

HESI Level 2 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 approach should a nurse take to motivate a child with a chronic disability who is often crying about being different?**
 - A. Recommend the family redirect the behavior to a "you can do it" attitude.**
 - B. Encourage the parents to role model ways to act when one is disappointed.**
 - C. Suggest that all the children are included in family decision making.**
 - D. Evaluate the proper use of equipment that is provided to improve the child's lifestyle.**

- 2. What type of medication should be administered first to a client in status asthmaticus?**
 - A. Beta 2-antagonist.**
 - B. Antihistamine.**
 - C. Decongestant.**
 - D. IV antibiotics.**

- 3. What explanation should the nurse give to a postmenopausal client experiencing discomfort during intercourse?**
 - A. Estrogen deficiency causes the vaginal tissues to become dry and thinner**
 - B. Infrequent intercourse results in loss of vaginal elasticity**
 - C. Dehydration causes vulva tissue dryness**
 - D. Lack of adequate stimulation is the most common cause**

- 4. What percentage of daily intake should carbohydrates constitute for someone with diabetes on a 2000 calorie diet?**
 - A. 30%**
 - B. 40%**
 - C. 50%**
 - D. 60%**

- 5. Which intervention is essential before transfusing blood to prevent a hemolytic reaction?**
- A. Obtain the donor's blood type.**
 - B. Check the client's baseline vital signs.**
 - C. Prime a new blood transfusion set.**
 - D. Ensure the accuracy of the blood type match.**
- 6. What is the most important priority when caring for a client with hypovolemic shock?**
- A. Monitoring blood pressure.**
 - B. Continuous cardiac monitoring.**
 - C. Administering oxygen therapy.**
 - D. Assessing level of consciousness.**
- 7. What is the best reason for a nurse to explain the necessity of complete bedrest to a pregnant client with mitral stenosis?**
- A. A. "Complete bedrest decreases oxygen needs and demands on the heart muscle tissue."**
 - B. B. "We want your baby to be healthy, and this is the only way we can make sure that will happen."**
 - C. C. "I know you're upset. Would you like to talk about some things you could do while in bed?"**
 - D. D. "Labor is difficult and you need to use this time to rest before you have to assume all child-caring duties."**
- 8. Which symptom is NOT consistent with diminished peripheral circulation?**
- A. Diminished hair on legs.**
 - B. Skin that is cool to touch.**
 - C. Capillary refill less than 3 seconds.**
 - D. Darkened skin on extremities.**
- 9. What is the best practice for a nurse caring for a hospice patient requiring pain management?**
- A. Focus on pain score documentation.**
 - B. Regularly assess and document pain levels.**
 - C. Only administer medication when requested.**
 - D. Consult a pain management specialist.**

10. Which factor is the most important for successful teaching of the gravid client?

- A. The client's readiness to learn.**
- B. The client's educational background.**
- C. The order in which the information is presented.**
- D. The extent to which the pregnancy was planned.**

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Answers

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

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Explanations

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1. What approach should a nurse take to motivate a child with a chronic disability who is often crying about being different?

- A. Recommend the family redirect the behavior to a "you can do it" attitude.**
- B. Encourage the parents to role model ways to act when one is disappointed.**
- C. Suggest that all the children are included in family decision making.**
- D. Evaluate the proper use of equipment that is provided to improve the child's lifestyle.**

Motivating a child with a chronic disability who feels different can be challenging, and a positive reinforcement approach is often effective. By recommending that the family redirect the child's behavior to a "you can do it" attitude, the nurse is advocating for a strategy that focuses on empowerment and resilience. This method helps the child develop a growth mindset, enabling them to embrace their abilities and face challenges with a more positive outlook. Fostering a "you can do it" mentality encourages the child to acknowledge their strengths and work through feelings of inadequacy. This alternative narrative helps shift focus from what the child cannot do to what they can achieve, reinforcing their self-esteem and motivation. While the other choices may have merits in different contexts, they do not directly address the immediate emotional needs of the child as effectively as the primary option. For instance, encouraging parents to role model disappointment management is valuable but does not directly provide the child with the necessary motivational support. Similarly, including all children in family decision-making and evaluating equipment use may be beneficial steps, but they do not specifically target the child's feelings of difference or support their emotional development in that moment.

2. What type of medication should be administered first to a client in status asthmaticus?

- A. Beta 2-antagonist.**
- B. Antihistamine.**
- C. Decongestant.**
- D. IV antibiotics.**

In the context of a client experiencing status asthmaticus, the primary goal is to quickly relieve the bronchospasm and improve airflow. Beta 2-agonists, such as albuterol, are bronchodilators that work by relaxing the smooth muscles of the airways, leading to dilation and improved airflow. They are the first-line treatment for acute asthma exacerbations, including status asthmaticus. The rapid onset of action of beta 2-agonists makes them crucial in addressing the immediate need for bronchodilation in a crisis situation. While antihistamines, decongestants, and antibiotics may play roles in managing asthma or related conditions, they do not directly treat the acute bronchospasm associated with status asthmaticus. Antihistamines are more useful for allergic reactions, decongestants help with nasal congestion, and IV antibiotics would be considered only if there is a secondary infection contributing to the respiratory distress. Therefore, the use of beta 2-agonists as the first medication for immediate relief is well-supported by clinical practice guidelines.

3. What explanation should the nurse give to a postmenopausal client experiencing discomfort during intercourse?

- A. Estrogen deficiency causes the vaginal tissues to become dry and thinner**
- B. Infrequent intercourse results in loss of vaginal elasticity**
- C. Dehydration causes vulva tissue dryness**
- D. Lack of adequate stimulation is the most common cause**

The rationale behind the choice that mentions estrogen deficiency causes the vaginal tissues to become dry and thinner is rooted in the physiological changes that occur during menopause. After menopause, a woman's ovaries produce significantly less estrogen, which is crucial for maintaining the health of vaginal tissues. This decrease in estrogen levels can lead to vaginal atrophy, characterized by thinning and drying of the vaginal walls. This can result in discomfort during intercourse, known as dyspareunia. Understanding the impact of estrogen on vaginal health highlights how hormonal changes directly affect physical sensations and comfort during sexual activity. The awareness of estrogen's role helps the nurse provide targeted advice, such as recommending moisturizers or lubricants or discussing possible hormone replacement therapy, to alleviate discomfort. Other options relate to factors that may influence vaginal health or comfort during intercourse, but they do not directly address the primary cause linked to menopause. For instance, infrequent intercourse might contribute to vaginal tone, but it doesn't explain the fundamental hormonal changes that lead to dryness. Dehydration might affect overall body moisture but is not specifically tied to menopause-related vaginal changes. Lack of adequate stimulation could influence arousal, but it does not account for the physiological changes caused by decreased estrogen levels. This context reinforces why understanding hormonal influence is essential for

4. What percentage of daily intake should carbohydrates constitute for someone with diabetes on a 2000 calorie diet?

- A. 30%**
- B. 40%**
- C. 50%**
- D. 60%**

For an individual with diabetes following a 2000 calorie diet, carbohydrates should ideally constitute about 50% of total daily calorie intake. This recommendation aligns with dietary guidelines which suggest that carbohydrates, primarily from whole grains, fruits, and vegetables, should be the main source of energy in a balanced diet. By consuming 50% of daily calories from carbohydrates, a person would intake around 1000 calories from this macronutrient. Since each gram of carbohydrates provides approximately 4 calories, this equates to about 250 grams of carbohydrates per day. It is important for individuals with diabetes to focus on the quality of carbohydrates, favoring complex carbohydrates with a low glycemic index to help manage blood glucose levels effectively. Lower percentages, such as those represented in the other options, may not provide sufficient energy and nutrients needed for a healthy diet and could potentially lead to imbalances. In contrast, the 50% guideline supports both adequate energy intake and overall health.

5. Which intervention is essential before transfusing blood to prevent a hemolytic reaction?

- A. Obtain the donor's blood type.**
- B. Check the client's baseline vital signs.**
- C. Prime a new blood transfusion set.**
- D. Ensure the accuracy of the blood type match.**

Ensuring the accuracy of the blood type match is crucial before transfusing blood because mismatched blood types can lead to severe and potentially life-threatening hemolytic reactions. During a hemolytic reaction, the recipient's immune system reacts against the transfused blood cells, perceiving them as foreign. This can cause the destruction of red blood cells, leading to symptoms such as fever, chills, back pain, and even acute renal failure. Confirming that the donor's blood type matches the recipient's blood type minimizes this risk significantly. Typically, this involves cross-matching the blood, where samples from both the donor and the recipient are tested together to ensure compatibility. By prioritizing this step, healthcare providers can greatly reduce the chances of an adverse reaction, thereby protecting the patient during the transfusion process. While obtaining the donor's blood type and checking baseline vital signs are important steps in the transfusion process, they do not directly prevent hemolytic reactions as effectively as confirming the blood type match. Priming a new blood transfusion set is also necessary but relates more to setting up the equipment rather than addressing the fundamental compatibility issue.

6. What is the most important priority when caring for a client with hypovolemic shock?

- A. Monitoring blood pressure.**
- B. Continuous cardiac monitoring.**
- C. Administering oxygen therapy.**
- D. Assessing level of consciousness.**

In the context of caring for a client with hypovolemic shock, continuous cardiac monitoring is crucial because this condition can significantly impact the cardiovascular system due to reduced blood volume. Hypovolemic shock results in insufficient blood flow to the heart and other vital organs, which can lead to changes in heart rate and rhythm, potentially resulting in arrhythmias or cardiac arrest. Continuous cardiac monitoring allows healthcare providers to detect and respond to these changes in real time, ensuring immediate intervention if the patient's condition deteriorates. Monitoring the heart rate and rhythm is essential for assessing how well the heart is compensating for the decreased blood volume and can guide treatment decisions. While monitoring blood pressure, administering oxygen therapy, and assessing the level of consciousness are important aspects of care for a client in shock, they are part of a broader approach to monitoring and managing the patient. Blood pressure is a critical indicator of hemodynamic status, but it can sometimes be misleading in the early stages of shock. Administering oxygen helps improve tissue oxygenation, and assessing the level of consciousness provides insight into cerebral perfusion. However, continuous cardiac monitoring stands out as the critical priority given the immediate risks associated with compromised cardiac function in hypovolemic shock.

7. What is the best reason for a nurse to explain the necessity of complete bedrest to a pregnant client with mitral stenosis?

A. A. "Complete bedrest decreases oxygen needs and demands on the heart muscle tissue."

B. B. "We want your baby to be healthy, and this is the only way we can make sure that will happen."

C. C. "I know you're upset. Would you like to talk about some things you could do while in bed?"

D. D. "Labor is difficult and you need to use this time to rest before you have to assume all child-caring duties."

The most appropriate reason for explaining the necessity of complete bedrest to a pregnant client with mitral stenosis is focused on the physiological impact that rest can have on the heart's workload and oxygen requirements. Complete bedrest is essential for individuals with mitral stenosis, as this condition can lead to increased heart strain due to narrowed mitral valves, which can impede proper blood flow. By minimizing physical activity and promoting complete rest, the body demands less oxygen and decreases stress on the heart muscle. This approach helps mitigate symptoms associated with mitral stenosis and supports both maternal and fetal well-being during pregnancy. While other options touch on aspects of the patient's overall experience and concerns, they do not specifically address the critical relationship between bedrest and cardiovascular stability in the context of mitral stenosis, making them less relevant to the medical rationale behind the recommendation.

8. Which symptom is NOT consistent with diminished peripheral circulation?

A. Diminished hair on legs.

B. Skin that is cool to touch.

C. Capillary refill less than 3 seconds.

D. Darkened skin on extremities.

Capillary refill less than 3 seconds is a sign of adequate peripheral circulation. Capillary refill time is a quick clinical test used to assess perfusion and circulation in the peripheral tissues. In a healthy individual, capillaries refill rapidly after pressure is applied, indicating good blood flow. In contrast, the other symptoms listed are indeed consistent with diminished peripheral circulation. Diminished hair on the legs can occur due to poor blood flow to hair follicles, as healthy hair growth relies on adequate circulation. Skin that is cool to the touch suggests reduced blood flow to the area, often resulting from a lack of warmth provided by warm blood. Darkened skin on extremities can indicate chronic venous insufficiency or other circulatory issues where blood and its by-products accumulate, leading to changes in skin coloration. Thus, diminished capillary refill time is not a symptom of poor circulation, while the other listed symptoms reflect common findings associated with reduced peripheral blood flow.

9. What is the best practice for a nurse caring for a hospice patient requiring pain management?

- A. Focus on pain score documentation.**
- B. Regularly assess and document pain levels.**
- C. Only administer medication when requested.**
- D. Consult a pain management specialist.**

Regularly assessing and documenting pain levels is critical in the care of hospice patients requiring pain management. This approach ensures that pain is effectively managed by allowing the nurse to track changes in the patient's condition and response to treatments over time. Continuous assessment helps in identifying when adjustments to pain management strategies may be necessary, whether that involves increasing or changing medications or implementing alternative pain relief methods. In hospice care, where the focus is on comfort and quality of life, it is essential to have an ongoing dialogue about pain management that goes beyond just recording pain scores at one point in time. Regular assessments reflect a proactive approach to care, ensuring that the patient's needs are being met promptly and effectively. This practice contributes significantly to the overall well-being of patients in hospice settings.

10. Which factor is the most important for successful teaching of the gravid client?

- A. The client's readiness to learn.**
- B. The client's educational background.**
- C. The order in which the information is presented.**
- D. The extent to which the pregnancy was planned.**

The client's readiness to learn is crucial for successful teaching of the gravid client because it directly influences how effectively the client can absorb and apply the information provided. When a client is motivated and mentally prepared to engage with the material, they are more likely to retain the information and participate actively in their care. Factors such as anxiety, fatigue, or lack of interest can significantly inhibit learning, regardless of how well the information is structured or presented. Understanding the client's readiness encompasses evaluating their emotional state, beliefs about childbirth, and their current circumstances. When clients feel ready and supported in a learning environment, they are more receptive, which enhances the teaching process and ultimately contributes to better outcomes for both the mother and the baby. This readiness fosters an open dialogue, encouraging clients to ask questions and seek clarification, leading to a more comprehensive understanding of their health and pregnancy.

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://heslvl2.examzify.com>

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

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