

HESI MATERNITY/ PEDIATRIC REMEDIATION PRACTICE TEST (SAMPLE) STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE

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Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	16

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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 is the expected developmental milestone of a 6-month-old infant?**
 - A. Walking independently
 - B. Sitting without support
 - C. Rolling over
 - D. Responding to their name
- 2. Which of the following is a key sign of cognitive development in 4-year-olds?**
 - A. Logical thinking skills
 - B. Ability to draw conclusions
 - C. Use of symbols and language in play
 - D. Understanding of time and sequencing
- 3. What condition presents with excessive protein in urine during pregnancy?**
 - A. Gestational diabetes
 - B. Preeclampsia
 - C. Placenta previa
 - D. Hyperemesis gravidarum
- 4. At what age can children typically begin toilet training?**
 - A. 18 months
 - B. 2 years
 - C. 3 years
 - D. 4 years
- 5. Which factor is likely to contribute to inadequate nutrition in an infant with cleft lip and palate?**
 - A. Incomplete gut closure at birth
 - B. Insufficient circulation to the oral area
 - C. Inefficient feeding behaviors due to anatomical challenges
 - D. Inability to properly maintain temperature

- 6. What is the best position for a child with rectal ulcerations due to chemotherapy?**
- A. Lying on the abdomen
 - B. Supine position
 - C. Side-lying position
 - D. Sitting position
- 7. What is the leading cause of infant mortality in the United States?**
- A. Infections
 - B. Accidents
 - C. Congenital anomalies
 - D. Respiratory distress
- 8. What is the primary purpose of folic acid supplementation during pregnancy?**
- A. To improve maternal energy levels
 - B. To decrease morning sickness
 - C. To prevent neural tube defects
 - D. To enhance fetal growth
- 9. What vital sign is most critical to monitor in a pediatric patient with respiratory distress?**
- A. Heart rate
 - B. Blood pressure
 - C. Respiratory rate
 - D. Temperature
- 10. What is a common cause of failure to thrive in infants?**
- A. Excessive weight gain
 - B. Inadequate nutrition
 - C. Hyperactivity
 - D. Exposure to pollutants

Answers

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

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Explanations

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1. What is the expected developmental milestone of a 6-month-old infant?

- A. Walking independently
- B. Sitting without support
- C. Rolling over**
- D. Responding to their name

At six months of age, infants typically achieve several significant developmental milestones. One of the hallmark skills they develop by this age is rolling over. This milestone demonstrates improved muscle control and coordination, as well as the ability to shift their weight to one side. By this point, many infants can roll from their stomachs to their backs and vice versa, showcasing their growing physical capabilities. While sitting without support and responding to their name are important milestones, they usually develop a bit later. Sitting unsupported frequently occurs around 7 to 9 months, and the ability to consistently respond to their name is typically observed around 7 to 12 months. Walking independently is a major milestone that generally emerges around 10 to 15 months of age. Therefore, rolling over is the expected developmental milestone for a 6-month-old infant, reflecting their emerging mobility and physical development.

2. Which of the following is a key sign of cognitive development in 4-year-olds?

- A. Logical thinking skills
- B. Ability to draw conclusions
- C. Use of symbols and language in play**
- D. Understanding of time and sequencing

In 4-year-olds, a significant indicator of cognitive development is their ability to use symbols and language in play. At this age, children engage in symbolic play, which is an essential component of cognitive growth. They begin to use objects to represent other things—like using a block as a car or a doll as a baby—showing that they can think abstractly and manipulate concepts in their mind. Additionally, their language skills are rapidly advancing, allowing them to express their thoughts, ideas, and emotions more clearly. This interplay between symbolic use and language is critical, as it facilitates creativity and enhances their social interactions during play. While logical thinking, drawing conclusions, and understanding time and sequencing are also parts of cognitive development, they typically become more pronounced in later stages, such as when children reach the age of 5 or 6. At 4 years old, the focus is more on imaginative and symbolic representation, making the use of symbols and language in play a primary hallmark of cognitive development at this age.

3. What condition presents with excessive protein in urine during pregnancy?

- A. Gestational diabetes
- B. Preeclampsia**
- C. Placenta previa
- D. Hyperemesis gravidarum

Preeclampsia is a condition characterized by high blood pressure and excessive protein in the urine, usually occurring after the 20th week of pregnancy. The presence of protein in the urine, known as proteinuria, is a key diagnostic criterion for preeclampsia. This condition can lead to serious complications for both the mother and the baby if not managed properly. Elevated protein levels indicate that the kidneys are being affected, which can result from the increased blood pressure and the resultant strain on the kidneys. In contrast, gestational diabetes primarily involves issues related to blood glucose levels rather than protein in urine. Placenta previa involves the placenta covering the cervix and does not typically cause proteinuria. Hyperemesis gravidarum is characterized by severe nausea and vomiting during pregnancy, which also does not correlate with protein levels in urine. Thus, the hallmark sign of proteinuria in the context of hypertension distinctly identifies preeclampsia as the correct condition.

4. At what age can children typically begin toilet training?

- A. 18 months
- B. 2 years**
- C. 3 years
- D. 4 years

Children typically begin toilet training around the age of 2 years. At this age, most children have developed the necessary physical and cognitive skills required for toilet training. This includes the ability to recognize the sensation of needing to use the bathroom, an understanding of the process involved, and often the physical capability to control their bowel and bladder movements. Furthermore, many children at this age show interest in using the toilet and demonstrate some readiness signs, such as staying dry for longer periods, showing discomfort with dirty diapers, and expressing a desire to use the toilet like adults. While some children may start showing readiness as early as 18 months, 2 years is more commonly when the majority of children begin this process. It's important to note that readiness can vary widely among individual children, and some may not fully master toilet training until closer to 3 years or even a bit later, but the key milestone often occurs around the age of 2.

5. Which factor is likely to contribute to inadequate nutrition in an infant with cleft lip and palate?

- A. Incomplete gut closure at birth
- B. Insufficient circulation to the oral area
- C. Inefficient feeding behaviors due to anatomical challenges**
- D. Inability to properly maintain temperature

Inefficient feeding behaviors due to anatomical challenges is a significant factor that can contribute to inadequate nutrition in an infant with cleft lip and palate. The structural abnormalities associated with these conditions can interfere with the infant's ability to create a proper seal for breastfeeding or bottle-feeding, making it difficult to generate the necessary suction. As a result, feeding can become labor-intensive and frustrating for both the infant and the caregiver, often leading to inadequate intake of nutrition. The anatomical challenges include the presence of an opening in the lip and/or palate, which can disrupt the movement of milk from the bottle or breast into the infant's mouth. Infants may struggle to coordinate sucking, swallowing, and breathing effectively, which can hinder their ability to feed efficiently and receive adequate nutrition. This difficult feeding process can lead to poor weight gain and nutritional deficiencies if not addressed properly. Understanding the impact of these anatomical challenges is crucial for caregivers and healthcare providers to implement appropriate feeding strategies and interventions that can help infants with cleft lip and palate get the nutrition they need for healthy growth and development.

6. What is the best position for a child with rectal ulcerations due to chemotherapy?

- A. Lying on the abdomen
- B. Supine position
- C. Side-lying position**
- D. Sitting position

The side-lying position is optimal for a child with rectal ulcerations due to chemotherapy for several reasons. This position helps to alleviate pressure on the rectal area, thereby reducing discomfort and promoting healing. It allows for better distribution of body weight across the hips and thighs, minimizing irritation to ulcerated tissues. Additionally, lying on the side can help the child feel more secure and comfortable, especially if they are experiencing pain. It also facilitates easier bowel movements, which can be critical when managing complications from chemotherapy. Overall, the side-lying position offers both physical support and comfort for a child in this situation, promoting an environment conducive to healing.

7. What is the leading cause of infant mortality in the United States?

- A. Infections
- B. Accidents
- C. Congenital anomalies**
- D. Respiratory distress

Congenital anomalies are indeed the leading cause of infant mortality in the United States. These anomalies, which encompass various structural and functional abnormalities present at birth, can significantly impact an infant's health and likelihood of survival. They may include conditions such as heart defects, spina bifida, or chromosomal abnormalities, among others. These congenital issues often lead to complications either immediately after birth or later in life, contributing to increased mortality rates. Infections, accidents, and respiratory distress, while serious and notable concerns in newborns and infants, do not account for as large a proportion of mortality as congenital anomalies do. Infections can lead to critical health threats, but advancements in prenatal care and immunizations have helped reduce these cases significantly. Accidents typically pertain to older infants and children, while respiratory distress, though a critical condition, can often be managed effectively with medical care. Thus, congenital anomalies stand out as a significant challenge in maternal and child health, leading to higher mortality rates among infants in the country.

8. What is the primary purpose of folic acid supplementation during pregnancy?

- A. To improve maternal energy levels
- B. To decrease morning sickness
- C. To prevent neural tube defects**
- D. To enhance fetal growth

The primary purpose of folic acid supplementation during pregnancy is to prevent neural tube defects. Folic acid, a B-vitamin, plays a critical role in the growth and development of the neural tube, which eventually develops into the baby's brain and spinal cord. Adequate intake of folic acid before conception and during early pregnancy significantly reduces the risk of these defects, such as spina bifida and anencephaly. Folic acid is particularly important in the first few weeks of pregnancy, often before many women even realize they are pregnant, which is why it is recommended that women who are trying to conceive or are in early pregnancy take a daily supplement. The other options, while they may have some relevance in pregnancy, do not encompass the primary function of folic acid. Improving maternal energy levels, decreasing morning sickness, and enhancing fetal growth are outcomes that can be influenced by a well-rounded diet and proper prenatal care, but they do not capture the essential role of folic acid in preventing specific birth defects.

9. What vital sign is most critical to monitor in a pediatric patient with respiratory distress?

- A. Heart rate
- B. Blood pressure
- C. Respiratory rate**
- D. Temperature

In a pediatric patient experiencing respiratory distress, monitoring the respiratory rate is crucial due to its direct relationship with the patient's ability to exchange gases effectively. Respiratory distress indicates that the child may be struggling to breathe, which can lead to inadequate oxygenation and the potential for respiratory failure. Observing the respiratory rate can help in assessing the severity of the distress; an increased respiratory rate may indicate a compensatory mechanism as the body attempts to improve oxygen levels. In contrast, a decreased respiratory rate in a distressed child could signal impending respiratory failure. While heart rate, blood pressure, and temperature are also important vital signs, they are not as immediately indicative of respiratory function as the respiratory rate. Heart rate may change in response to respiratory issues, but it does not directly reflect the effectiveness of breathing. Blood pressure can fluctuate in various states of stress but is less directly related to respiratory efficiency. Temperature may be relevant if an infection is suspected, but it does not provide immediate insight into the child's respiratory status. Thus, focusing on the respiratory rate is essential for timely intervention and management in cases of respiratory distress.

10. What is a common cause of failure to thrive in infants?

- A. Excessive weight gain
- B. Inadequate nutrition**
- C. Hyperactivity
- D. Exposure to pollutants

Inadequate nutrition is recognized as a primary cause of failure to thrive in infants. This condition typically occurs when an infant does not receive sufficient calories, nutrients, or hydration required for proper growth and development. Proper nutrition is critical during infancy, as this is a period of rapid growth and significant developmental milestones. Failure to thrive may manifest through symptoms such as poor weight gain, stagnation in growth, developmental delays, and an overall lack of energy. Inadequate nutrition can result from various factors, including poor feeding practices, lack of access to appropriate food sources, feeding difficulties, or underlying health issues that affect nutrient absorption. This understanding underscores the importance of monitoring an infant's growth patterns and addressing any nutritional concerns promptly to ensure healthy development.

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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:

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

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