

HESI Makeup Day 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. Metabolic acidosis triggers compensatory changes in which two body systems?**
 - A. Respiratory and Urinary**
 - B. Nervous and Digestive**
 - C. Circulatory and Endocrine**
 - D. Musculoskeletal and Immune**

- 2. Which temperature would the nurse associate with shivering uncontrollably and memory loss, depression, and poor judgment?**
 - A. 39°C**
 - B. 37°C**
 - C. 33°C**
 - D. 35°C**

- 3. A patient has pupillary dilation; which drug would most likely cause this effect?**
 - A. Epinephrine**
 - B. Pilocarpine**
 - C. Atropine**
 - D. Acetaminophen**

- 4. Which drug would be most likely to cause mydriasis?**
 - A. Atropine**
 - B. Pilocarpine**
 - C. Latanoprost**
 - D. Timolol**

- 5. Pupillary dilation is commonly associated with which drug class?**
 - A. Anticholinergics**
 - B. Cholinergic Agonists**
 - C. Beta Blockers**
 - D. NSAIDs**

- 6. Which statement about total parenteral nutrition administration is correct?**
- A. TPN must be given through a dedicated line**
 - B. TPN can be infused through any IV line**
 - C. TPN does not require sterile technique**
 - D. TPN is routinely piggybacked with other meds**
- 7. Which scenario would contribute to health disparities?**
- A. An English-speaking nurse conducts an admission interview of a Puerto Rican immigrant.**
 - B. A bilingual nurse conducts an admission interview of a Puerto Rican immigrant.**
 - C. An English-speaking nurse interviews a non-immigrant.**
 - D. A nurse uses a translator for non-English speakers.**
- 8. A client has a tuberculin skin test showing a 7 mm induration. Which statement best describes this result?**
- A. The result indicates you are infected with the TB organism.**
 - B. The test rules out TB infection.**
 - C. The test confirms active TB disease.**
 - D. The test shows you are immune to TB.**
- 9. The Glasgow Coma Scale scoring scenario: a patient is alert and opens eyes to sound or conversation, speaks confusedly, and obeys commands. What is the approximate score?**
- A. 12**
 - B. 13**
 - C. 14**
 - D. 15**
- 10. A nurse notes a patient with pneumonia has a history of diabetes. Which assessment would be most informative for monitoring infection control?**
- A. White blood cell count**
 - B. Serum calcium level**
 - C. Cholesterol level**
 - D. Blood urea nitrogen**

Answers

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

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Explanations

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1. Metabolic acidosis triggers compensatory changes in which two body systems?

- A. Respiratory and Urinary**
- B. Nervous and Digestive**
- C. Circulatory and Endocrine**
- D. Musculoskeletal and Immune**

When metabolic acidosis lowers blood pH, the body mainly uses two systems to compensate: the respiratory and the renal (urinary) systems. The respiratory system responds quickly by increasing ventilation, blowing off more CO₂. Lowering CO₂ shifts the carbonic acid-bicarbonate balance toward fewer hydrogen ions, helping raise pH even though the bicarbonate deficit remains. The kidneys provide longer-lasting compensation by increasing hydrogen ion excretion and by reabsorbing and generating bicarbonate, which helps neutralize the excess acid and replenish base. Together, these mechanisms work to restore pH toward normal, with respiration acting first and kidneys sustaining the correction over hours to days. Other body systems don't directly adjust acid-base balance in the same targeted way, so the primary compensators are the respiratory and urinary systems.

2. Which temperature would the nurse associate with shivering uncontrollably and memory loss, depression, and poor judgment?

- A. 39°C**
- B. 37°C**
- C. 33°C**
- D. 35°C**

Shivering is the body's main response to generate heat when core temperature drops, but as temperature falls into the low 30s, cognitive function declines and judgment becomes noticeably impaired. The combination of uncontrollable shivering with memory loss and poor judgment points to a level of hypothermia around 33°C, where the body is still producing heat through vigorous shivering while brain function deteriorates. A fever of 39°C involves heat from infection rather than cold exposure, normal 37°C is not hypothermia, and 35°C is mild hypothermia where shivering is present but cognitive changes are typically less severe than at 33°C. So 33°C best matches these symptoms.

3. A patient has pupillary dilation; which drug would most likely cause this effect?

- A. Epinephrine**
- B. Pilocarpine**
- C. Atropine**
- D. Acetaminophen**

Pupillary size is governed by the tug-of-war between parasympathetic constriction and sympathetic dilation of the iris muscles. Atropine is an anticholinergic that blocks muscarinic receptors on the iris sphincter, so the parasympathetic signal to constrict is halted. With that constriction removed, the sympathetic action on the radial dilator muscle predominates, leading to a dilated pupil. Pilocarpine, by contrast, is a muscarinic agonist that promotes constriction (miosis), not dilation. Acetaminophen doesn't affect pupil size. Epinephrine can cause some dilation via sympathetic pathways, but blocking the constricting signal with atropine provides a more direct and robust mechanism for dilation.

4. Which drug would be most likely to cause mydriasis?

- A. Atropine**
- B. Pilocarpine**
- C. Latanoprost**
- D. Timolol**

Mydriasis happens when the parasympathetic constriction of the pupil is blocked, allowing the pupil to stay dilated. Atropine does exactly that: it blocks muscarinic receptors on the iris sphincter muscle, so acetylcholine can't induce constriction. With the constrictor muscle inhibited, the pupil enlarges, and the ciliary muscle is also relaxed, causing cycloplegia. Pilocarpine does the opposite: it activates muscarinic receptors, causing the sphincter to contract and the pupil to constrict (miosis) and the eye to accommodate. Latanoprost lowers intraocular pressure by increasing uveoscleral outflow and can cause conjunctival redness or iris changes, but it doesn't promote dilation. Timolol reduces aqueous humor production with no direct effect to dilate the pupil. So, the drug most likely to cause mydriasis is atropine.

5. Pupillary dilation is commonly associated with which drug class?

- A. Anticholinergics**
- B. Cholinergic Agonists**
- C. Beta Blockers**
- D. NSAIDs**

Pupil size is controlled by autonomic input to the iris, and dilation occurs when the parasympathetic system is blocked or when the sympathetic input dominates. Anticholinergic drugs block muscarinic receptors on the iris sphincter muscle, which normally constricts the pupil. With this constricting signal blocked, the pupil cannot constrict, so it remains widened or dilates—that's mydriasis. This is why anticholinergic agents like atropine cause noticeable pupil dilation. In contrast, cholinergic agonists stimulate the parasympathetic pathway and promote constriction, narrowing the pupil. Beta blockers and NSAIDs don't produce dilation as a primary effect; they don't directly override the parasympathetic constriction mechanism.

6. Which statement about total parenteral nutrition administration is correct?

- A. TPN must be given through a dedicated line**
- B. TPN can be infused through any IV line**
- C. TPN does not require sterile technique**
- D. TPN is routinely piggybacked with other meds**

Total parenteral nutrition is a hyperosmolar, sterile solution given directly into the bloodstream, so it must be delivered through a dedicated line. Using a line only for TPN minimizes the risk of infection, contamination, and line complications, and it avoids drug-incompatibility issues or precipitation that can occur if other medications share the same lumen. Because TPN is highly concentrated, a central venous access option is preferred to provide adequate blood flow and dilution, and this line is kept free of other medications during the infusion. Sterile technique is essential in preparation and administration, but the key safety factor in this context is a line dedicated solely to TPN.

7. Which scenario would contribute to health disparities?

- A. An English-speaking nurse conducts an admission interview of a Puerto Rican immigrant.**
- B. A bilingual nurse conducts an admission interview of a Puerto Rican immigrant.**
- C. An English-speaking nurse interviews a non-immigrant.**
- D. A nurse uses a translator for non-English speakers.**

Language differences between patient and clinician can create health disparities when they aren't addressed. An English-only interview with a Puerto Rican immigrant can lead to incomplete histories, misunderstood symptoms, and instructions, plus less trust and engagement in care, all of which can worsen outcomes and equity. When the nurse can communicate in the patient's language or when a translator is used, understanding improves, safety increases, and care becomes more equitable. The other scenarios lessen language barriers or rely on a translator, which helps reduce disparities.

8. A client has a tuberculin skin test showing a 7 mm induration. Which statement best describes this result?

- A. The result indicates you are infected with the TB organism.**
- B. The test rules out TB infection.**
- C. The test confirms active TB disease.**
- D. The test shows you are immune to TB.**

A tuberculin skin test shows exposure to the TB bacteria by producing a delayed-type hypersensitivity reaction. A 7 mm induration is interpreted as positive in people with certain risk factors (such as recent TB contact, HIV, or other immunocompromising conditions), which means there has likely been infection with the TB organism at some point. This indicates infection, but it does not prove active disease and it does not imply immunity. If the test is positive, further evaluation—like a chest X-ray and possibly sputum testing or an IGRA—helps determine whether the infection is latent or active. The other statements don't fit because a positive test does not rule out infection, does not confirm active TB, and does not indicate immunity.

9. The Glasgow Coma Scale scoring scenario: a patient is alert and opens eyes to sound or conversation, speaks confusedly, and obeys commands. What is the approximate score?

A. 12

B. 13

C. 14

D. 15

In the Glasgow Coma Scale, you add the three components: eye opening, verbal response, and motor response. Each part has its own scoring: eye opening to speech earns 3 points (eyes open to sound but not spontaneously), verbal response when the person speaks confusedly earns 4 points, and the motor response when the person obeys commands earns 6 points. Adding them together gives $3 + 4 + 6 = 13$. This total reflects a relatively high level of consciousness, since the maximum is 15 when all responses are normal.

10. A nurse notes a patient with pneumonia has a history of diabetes. Which assessment would be most informative for monitoring infection control?

A. White blood cell count

B. Serum calcium level

C. Cholesterol level

D. Blood urea nitrogen

Monitoring infection control centers on the body's immune response, and white blood cell count shows how actively that response is engaged. In pneumonia, white blood cells rise as the body fights the infection, so tracking this count helps gauge whether the infection is improving with treatment or persisting. This is especially important in someone with diabetes, where immune function can be impaired and responses may be blunted or delayed, making trends in the WBC count a useful guide for management. The other measurements don't directly reflect infection control: calcium level relates to mineral metabolism and endocrine function; cholesterol level is a lipid measure not tied to acute infection status; blood urea nitrogen indicates kidney function and hydration, which can be affected for reasons other than the infection itself.

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://hesimakeupday.examzify.com>

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

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