

HESI MAKEUP DAY PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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 statement describes the cultural health belief that illness is caused by supernatural forces?**
 - A. Biomedical belief
 - B. Magicoreligious belief
 - C. Naturalistic belief
 - D. Personalistic belief

- 2. Which assessment finding would prompt a nurse to wear a protective gown?**
 - A. Excessive wound drainage
 - B. Fever
 - C. Bradycardia
 - D. Localized itching

- 3. Which UAP statement reflects effective learning about sites for assessing body temperature?**
 - A. Axilla is recommended to measure body temp in unconscious clients
 - B. Tympanic membrane is preferred
 - C. Temporal artery is preferred site
 - D. Oral temperature is the default method for all clients

- 4. The chest with an AP diameter approximately equal to its transverse diameter is most commonly described as which chest shape seen in older adults?**
 - A. Barrel chest
 - B. Pectus carinatum
 - C. Pectus excavatum
 - D. Funnel chest

- 5. In assessing a client's skin, which factor would most likely contribute to dry skin?**
 - A. Use of hard soap
 - B. Frequent bathing
 - C. Exposure to cold weather
 - D. High humidity

- 6. The condition where the eyes do not focus on a single object simultaneously and appear crossed is most accurately called what?**
- A. Strabismus
 - B. Amblyopia
 - C. Myopia
 - D. Hyperopia
- 7. A swollen area in front of the ear in a patient with ear pain most likely involves which lymph node?**
- A. Preauricular
 - B. Submandibular
 - C. Jugulodigastric
 - D. Superficial cervical
- 8. 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
- 9. Which statement indicates understanding of teaching about lice control?**
- A. Clean comb in ammonia water
 - B. Dilute vinegar solution
 - C. Shampoo treatment
 - D. Use a heating lamp to dry hair
- 10. When would the nurse observe a client to assess their level of functioning?**
- A. During mealtime
 - B. When preparing medications
 - C. When administering insulin injections
 - D. During transfer or ambulation

Answers

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

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Explanations

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1. Which statement describes the cultural health belief that illness is caused by supernatural forces?

- A. Biomedical belief
- B. Magicoreligious belief**
- C. Naturalistic belief
- D. Personalistic belief

Illness caused by supernatural forces is described as magicoreligious belief. In this view, disease or misfortune comes from magical or spiritual forces, or from the actions of higher powers, rather than from physical pathogens or natural imbalances. This blends magical explanations with religious or ritual elements. It contrasts with biomedical belief, which attributes illness to physiological processes and pathogens; naturalistic belief, which ties illness to impersonal natural forces or imbalances; and personalistic belief, which attributes illness to the deliberate actions of a specific person or agent such as a witch or sorcerer. Understanding this helps you recognize why a patient might seek care or explanations grounded in spiritual or magical causes, and it guides respectful, culturally sensitive approaches to treatment.

2. Which assessment finding would prompt a nurse to wear a protective gown?

- A. Excessive wound drainage**
- B. Fever
- C. Bradycardia
- D. Localized itching

Wearing a protective gown is about protecting yourself from contact with patient fluids. When there is excessive wound drainage, there's a high chance you'll come into contact with wound exudate during care activities, so a gown is worn as a barrier to protect your clothing and skin and to help prevent the spread of any pathogens. Fever, while it may indicate infection, doesn't by itself require a gown for fluid exposure. Bradycardia is a heart-rate issue and not related to barrier precautions. Localized itching is a skin symptom with no direct risk of contact with wound fluids.

3. Which UAP statement reflects effective learning about sites for assessing body temperature?

- A. Axilla is recommended to measure body temp in unconscious clients**
- B. Tympanic membrane is preferred
- C. Temporal artery is preferred site
- D. Oral temperature is the default method for all clients

Choosing where to measure temperature depends on what the patient can tolerate and how accurate that reading needs to be. For an unconscious client, using the mouth isn't possible, and sites that require precise placement or active cooperation can be unreliable or unsafe. The underarm route is safe, easy to access, and noninvasive, making it a practical choice in this situation for learning what a UAP can do. It provides a reasonable estimate of temperature without risking discomfort or injury from more invasive or technically demanding sites. Tympanic and temporal readings can be affected by placement, ear conditions, sweating, or movement, and they require careful technique to be reliable, which isn't guaranteed in an unconscious patient or by a UAP without specialized training. Oral temperature is not feasible when the patient cannot cooperate, and relying on it would yield invalid results. While rectal measurements can be more accurate, they are invasive and typically reserved for trained staff or specific clinical indications, not routine UAP practice.

4. The chest with an AP diameter approximately equal to its transverse diameter is most commonly described as which chest shape seen in older adults?

- A. Barrel chest
- B. Pectus carinatum
- C. Pectus excavatum
- D. Funnel chest

Barrel-shaped chest describes a front-to-back (AP) diameter that is increased so it closely matches the side-to-side (transverse) diameter, giving a round, widened appearance. This pattern is commonly seen in older adults due to aging-related changes in the chest wall and lungs, such as decreased elastic recoil and gradual hyperinflation, which roughen the chest's contour and make the AP dimension more prominent. So describing a chest where the AP and transverse diameters are roughly equal fits this barrel shape. Pectus carinatum is a protruding sternum (pigeon chest)—a fixed deformity, not the aging-related barrel shape. Pectus excavatum (funnel chest) is a sunken sternum, another distinct deformity. These do not describe the barrel-like, increased AP diameter seen with aging.

5. In assessing a client's skin, which factor would most likely contribute to dry skin?

- A. Use of hard soap
- B. Frequent bathing
- C. Exposure to cold weather
- D. High humidity

Dry skin happens when the skin's protective barrier is disrupted and moisture escapes more easily. Cleansing products that remove natural oils are a common cause, and hard soap is particularly effective at this because it is more alkaline and harsher on the skin than mild cleansers. That harsher cleansing disrupts the lipids in the outer skin layer, increasing transepidermal water loss and leaving the skin dry, tight, and rough. Cold weather and frequent bathing can also contribute to dryness, but the cleansing agent's properties make hard soap the most impactful factor among the options. High humidity tends to keep skin moisturized, not dry.

6. The condition where the eyes do not focus on a single object simultaneously and appear crossed is most accurately called what?

- A. Strabismus
- B. Amblyopia
- C. Myopia
- D. Hyperopia

Strabismus describes a misalignment of the eyes, so the two eyes don't point at the same object at the same time. This can make one eye drift inward, outward, upward, or downward, giving the appearance of crossed eyes (esotropia is the inward-turning form). Amblyopia, myopia, and hyperopia are about vision clarity or refractive error, not the eye alignment itself. Strabismus is the term that directly captures the lack of coordinated eye movement causing the observed crossing.

7. A swollen area in front of the ear in a patient with ear pain most likely involves which lymph node?

- A. Preauricular**
- B. Submandibular
- C. Jugulodigastric
- D. Superficial cervical

Lymphatic drainage patterns of the head and neck explain why this swelling points to preauricular nodes. The area in front of the ear, including the external ear and nearby temporal region, drains primarily to the preauricular lymph nodes. When there is ear pain or infection, the lymph from that inflamed tissue is filtered first by these nodes, causing them to enlarge. The other nodes have different drainage territories—submandibular nodes handle much of the midface and oral region, jugulodigastric nodes drain the pharynx and tonsillar area, and superficial cervical nodes drain the skin of the neck—so their enlargement would point to different sites of infection.

8. 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.

9. Which statement indicates understanding of teaching about lice control?

- A. Clean comb in ammonia water
- B. Dilute vinegar solution
- C. Shampoo treatment**
- D. Use a heating lamp to dry hair

Teaching lice control relies on using an evidence-based, safe plan that effectively reduces or eliminates the infestation. The shampoo treatment fits this approach because it uses an approved pediculicide to kill live lice when used exactly as directed, usually followed by combing to remove nits. This method is supported by guidelines and classroom practice as a first-line intervention, offering a clear, actionable step for students to learn and apply. After applying the medicated shampoo, it's important to rinse as instructed and use a fine-toothed comb to remove nits, then recheck the hair after a week or so and retreat if live lice are still present. This combination of medication plus nit removal addresses both active lice and the eggs they lay, which is why it's emphasized in teaching. In contrast, home remedies like ammonia-water solutions or vinegar are not proven to reliably kill lice and can irritate the scalp, and using a heating lamp is unsafe and not an effective method for lice control.

10. When would the nurse observe a client to assess their level of functioning?

- A. During mealtime**
- B. When preparing medications**
- C. When administering insulin injections**
- D. During transfer or ambulation**

Observing a client during mealtime provides a broad view of their level of functioning because eating is a multi-step activity that depends on several coordinated skills. You can watch for independence with self-care (getting dressed for a meal, using utensils, opening containers), fine motor control to manipulate utensils, gross motor control and balance to stay seated and steady, and swallowing safety. It also reveals cognitive function—following a meal plan, remembering to take bites, and complying with dietary restrictions—and communication ability to ask for help or directions. Plus, you can gauge appetite, energy level, and overall safety in a real-life daily task. Other moments focus on specific tasks: preparing medications assesses planning and dexterity for a single activity, administering insulin is a specialized medical procedure, and transferring or ambulating tests mobility but may not reflect how independently the person functions in typical daily routines. Mealtime, by contrast, offers a natural, integrated snapshot of how well the person can manage daily living activities and stay safe while eating.

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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