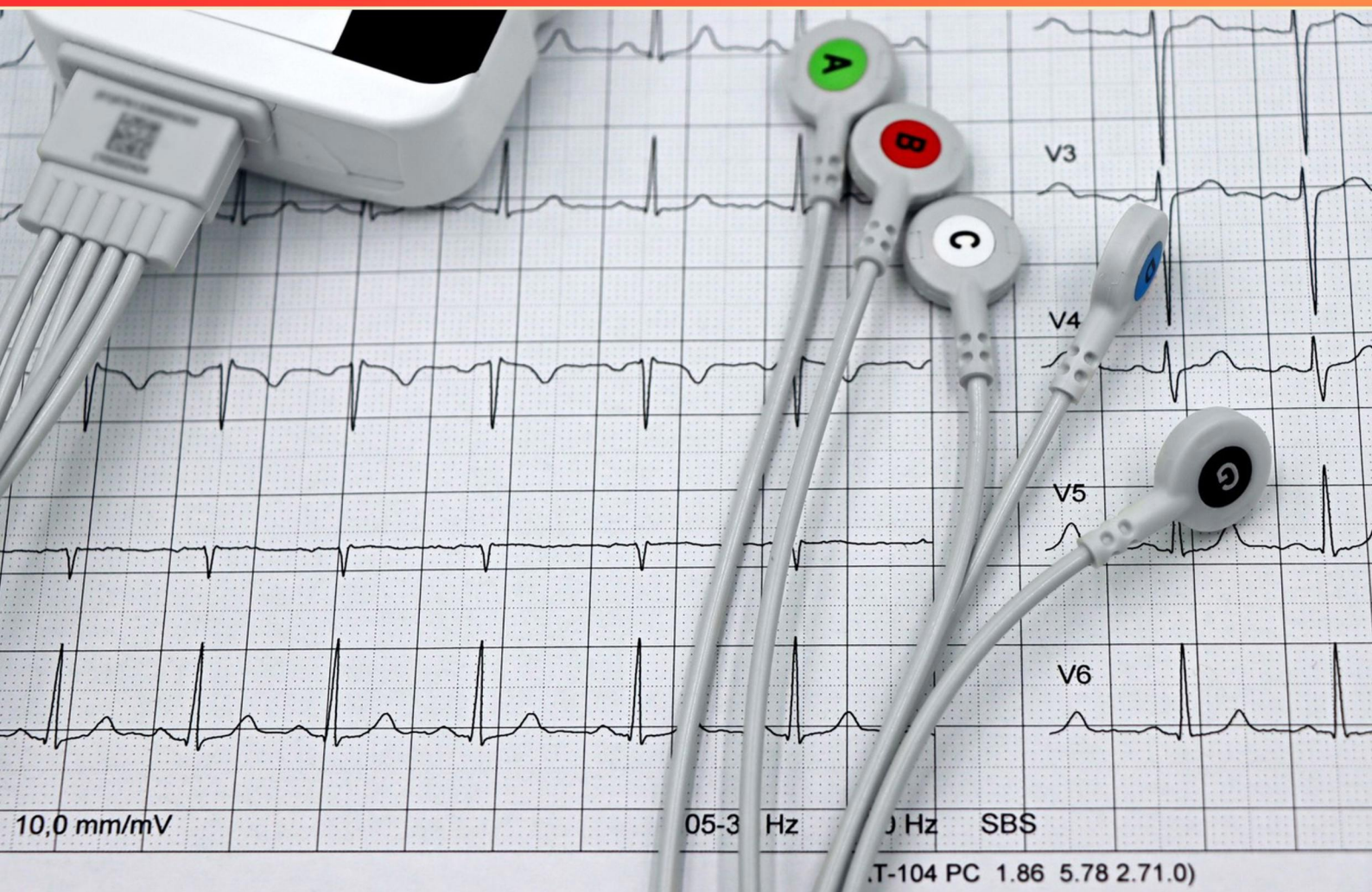


HESI INTRODUCTION TO ALLIED HEALTH (AH) PRACTICE TEST (SAMPLE)

STUDY GUIDE



Prepare with structure. Pass with confidence



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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. Which finding would most strongly suggest fluid volume imbalance in an elderly patient receiving home health care?**
 - A. Weight changes with edema and orthostatic hypotension
 - B. Persistent fever without other symptoms
 - C. Stable weight and normal vital signs
 - D. Low blood sugar readings

- 2. A male client has a nursing diagnosis of spiritual distress.**
 - A. Encourage the client to attend a specific religious service
 - B. Use reflective listening techniques when the client expresses spiritual doubt
 - C. Dismiss spiritual concerns and focus on physical symptoms
 - D. Recommend psychiatric evaluation

- 3. During bolus feeding via nasogastric tube, the client develops sudden shortness of breath and decreased oxygen saturation. The proper action is to:**
 - A. Continue the administration of the bolus feeding at the same rate
 - B. Pause the feeding to check the tube placement
 - C. Discontinue the administration of the bolus feeding
 - D. Flush the tube with water and resume feeding

- 4. Which statement is an example of a correctly written nursing diagnosis statement?**
 - A. Ineffective coping related to response to positive biopsy test results
 - B. Ineffective coping due to pain
 - C. Anxiety related to hospital stay
 - D. Risk for infection related to wound

- 5. Which statement best describes a macrobiotic diet?**
 - A. Emphasizes combination of plant proteins to provide essential amino acids
 - B. Emphasizes dairy and meat consumption
 - C. Eliminates all carbohydrates
 - D. Focuses on processed foods

- 6. 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.
- 7. Which vaccine type uses a weakened form of the pathogen to stimulate immunity?**
- A. Inactivated vaccine
 - B. Subunit vaccine
 - C. Live attenuated vaccine
 - D. Toxoid vaccine
- 8. While delivering a bolus feeding, the patient regurgitates formula with coughing. What is the correct action?**
- A. Continue the administration at the same rate
 - B. Discontinue the administration of the bolus feeding
 - C. Pause the feeding to check the tube placement
 - D. Slow the rate and reassess
- 9. The root pulmon- refers to which organ?**
- A. Heart
 - B. Lungs
 - C. Liver
 - D. Kidneys
- 10. During bolus feeding via nasogastric tube, the client reports chest tightness and shortness of breath. The best course of action is to:**
- A. Continue the administration at the same rate
 - B. Pause the feeding to check the tube placement
 - C. Discontinue the administration of the bolus feeding
 - D. Flush the tube and resume feeding

Answers

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

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Explanations

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1. Which finding would most strongly suggest fluid volume imbalance in an elderly patient receiving home health care?

- A. Weight changes with edema and orthostatic hypotension**
- B. Persistent fever without other symptoms
- C. Stable weight and normal vital signs
- D. Low blood sugar readings

Fluid volume imbalance is suggested when you see signs that fluid status is not where it should be, especially in older adults where small changes matter. Weight change is a key clue, because it directly reflects fluid gained or lost. Edema shows fluid accumulating in the tissues, indicating fluid overload, while orthostatic hypotension—blood pressure dropping on standing—points to reduced circulating volume. When both are present, they strongly indicate the body's fluid balance is off. By contrast, a fever without other symptoms suggests infection, stable weight with normal vital signs points to stable fluid status, and low blood sugar signals a metabolic issue rather than a fluid problem.

2. A male client has a nursing diagnosis of spiritual distress.

- A. Encourage the client to attend a specific religious service
- B. Use reflective listening techniques when the client expresses spiritual doubt**
- C. Dismiss spiritual concerns and focus on physical symptoms
- D. Recommend psychiatric evaluation

The main idea is to respond to spiritual distress with empathetic, patient-centered communication that helps the client express and explore their beliefs and doubts. Using reflective listening means you listen closely, then restate or paraphrase what the client says in your own words, ask clarifying questions, and validate their feelings. This approach shows respect for the client's beliefs, helps them feel understood, and creates space for them to articulate fears, meaning, and coping strategies. It also opens the door to appropriate spiritual support, such as chaplaincy services, if the client desires, without pushing a particular belief. Encouraging attendance at a specific religious service can pressure the client to adopt a belief or practice that may not align with their own values. Dismissing spiritual concerns and focusing only on physical symptoms neglects a key aspect of holistic care and can deepen distress. Recommending psychiatric evaluation pathologizes normal spiritual struggle and isn't appropriate as a first-line response unless there are separate mental health concerns.

3. During bolus feeding via nasogastric tube, the client develops sudden shortness of breath and decreased oxygen saturation. The proper action is to:

- A. Continue the administration of the bolus feeding at the same rate
- B. Pause the feeding to check the tube placement
- C. Discontinue the administration of the bolus feeding**
- D. Flush the tube with water and resume feeding

When a patient on bolus enteral feeding suddenly develops shortness of breath and a drop in oxygen saturation, the immediate concern is airway protection and stopping further aspiration. This presentation most strongly suggests aspiration of formula into the lungs, which can rapidly worsen respiratory status. Stopping the bolus feeding right away prevents more material from entering the airway and allows you to focus on breathing support. After discontinuing the feed, assess and support respiration: monitor oxygen saturation, provide supplemental oxygen as ordered, and position the patient with the head of the bed elevated to ease breathing. Then recheck the patient's status and, as soon as stability is achieved, verify tube placement and follow appropriate protocol before deciding whether to resume feeding—often at a slower rate or via a different method, per orders. Continuing at the same rate would risk further aspiration, and flushing then resuming could reintroduce material into the airway if the feeding route is still implicated.

4. Which statement is an example of a correctly written nursing diagnosis statement?

- A. Ineffective coping related to response to positive biopsy test results**
- B. Ineffective coping due to pain
- C. Anxiety related to hospital stay
- D. Risk for infection related to wound

Understanding how to write a nursing diagnosis helps you connect the problem to its cause in a way you can act on. The best choice uses the standard format: a clear problem label followed by a cause introduced with related to. Here, the problem is ineffective coping, and it's linked to the patient's response to a positive biopsy test result. This makes the diagnosis actionable because it points to focusing on emotional support, coping strategies, and patient education to help the patient work through the news and adapt. Other options fall short because they either use an off-standard linkage or omit defining characteristics. Using due to instead of related to isn't the conventional nursing-diagnosis phrasing. An anxiety statement without defining characteristics or signs and symptoms is less specific about what confirms the diagnosis. A risk-for diagnosis can be valid, but it should specify clear risk factors or conditions that increase the likelihood of infection, rather than simply naming a wound; without that, it's harder to guide targeted interventions.

5. Which statement best describes a macrobiotic diet?

- A. Emphasizes combination of plant proteins to provide essential amino acids**
- B. Emphasizes dairy and meat consumption
- C. Eliminates all carbohydrates
- D. Focuses on processed foods

A key idea of a macrobiotic diet is building meals around whole, minimally processed plant foods, with grains as the foundation. A central practice is obtaining all essential amino acids from plant sources by pairing cereals with legumes, ensuring complete protein without relying on animal products. This is why emphasizing the combination of plant proteins to provide essential amino acids is the best description. The approach usually reduces or avoids dairy and meat, includes carbohydrates through grains and vegetables rather than eliminating them, and steers away from processed foods in favor of simple, natural options.

6. 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.

7. Which vaccine type uses a weakened form of the pathogen to stimulate immunity?

- A. Inactivated vaccine
- B. Subunit vaccine
- C. Live attenuated vaccine**
- D. Toxoid vaccine

A vaccine that uses a weakened form of the pathogen works by letting a live, but attenuated, organism replicate just enough to stimulate the immune system without causing disease. This close-to-natural exposure triggers a strong and broad immune response, engaging both antibodies and T cells, which often leads to longer-lasting immunity with fewer doses. Common examples include vaccines made from attenuated viruses that resemble a natural infection, building robust memory so the body can respond quickly if real exposure occurs. Inactivated vaccines, by contrast, contain pathogens that have been killed; they cannot replicate, so the immune response tends to be weaker and boosters are usually needed. Subunit vaccines present only specific pieces of the pathogen (such as a protein), which reduces risk but may also require multiple doses to maintain protection. Toxoid vaccines target inactivated toxins produced by bacteria, training the immune system to neutralize the toxin rather than the whole organism.

8. While delivering a bolus feeding, the patient regurgitates formula with coughing. What is the correct action?

- A. Continue the administration at the same rate
- B. Discontinue the administration of the bolus feeding**
- C. Pause the feeding to check the tube placement
- D. Slow the rate and reassess

When regurgitation occurs with coughing during a bolus feeding, it signals a risk that formula could be entering the airway. The immediate priority is airway protection, so discontinue the bolus feeding right away. After stopping, assess and support the patient's breathing, keep the head elevated to reduce aspiration risk, and suction if needed. Once the patient is stable, evaluate tube placement and consider restarting feeding only with appropriate precautions, such as switching to a slower or continuous method and confirming proper tube position before resuming. Continuing at the same rate wouldn't prevent further aspiration, and pausing or simply slowing the rate doesn't adequately address the immediate airway risk.

9. The root pulmon- refers to which organ?

- A. Heart
- B. Lungs**
- C. Liver
- D. Kidneys

Medical terms are built from roots that point to a specific body part. The root pulmon- comes from Latin pulmo, meaning lung, so it indicates the lungs. That's why terms like pulmonary function or pulmonology describe things related to the lungs. In contrast, the heart would be tied to cardio- or cor-, the liver to hepato- or hepat-, and the kidneys to nephro- or ren-. Understanding these roots helps you recognize which organ a term is describing.

10. During bolus feeding via nasogastric tube, the client reports chest tightness and shortness of breath. The best course of action is to:

- A. Continue the administration at the same rate
- B. Pause the feeding to check the tube placement
- C. Discontinue the administration of the bolus feeding**
- D. Flush the tube and resume feeding

When a patient receiving enteral nutrition through an NG tube reports chest tightness and shortness of breath, this can signal aspiration of the feed into the lungs or an airway reaction. The priority action is to stop the source of potential harm immediately. Discontinue the bolus feeding right away to prevent further liquid from entering the airway and to allow prompt assessment of the patient's breathing and comfort. After stopping, assess respiratory status, monitor vital signs, and notify the medical team as needed. Continuing the feed or only pausing it to check placement could allow more aspirated material to accumulate and worsen the situation, and flushing to resume would not address the risk. Stopping the feeding first is the safest initial step to protect the patient.

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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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