

HESI Entrance 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

- 1. Which term is used to describe the actual process of acquiring a disease?**
 - A. Development**
 - B. Pathogenesis**
 - C. Diagnostics**
 - D. Onset**

- 2. What is the purpose of a thoracocentesis?**
 - A. To remove fluid from the abdomen**
 - B. To remove fluid from the chest**
 - C. To remove a sample of amniotic fluid**
 - D. To assess kidney function**

- 3. Which term would you use to describe the quantity or frequency of an event?**
 - A. Gender**
 - B. Incidence**
 - C. Inflamed**
 - D. Initiate**

- 4. Which condition involves swelling of a joint due to inflammation?**
 - A. Arthritis**
 - B. Adenitis**
 - C. Cardiology**
 - D. Cephalitis**

- 5. What does the term "exacerbate" mean?**
 - A. To alleviate**
 - B. To make worse or more severe**
 - C. To stabilize**
 - D. To clarify**

- 6. What term describes an area located behind the heart?**
- A. Retrocardiac**
 - B. Cardiac**
 - C. Subcardiac**
 - D. Precordial**
- 7. What term is used to define an abnormal belief that persists despite evidence to the contrary?**
- A. Fantasy**
 - B. Delusion**
 - C. Speculation**
 - D. Myth**
- 8. What historical term refers to an unmarried woman?**
- A. Maiden**
 - B. Spinster**
 - C. Widow**
 - D. Divorcee**
- 9. A doctor who specializes in treating tumors is called what?**
- A. Nephrologist**
 - B. Oncologist**
 - C. Cardiologist**
 - D. Pediatrician**
- 10. What is the process of forming blood vessels known as?**
- A. Hemopoiesis**
 - B. Angiogenesis**
 - C. Vasculogenesis**
 - D. Neovascularization**

Answers

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

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Explanations

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1. Which term is used to describe the actual process of acquiring a disease?

- A. Development**
- B. Pathogenesis**
- C. Diagnostics**
- D. Onset**

The term used to describe the actual process of acquiring a disease is pathogenesis. This refers to the biological mechanism that leads to the development of a disease, including how pathogens invade the host, how they spread, and the subsequent changes in the body that lead to symptoms. Pathogenesis encompasses the entire sequence of events from the initial contact with the pathogen to the manifestation of the disease. Understanding pathogenesis is crucial for the development of treatments and preventive measures, as it provides insight into how diseases unfold and how the body's defenses respond to invaders. It highlights the complexity of disease development and emphasizes that it involves a variety of biological processes and interactions.

2. What is the purpose of a thoracentesis?

- A. To remove fluid from the abdomen**
- B. To remove fluid from the chest**
- C. To remove a sample of amniotic fluid**
- D. To assess kidney function**

The purpose of a thoracentesis is specifically to remove fluid from the chest. This medical procedure involves inserting a needle or catheter into the pleural space, which is the area between the lungs and the chest wall. It is commonly performed to relieve respiratory distress or to obtain fluid for diagnostic analysis. Conditions that may warrant this procedure include pleural effusion, where excess fluid accumulates in the pleural cavity, potentially causing difficulty in breathing and discomfort. By analyzing the fluid obtained from thoracentesis, healthcare providers can diagnose infections, cancers, or other diseases affecting the lungs and pleura. Thus, this procedure is vital in both therapeutic and diagnostic contexts related to chest issues, affirming its specific role in addressing fluid-related problems in the thoracic cavity.

3. Which term would you use to describe the quantity or frequency of an event?

- A. Gender**
- B. Incidence**
- C. Inflamed**
- D. Initiate**

The term that best describes the quantity or frequency of an event is "incidence." In a healthcare or epidemiological context, incidence refers specifically to the occurrence of new cases of a disease or event in a given population during a specified time period. It is a crucial measure for understanding the dynamics of disease spread and can help inform public health responses and resource allocation. Using "incidence" allows healthcare professionals and researchers to quantify how frequently an occurrence happens, which is essential for tracking public health trends, evaluating treatment effectiveness, and implementing preventive measures. Other terms, such as "gender," do not relate to frequency or quantity in this context, while "inflamed" pertains to a physical condition rather than measurement, and "initiate" refers to the act of beginning something rather than quantifying events. Therefore, incidence is the most precise term for describing how often an event occurs.

4. Which condition involves swelling of a joint due to inflammation?

- A. Arthritis**
- B. Adenitis**
- C. Cardiology**
- D. Cephalitis**

Arthritis is the condition that involves swelling of a joint due to inflammation. This inflammation can result from various factors, including autoimmune responses, wear and tear on the joints, or infections. The swelling associated with arthritis is a response from the body's immune system, leading to pain, stiffness, and reduced joint mobility, which are hallmark symptoms of the condition. Other conditions listed are not directly related to joint inflammation. Adenitis refers to the inflammation of glands, particularly lymph nodes, and does not pertain to the joints. Cardiology is the branch of medicine that deals with disorders of the heart and its blood vessels, not joint issues. Cephalitis is the inflammation of the brain or its surrounding tissues and is unrelated to joint conditions. Therefore, arthritis is the appropriate choice, as it specifically pertains to joint swelling due to inflammation.

5. What does the term "exacerbate" mean?

- A. To alleviate
- B. To make worse or more severe**
- C. To stabilize
- D. To clarify

The term "exacerbate" means to make a situation worse or more severe. In various contexts, particularly in medical or emotional discussions, it refers to the worsening of symptoms, conditions, or difficulties. For example, if a person has an existing illness, factors that exacerbate the condition would lead to increased symptoms or complications. Understanding this term is crucial, as it highlights the importance of managing conditions to prevent deterioration in health or situations. The other choices represent opposite actions or meanings. For instance, alleviating refers to reducing severity or pain, stabilizing suggests making something steady or unchanging, and clarifying means to make something easier to understand. Each of these alternatives deals with improving or simplifying a situation, contrasting sharply with the action of exacerbating.

6. What term describes an area located behind the heart?

- A. Retrocardiac**
- B. Cardiac
- C. Subcardiac
- D. Precordial

The term "retrocardiac" accurately describes an area situated behind the heart. In medical terminology, "retro" signifies a position that is situated at the back of or posterior to an organ or structure. Therefore, when referring to the space or area located directly behind the heart, it is appropriate to use "retrocardiac." Understanding anatomical locations is essential for clinicians when diagnosing and treating cardiovascular conditions, as knowing the exact position of structures in relation to the heart can influence procedures, imaging, and interventions. The other terms do not appropriately describe the area behind the heart. "Cardiac" refers generally to anything relating to the heart without implying any specific location. "Subcardiac" would technically imply something located beneath the heart, and "precordial" indicates a position in front of the heart, typically used to describe the area on the chest overlying the heart.

7. What term is used to define an abnormal belief that persists despite evidence to the contrary?

- A. Fantasy**
- B. Delusion**
- C. Speculation**
- D. Myth**

A delusion refers specifically to a belief that is firmly held despite clear, contradicting evidence. This term is most commonly used in the context of psychological and psychiatric disorders, where an individual insists on a belief that is not grounded in reality or is misinformed. For instance, a person may believe they have special powers or that others are plotting against them, even when presented with facts that disprove these beliefs. Delusions can significantly impact an individual's behavior and perception of reality. In contrast, fantasy refers to imaginative thoughts or dreams that do not convey the same sense of conviction as delusions. Speculation involves forming a theory or conjecture without firm evidence, and myths are traditional stories often rooted in cultural beliefs and narratives—not necessarily tied to individual psychological states. Thus, the definition of a delusion aligns specifically with the persistence of a false belief despite disconfirming evidence, making it the correct term for the question posed.

8. What historical term refers to an unmarried woman?

- A. Maiden**
- B. Spinster**
- C. Widow**
- D. Divorcee**

The term that specifically refers to an unmarried woman is "spinster." Historically, this word was often used to designate women who were not married, particularly those who were considered to be past the typical age for marriage. The connotation of "spinster" has evolved over time, but it has traditionally been associated with a certain societal expectation and role of women in earlier centuries, where marriage was often seen as a primary goal. The term "maiden" can also describe an unmarried woman, but it typically refers to a younger woman or girl, often with a connotation of purity. "Widow" refers to a woman whose spouse has died, and "divorcee" denotes a woman who has legally ended her marriage. Hence, while "maiden" can be used in some context to describe an unmarried woman, "spinster" is the more historically specific term for an unmarried woman, especially older or in a societal context. This makes "spinster" the most accurate choice.

9. A doctor who specializes in treating tumors is called what?

- A. Nephrologist**
- B. Oncologist**
- C. Cardiologist**
- D. Pediatrician**

An individual who specializes in treating tumors is referred to as an oncologist. Oncologists are medical professionals dedicated to the diagnosis, treatment, and management of cancer. They play a crucial role in developing treatment plans which may include chemotherapy, radiation therapy, and surgical interventions. The focus of an oncologist is on cancer types, their progression, and how to effectively manage patient care throughout the treatment journey. This specialization requires extensive knowledge of various cancer-related medications and therapies, as well as an understanding of the latest research and advances in cancer treatment. The other professions listed are not related to tumor treatment; nephrologists focus on the kidneys, cardiologists specialize in heart conditions, and pediatricians provide health care for children. Understanding these distinctions is important when identifying the right type of healthcare provider for specific medical concerns.

10. What is the process of forming blood vessels known as?

- A. Hemopoiesis**
- B. Angiogenesis**
- C. Vasculogenesis**
- D. Neovascularization**

The process of forming blood vessels is known as angiogenesis. This term specifically refers to the growth of new blood vessels from pre-existing ones, playing a crucial role in development, wound healing, and the formation of granulation tissue. Angiogenesis is vital in various biological processes, including tumor growth and metastasis, where new blood supply must be established to support the increased demand for nutrients and oxygen. While the other terms relate to aspects of blood or vessel formation, they denote slightly different processes. Hemopoiesis refers to the formation of blood cells in the bone marrow. Vasculogenesis is the process of de novo vessel formation, primarily occurring during embryonic development when vascular structures are first established. Neovascularization is a broader term that encompasses both angiogenesis and vasculogenesis, indicating the formation of new vascular networks but does not specifically denote the process as clearly as angiogenesis does. Thus, angiogenesis is the most accurate term for the formation of blood vessels in the context provided.

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://hesientrance.examzify.com>

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