

HESI MCA II PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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	15

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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 factor determines cancer cell sensitivity to chemotherapy?**
 - A. Collateral circulation increases as tumor grows.
 - B. The cell count of the tumor reduces by half with each dose.
 - C. Sensitivity to chemotherapy depends on cell cycle rate.
 - D. Side effects are less likely if therapy is started early.
- 2. An 85-year-old patient on antihypertensive meds has a pulse of 104 bpm. What additional assessment should be performed to guide management?**
 - A. Palpate the pedal pulse volume.
 - B. Count the brachial pulse rate.
 - C. Measure the blood pressure.
 - D. Assess for a carotid bruit.
- 3. A paragraph argues that improved sleep yields better memory. Which best describes the author's purpose?**
 - A. To entertain readers.
 - B. To inform readers about the science of sleep.
 - C. To persuade readers that improving sleep can enhance memory.
 - D. To describe everyday routines.
- 4. In caring for a client with hemorrhagic stroke, which nursing action should be included in the plan of care?**
 - A. Active range of motion three times daily.
 - B. Monitor for Battle's sign every four hours.
 - C. Teach measures to avoid the Valsalva maneuver.
 - D. Maintain the head of bed in a flat position.
- 5. What is the sum of $\frac{3}{4}$ and $\frac{5}{6}$?**
 - A. $\frac{17}{12}$
 - B. $\frac{19}{12}$
 - C. $\frac{23}{12}$
 - D. $\frac{11}{12}$

- 6. A client who had right-sided radiation therapy for breast cancer 10 years ago presents with a current health problem. Which condition is most likely related to the radiation therapy?**
- A. Asthma.
 - B. Myocardial infarction.
 - C. Chronic esophagitis with gastroesophageal reflux.
 - D. Pathologic fracture of two ribs on the right chest.
- 7. Identify the run-on sentence.**
- A. The project started late it failed to meet the deadline.
 - B. The project started late; it failed to meet the deadline.
 - C. The project started late, and it failed to meet the deadline.
 - D. The project started late, it failed to meet the deadline.
- 8. Which sentence demonstrates correct subject-verb grammar with a collective noun?**
- A. The team of researchers is presenting their findings.
 - B. The team of researchers are presenting their findings.
 - C. The team of researchers has presenting their findings.
 - D. The team of researchers were presenting their findings.
- 9. A patient with a myocardial infarction develops increased pulmonary congestion, heart rate rises, and cold, clammy skin. What action should the nurse take first?**
- A. Notify the healthcare provider.
 - B. Increase the IV flow rate.
 - C. Place the client in the supine position.
 - D. Prepare the client for an emergency echocardiography.
- 10. A 24-year-old female with HPV is angry at her ex-boyfriend and does not want him informed. Which response is best for the nurse to provide?**
- A. You do not have to tell him because this is not a reportable disease.
 - B. Even though you are angry, he should be told, so he can take precautions to prevent the spread of infection.
 - C. Because there is no cure for this disease, telling him is of no benefit to him or to you.
 - D. You should tell him, so he can feel as guilty and miserable as you do now, knowing that you have this disease.

Answers

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

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Explanations

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1. What factor determines cancer cell sensitivity to chemotherapy?

- A. Collateral circulation increases as tumor grows.
- B. The cell count of the tumor reduces by half with each dose.
- C. Sensitivity to chemotherapy depends on cell cycle rate.**
- D. Side effects are less likely if therapy is started early.

Chemotherapy works best when cancer cells are actively dividing. Many anticancer drugs interfere with DNA synthesis or mitosis, processes that occur only in cells that are cycling. So tumors with a large fraction of cells in the growth phase are more susceptible because the drug targets are present and active. In contrast, cells that are resting in G0 or those dividing slowly are less affected, leading to resistance in areas of the tumor with quiescent cells. Some agents target specific cell-cycle phases, while others are non-specific, but the overall determinant is how many cancer cells are in active cycling at the time of treatment. The other statements don't capture this core idea about proliferation status and drug targets.

2. An 85-year-old patient on antihypertensive meds has a pulse of 104 bpm. What additional assessment should be performed to guide management?

- A. Palpate the pedal pulse volume.
- B. Count the brachial pulse rate.
- C. Measure the blood pressure.**
- D. Assess for a carotid bruit.

When a patient on antihypertensive therapy presents with tachycardia, the most important next assessment is to measure blood pressure. Blood pressure provides the direct hemodynamic status you need to guide management: if the reading is elevated, tachycardia may reflect uncontrolled hypertension or a compensatory response to stress, while a low reading could indicate overmedication, dehydration, or volume depletion. Knowing the exact systolic and diastolic values (and potentially performing orthostatic measurements) helps you decide whether to adjust antihypertensive therapy, investigate for dehydration or ischemia, or address other causes of tachycardia. Other assessments have value in broader care but don't directly inform how to manage the tachycardia in this context. Palpating pedal pulses assesses peripheral perfusion rather than systemic pressure. Counting the brachial pulse rate repeats the heart rate but misses the critical blood pressure status. Assessing for a carotid bruit screens for vascular disease rather than guiding acute antihypertensive management.

3. A paragraph argues that improved sleep yields better memory. Which best describes the author's purpose?

- A. To entertain readers.
- B. To inform readers about the science of sleep.
- C. To persuade readers that improving sleep can enhance memory.**
- D. To describe everyday routines.

The main idea being assessed is the author's purpose. Because the paragraph argues that improving sleep leads to better memory, the writer is aiming to persuade readers to accept that claim and likely to act on it. It's not just presenting information about sleep or memory, nor simply describing routines or providing entertainment; it's urging a specific belief and action—that better sleep can enhance memory. That's why this choice is the best: it captures the intent to convince readers to change or consider changing their sleep habits to improve memory. The other options would fit if the piece were mainly to entertain, to give a neutral overview of sleep science, or to describe routines without pushing readers to adopt a viewpoint or action.

4. In caring for a client with hemorrhagic stroke, which nursing action should be included in the plan of care?

- A. Active range of motion three times daily.
- B. Monitor for Battle's sign every four hours.**
- C. Teach measures to avoid the Valsalva maneuver.
- D. Maintain the head of bed in a flat position.

Monitoring for Battle's sign every four hours focuses on detecting a basilar skull fracture, a serious complication that can accompany hemorrhagic events. Battle's sign is bruising behind the ear that suggests fracture at the base of the skull. If this fracture is present, there is a risk of CSF leakage, cranial nerve injury, and additional intracranial complications. Regular assessment allows for early intervention—prompt neuro checks, imaging as ordered, and precautions to protect airway and prevent infection. It also guides the team in avoiding nasal suctioning or nasal instrumentation if a fracture is suspected, and in monitoring for changes that could indicate worsening bleeding or new deficits. While maintaining ROM and avoiding Valsalva maneuvers are important components of stroke care, they do not directly address the immediate safety concern signaled by a basilar skull fracture. Keeping the head of the bed flat would actually raise intracranial pressure and is not appropriate in hemorrhagic stroke care.

5. What is the sum of $\frac{3}{4}$ and $\frac{5}{6}$?

- A. $\frac{17}{12}$
- B. $\frac{19}{12}$**
- C. $\frac{23}{12}$
- D. $\frac{11}{12}$

Adding fractions with different denominators requires rewriting each fraction so they share a common denominator, then adding the numerators. For $\frac{3}{4}$ and $\frac{5}{6}$, a convenient common denominator is 12. Convert: $\frac{3}{4}$ becomes $\frac{9}{12}$ (multiply top and bottom by 3), and $\frac{5}{6}$ becomes $\frac{10}{12}$ (multiply top and bottom by 2). Now add: $9 + 10 = 19$, giving $\frac{19}{12}$. This improper fraction is equivalent to $1\frac{7}{12}$ if you prefer a mixed number. The other options don't come from correct conversion to a common denominator and addition.

6. A client who had right-sided radiation therapy for breast cancer 10 years ago presents with a current health problem. Which condition is most likely related to the radiation therapy?

- A. Asthma.
- B. Myocardial infarction.
- C. Chronic esophagitis with gastroesophageal reflux.
- D. Pathologic fracture of two ribs on the right chest.**

Damage to bone from chest-area radiation can show up many years later as weakened bone and fractures in the irradiated field. Radiation injures the bone's blood supply and the cells that form and repair bone, leading to osteopenia/osteoradionecrosis and a higher risk of fractures with little or no trauma. In this scenario, ribs on the right side—the area that received radiation—become fragile, and pathologic fractures can occur years after therapy. That explains why a pathologic fracture of two ribs on the right chest is most likely related to the prior radiation treatment. Asthma and chronic esophagitis with gastroesophageal reflux are not classic late effects in this context, and while radiation can increase cardiac risk, that's more commonly associated with irradiation involving the heart itself (often left-sided).

7. Identify the run-on sentence.

- A. The project started late it failed to meet the deadline.**
- B. The project started late; it failed to meet the deadline.
- C. The project started late, and it failed to meet the deadline.
- D. The project started late, it failed to meet the deadline.

Run-on sentences happen when two independent clauses are joined without proper punctuation or a coordinating conjunction. Here, two complete thoughts appear: "The project started late" and "it failed to meet the deadline." The first option places these ideas directly together with no punctuation or connecting word, creating a fused sentence that runs on. That's why it's identified as a run-on. The other options show correct ways to connect the clauses or use punctuation properly: a semicolon between the clauses, a comma with the coordinating conjunction, or a comma alone (which would be a different error called a comma splice). The fused form in the first option is the example that fits the run-on criteria.

8. Which sentence demonstrates correct subject-verb grammar with a collective noun?

- A. The team of researchers is presenting their findings.**
- B. The team of researchers are presenting their findings.
- C. The team of researchers has presenting their findings.
- D. The team of researchers were presenting their findings.

Subject-verb agreement with a collective noun: when a group is treated as a single unit, the verb should be singular. Here, the team is a single unit of researchers coming together to present their findings, so the singular verb is appropriate: is presenting. The phrase their findings is acceptable because it refers to the members of the team—the individuals within the group—who share the results. Using a plural verb like are presenting would treat the team as individuals acting separately, which changes the meaning, and the other forms (has presenting, were presenting) don't fit the grammatical structure or tense.

9. A patient with a myocardial infarction develops increased pulmonary congestion, heart rate rises, and cold, clammy skin. What action should the nurse take first?

- A. Notify the healthcare provider.**
- B. Increase the IV flow rate.
- C. Place the client in the supine position.
- D. Prepare the client for an emergency echocardiography.

This situation highlights acute decompensation after a myocardial infarction and the need to act quickly to modify treatment. The combination of increased pulmonary congestion (pulmonary edema), a rapid heart rate, and cold, clammy skin indicates reduced cardiac output and potential cardiogenic shock. In this moment, the priority is to obtain rapid orders from the healthcare provider to initiate urgent interventions (such as medications to improve contractility or reduce preload/afterload, oxygen, and possibly invasive support). Notifying the provider is the most appropriate first step because it triggers a rapid assessment and immediate orders tailored to the patient's evolving condition. Delaying to push IV fluids would worsen pulmonary edema and perfusion problems. Placing the patient in a supine position could compromise breathing, and while an echocardiogram is important for diagnosis, it should occur after the clinician is alerted and orders are in place.

10. A 24-year-old female with HPV is angry at her ex-boyfriend and does not want him informed. Which response is best for the nurse to provide?

- A. You do not have to tell him because this is not a reportable disease.
- B. Even though you are angry, he should be told, so he can take precautions to prevent the spread of infection.**
- C. Because there is no cure for this disease, telling him is of no benefit to him or to you.
- D. You should tell him, so he can feel as guilty and miserable as you do now, knowing that you have this disease.

The essential idea is to support disclosure to a sexual partner to prevent the spread of an STI. HPV is transmitted through intimate sexual contact, so informing the partner allows him to seek testing, use protection consistently, and consider vaccination against other HPV strains if appropriate. Even when emotions are high, helping the patient understand that sharing information can reduce harm and protect both people is the best approach. It also opens the door to practical steps, like planning how to talk with him and providing resources for safe disclosure and risk reduction. Saying not to tell because there's no cure ignores the concrete benefits of awareness and prevention, and suggesting guilt or misery as a motive is unhelpful and unethical.

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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://hesimca2.examzify.com>

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

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