HESI Level 1 Practice Exam (Sample)

Study Guide

BY EXAMZIFY

Everything you need from our exam experts!

Sample study guide. For the full version with hundreds of questions, visit:
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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.

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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!

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Questions

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1. **In preparing a patient for discharge after a myocardial infarction, what instruction is most important for the nurse to provide?**
   - **A. Engage in regular cardiovascular exercise.**
   - **B. Limit fluid intake to avoid congestion.**
   - **C. Monitor blood pressure daily at home.**
   - **D. Avoid saturated fats in diet.**

2. **What is the benefit of patient-centered care?**
   - **A. It focuses on reducing healthcare costs**
   - **B. It improves patient satisfaction and outcomes**
   - **C. It prioritizes physician preferences over patient needs**
   - **D. It decreases the need for patient education**

3. **What client statement indicates to the nurse that the client requires assistance with bathing?**
   - **A. "I wasn't able to pack a bag before I left for the hospital."**
   - **B. "I don't understand why I'm so weak and tired."**
   - **C. "I only bathe every other day."**
   - **D. "I left my eyeglasses at home."**

4. **What is the primary focus of health promotion in nursing?**
   - **A. Managing chronic illnesses**
   - **B. Preventing illness and maintaining wellness**
   - **C. Providing palliative care**
   - **D. Conducting research on disease prevention**

5. **What is the expected outcome when monitoring a client receiving Dextrose 5% in Water (D5W) for hydration?**
   - **A. Improved glucose levels.**
   - **B. Increased urine output.**
   - **C. Hydration status improvement.**
   - **D. Reduction in edema.**

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6. How can nurses demonstrate ethical practice in patient care?

A. By prioritizing institutional policies over patient rights

B. By respecting patient autonomy and confidentiality

C. By withholding information from patients

D. By avoiding difficult conversations

7. How can a nurse recognize signs of fluid overload?

A. By checking for increased heart rate

B. By monitoring for edema and changes in vital signs

C. By assessing for dry skin

D. By observing changes in appetite

8. What action should the nurse take after supporting the client's knee with one hand during passive ROM exercises?

A. Raise the bed to a comfortable working level.

B. Bend the client's knee.

C. Move the knee toward the chest as far as it will go.

D. Cradle the client's heel.

9. Which physical characteristic of aging increases the risk for developing decubitus ulcers?

A. 16% increase in overall body fat.

B. Reduced melanin production.

C. Thinning of the skin with loss of elasticity.

D. Calcium loss in the bones.

10. Why is it important to keep a neonate warm?

A. The kidneys and renal function are not fully developed.

B. Warmth promotes sleep so the infant will grow quickly.

C. A large body surface area favors heat loss to the environment.

D. The thick layer of subcutaneous fat is inadequate for insulation.

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Answers

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

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Explanations

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1. In preparing a patient for discharge after a myocardial infarction, what instruction is most important for the nurse to provide?

A. Engage in regular cardiovascular exercise.

B. Limit fluid intake to avoid congestion.

C. Monitor blood pressure daily at home.

D. Avoid saturated fats in diet.

Engaging in regular cardiovascular exercise is a critical instruction for a patient discharged after a myocardial infarction, as it plays a vital role in the recovery process. Regular exercise helps improve cardiovascular fitness, strengthens the heart muscle, and can reduce the risk of future cardiac events. It also aids in weight management, lowering cholesterol levels, and managing stress, all of which are essential for maintaining heart health post-infarction. While monitoring blood pressure, limiting fluid intake, and avoiding saturated fats are also significant components of post-myocardial infarction care, the emphasis on regular cardiovascular exercise is paramount. Exercise not only facilitates recovery but actively contributes to a healthy lifestyle that can prevent further complications. Therefore, this instruction is crucial for optimizing the patient's long-term health outcomes.

2. What is the benefit of patient-centered care?

A. It focuses on reducing healthcare costs

B. It improves patient satisfaction and outcomes

C. It prioritizes physician preferences over patient needs

D. It decreases the need for patient education

The emphasis on patient-centered care significantly improves patient satisfaction and outcomes. This approach prioritizes the individual needs and preferences of patients, recognizing them as partners in their own healthcare. By involving patients in decision-making processes and respecting their values, healthcare providers can tailor treatments and interventions that are more aligned with what the patients desire and require. This heightened level of engagement leads to better adherence to treatment plans, as patients are more likely to follow recommendations that they feel invested in. Improved outcomes often result from this collaboration, as patients are not just passive recipients of care but active participants. Ultimately, when patients feel heard and understood, their overall healthcare experience is enhanced, leading to higher satisfaction rates and often better health results.

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

A. "I wasn't able to pack a bag before I left for the hospital."

B. "I don't understand why I'm so weak and tired."

C. "I only bathe every other day."

D. "I left my eyeglasses at home."

The statement indicating that the client requires assistance with bathing is the one expressing confusion about their weakness and fatigue. This response suggests that the client may be experiencing a physical or health-related issue impacting their ability to perform activities of daily living, such as bathing. Weakness and fatigue can significantly affect a person's mobility and self-care abilities, indicating that they might need help with personal hygiene tasks. Understanding the reasons behind the client's feelings of weakness could also lead to addressing underlying medical conditions or the effects of treatment or recovery processes, thereby ensuring that appropriate support and interventions are provided. In this context, providing assistance with bathing becomes an essential aspect of nursing care to promote the client's overall well-being and dignity.

4. What is the primary focus of health promotion in nursing?

A. Managing chronic illnesses

B. Preventing illness and maintaining wellness

C. Providing palliative care

D. Conducting research on disease prevention

The primary focus of health promotion in nursing is centered around preventing illness and maintaining wellness. This approach emphasizes the importance of proactive measures in healthcare, aiming to enhance the overall well-being of individuals and communities rather than merely reacting to illnesses after they occur. Health promotion encompasses a range of activities that include educating patients about lifestyle choices, encouraging regular health screenings, and implementing community health initiatives. By focusing on prevention and wellness, nurses play a crucial role in helping individuals adopt healthier behaviors, reduce risk factors for disease, and achieve a higher quality of life. While managing chronic illnesses, providing palliative care, and conducting research on disease prevention are essential components of nursing and healthcare, they are more reactive or specific in nature compared to the overarching goal of promoting health and preventing illness. The focus on wellness reflects a holistic view of healthcare, prioritizing the enhancement of patients' quality of life and the prevention of health issues before they arise.

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5. What is the expected outcome when monitoring a client receiving Dextrose 5% in Water (D5W) for hydration?

A. Improved glucose levels.

B. Increased urine output.

C. Hydration status improvement.

D. Reduction in edema.

When monitoring a client receiving Dextrose 5% in Water (D5W) for hydration, the expected outcome of improved hydration status is particularly relevant. D5W is an isotonic solution that primarily serves to provide both water and calories, making it useful in maintaining hydration and supplying energy. As the body absorbs the dextrose, the solution effectively increases the overall fluid volume in the bloodstream, which can enhance hydration levels. This is especially beneficial for clients who may be dehydrated due to various factors, such as illness, surgery, or inadequate oral intake. Proper hydration can improve cellular function and overall health by ensuring that tissues receive adequate fluids. Other options, while they might tangentially relate to aspects of patient management, do not directly reflect the primary purpose and expected outcome of using D5W for hydration.

6. How can nurses demonstrate ethical practice in patient care?

A. By prioritizing institutional policies over patient rights

B. By respecting patient autonomy and confidentiality

C. By withholding information from patients

D. By avoiding difficult conversations

Nurses can demonstrate ethical practice in patient care by respecting patient autonomy and confidentiality. Respecting patient autonomy means acknowledging and honoring a patient's right to make informed decisions regarding their own healthcare. This includes providing patients with all the necessary information about their diagnosis, treatment options, and potential risks, thereby empowering them to make choices that align with their values and preferences. Confidentiality is also a cornerstone of ethical nursing practice. It requires that nurses protect sensitive patient information and disclose it only with the patient's consent or when legally required. By prioritizing these ethical principles, nurses foster trust in the nurse-patient relationship, create a safe environment for patients to express their concerns and preferences, and ultimately enhance patient outcomes. This approach underscores the importance of treating patients with dignity and respect, which is fundamental to ethical nursing practice.

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7. How can a nurse recognize signs of fluid overload?

A. By checking for increased heart rate

B. By monitoring for edema and changes in vital signs

C. By assessing for dry skin

D. By observing changes in appetite

Recognizing signs of fluid overload is critical in nursing practice, and one of the most effective ways to do this is by monitoring for edema and changes in vital signs. Fluid overload often leads to excess fluid accumulation in the body, which can present as swelling or edema, particularly in the extremities or dependent areas. Additionally, monitoring vital signs is essential because fluid overload can impact cardiovascular function. For instance, you might observe elevated blood pressure due to increased blood volume, or changes in respiratory rate if pulmonary edema occurs, leading to difficulty breathing. Hence, the observation of both edema and vital sign changes provides a comprehensive approach to identifying fluid overload in patients. This attention to both physical signs and vital signs is foundational in managing the patient's condition and ensuring appropriate interventions are timely implemented.

8. What action should the nurse take after supporting the client's knee with one hand during passive ROM exercises?

A. Raise the bed to a comfortable working level.

B. Bend the client's knee.

C. Move the knee toward the chest as far as it will go.

D. Cradle the client's heel.

After supporting the client's knee with one hand during passive range of motion (ROM) exercises, cradling the client's heel is the most appropriate action. This technique provides stability and support to the joint and allows for controlled movement of the leg without causing strain or discomfort to the client. By cradling the heel, the nurse can effectively facilitate the exercise while ensuring that the knee and surrounding muscles are properly aligned and protected. Cradling the heel also gives the nurse more control over the movement, allowing for smooth, gradual motions that respect the client's range of movement and comfort level. This is particularly essential for passive ROM exercises, where the nurse actively moves the client's limbs while the client remains relaxed. Proper support is crucial in minimizing the risk of injury and maximizing the benefits of the exercises. Other options may involve movements or actions that do not prioritize the support of the knee joint or could risk discomfort or harm to the client, making them less suitable choices in this context.

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9. Which physical characteristic of aging increases the risk for developing decubitus ulcers?

A. 16% increase in overall body fat.

B. Reduced melanin production.

C. Thinning of the skin with loss of elasticity.

D. Calcium loss in the bones.

Thinning of the skin with loss of elasticity is significant in increasing the risk of developing decubitus ulcers, also known as pressure sores or bedsores. As individuals age, the skin undergoes various changes, including thinning and reduced elasticity. This makes the skin more fragile and less able to withstand pressure or friction, which are key factors that contribute to the development of pressure ulcers. When a person is immobile for extended periods, such as in a hospital bed or wheelchair, the pressure exerted on certain areas of the skin can disrupt blood flow to those regions. Thinner skin lacks the same layers of protective fat and connective tissue that help cushion and protect underlying structures. Consequently, these areas are more susceptible to damage and ulcer formation. The other physical characteristics mentioned, while related to aging, do not have the same direct impact on the skin's ability to resist pressure. For example, an increase in overall body fat might provide some cushioning, and reduced melanin production is more related to pigmentation and skin protection from UV damage rather than structural integrity. Calcium loss in bones affects skeletal strength but does not influence skin health directly regarding decubitus ulcer risk. Thus, the thinning of the skin and the loss of elasticity are critical factors in the

10. Why is it important to keep a neonate warm?

A. The kidneys and renal function are not fully developed.

B. Warmth promotes sleep so the infant will grow quickly.

C. A large body surface area favors heat loss to the environment.

D. The thick layer of subcutaneous fat is inadequate for insulation.

Keeping a neonate warm is essential primarily because a large body surface area relative to their weight facilitates significant heat loss to the environment. Neonates have a higher ratio of surface area to body mass, which means they can lose heat more rapidly, especially in cooler environments. This predisposition increases the risk for hypothermia, as their bodies are not yet capable of generating sufficient heat through metabolism or shivering. Maintaining an adequate temperature is critical for a neonate's overall health and well-being, as it supports vital physiological functions, including metabolism and cardiovascular stability. Inadequate warmth can lead to increased oxygen demand, hypoglycemia, and metabolic imbalances, affecting the infant's growth and development. Therefore, ensuring that the neonate is kept at an appropriate temperature helps mitigate these risks and promotes optimal health outcomes. While the other options mention factors related to neonatal care, they do not directly address the primary concern of heat loss due to body surface area.

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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://hesilvl1.examzify.com

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

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