

HESI Introduction to Allied Health (AH) 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. What client statement indicates to the nurse that the client requires assistance with bathing?**
 - A. I feel too weak and tired to bathe.**
 - B. I don't understand why i'm so weak and tired**
 - C. I can bathe by myself with supervision**
 - D. I would like to skip bathing today**

- 2. The nurse is providing passive range of motion (ROM) exercises to the hip and knee. Which technique best protects the limb?**
 - A. Stabilize the pelvis**
 - B. Use rapid, forceful movements**
 - C. Grasp the knee and twist**
 - D. Cradle the client's heel**

- 3. Prior to administering a newly prescribed medication to a client, which action is essential?**
 - A. Administer the medication immediately to avoid delay**
 - B. Check the patient's vital signs only**
 - C. Verify the medication, dose, route, and patient identity**
 - D. Consult the family before administration**

- 4. On the third postoperative day following thoracic surgery, which action is appropriate?**
 - A. Provide chest physiotherapy**
 - B. Encourage ambulation around the unit**
 - C. Administer prescribed analgesics as needed**
 - D. Provide warm prune juice before the client goes to bed at night**

- 5. Which approach is most appropriate when advising a vegan-diet patient about nutrient supplementation?**
 - A. Emphasize Vitamin C supplementation**
 - B. Emphasize Vitamin B12 supplementation**
 - C. Emphasize calcium supplementation**
 - D. Emphasize iron supplementation**

- 6. Which procedure commonly uses the Sim's position?**
- A. Rectal enema administration**
 - B. Endotracheal intubation**
 - C. Insertion of a chest tube**
 - D. Lateral decubitus for imaging**
- 7. A medication is prescribed to be given QID. Which set of times completes a QID schedule?**
- A. 0800, 1200, 1600, 2000**
 - B. 0600, 1200, 1800, 2300**
 - C. 0900, 1500, 2100, 0300**
 - D. 1100, 1700, 2300, 0500**
- 8. A female nurse who sometimes tries to save time by putting medications in her uniform pocket is accused of what?**
- A. Diversion**
 - B. Theft**
 - C. Negligence**
 - D. Insubordination**
- 9. Before giving a newly prescribed medication, which information should the nurse verify?**
- A. Patient identity only**
 - B. Identity, name, dose, route, and time**
 - C. Time of day only**
 - D. Insurance information**
- 10. Which action best demonstrates proper technique when assisting an elderly patient who can stand but not ambulate?**
- A. Place a transfer belt around the client, assist to stand, and pivot to a chair that is placed at a right angle to the bed**
 - B. Have the patient walk unassisted**
 - C. Lift the patient under the arms**
 - D. Use a ceiling lift if needed**

Answers

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

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Explanations

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1. What client statement indicates to the nurse that the client requires assistance with bathing?

- A. I feel too weak and tired to bathe.
- B. I don't understand why i'm so weak and tired**
- C. I can bathe by myself with supervision
- D. I would like to skip bathing today

Understanding when a client cannot safely perform self-care because of cognitive or health-literacy issues is key for safe bathing care. When a client says they don't understand why they're so weak and tired, it shows a gap in understanding their own condition. That gap can hinder their ability to judge safety, energy levels, and when to seek help, making independent bathing risky. The nurse would recognize a need to provide assistance with bathing, along with education and closer supervision to prevent falls or exhaustion during the activity. In contrast, other statements either describe an immediate physical barrier to bathing or express a preference not to bathe, which don't highlight the same need for educational support and reassessment of safety during self-care.

2. The nurse is providing passive range of motion (ROM) exercises to the hip and knee. Which technique best protects the limb?

- A. Stabilize the pelvis
- B. Use rapid, forceful movements
- C. Grasp the knee and twist
- D. Cradle the client's heel**

During passive ROM of the hip and knee, keeping the leg well-supported and aligned is essential to prevent injury. Cradling the heel provides distal support, allowing you to move the limb as a unit while maintaining proper alignment of the knee and hip. This reduces the chance of twisting, hyperextending, or placing undue stress on ligaments and joints, and it distributes pressure away from the knee and ankle. Rapid, forceful movements or grasping the knee and twisting can cause harm, and stabilizing the pelvis alone doesn't offer the same protection to the entire limb. So, supporting the heel is the best way to protect the limb during these movements.

3. Prior to administering a newly prescribed medication to a client, which action is essential?

- A. Administer the medication immediately to avoid delay**
- B. Check the patient's vital signs only**
- C. Verify the medication, dose, route, and patient identity**
- D. Consult the family before administration**

Ensuring the right medication goes to the right patient is essential. Before giving a newly prescribed med, verify the medication, the dose, the route, and the patient's identity. This safety step, matching the order with the actual drug container (or barcode) and confirming who the patient is, prevents common errors like giving the wrong drug, incorrect dose, or administering it to the wrong person. While vital signs are important for overall assessment, they don't confirm that the correct medication is being given. Consulting family isn't appropriate for verifying safety and can raise privacy concerns. In short, the key action is to verify the medication, dose, route, and patient identity before administration.

4. On the third postoperative day following thoracic surgery, which action is appropriate?

- A. Provide chest physiotherapy**
- B. Encourage ambulation around the unit**
- C. Administer prescribed analgesics as needed**
- D. Provide warm prune juice before the client goes to bed at night**

Preventing and managing postoperative constipation is a common and important focus after thoracic surgery, especially when opioids and reduced mobility are involved. Warm prune juice acts as a gentle laxative due to its sorbitol content, helping stimulate bowel movements and reduce the risk of fecal impaction. Giving it before bed targets the time when the bowel is most likely to move, supporting regularity and comfort during recovery. Other actions support lung function and comfort—chest physiotherapy helps clear secretions, ambulation aids circulation and respiration, and analgesics ensure pain control to enable coughing and deep breathing. While these are important, prune juice directly addresses a frequent, specific postoperative risk at this stage.

5. Which approach is most appropriate when advising a vegan-diet patient about nutrient supplementation?

- A. Emphasize Vitamin C supplementation
- B. Emphasize Vitamin B12 supplementation**
- C. Emphasize calcium supplementation
- D. Emphasize iron supplementation

When advising a vegan-diet patient about supplementation, the most important focus is on vitamin B12. B12 is not reliably available from plant foods, so vegans are at real risk of deficiency unless they use either a supplement or B12-fortified foods. Deficiency can develop gradually and lead to serious problems, including fatigue, anemia, and nerve damage. Therefore, the recommended approach is to ensure regular B12 intake through a supplement or fortified products to meet ongoing needs. Calcium, iron, and vitamin C are still important and can be addressed through fortified foods and a varied plant-based diet, but they do not pose the same universal, persistent deficiency risk as B12 for vegan individuals, making B12 the key supplementation priority.

6. Which procedure commonly uses the Sim's position?

- A. Rectal enema administration**
- B. Endotracheal intubation
- C. Insertion of a chest tube
- D. Lateral decubitus for imaging

Sim's position is used to access the rectal area easily for procedures like enema administration. Lying on the left side with the upper knee flexed helps relax the rectum and sigmoid colon, and gravity directs the enema flow toward the lower bowel, making insertion and administration smoother and safer. This position also provides good exposure of the rectal area for exam or device placement. Endotracheal intubation relies on airway accessibility and visualization, typically performed with the patient supine and the head positioned to optimize the airway, not in a side-lying position. Insertion of a chest tube is usually done with access to the chest wall on the side of the problem, often in a position other than Sims'. Lateral decubitus for imaging is a different setup aimed at specific radiographic views.

7. A medication is prescribed to be given QID. Which set of times completes a QID schedule?

- A. 0800, 1200, 1600, 2000**
- B. 0600, 1200, 1800, 2300
- C. 0900, 1500, 2100, 0300
- D. 1100, 1700, 2300, 0500

Four times a day means a dose roughly every six hours, spread evenly within a 24-hour period, while also avoiding waking the patient if possible. The times 8:00, 12:00, 16:00, and 20:00 do just that: they provide four administrations across the day with consistent spacing and keep dosing during waking hours, which helps maintain steady drug levels and supports better adherence. Other schedules either place a dose in the middle of the night or use irregular intervals, which can disrupt sleep or create uneven drug levels.

8. A female nurse who sometimes tries to save time by putting medications in her uniform pocket is accused of what?

- A. Diversion**
- B. Theft**
- C. Negligence**
- D. Insubordination**

Medication diversion is the act of a healthcare worker taking medications for personal use, effectively misappropriating drugs from their proper use. Pocketing meds to save time fits this definition because it removes controlled substances from their intended use and places them into the worker's possession. It's a serious professional violation that endangers patients and violates policies and the law. This isn't negligence, which would be a failure to meet the standard of care, nor insubordination, which is disobedience to orders. While theft is a related concept, the term most often used in healthcare to describe this behavior is diversion, emphasizing the inappropriate transfer of medications from clinical use to personal use.

9. Before giving a newly prescribed medication, which information should the nurse verify?

- A. Patient identity only**
- B. Identity, name, dose, route, and time**
- C. Time of day only**
- D. Insurance information**

Safe medication administration relies on verifying several details before giving a newly prescribed medication. Confirming the patient's identity ensures you are treating the correct person. Verifying the medication's name confirms you're using the exact drug that was prescribed. Checking the dose prevents underdosing or overdosing. Confirming the route ensures the medication is delivered the intended way, which affects absorption and action. Verifying the time ensures doses are given according to the prescribed schedule, maintaining therapeutic levels and avoiding missed or double dosing. Insurance information or only the time of day do not address all of these critical elements, so they don't support safe administration.

10. Which action best demonstrates proper technique when assisting an elderly patient who can stand but not ambulate?

A. Place a transfer belt around the client, assist to stand, and pivot to a chair that is placed at a right angle to the bed

B. Have the patient walk unassisted

C. Lift the patient under the arms

D. Use a ceiling lift if needed

When helping someone who can stand but cannot ambulate, the priority is a safe, controlled transfer with good body mechanics. Start by placing a transfer belt around the patient's waist to provide a secure grip and reduce the risk of grabbing under the arms or losing control during the move. With the belt, assist the patient to stand using a coordinated lift, staying close to the patient with your feet shoulder-width apart and your back straight to protect both of you. Once upright, guide the person to pivot smoothly and sit in a chair that is positioned at a right angle to the bed, ensuring the chair is stable and at a height that allows their feet to rest flat. This setup supports a steady transfer, minimizes twisting, and helps the patient sit safely without sudden movements. Unassisted walking is unsafe when the patient cannot ambulate independently. Lifting under the arms can cause shoulder injuries for the patient and harm the caregiver, and while a ceiling lift is another option, it requires proper equipment and training and isn't necessary when a safe transfer with a belt and proper positioning is feasible.

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://hesiintrotoah.examzify.com>

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

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