

HESI iNet Practice Test (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. In conducting a pain assessment of a client with osteoarthritis, which action should the nurse include?**
 - A. Collect dietary history of calcium-rich food intake.**
 - B. Measure vital sign changes after physical activity.**
 - C. Ask if pain lessens with elevation of the extremity.**
 - D. Observe client during movement of affected joints.**

- 2. A client is very nervous about the surgery scheduled for tomorrow. Which action should the nurse implement first?**
 - A. Notify the healthcare provider about the client's expressed fears and anxiety.**
 - B. Explore the client's perception of the impending surgery.**
 - C. Present the client with information about the surgical procedure.**
 - D. Provide the client with distractions to decrease his anxiety.**

- 3. In the Intensive Care Department, which client should be assigned to the new graduate nurse?**
 - A. A client with Adult Respiratory Distress Syndrome who is on a ventilator.**
 - B. A client in end-stage liver failure who is experiencing esophageal bleeding.**
 - C. A client with chest tubes secondary to a stab wound to the chest.**
 - D. A client with multisystem failure secondary to a motor vehicle collision.**

- 4. To increase influenza immunization rates among underserved groups, which intervention is most useful?**
 - A. Reports describing influenza rates during times of greatest prevalence.**
 - B. Designation of clinics conveniently located in target neighborhoods.**
 - C. Legislative proposals that mandate influenza vaccinations for all.**
 - D. Radio announcements about the availability of the influenza vaccine.**

- 5. Which statement accurately describes the approach to postural drainage for COPD?**
- A. Instruct the client to breathe shallow and fast**
 - B. Explain that the client may be placed in five positions**
 - C. Obtain ABGs prior to procedure**
 - D. Drainage immediately after meals**
- 6. A Journalist asks the nurse working in the Emergency Department about the condition of a local politician recently admitted to the medical center following a publicly reported building fire. Which action should the nurse take?**
- A. Direct the journalist to the agency's Communication/Marketing department.**
 - B. Document the official identification of the journalist before providing any information.**
 - C. Obtain verbal consent from a family member before discussing the client's condition.**
 - D. Provide only general information regarding the client's over-all condition.**
- 7. While teaching a client a skill, the client is experiencing sensory overload and cannot learn effectively. Which action should the nurse implement?**
- A. Provide the client with step-by-step written instructions.**
 - B. Reassure the client that the skill is not difficult to learn.**
 - C. Reduce the stimuli in the area before continuing the teaching.**
 - D. Demonstrate the skill, speaking slowly and using simple terms.**
- 8. A client with schizophrenia reports hearing voices others cannot hear. This symptom is a ___?**
- A. Illusion**
 - B. Hallucination**
 - C. Delusion**
 - D. Obsession**

- 9. Which factor in a patient's history would be considered a potential contraindication for hormone replacement therapy (HRT) to prevent osteoporosis?**
- A. Her mother and sister have a history of breast cancer.**
 - B. Her 60-year-old sister has Alzheimer's disease.**
 - C. She is taking medication for high blood pressure.**
 - D. She had problems with hot flashes several years ago.**
- 10. A client with cancer develops fever, chills, malaise, and headache after administration of a colony-stimulating factor. Which nursing intervention is most beneficial to reduce the flu-like symptoms?**
- A. Monitor lab values for an increase in WBCs**
 - B. Administer acetaminophen q4h**
 - C. Monitor vital signs q4h for 24 hours**
 - D. Administer antiemetics before, during, and after therapy**

Answers

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

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Explanations

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- 1. In conducting a pain assessment of a client with osteoarthritis, which action should the nurse include?**
 - A. Collect dietary history of calcium-rich food intake.**
 - B. Measure vital sign changes after physical activity.**
 - C. Ask if pain lessens with elevation of the extremity.**
 - D. Observe client during movement of affected joints.**

Pain assessment in osteoarthritis hinges on evaluating how pain affects function during movement. Observing the client as they move the affected joints reveals the level of pain with activity, the degree of stiffness after rest, guarding or splinting, facial expressions, and any limitations in range of motion. This real-time behavior provides objective insight into the patient's functional pain experience, which is essential for understanding how pain impacts daily activities. Other approaches don't capture this functional picture as effectively: a dietary history doesn't address current pain, and measuring vital signs after activity gives indirect data that can be influenced by many factors. Asking whether pain lessens with elevation targets edema-related issues rather than the pain experienced during joint use in OA. Together, observing movement offers the most accurate sense of how OA pain truly affects the client's function.

- 2. A client is very nervous about the surgery scheduled for tomorrow. Which action should the nurse implement first?**
 - A. Notify the healthcare provider about the client's expressed fears and anxiety.**
 - B. Explore the client's perception of the impending surgery.**
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Addressing significant preoperative anxiety starts with involving the health care team to create a coordinated plan. Notifying the provider about the client's fears and anxiety enables a professional assessment of how strong the anxiety is, what might be contributing to it, and what steps are needed to ensure safety and informed consent. With the provider informed, a plan can be developed—such as targeted preoperative teaching, possible anxiolytic measures, or support from psychology or social work as needed—so the patient can proceed with surgery as safely as possible. Exploring the client's perception is important for understanding concerns, but it's most effective once the team is aware and a plan is being formed. Presenting information about the procedure can help, yet delivering it without first coordinating care may overwhelm a highly anxious patient. Providing distractions may offer brief relief but doesn't address underlying fears or ensure appropriate medical and ethical safeguards.

- 3. In the Intensive Care Department, which client should be assigned to the new graduate nurse?**
- A. A client with Adult Respiratory Distress Syndrome who is on a ventilator.**
 - B. A client in end-stage liver failure who is experiencing esophageal bleeding.**
 - C. A client with chest tubes secondary to a stab wound to the chest.**
 - D. A client with multisystem failure secondary to a motor vehicle collision.**

Matching the level of complexity to a new graduate's supervisory support is the key idea here. In the ICU, a new nurse should be assigned to a patient whose care is structured, relatively stable, and supported by clear protocols, so supervision can guide decision-making without delaying urgent actions. The patient with chest tubes after a stab wound fits this well. Chest-tube care is routine in many ICUs: monitor drainage and the system for patency and leaks, assess respiratory status, manage pain, and follow a defined plan for chest-tube management. While still serious, the tasks are predictable, and deviations can be recognized and escalated under supervision. This allows a new graduate to build confidence and skills safely. The other patients present higher-acuity, rapidly changing needs. An ARDS patient on a ventilator requires advanced ventilator management and troubleshooting that demand more experience. A patient with end-stage liver failure and esophageal bleeding can deteriorate quickly with hemodynamic instability and ongoing bleeding, needing quick, complex interventions. A multisystem trauma patient often has evolving organ dysfunction and multiple simultaneous priorities, requiring seasoned critical-care judgment and coordination. So, the chest-tube scenario is the best fit for a new graduate nurse in the ICU.

- 4. To increase influenza immunization rates among underserved groups, which intervention is most useful?**
- A. Reports describing influenza rates during times of greatest prevalence.**
 - B. Designation of clinics conveniently located in target neighborhoods.**
 - C. Legislative proposals that mandate influenza vaccinations for all.**
 - D. Radio announcements about the availability of the influenza vaccine.**

Access to vaccination is the key factor when trying to raise influenza immunization rates in underserved groups. Placing clinics conveniently in target neighborhoods directly reduces practical barriers like transportation, time off work, and unfamiliarity with where to go. When vaccines are available nearby and in settings that people already trust or pass by regularly, it's far more likely they'll get vaccinated. Other strategies can raise awareness or create policy pressure, but they don't fix the access barriers that often limit uptake in underserved populations. Describing rates doesn't change whether someone can actually get the shot. Mandates may be difficult to enforce and don't address logistical hurdles or personal concerns. Radio announcements can inform, but without easy access to vaccination sites, they're unlikely to move the needle as effectively as bringing services closer to the people.

5. Which statement accurately describes the approach to postural drainage for COPD?

- A. Instruct the client to breathe shallow and fast**
- B. Explain that the client may be placed in five positions**
- C. Obtain ABGs prior to procedure**
- D. Drainage immediately after meals**

Postural drainage relies on gravity to move secretions by positioning the patient in several specific positions so that mucus from different lung regions drains toward the larger airways to be coughed up. In COPD care, a typical plan uses multiple positions—often around five—to target the upper, middle, and lower lung segments. This is why describing that the client may be placed in five positions accurately reflects the approach. During the procedure, breathing is generally slow and deep with controlled exhalations to help mobilize secretions, rather than shallow and fast breathing. Obtaining arterial blood gases before postural drainage isn't a standard requirement; monitoring oxygenation and comfort is more typical. Also, drainage isn't performed immediately after meals due to the risk of reflux or aspiration, so allowing time after meals is advised.

6. A Journalist asks the nurse working in the Emergency Department about the condition of a local politician recently admitted to the medical center following a publicly reported building fire. Which action should the nurse take?

- A. Direct the journalist to the agency's Communication/Marketing department.**
- B. Document the official identification of the journalist before providing any information.**
- C. Obtain verbal consent from a family member before discussing the client's condition.**
- D. Provide only general information regarding the client's over-all condition.**

Protecting patient privacy and using approved channels for media inquiries. When a journalist asks about a patient, information should be released only through the hospital's designated Communications/Marketing department. This ensures any statements are accurate, consistent, and compliant with privacy rules, reducing the risk of sharing protected health information or details that could affect care or security. The nurse connecting the journalist to the department keeps the disclosure under control and within policy. Other approaches don't provide the same protection: sharing details directly can breach confidentiality; documenting journalist ID is only a preliminary step and doesn't authorize disclosure; obtaining consent from a family member isn't the standard route for media inquiries; and giving general information without proper authorization may still run afoul of privacy policies.

7. While teaching a client a skill, the client is experiencing sensory overload and cannot learn effectively. Which action should the nurse implement?
- A. Provide the client with step-by-step written instructions.
 - B. Reassure the client that the skill is not difficult to learn.
 - C. Reduce the stimuli in the area before continuing the teaching.**
 - D. Demonstrate the skill, speaking slowly and using simple terms.

When a learner is overwhelmed by sensory input, the priority is to reduce environmental stimuli to support learning. Sensory overload taxes attention and working memory, making it hard to encode new instructions. By quieting the area—lowering noise, dimming lights, limiting people, and minimizing interruptions—you create a calm space that enhances focus and the ability to process the skill steps. Once the environment is controlled, you can continue with teaching strategies such as a slow, clearly spoken demonstration in simple terms. Written instructions or reassurance alone don't address the sensory input that blocks learning in this moment.

8. A client with schizophrenia reports hearing voices others cannot hear. This symptom is a ___?
- A. Illusion
 - B. Hallucination**
 - C. Delusion
 - D. Obsession

Auditory hallucination is being tested here. It happens when a person hears voices or sounds that aren't produced by anything in the external world. In schizophrenia, hearing voices that others cannot hear is a classic example of an auditory hallucination and reflects a perceptual experience without an actual stimulus. An illusion would involve misinterpreting a real external cue, like thinking a rustle is a whisper. A delusion is a fixed, false belief despite evidence to the contrary. An obsession is a recurring intrusive thought the person recognizes as irrational. So the described symptom is an auditory hallucination.

9. Which factor in a patient's history would be considered a potential contraindication for hormone replacement therapy (HRT) to prevent osteoporosis?

- A. Her mother and sister have a history of breast cancer.**
- B. Her 60-year-old sister has Alzheimer's disease.**
- C. She is taking medication for high blood pressure.**
- D. She had problems with hot flashes several years ago.**

The main idea is that estrogen-containing hormone replacement therapy for osteoporosis can raise the risk of breast cancer. Because one's mother and sister have had breast cancer, this patient already has a higher familial risk. Adding systemic estrogen through HRT could elevate her risk further, making it a potential contraindication. In such cases, clinicians typically avoid systemic HRT and instead pursue non-hormonal osteoporosis treatments (like bisphosphonates or denosumab) or other options that don't carry the same breast cancer risk. The other factors listed don't carry the same immediate contraindication for starting HRT: a relative with Alzheimer's disease, taking medication for high blood pressure, or a history of hot flashes years ago aren't direct reasons to avoid HRT for osteoporosis.

10. A client with cancer develops fever, chills, malaise, and headache after administration of a colony-stimulating factor. Which nursing intervention is most beneficial to reduce the flu-like symptoms?

- A. Monitor lab values for an increase in WBCs**
- B. Administer acetaminophen q4h**
- C. Monitor vital signs q4h for 24 hours**
- D. Administer antiemetics before, during, and after therapy**

Flu-like reactions after colony-stimulating factors come from cytokine release and typically show fever, chills, malaise, and headache. The most effective way to ease these symptoms is to give an analgesic-antipyretic such as acetaminophen, which directly reduces fever and body aches. By lowering fever and discomfort, the patient can rest more comfortably and recover more quickly. Monitoring lab values or vital signs is important for safety but doesn't relieve the symptoms themselves. Anti-emetics may help if nausea occurs, but they don't address the fever and malaise as effectively as acetaminophen. Therefore, administering acetaminophen is the best choice to mitigate the flu-like reaction.

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://hesiinet.examzify.com>

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

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