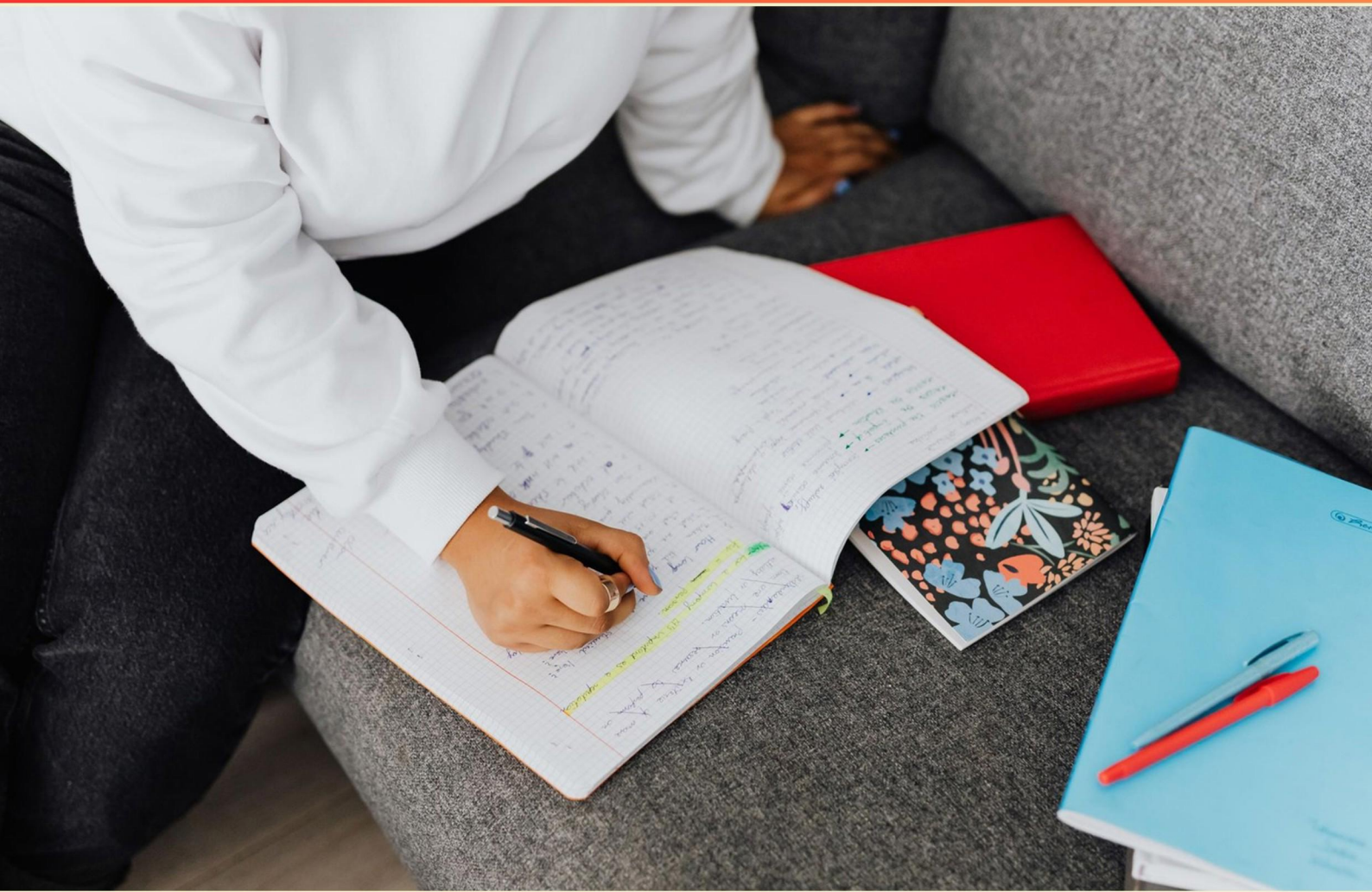


HESI DEVELOPMENTAL STAGES AND TRANSITIONS MODULE 1 PRACTICE EXAM (SAMPLE) STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR
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 the recommended time frame for cold therapy (ice) on the perineum after vaginal birth?**
 - A. After 48 hours
 - B. Only during labor
 - C. First 12 to 24 hours postpartum
 - D. After 1 week
- 2. Which statement indicates a need for further instructions about crib safety?**
 - A. I need to keep large toys out of the crib
 - B. The drop side needs to be impossible for my infant to release
 - C. Wood surfaces on the crib need to be free of splinters and cracks
 - D. The distance between the slats needs to be no more than 4 inches (10 cm) wide to prevent entrapment of my infant's head or body
- 3. What is the proximal-distal pattern in developmental growth?**
 - A. Growth and development progress from the center of the body outward toward the limbs
 - B. Growth and development progress from the limbs toward the center
 - C. Growth and development progress from back to front
 - D. Growth followed by random changes
- 4. The Chadwick sign is best described as which finding?**
 - A. Thinning of the cervix
 - B. Violet coloration of the cervix
 - C. Positive sign of pregnancy
 - D. Cervical softening
- 5. Which feeding practice demonstrates understanding that solids should not be mixed with formula in the bottle?**
 - A. I can mix the food in the my infant's bottle if he won't eat it
 - B. If the infant refuses, offer again later
 - C. Egg white should be introduced now to reduce allergy risk
 - D. Solid foods are never mixed with formula in the bottle

- 6. Which milestone is least likely to be achieved by around 6 months of age?**
- A. Rolling over.
 - B. Sitting without support.
 - C. Reaching for objects.
 - D. Crawling.
- 7. For an 8-year-old child, what is the primary developmental task according to Erikson?**
- A. Gaining independence from parents
 - B. Developing a sense of trust
 - C. Developing a sense of control over self and body functions
 - D. Mastering useful skills and tools
- 8. What are two key safety recommendations for infants to reduce SIDS risk and injury?**
- A. Place infants on their backs to sleep; ensure a safe sleep environment and use a rear-facing car seat
 - B. Place infants on their stomachs to sleep; keep them in soft bedding
 - C. Let infants sleep in caregivers' bed; use a forward-facing car seat
 - D. Keep infants upright at all times; avoid using a car seat
- 9. Which statement best summarizes essential health promotion strategies for infants and toddlers?**
- A. Immunizations and safe sleep practices
 - B. Only immunizations
 - C. Only safe sleep practices
 - D. Regular exercise guidelines
- 10. Six hours postpartum, patient complains of episiotomy site discomfort. Most appropriate action?**
- A. Administering an intravenous (IV) opioid analgesic
 - B. Applying an ice pack to the perineum
 - C. Contacting the nurse-midwife or health care provider
 - D. Assisting the woman in taking a warm sitz bath

Answers

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

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Explanations

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1. What is the recommended time frame for cold therapy (ice) on the perineum after vaginal birth?

- A. After 48 hours
- B. Only during labor
- C. First 12 to 24 hours postpartum**
- D. After 1 week

Cold therapy after vaginal birth helps reduce perineal swelling and pain by causing blood vessels to constrict, which limits fluid leakage into tissues and speeds initial comfort during healing. The most swelling and discomfort happen in the first 12 to 24 hours after delivery, so applying ice in that window targets the peak edema and provides the most relief. Typically, a cold pack is used for about 15 to 20 minutes at a time, with at least an hour between applications, and the ice should be wrapped to protect the skin. After the first day, cold is often used as needed, but the strongest benefit comes from addressing the swelling early on and then transitioning to other comfort measures as healing progresses. This approach is especially helpful with perineal trauma such as lacerations or an episiotomy, aiding overall comfort during the immediate postpartum period.

2. Which statement indicates a need for further instructions about crib safety?

- A. I need to keep large toys out of the crib
- B. The drop side needs to be impossible for my infant to release
- C. Wood surfaces on the crib need to be free of splinters and cracks
- D. The distance between the slats needs to be no more than 4 inches (10 cm) wide to prevent entrapment of my infant's head or body**

Crib safety centers on preventing entrapment and injury by design and environment. A key factor is how tightly the slats are spaced—if the gap is too wide, a baby's head or body can become trapped as they move or crawl in the crib. The safe guideline is a very small gap, roughly 2 3/8 inches (about 6 cm). Saying the gap should be no more than 4 inches suggests a misunderstanding of safe spacing and signals a need for further instruction about crib safety. The other statements align with safe practices: keeping large toys out of the crib reduces suffocation risk; ensuring any drop side cannot be easily released protects against accidental collapse; and keeping wood surfaces smooth and free of splinters prevents injury from rough finishes.

3. What is the proximal-distal pattern in developmental growth?

- A. Growth and development progress from the center of the body outward toward the limbs**
- B. Growth and development progress from the limbs toward the center
- C. Growth and development progress from back to front
- D. Growth followed by random changes

Proximal-distal growth means development starts near the body's center and progresses outward toward the limbs. This is why infants first gain control of the head and trunk, then the shoulders and arms, and only later develop refined hand and finger skills. It reflects how proximal stability supports distal movement, aligning with both anatomical organization and neural maturation. The other descriptions—limbs to center, back-to-front, or random changes—do not describe the typical, orderly outward progression observed in development.

4. The Chadwick sign is best described as which finding?

- A. Thinning of the cervix
- B. Violet coloration of the cervix**
- C. Positive sign of pregnancy
- D. Cervical softening

Chadwick sign involves a bluish-violet discoloration of the cervix and vaginal mucosa caused by increased blood flow and vascular congestion early in pregnancy. This color change reflects the circulatory adaptations from hormones and usually appears around the first trimester, making it a probable sign of pregnancy rather than a definitive test. Among the options, the violet coloration of the cervix directly matches this finding. Other choices describe cervical changes not specific to Chadwick sign (such as cervical softening, which is Goodell sign) or a general "positive" pregnancy finding (which would be fetal heart tones or ultrasound, not Chadwick sign).

5. Which feeding practice demonstrates understanding that solids should not be mixed with formula in the bottle?

- A. I can mix the food in the my infant's bottle if he won't eat it
- B. If the infant refuses, offer again later
- C. Egg white should be introduced now to reduce allergy risk
- D. Solid foods are never mixed with formula in the bottle**

Solids belong in a spoon, not in the bottle. Feeding solids separately from formula helps ensure safety and proper development. When solids are mixed into a bottle, lumps or textures can cause choking or aspiration, and it becomes hard to gauge exactly how much solid intake the infant is getting or to monitor fullness and hunger cues. It also disrupts the transition to coordinated oral motor skills that come with spoon-fed foods and can lead to overfeeding or improper nutrition. The statement that solids are never mixed with formula in the bottle reflects this safe, appropriate approach to feeding. Other options don't address this safety aspect: mixing food into a bottle isn't recommended, offering a second chance after a refusal doesn't pertain to bottle safety, and introducing egg white at this time relates to allergy risk rather than bottle feeding practices.

6. Which milestone is least likely to be achieved by around 6 months of age?

- A. Rolling over.
- B. Sitting without support.
- C. Reaching for objects.
- D. Crawling.**

By around six months, infants typically show a progression in gross motor skills: rolling over, sitting with support, and reaching for objects become more established, while crawling usually hasn't appeared yet. Rolling over tends to occur earlier in the first half-year, with babies often rolling from tummy to back first and then back to tummy. Sitting with support appears next and, by about six months, many babies can sit for short periods with assistance. Reaching for and grasping objects becomes more purposeful as their arms gain strength and coordination. Crawling, on the other hand, generally emerges later, often around seven to ten months, so it is less likely to be achieved by six months.

7. For an 8-year-old child, what is the primary developmental task according to Erikson?

- A. Gaining independence from parents
- B. Developing a sense of trust
- C. Developing a sense of control over self and body functions

D. Mastering useful skills and tools

Erikson's stage for children around 8 years old is industry vs inferiority, where the main task is mastering useful skills and tools. At this age, kids focus on building competence through schoolwork, sports, crafts, and social collaboration. Success leads to a sense of industry and confidence in their abilities, while repeated failure or lack of encouragement can foster feelings of inferiority. The other options reflect earlier stages: independence from parents fits autonomy vs. shame from toddlerhood; trust development occurs in infancy; and a sense of control over body functions aligns more with early childhood autonomy, not the school-age period. So the choice that best matches this stage is mastering useful skills and tools.

8. What are two key safety recommendations for infants to reduce SIDS risk and injury?

- A. Place infants on their backs to sleep; ensure a safe sleep environment and use a rear-facing car seat
- B. Place infants on their stomachs to sleep; keep them in soft bedding
- C. Let infants sleep in caregivers' bed; use a forward-facing car seat**
- D. Keep infants upright at all times; avoid using a car seat

Two main ideas reduce SIDS risk and injury: position the baby on their back for every sleep, and create a safe sleep environment. Sleeping on the back keeps the airway open and reduces the chance of suffocation or rebreathing exhaled air. A safe sleep environment means a firm, flat surface with a tight-fitting sheet and nothing soft or loose in the sleep area—no pillows, blankets, bumper pads, toys, or plush items—and ideally sharing the same room without bed-sharing to limit risks. For travel, the baby should be in a rear-facing car seat that fits their size and age. So the best guidance is to always place babies on their backs to sleep and ensure a safe sleep space, with appropriate rear-facing car seat use for travel.

9. Which statement best summarizes essential health promotion strategies for infants and toddlers?

- A. Immunizations and safe sleep practices**
- B. Only immunizations
- C. Only safe sleep practices
- D. Regular exercise guidelines

The main idea being tested is that essential health promotion for infants and toddlers combines disease prevention with safe sleep to protect the youngest children. Immunizations shield against serious, preventable illnesses and help keep the child and community healthier. Safe sleep practices reduce the risk of SIDS and other sleep-related hazards, addressing a leading cause of infant mortality. Together, these two strategies cover the most critical early-life protections. While regular exercise and physical activity are important for development, they don't carry the same foundational priority for infancy and toddlerhood as vaccines and safe sleep.

**10. Six hours postpartum, patient complains of episiotomy site discomfort.
Most appropriate action?**

- A. Administering an intravenous (IV) opioid analgesic
- B. Applying an ice pack to the perineum**
- C. Contacting the nurse-midwife or health care provider
- D. Assisting the woman in taking a warm sitz bath

Cold therapy to the perineum is the best first step for immediate postpartum episiotomy discomfort. An ice pack reduces swelling and provides rapid local analgesia by constricting blood vessels, which helps lessen edema and pain in the first hours after delivery. Use a clean cloth to wrap the pack and apply for about 10–20 minutes at a time, several times in the first 24 hours, to avoid skin injury. Warm sitz baths are more appropriate after the initial swelling has decreased or as advised by care providers, since heat can increase edema early on. An IV opioid analgesic is not the initial approach here due to risk of side effects and the availability of safe nonpharmacologic relief. If pain remains uncontrolled or new symptoms develop (signs of infection, heavy bleeding, increasing redness or drainage), involve the nurse-midwife or health care provider.

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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:

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

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