

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 action should the nurse implement to prevent the formation of a sacral ulcer**
 - A. Position prone with a small pillow below the diaphragm**
 - B. Keep patient in high-Fowler's position**
 - C. Massage the sacral area hourly**
 - D. Leave the patient to reposition themselves**

- 2. The difference between 'assent' and 'consent' is:**
 - A. Consent is optional; assent is legally binding**
 - B. Assent is a legal agreement; consent is a verbal expression**
 - C. Consent is a legal agreement; assent is acknowledging willingness from someone who may have limited decision-making capacity**
 - D. Consent and assent are identical**

- 3. Informed consent in health care requires?**
 - A. Adequate information, voluntary decision, and capacity to decide**
 - B. A signature only**
 - C. A witness only**
 - D. A financial agreement**

- 4. A client with Raynaud's disease asks about using biofeedback. Which statement is accurate?**
 - A. Biofeedback allows the client to control involuntary responses to promote peripheral vasodilation**
 - B. Biofeedback is a type of surgical intervention**
 - C. Biofeedback cures Raynaud's disease**
 - D. Biofeedback is unsafe for most patients**

- 5. Which statement about herd immunity best describes its effect?**
 - A. Immunized individuals protect unvaccinated individuals by reducing disease spread in a population.**
 - B. Immunization completely prevents disease in every individual.**
 - C. Immunization increases susceptibility to non-targeted infections.**
 - D. Immunization has no effect on transmission dynamics.**

- 6. During a home health visit for an elderly client who had a brain attack three months ago, which home hazard should the nurse identify?**
- A. A cluttered kitchen with open countertops**
 - B. Numerous scatter rugs throughout the house**
 - C. Non-slip bath mats**
 - D. Handrails on all stairs**
- 7. A 35-year-old female client with cancer refuses to allow the nurse to insert an IV**
- A. Call security to force access**
 - B. Administer IV against the patient's wishes**
 - C. Evaluate the client's mental status for competence to refuse treatment**
 - D. Ignore the patient's refusal since it's life-threatening**
- 8. Convert $\frac{3}{5}$ to a decimal.**
- A. 0.50**
 - B. 0.75**
 - C. 0.60**
 - D. 0.80**
- 9. A tumor was removed and described as non-malignant. Which term best describes this tumor?**
- A. Malignant**
 - B. Benign**
 - C. Metastatic**
 - D. Invasive**
- 10. Which statement about vaccines and public health is accurate?**
- A. Vaccines have no impact on population health**
 - B. Vaccine programs are optional and rarely affect outbreaks**
 - C. Vaccines are harmful to the community**
 - D. Vaccination programs are a critical tool in preventing outbreaks**

Answers

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

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Explanations

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1. What action should the nurse implement to prevent the formation of a sacral ulcer

- A. Position prone with a small pillow below the diaphragm**
- B. Keep patient in high-Fowler's position**
- C. Massage the sacral area hourly**
- D. Leave the patient to reposition themselves**

Relieving prolonged pressure over a bony area is the key to preventing sacral ulcers. Positioning the patient prone with a small pillow under the diaphragm helps shift weight away from the sacral region. In this setup, the chest and abdomen are supported, which reduces direct contact and pressure on the sacrum, while the pillow provides a comfortable angle that aids off-loading. This allows blood flow to the tissues in the sacral area to improve and helps prevent ischemic injury. Remember to pair this with regular repositioning, a pressure-relieving mattress, and good skin care to keep skin clean and dry. Other options don't off-load the sacrum as effectively and can even increase risk: remaining in a high-Fowler's position continues pressure on the buttocks and sacrum; massaging the sacral area hourly isn't appropriate and can cause tissue damage; leaving the patient to reposition themselves may not relieve pressure promptly and can lead to falls.

2. The difference between 'assent' and 'consent' is:

- A. Consent is optional; assent is legally binding**
- B. Assent is a legal agreement; consent is a verbal expression**
- C. Consent is a legal agreement; assent is acknowledging willingness from someone who may have limited decision-making capacity**
- D. Consent and assent are identical**

Understanding how consent and assent work helps you respect patient autonomy across different decision-making abilities. Consent is a legal agreement given by someone who has decision-making capacity, after they have been fully informed about the treatment, risks, benefits, and alternatives. It authorizes and binds the person to proceed. Assent is the process of seeking a person's willingness to participate when they may not have full decision-making capacity—such as a child or someone with cognitive limitations. It honors their developing autonomy by explaining things in an understandable way and asking for their agreement, even though it isn't legally binding. The ultimate authorization often comes from a parent or guardian with legal authority, but obtaining assent shows respect for the patient's preferences and can influence the plan. In practice, pediatric care typically involves both: a guardian's consent and the child's assent when appropriate. This aligns with the idea that consent is a legal agreement, while assent is acknowledging willingness from someone who may have limited decision-making capacity.

3. Informed consent in health care requires?

- A. Adequate information, voluntary decision, and capacity to decide**
- B. A signature only**
- C. A witness only**
- D. A financial agreement**

Informed consent hinges on three elements: adequate information, voluntary decision, and capacity to decide. Adequate information means the patient understands what will be done, the risks and benefits, possible alternatives, and what could happen if they decline treatment. Voluntariness means the choice is made freely, without coercion or pressure from clinicians, family, or others. Capacity means the patient has the ability to understand the information, appreciate the consequences, and communicate a clear choice. If any element is missing, the consent may not be valid, and steps should be taken to provide more information, assess understanding, or involve appropriate support. A signature alone does not guarantee understanding or voluntariness; a witness alone does not ensure comprehensive information or voluntary choice; and a financial agreement has no bearing on the patient's ability to consent.

4. A client with Raynaud's disease asks about using biofeedback. Which statement is accurate?

- A. Biofeedback allows the client to control involuntary responses to promote peripheral vasodilation**
- B. Biofeedback is a type of surgical intervention**
- C. Biofeedback cures Raynaud's disease**
- D. Biofeedback is unsafe for most patients**

Biofeedback teaches you to influence automatic body processes. In Raynaud's disease, fingers or toes spasm and constrict blood vessels in response to cold or stress. By using biofeedback, you learn to read cues such as skin temperature or muscle tension and use relaxation and warming techniques to promote vasodilation. This helps increase blood flow to the extremities and can lessen the frequency or severity of vasospastic episodes. It's a noninvasive method that's generally safe and used alongside other treatments; it's not a surgical intervention, and it isn't a cure for the condition, but it can empower patients to manage symptoms more effectively.

5. Which statement about herd immunity best describes its effect?

A. Immunized individuals protect unvaccinated individuals by reducing disease spread in a population.

B. Immunization completely prevents disease in every individual.

C. Immunization increases susceptibility to non-targeted infections.

D. Immunization has no effect on transmission dynamics.

Herd immunity occurs when a large portion of the population is immune, which makes it harder for a contagious disease to spread. Because many people are immune, infected individuals have fewer opportunities to pass the pathogen, lowering the number of new cases. This protection extends to unvaccinated individuals as well, since transmission chains are interrupted. That's why the statement that best describes herd immunity is that immunized individuals protect unvaccinated individuals by reducing disease spread in a population. It's important to note that this doesn't guarantee disease prevention for every person—vaccines aren't 100% effective, and some people may still get infected. Also, herd immunity changes transmission dynamics by lowering the effective reproduction number, rather than having no impact or increasing susceptibility.

6. During a home health visit for an elderly client who had a brain attack three months ago, which home hazard should the nurse identify?

A. A cluttered kitchen with open countertops

B. Numerous scatter rugs throughout the house

C. Non-slip bath mats

D. Handrails on all stairs

In elderly patients recovering from a brain event, preventing falls is a top safety goal at home. Numerous scatter rugs create the highest risk because they can shift, fold, or slide under the feet, causing trips and slips. After a stroke, balance and gait are often impaired, and slower reactions make it harder to recover from a stumble, so loose rugs dramatically increase the chance of a fall. By comparison, non-slip bath mats are actually protective, handrails on stairs provide support, and a cluttered kitchen, while hazardous, does not pose the same immediate, surface-based fall risk as multiple loose rugs. The key is removing or securing loose rugs and ensuring clear, dry walking paths with good lighting and support options.

7. A 35-year-old female client with cancer refuses to allow the nurse to insert an IV
- A. Call security to force access
 - B. Administer IV against the patient's wishes
 - C. Evaluate the client's mental status for competence to refuse treatment**
 - D. Ignore the patient's refusal since it's life-threatening

Respecting patient autonomy means the nurse must determine whether the patient has the capacity to refuse treatment. When a patient with cancer refuses IV therapy, the appropriate step is to evaluate decision-making capacity: can she understand the information about the IV, appreciate the consequences of refusing, reason about options, and communicate a clear choice? If she is competent, her decision must be honored, and the nurse should document the refusal, inform the physician, and ensure safety while offering alternatives and re-evaluation if her wishes change. If she lacks capacity due to confusion, delirium, pain, or cognitive impairment, a legally authorized representative should be involved and appropriate steps followed, possibly including an ethics consult. For completeness, forcing access or administering against consent would violate ethical and legal standards, and ignoring the refusal is inappropriate even in life-threatening situations.

8. Convert $\frac{3}{5}$ to a decimal.

- A. 0.50
- B. 0.75
- C. 0.60**
- D. 0.80

Converting a fraction to a decimal means dividing the numerator by the denominator. Here, 3 divided by 5 equals 0.6 because 5 goes into 30 six times with a remainder of 0 when you move to the decimal place, giving 0.6. Writing two decimal places gives 0.60. That matches the decimal form of $\frac{3}{5}$, so this is the correct choice. The other numbers correspond to different fractions (0.50 is $\frac{1}{2}$, 0.75 is $\frac{3}{4}$, 0.80 is $\frac{4}{5}$), not $\frac{3}{5}$.

9. A tumor was removed and described as non-malignant. Which term best describes this tumor?

- A. Malignant
- B. Benign**
- C. Metastatic
- D. Invasive

When a tumor is described as non-malignant, the idea is that it is not cancerous and tends to stay localized. The term that fits this behavior is benign. Benign tumors are usually well contained, often encapsulated, and do not invade surrounding tissues or spread to distant parts of the body. In contrast, malignant describes cancerous growths that can invade nearby tissues and metastasize to other areas, which is why those terms wouldn't describe a non-malignant tumor. Invasive refers to the ability to invade adjacent tissues, a hallmark of malignant growths, not a non-malignant one. So, the best term is benign.

10. Which statement about vaccines and public health is accurate?

- A. Vaccines have no impact on population health**
- B. Vaccine programs are optional and rarely affect outbreaks**
- C. Vaccines are harmful to the community**
- D. Vaccination programs are a critical tool in preventing outbreaks**

Vaccination programs reduce disease and prevent outbreaks by creating herd immunity, which protects both people who are vaccinated and those who cannot be vaccinated. When a large portion of the population is immune, the pathogen has fewer opportunities to spread, interrupting transmission. This leads to lower disease incidence and severity, saving lives and reducing healthcare costs. Historical examples show how vaccines have controlled or eradicated illnesses and prevented widespread outbreaks. While individual vaccines carry rare risks, the overall benefit to community health far outweighs these, making vaccination programs a key tool in keeping communities safer.

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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:

<https://hesiintrotoah.examzify.com>

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

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