

HESI NEXT GENERATION PRACTICE EXAM (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. In the sentence 'The policy was enacted to mitigate risk,' what does mitigate most nearly mean?
 - A. Increase
 - B. Reduce
 - C. Delay
 - D. Ignore
2. The root 'nephro-' means which body part?
 - A. Liver
 - B. Heart
 - C. Kidney
 - D. Lungs
3. Add 0.4 and 0.75. What is the sum?
 - A. 0.95
 - B. 1.25
 - C. 1.15
 - D. 1.35
4. A 73 year old client had a hemiarthroplasty to the left hip yesterday due to a fracture resulting in a fall. What nursing intervention could help prevent dislocation?
 - A. Place a pillow between your legs to prevent hip dislocation
 - B. Keep your legs extended and together
 - C. Avoid turning on the operative side
 - D. Cross your legs
5. 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

- 6. When performing sterile gloving, which statement is correct?**
- A. It is recommended to glove the dominant hand first.
 - B. The gloved hands should be kept above the elbows.
 - C. The hands should be kept down at the sides while gloving.
 - D. The thumb should be held during insertion.
- 7. The prefix 'nephro-' is commonly used in which medical specialty?**
- A. Cardiology
 - B. Nephrology
 - C. Neurology
 - D. Dermatology
- 8. In cellular respiration, which molecule serves as the final electron acceptor in the mitochondria?**
- A. NADH
 - B. Oxygen
 - C. Glucose
 - D. Carbon dioxide
- 9. In a toxin exposure where there is no readily available antidote, what is the priority intervention?**
- A. Isolate all individuals
 - B. Provide supportive care until antidote is available
 - C. Administer antidote immediately
 - D. Wait for symptoms to appear
- 10. In syndrome of inappropriate antidiuretic hormone (SIADH) with a serum sodium of 112 mEq/L, which protocol prescription should the nurse implement first?**
- A. Restrict fluids to zero
 - B. Obtain serum sodium level every 4 hours
 - C. Administer IV hypertonic saline
 - D. Initiate seizure precautions

Answers

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

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Explanations

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1. In the sentence 'The policy was enacted to mitigate risk,' what does mitigate most nearly mean?

- A. Increase
- B. Reduce**
- C. Delay
- D. Ignore

Mitigate means to lessen or reduce something harmful. In risk management, actions designed to mitigate risk aim to lower either how likely a negative event is or how severe its impact would be. So in the sentence, enacting a policy to mitigate risk signals that the goal is to reduce risk, not raise it, delay it, or ignore it. Increasing risk would go against the purpose, delaying risk isn't about lowering it, and ignoring risk fails to address it at all.

2. The root 'nephro-' means which body part?

- A. Liver
- B. Heart
- C. Kidney**
- D. Lungs

Nephro- is a combining form that means kidney. In medical terminology, this prefix links to roots to name parts or conditions of the kidney, so you see it in words like nephrology (the study of kidneys), nephron (the kidney's functional unit), nephritis (inflammation of the kidney), and nephrectomy (removal of a kidney). The other options use different prefixes: hepat- for liver, cardio- for heart, and pulmo- or pneumon- for lungs. Since nephro- specifically points to the kidney, the body part described is the kidney.

3. Add 0.4 and 0.75. What is the sum?

- A. 0.95
- B. 1.25
- C. 1.15**
- D. 1.35

Add decimals by lining up the decimal points and padding with zeros so each number has the same number of digits after the decimal. Here, write 0.4 as 0.40 to have two decimals. Then add 0.40 and 0.75 from right to left: hundredths place = $0 + 5 = 5$; tenths place = $4 + 7 = 11$. Since 11 tenths is 1 full unit plus 1 tenth, carry 1 to the ones place. The ones place becomes 1, the tenths place is 1, and the hundredths place is 5, giving 1.15. The sum is 1.15.

4. A 73 year old client had a hemiarthroplasty to the left hip yesterday due to a fracture resulting in a fall. What nursing intervention could help prevent dislocation?

A. Place a pillow between your legs to prevent hip dislocation

B. Keep your legs extended and together

C. Avoid turning on the operative side

D. Cross your legs

Maintaining hip abduction after a hip hemiarthroplasty is essential to prevent dislocation. The artificial joint is most at risk when the leg adducts or rotates inward, so keeping the legs separated helps preserve neutral alignment of the prosthesis. Placing a pillow between the knees (or legs) helps maintain this abduction and prevents crossing the legs or bringing the knees together, which could push the femoral component out of place. While other precautions like avoiding rolling onto the operative side are important, the pillow between the legs directly supports the position that minimizes dislocation risk in the immediate postoperative period.

5. 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.

6. When performing sterile gloving, which statement is correct?

A. It is recommended to glove the dominant hand first.

B. The gloved hands should be kept above the elbows.

C. The hands should be kept down at the sides while gloving.

D. The thumb should be held during insertion.

During sterile gloving, keeping your gloved hands above the elbows is crucial to maintain sterility. This elevated position places the hands in front of you and away from the gown sleeves, which are not sterile below the elbow. If the hands drop or move below the elbow, the sleeves can brush against the gloves or the sterile field, increasing the risk of contamination. The other options either place the hands in a position where contamination is more likely (down at the sides) or describe procedural details that do not address maintaining a sterile field as effectively.

7. The prefix 'nephro-' is commonly used in which medical specialty?

- A. Cardiology
- B. Nephrology**
- C. Neurology
- D. Dermatology

Nephro- comes from Greek nephros meaning kidney, so it signals kidney-related terms. The medical field that studies and treats kidneys is nephrology, making this prefix common there. For example, nephritis refers to kidney inflammation, and nephrology covers kidney-focused diseases and care. In contrast, cardio- relates to the heart (cardiology), neuro- to the nervous system (neurology), and dermato- to the skin (dermatology).

8. In cellular respiration, which molecule serves as the final electron acceptor in the mitochondria?

- A. NADH
- B. Oxygen**
- C. Glucose
- D. Carbon dioxide

Oxygen serves as the final electron acceptor in the mitochondrial electron transport chain. As electrons flow through the chain, oxygen accepts them and combines with protons to form water. This step is crucial because it regenerates NAD⁺ and FAD so glycolysis and the TCA cycle can continue, and it sustains the proton gradient that drives ATP synthase to make ATP. The other molecules play different roles: NADH donates electrons and is oxidized back to NAD⁺; glucose provides the fuel that feeds the whole process; carbon dioxide is a waste product produced by the TCA cycle. If oxygen isn't available, electrons can't be accepted at the end of the chain, the chain backs up, and ATP production drops sharply.

9. In a toxin exposure where there is no readily available antidote, what is the priority intervention?

- A. Isolate all individuals
- B. Provide supportive care until antidote is available**
- C. Administer antidote immediately
- D. Wait for symptoms to appear

When a toxin exposure has occurred and no antidote is readily available, the immediate goal is to support the patient's life functions while the toxin is dealt with or eliminated. Stabilizing the airway, breathing, and circulation is the top priority because rapid deterioration from respiratory failure, hypoxia, or shock can occur with many toxic exposures. Provide ongoing monitoring and treat emerging problems such as seizures, arrhythmias, or hypotension; give fluids or other supportive therapies as needed to maintain perfusion and organ function. Decontamination and removing the exposure source help limit additional absorption, but they do not replace the need for supportive care. An antidote would be ideal, but if it isn't available right away, you work to keep the patient stable until it can be administered or until the toxin clears. Waiting for symptoms to appear risks sudden and severe deterioration before you can intervene. Isolating others from exposure is important for safety, but the priority in this scenario is maintaining the patient's vital functions through supportive care until an antidote becomes available.

10. In syndrome of inappropriate antidiuretic hormone (SIADH) with a serum sodium of 112 mEq/L, which protocol prescription should the nurse implement first?

- A. Restrict fluids to zero
- B. Obtain serum sodium level every 4 hours**
- C. Administer IV hypertonic saline
- D. Initiate seizure precautions

In this situation, the priority is to monitor the patient's electrolyte status closely to guide treatment and prevent risks from rapid changes. With severe hyponatremia (112 mEq/L) in SIADH, obtaining serum sodium levels at frequent intervals provides essential data about the current status and how quickly sodium is changing, which directly informs the safest plan of care. Checking the sodium every few hours helps ensure that any interventions (such as fluid restriction or hypertonic saline) are adjusted appropriately and that correction does not occur too quickly, which could cause osmotic demyelination. Fluid restriction is a common therapeutic measure in SIADH, but it should be implemented with guidance and orders, not as the immediate first action when you don't yet have current lab data to tailor the plan. Administering IV hypertonic saline is reserved for planned treatment by a clinician and requires careful monitoring and orders to avoid overcorrection. Seizure precautions are important if there are symptoms or high risk, but they're not the initial step in establishing the patient's current electrolyte status and need for specific therapy.

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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