Which theory identifies stages such as sensorimotor, preoperational, concrete operational, and formal operational?

- A. Piaget's theory.**
- B. Erikson's theory.**
- C. Kohlberg's theory.**
- D. Vygotsky's theory.**

These stage names come from Piaget's theory of cognitive development, which describes how children's thinking evolves in distinct qualitative stages. In the sensorimotor stage, from birth to about two years, infants learn through direct sensory and motor interaction with the world and gradually develop object permanence. In the preoperational stage, roughly ages two to seven, children begin to use language and symbols but think egocentrically and struggle with understanding others' viewpoints and conservation. In the concrete operational stage, about seven to eleven, children gain logical thinking about concrete objects and events, understand reversibility and conservation, and can consider different perspectives with concrete examples. In the formal operational stage, starting around adolescence, they develop abstract reasoning, hypothetical-deductive thought, and the ability to formulate and test hypotheses independent of concrete objects. Other theorists describe different frameworks: Erikson emphasizes psychosocial stages and emotional-social conflicts across the lifespan; Kohlberg focuses on stages of moral development; Vygotsky highlights the role of social interaction and cultural tools, with learning occurring through guidance and the zone of proximal development rather than fixed age-based stages. The hallmark sequence of sensorimotor through formal operational thinking specifically points to Piaget.

3. A breastfeeding newborn passes mustard-yellow stools. What should you tell the mother?
- A. That this is normal for breastfed infants**
 - B. To decrease the number of feedings by two per day**
 - C. That the stools should be solid and pale yellow to light brown**
 - D. To monitor the infant for infection and, if a fever develops, to contact the pediatrician**

Normal stool patterns in exclusively breastfed newborns. When a breastfed newborn passes mustard-yellow stools, that is a typical and reassuring finding. Breast milk leads to stools that are soft and loose, often bright yellow with a slightly seedy texture, and many babies stool after almost every feeding in the early weeks. This pattern reflects adequate milk intake and healthy digestion, so the best guidance is to reassure the mother that this is normal for breastfed infants. Decreasing feedings would risk inadequate nutrition and growth. Stools that are solid and pale yellow to light brown are not expected in a healthy breastfed baby and would warrant further evaluation. Signs of illness such as fever would require medical attention, but mustard-yellow stools on their own are usually nothing to worry about.

4. Which description matches the tonic neck reflex?
- A. Extension of the limbs on the side toward which the head is turned with flexion on the opposite side**
 - B. The infant raises both arms above the head when startled**
 - C. The infant sweeps the arm toward the face when the cheek is touched**
 - D. All four limbs extend and rotate in the same direction**

Tonic neck reflex, specifically the asymmetric tonic neck reflex, is tested by turning the infant's head to one side. When the head turns toward one side, the limbs on that face side extend while the limbs on the opposite side flex, creating a fencing posture. This pattern reflects how the nervous system links head position with limb posture in early development and is typically present at birth, fading by about 4 to 6 months as maturation occurs. So the described pattern—extension of the limbs on the side the head is turned toward with flexion on the opposite side—fits ATNR perfectly. For context, the other options describe different reflexes: the startled arming motion is characteristic of the Moro reflex; turning toward a cheek stimulus is the rooting reflex; and extending all four limbs in the same direction points to a different primitive/reflex pattern, not the asymmetric neck reflex.

5. A postpartum nurse monitors a patient who had a subarachnoid (spinal) block for cesarean delivery. Which adverse effect is monitored?

- A. Headache
- B. Pruritus
- C. Vomiting
- D. Hypertension

The main idea is that a spinal (subarachnoid) block can cause a post-dural puncture headache due to cerebrospinal fluid leakage at the puncture site. When the dura is breached, CSF can escape, lowering the intracranial pressure and pulling on the meninges, which produces a headache that is typically worse when upright and may improve when lying down. This often appears within hours to a couple of days after the procedure and is especially relevant in the postpartum patient who received a spinal block. Management is supportive—hydration, caffeine, rest, and analgesics—with escalation to an epidural blood patch if the headache is persistent or severe. While vomiting, pruritus, or transient hypotension can occur with spinal anesthesia, the most characteristic adverse effect to monitor in this setting is the post-dural puncture headache.

6. A laboring woman not yet fully dilated is pushing; which breathing method helps prevent pushing with the urge?

- A. Cleansing breaths
- B. Holding her breath and using the Valsalva maneuver
- C. Blowing repeatedly in short puffs
- D. Deep inspiration and expiration at the beginning and end, respectively, of each contraction

During early labor, when the cervix isn't fully dilated, you want to manage the urge to push so that bearing down doesn't start prematurely. Blowing repeatedly in short puffs creates a controlled, relaxed exhale pattern that dampens the urge to push and prevents bearing down before the cervix is ready. It helps keep intra-abdominal pressure more manageable and preserves maternal and fetal oxygenation better than holding the breath and performing a Valsalva maneuver, which can raise pressure, reduce venous return, and intensify the urge to push. The other techniques either promote pushing, are not aimed specifically at suppressing the urge, or are general relaxation breaths used at different times of labor.

7. What is a major difference between Erikson's psychosocial theory and Piaget's cognitive theory?

A. Erikson focuses on cognitive development across the lifespan; Piaget focuses on social interaction.

B. Erikson focuses on psychosocial development across the lifespan; Piaget focuses on cognitive development and thinking patterns.

C. Erikson emphasizes behaviorism; Piaget emphasizes personality.

D. Erikson is biological; Piaget is cultural.

Focus on the domain and scope of each theory. Erikson's framework centers on psychosocial development across the lifespan, exploring how social relationships and identity unfold through a series of stages. Piaget, on the other hand, focuses on cognitive development and how thinking, reasoning, and mental operations change as children grow, through distinct cognitive stages. This difference in what each theory explains—psychosocial tasks and social influence over the whole life span versus cognitive processes and thinking patterns—is why the best answer emphasizes Erikson's lifelong psychosocial focus and Piaget's cognitive focus. The other statements mix up what each theory describes: Erikson is not about cognitive development, Piaget is not about social interaction, and neither theory is primarily about behaviorism, personality, biology, or culture.

8. Which domain includes self-care tasks such as dressing, feeding, and toileting for children?

A. Activities of Daily Living (ADLs)

B. Instrumental Activities of Daily Living

C. Social-Emotional Skills

D. Cognitive Skills

Self-care tasks like dressing, feeding, and toileting are Activities of Daily Living. These are the basic personal care activities a child needs to perform to take care of themselves and function independently in daily life. Instrumental Activities of Daily Living cover more complex tasks such as managing money, transportation, cooking, shopping, and housekeeping—things that typically develop later and require planning and multi-step skills. Social-emotional skills focus on interacting with others, emotional regulation, and social communication, while cognitive skills involve thinking processes like memory, problem-solving, and attention.

9. If the mother tests positive for hepatitis B during pregnancy, what is typical for the newborn after birth?

- A. No intervention needed**
- B. Only the Hepatitis B vaccine**
- C. Only Hepatitis B immune globulin**
- D. Hepatitis B immune globulin and vaccine**

Preventing mother-to-child transmission of hepatitis B relies on providing both immediate and long-term protection to the newborn. When the mother is hepatitis B-positive, the baby is at high risk of acquiring infection during birth. Giving hepatitis B immune globulin (HBIG) delivers immediate, passive antibodies that neutralize the virus right after birth, offering short-term protection. At the same time, administering the hepatitis B vaccine at birth primes the infant's own immune system to produce protective antibodies, establishing lasting immunity. The combination of HBIG and vaccine at birth, typically within 12 hours, markedly reduces transmission risk and sets up durable protection with the full vaccine series follow-up. Breastfeeding is generally allowed, since the infant receives the necessary prophylaxis.

10. Around which week of gestation are fetal movements first noticed by a multigravida pregnant woman?

- A. 6 weeks**
- B. 8 weeks**
- C. 12 weeks**
- D. 16 weeks**

Feeling fetal movement is known as quickening, and when a woman has had prior pregnancies, she often perceives it earlier. For someone with previous pregnancies, the uterus has become more responsive to fetal activity, and the fetus has grown enough by about the second trimester to produce noticeable movements. Around 16 weeks gestation this perception is commonly reported, whereas earlier weeks—like six, eight, or even twelve weeks—are generally too soon for most multiparous women to feel movements. Factors such as the position of the placenta or a larger abdomen can influence when movement is felt, but 16 weeks is the typical timeframe for a multigravida.

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://hesidevstagestransitionsmod1.examzify.com>

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

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