

HESI Next Generation Practice Exam (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. Which sentence uses commas correctly?**
 - A. After dinner we went for a walk and we enjoyed the cool evening.**
 - B. After dinner, we went for a walk, and we enjoyed the cool evening.**
 - C. After dinner, we went for a walk and we enjoyed the cool evening.**
 - D. After dinner we went for a walk, and we enjoyed the cool evening.**

- 2. During bolus enteral feeding via a gastrostomy tube, which position is best for administration to minimize aspiration risk?**
 - A. Prone**
 - B. Fowler's**
 - C. Sims'**
 - D. Supine**

- 3. Which sentence uses capitalization correctly?**
 - A. She visited the hospital on Monday, March 3, 2024.**
 - B. She visited the hospital on monday, March 3, 2024.**
 - C. She visited the hospital on Monday, march 3, 2024.**
 - D. She visited the hospital on Monday, March 3, 2024, too.**

- 4. Which sentence demonstrates correct introductory phrase comma usage?**
 - A. After dinner, we went for a walk.**
 - B. After dinner we went for a walk.**
 - C. After dinner, we went for a walk, and we enjoyed the evening.**
 - D. After dinner we went for a walk, and we enjoyed the evening.**

- 5. During transcription, the genetic information from DNA is copied into which molecule?**
 - A. tRNA**
 - B. mRNA**
 - C. rRNA**
 - D. DNA**

- 6. Which sentence uses the word 'sharp' correctly to describe the time?**
- A. The patient will be seen at eight o'clock sharp.**
 - B. The patient will be seen at eight o'clock sherp.**
 - C. The patient will be seen at eight o'clock sherp.**
 - D. The patient will be seen at eight o'clock sharpe.**
- 7. What is 25 percent of 200?**
- A. 25**
 - B. 75**
 - C. 100**
 - D. 50**
- 8. A male client is in the emergency department after a motorcycle crash and will not wear a helmet. Which response should the nurse provide?**
- A. The nurse should insist on helmet use**
 - B. Wearing a helmet or not is certainly an individual decision**
 - C. The nurse should report the patient to authorities**
 - D. The nurse should refuse care until helmet decision is made**
- 9. Which example should be identified as a significant outcome for the Leading Health Indicators of Healthy People 2020?**
- A. A community started a fitness program**
 - B. A community created a smoking lounge**
 - C. A community has implemented a no smoking policy**
 - D. A community increased apple consumption**
- 10. During Nasogastric tube attached to low suction, patient reports nausea and there has been no drainage for two hours. What action should be taken first?**
- A. Reposition the client on her side.**
 - B. Irrigate the nasogastric tube with sterile normal saline.**
 - C. Advance the nasogastric tube an additional five centimeters.**
 - D. Administer an intravenous antiemetic prescribed for PRN use.**

Answers

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

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Explanations

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1. Which sentence uses commas correctly?

- A. After dinner we went for a walk and we enjoyed the cool evening.
- B. After dinner, we went for a walk, and we enjoyed the cool evening.**
- C. After dinner, we went for a walk and we enjoyed the cool evening.
- D. After dinner we went for a walk, and we enjoyed the cool evening.

When you start a sentence with an introductory phrase, you put a comma after that introductory part. Also, when two independent clauses are joined by a coordinating conjunction like and, you place a comma before that conjunction. In this sentence, the introductory phrase is After dinner, so a comma should come right after dinner. There are two independent clauses—we went for a walk and we enjoyed the cool evening—so a comma is needed before the coordinating conjunction and that links them. The sentence that follows both rules has the comma after the introductory phrase and the comma before the and, making it clear and properly punctuated. The other options miss one of these comma placements, which is why they're not correct.

2. During bolus enteral feeding via a gastrostomy tube, which position is best for administration to minimize aspiration risk?

- A. Prone
- B. Fowler's**
- C. Sims'
- D. Supine

Preventing aspiration during bolus enteral feeding relies on positioning that reduces reflux and keeps gastric contents away from the airway. Elevating the head of the bed to Fowler's position (about 30 to 45 degrees) creates an angle that helps keep stomach contents lower than the esophagus and uses gravity to minimize backflow during and after the bolus. This protective angle is why Fowler's is the best choice for administration. In contrast, lying supine allows reflux to move toward the esophagus and airway; prone position places the airway in a more vulnerable relation to the stomach contents; and a side-lying (Sims') position does not provide the same protective angle and can complicate feeding flow and tube stability. Keeping the head of the bed elevated during and after the feeding is a common practice to maintain this protective effect.

3. Which sentence uses capitalization correctly?

- A. She visited the hospital on Monday, March 3, 2024.**
- B. She visited the hospital on monday, March 3, 2024.**
- C. She visited the hospital on Monday, march 3, 2024.**
- D. She visited the hospital on Monday, March 3, 2024, too.**

Capitalization of days and months follows a simple rule: the names of days of the week and the names of months are proper nouns and are always capitalized. In this sentence, Monday is capitalized because it's the name of a day, and March is capitalized because it's the name of a month. The year is written as numerals, so nothing needs to be capitalized there. The date is formatted with a comma after the day and a comma after the month, which is the standard punctuation for such dates, and the sentence ends with a period. The other sentences show the day or the month in lowercase, which is why they're not correct capitalization.

4. Which sentence demonstrates correct introductory phrase comma usage?

- A. After dinner, we went for a walk.**
- B. After dinner we went for a walk.**
- C. After dinner, we went for a walk, and we enjoyed the evening.**
- D. After dinner we went for a walk, and we enjoyed the evening.**

An introductory phrase sets up the rest of the sentence and is followed by a comma to separate that setup from the main action. In the example, the phrase "After dinner" introduces what happened next, so a comma right after it signals the pause before the main clause, making the sentence clear and easy to read: After dinner, we went for a walk. If the comma after the introductory phrase is missing, as in "After dinner we went for a walk," the sentence can feel rushed or hard to parse because the introductory setup isn't clearly separated from the main action. The other forms either add extra punctuation that isn't necessary for this basic rule or omit the necessary pause after the introductory phrase, which disrupts the intended flow.

5. During transcription, the genetic information from DNA is copied into which molecule?

- A. tRNA**
- B. mRNA**
- C. rRNA**
- D. DNA**

Transcription is the process of making an RNA copy from a DNA template. The molecule produced that carries the genetic message to the ribosome for protein synthesis is messenger RNA. It reflects the DNA sequence (with uracil replacing thymine) and serves as the readable script that tells the cell how to assemble amino acids into a protein. While other RNA types like tRNA and rRNA are also transcribed and play essential roles in translation, the RNA product typically used to convey the code from DNA to the protein-making machinery is messenger RNA.

6. Which sentence uses the word 'sharp' correctly to describe the time?

- A. The patient will be seen at eight o'clock sharp.**
- B. The patient will be seen at eight o'clock sherp.
- C. The patient will be seen at eight o'clock sherp.
- D. The patient will be seen at eight o'clock sharpe.

In time-telling, sharp means exactly on the stated hour. It's placed after the time expression to emphasize precision. The correct form is: The patient will be seen at eight o'clock sharp. The word should be spelled sharp, not sherp or sharpe, which are misspellings. The standard phrasing uses eight o'clock followed by sharp to convey exact timing.

7. What is 25 percent of 200?

- A. 25
- B. 75
- C. 100
- D. 50**

Percent of a number means multiply the number by the decimal form of the percent. Twenty-five percent is 0.25, so twenty-five percent of 200 is $0.25 \times 200 = 50$. You can also see this as a quarter of 200, which is $200 \div 4 = 50$. The other options reflect different amounts: 25 is 12.5% of 200, 75 is 37.5% of 200, and 100 is 50% of 200. So the result is 50.

8. A male client is in the emergency department after a motorcycle crash and will not wear a helmet. Which response should the nurse provide?

- A. The nurse should insist on helmet use
- B. Wearing a helmet or not is certainly an individual decision**
- C. The nurse should report the patient to authorities
- D. The nurse should refuse care until helmet decision is made

Respect for patient autonomy guides the nurse's response when a competent adult refuses a safety measure. If the man is mentally capable of understanding his choices and the associated risks, the nurse should acknowledge his decision to forego the helmet, provide clear information about how helmet use reduces head injury, and document the decision while continuing to monitor and offer ongoing care. Coercive actions—insisting on helmet use, reporting him to authorities, or refusing care until a helmet decision is made—undermine autonomy and aren't appropriate in this situation. If the patient were not able to understand or make an informed decision, the approach would focus more on protection of life and involve appropriate surrogates or legal authorities as required, but with a competent adult, his personal decision should be respected while ensuring he remains informed.

9. Which example should be identified as a significant outcome for the Leading Health Indicators of Healthy People 2020?

- A. A community started a fitness program**
- B. A community created a smoking lounge**
- C. A community has implemented a no smoking policy**
- D. A community increased apple consumption**

Leading Health Indicators focus on actions and outcomes that produce broad, population-level health improvements, often through policies, environments, and systems. Implementing a no smoking policy creates an environmental change that reduces tobacco exposure for the whole community and supports lower smoking rates over time, making it a meaningful, measurable health outcome in Healthy People 2020. Starting a fitness program is valuable but represents a program initiation rather than a sustained population-level outcome. Creating a smoking lounge could undermine health goals by normalizing smoking and increasing exposure, not a desirable health outcome. Increasing apple consumption reflects a dietary choice at the individual level and doesn't demonstrate a policy- or environment-driven population impact. Therefore, a no smoking policy best aligns with significant LHIs because it yields a durable change in the environment that can reduce tobacco-related illness across the community.

10. During Nasogastric tube attached to low suction, patient reports nausea and there has been no drainage for two hours. What action should be taken first?

- A. Reposition the client on her side.**
- B. Irrigate the nasogastric tube with sterile normal saline.**
- C. Advance the nasogastric tube an additional five centimeters.**
- D. Administer an intravenous antiemetic prescribed for PRN use.**

The main idea is to restore the tube's patency and drainage by addressing a possible mechanical obstruction. Repositioning the patient to the side can relieve kinks or looping of the nasogastric tube and let gastric contents drain by gravity into the collection system again. This simple position change directly targets the likely cause of no drainage and also can reduce the risk of aspiration if nausea worsens. After repositioning, you would recheck the tube and suction for patency, verify there isn't a kink at the nares or along the tube path, and assess the suction function. Interventions that involve irrigating, advancing the tube, or giving antiemetics address different issues and aren't the first step when drainage has ceased and the patient is nauseated; irrigation is used only if there's a confirmed occlusion and per protocol, advancing the tube can cause injury or misplacement, and an antiemetic manages symptoms rather than the drainage problem.

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://hesinextgen.examzify.com>

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

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