

HESI Registered Nurse EXIT 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. Before discharging a client with a prescription for chlorpromazine (Thorazine), which finding should be reported?**
 - A. Change in libido, breast enlargement**
 - B. Sore throat, fever**
 - C. Abdominal pain, nausea, diarrhea**
 - D. Dyspepsia, nasal congestion**
- 2. What is the best explanation a nurse can give a mother regarding her child's iron deficiency anemia lab results?**
 - A. "Although the results are here, your doctor will explain them later."**
 - B. "Your child has less red blood cells that carry oxygen."**
 - C. "The blood cells that carry nutrients to the cells are too large."**
 - D. "There are not enough blood cells in your child's circulation."**
- 3. While caring for a preschool-aged child, which behavior would concern the nurse the most?**
 - A. Playing imaginatively**
 - B. Expressing shame**
 - C. Identifying with family**
 - D. Exploring the playroom**
- 4. After a right lower lobectomy, the fluid level bubbles constantly in the water-seal chamber. What should the nurse do next?**
 - A. Check for subcutaneous emphysema in the upper torso**
 - B. Reposition the client to a position of comfort**
 - C. Call the health care provider as soon as possible**
 - D. Check for any increase in the amount of thoracic drainage**

5. What nursing diagnosis best applies to a patient with alcohol and drug abuse due to impaired judgment?

- A. Risk for injury**
- B. Risk for knowledge deficit**
- C. Altered thought process**
- D. Disturbance in self-esteem**

6. In caring for a 35-year-old client with sickle cell crisis, what should the nurse do when the client requests something for pain?

- A. Administer a placebo**
- B. Encourage increased fluid intake**
- C. Administer the prescribed analgesia**
- D. Recommend relaxation exercises for pain control**

7. Which of the following is an important guideline for medication administration in elderly patients?

- A. Increase dosages gradually**
- B. Administer medications at bedtime only**
- C. Consider age-related organ function changes**
- D. Mix medications with food to mask taste**

8. What is the most important information to emphasize to a client receiving lithium for bipolar illness?

- A. Maintain a low sodium diet**
- B. Take a diuretic with lithium**
- C. Come in for evaluation of serum lithium levels every 1-3 months**
- D. Have blood lithium levels drawn during the summer months**

9. Which statement about managing pain in a terminally ill client is true?

- A. Pain management should be minimized**
- B. Clients should be encouraged to tolerate the pain**
- C. Effective pain management is a priority**
- D. Pain medications should be avoided to maintain alertness**

10. What is an essential component of a discharge plan for patients with chronic illnesses?

- A. Detailed medication regime**
- B. Emphasis on dietary restrictions**
- C. A follow-up appointment schedule**
- D. A list of emergency contacts**

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Answers

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

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Explanations

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1. Before discharging a client with a prescription for chlorpromazine (Thorazine), which finding should be reported?

- A. Change in libido, breast enlargement**
- B. Sore throat, fever**
- C. Abdominal pain, nausea, diarrhea**
- D. Dyspepsia, nasal congestion**

The correct answer emphasizes the importance of recognizing potentially severe side effects that could indicate a serious condition following the administration of chlorpromazine. Chlorpromazine, which is an antipsychotic medication, can cause agranulocytosis, a serious drop in white blood cell count that results in increased susceptibility to infections. A sore throat and fever are classic signs of infection, particularly in the context of agranulocytosis, and thus warrant immediate reporting and further evaluation. Monitoring for these symptoms is crucial, as they could suggest that the client is experiencing an adverse reaction related to the medication, which can lead to significant complications if not addressed promptly. Other choices may represent side effects or symptoms that are common or less critical compared to the potential risk of infection indicated by sore throat and fever. Being vigilant for signs of infection, especially in patients taking medications that can affect the immune system, is essential in ensuring client safety post-discharge.

2. What is the best explanation a nurse can give a mother regarding her child's iron deficiency anemia lab results?

- A. "Although the results are here, your doctor will explain them later."**
- B. "Your child has less red blood cells that carry oxygen."**
- C. "The blood cells that carry nutrients to the cells are too large."**
- D. "There are not enough blood cells in your child's circulation."**

The best explanation for the mother regarding her child's iron deficiency anemia lab results is that her child has less red blood cells that carry oxygen. This statement addresses the fundamental aspect of iron deficiency anemia, which is characterized by a decrease in hemoglobin levels due to insufficient iron. Hemoglobin is a protein in red blood cells responsible for transporting oxygen throughout the body. When iron levels drop, it can lead to a decrease in the production of hemoglobin, resulting in fewer red blood cells or red blood cells that are not fully developed, leading to symptoms such as fatigue, weakness, and pallor. The option that suggests the doctor will explain the results later does not provide the mother with any immediate understanding or reassurance about her child's condition. The statement about blood cells carrying nutrients being "too large" is misleading since anemia specifically relates to a deficiency in red blood cells and their ability to transport oxygen, rather than the size of the cells. Lastly, claiming there are not enough blood cells in circulation may imply a complete lack of red blood cells, which could mislead the mother into thinking her child has a more severe condition than anemia, which is characterized by a relative deficiency in red blood cells rather than their complete absence. Therefore, discussing the presence of less red blood cells

3. While caring for a preschool-aged child, which behavior would concern the nurse the most?

- A. Playing imaginatively**
- B. Expressing shame**
- C. Identifying with family**
- D. Exploring the playroom**

Expressing shame in a preschool-aged child is a behavior that warrants concern for several reasons. At this developmental stage, children should be developing a sense of self-esteem and confidence. An excessive display of shame may indicate underlying issues such as anxiety, low self-worth, or negative self-perception, which can stem from various factors, including family dynamics, peer interactions, or even responses to previous experiences. Playing imaginatively, identifying with family, and exploring the playroom are all typical and healthy behaviors for a preschool child. Imaginative play is crucial at this age as it fosters creativity, problem-solving, and social skills. Identifying with family helps in the development of the child's sense of belonging and understanding of familial roles. Exploring the playroom encourages curiosity and promotes learning through play, which is a vital component of early childhood development. In contrast, when a child expresses shame, it may signal difficulties in emotional regulation or social interactions that need to be addressed to ensure healthy psychological and emotional development.

4. After a right lower lobectomy, the fluid level bubbles constantly in the water-seal chamber. What should the nurse do next?

- A. Check for subcutaneous emphysema in the upper torso**
- B. Reposition the client to a position of comfort**
- C. Call the health care provider as soon as possible**
- D. Check for any increase in the amount of thoracic drainage**

After a right lower lobectomy, constant bubbling in the water-seal chamber of a chest tube drainage system typically indicates a potential air leak, which is a significant concern in postoperative care. Checking for subcutaneous emphysema is critical because it can signify air leaking into the subcutaneous tissue, often a result of a rupture in the pleura or other surgical complications. Observing for subcutaneous emphysema helps determine the extent of the air leak and guides further management. Identifying subcutaneous emphysema can aid in assessing the severity of the situation, allowing for a more informed response regarding the patient's care and potentially necessitating intervention, such as adjusting the tube or notifying the healthcare provider for further evaluation. This proactive approach can help prevent complications such as tension pneumothorax, which can arise from untreated air leaks. While other actions, like repositioning the client or monitoring the drainage output, have their importance in patient care, they do not address the immediate concern of a potential air leak indicated by the bubbling in the water-seal chamber. The priority is ensuring the patient's safety and addressing any complications from the surgery.

5. What nursing diagnosis best applies to a patient with alcohol and drug abuse due to impaired judgment?

- A. Risk for injury**
- B. Risk for knowledge deficit**
- C. Altered thought process**
- D. Disturbance in self-esteem**

The nursing diagnosis that best applies to a patient with alcohol and drug abuse due to impaired judgment is associated with a heightened vulnerability to physical harm or danger. Patients experiencing impaired judgment as a result of substance abuse may engage in reckless or dangerous behaviors, increasing their risk for accidents, injuries, or self-harm. This nursing diagnosis emphasizes the necessity for monitoring and implementing safety measures to protect the patient from potential harm as their impaired decision-making can lead to inadequate risk assessment. While other diagnoses may seem relevant, such as knowledge deficit or altered thought processes, they do not directly address the immediate concern for patient safety in the context of substance abuse. Disturbance in self-esteem may also be a consideration, but it does not reflect the acute risks associated with impaired judgment from substance use. Prioritizing safety with the diagnosis of risk for injury allows for prompt interventions to mitigate these dangers effectively.

6. In caring for a 35-year-old client with sickle cell crisis, what should the nurse do when the client requests something for pain?

- A. Administer a placebo**
- B. Encourage increased fluid intake**
- C. Administer the prescribed analgesia**
- D. Recommend relaxation exercises for pain control**

In the management of pain associated with a sickle cell crisis, the most appropriate action is to administer the prescribed analgesia. Sickle cell crisis can cause significant pain due to the sickling of red blood cells, which leads to vaso-occlusive episodes that block blood flow and result in ischemia and pain. Addressing the patient's request for pain relief promptly and effectively is essential for managing their comfort and overall well-being. Prescribed analgesics are typically tailored to the severity of the pain and are considered a standard part of care in these situations. While other options may play a role in the overall management of a sickle cell crisis, they do not address the immediate need for pain relief as effectively as administering analgesia. Increased fluid intake can help manage the hemoconcentration that often accompanies a crisis, and relaxation exercises may promote general comfort and anxiety reduction. However, these interventions do not provide direct and immediate pain relief, which is the primary concern when the patient explicitly requests assistance with pain. Therefore, the priority should be to adhere to the prescribed analgesia regimen to ensure effective pain management.

7. Which of the following is an important guideline for medication administration in elderly patients?

- A. Increase dosages gradually**
- B. Administer medications at bedtime only**
- C. Consider age-related organ function changes**
- D. Mix medications with food to mask taste**

Considering age-related organ function changes is crucial when administering medications to elderly patients because their physiological changes can significantly affect drug metabolism, efficacy, and safety. As individuals age, there can be a decline in kidney and liver function, alterations in body composition, and changes in gastrointestinal absorption. These factors can lead to variations in how a drug is processed, necessitating careful adjustment of dosages and monitoring for side effects, as well as ensuring that medications are appropriate for the individual's current health status. Gradual dosage increases may also be beneficial in some cases, but the fundamental understanding of how organ function shifts in the elderly informs the entire approach to medication management. Administering medications strictly at bedtime is not universally applicable and could ignore specific medication guidelines or patient-centered considerations, while mixing medications with food may not always be safe or effective, depending on the medication's properties. Recognizing the implications of age-related changes is essential for safe and effective medication administration.

8. What is the most important information to emphasize to a client receiving lithium for bipolar illness?

- A. Maintain a low sodium diet**
- B. Take a diuretic with lithium**
- C. Come in for evaluation of serum lithium levels every 1-3 months**
- D. Have blood lithium levels drawn during the summer months**

The most important information to emphasize to a client receiving lithium for bipolar illness is the need for regular evaluation of serum lithium levels, which is crucial for ensuring the medication remains within the therapeutic range. Lithium has a narrow therapeutic window, meaning the difference between a therapeutic dose and a toxic dose is small. Regular monitoring helps prevent toxicity, which can lead to serious side effects or complications. Additionally, having blood drawn during specific times, such as summer months, is not as critical as the consistent monitoring every 1-3 months, which is necessary to manage the patient's treatment effectively. Regular follow-up helps healthcare providers adjust doses if necessary and check for any adverse effects, making it a fundamental part of treatment for individuals on lithium therapy. This emphasis on monitoring aligns with best practices in managing patients on lithium for bipolar disorder, ensuring their safety and the effectiveness of their treatment regimen.

9. Which statement about managing pain in a terminally ill client is true?

- A. Pain management should be minimized**
- B. Clients should be encouraged to tolerate the pain**
- C. Effective pain management is a priority**
- D. Pain medications should be avoided to maintain alertness**

In the context of managing pain for terminally ill clients, effective pain management is a top priority. This is essential for improving quality of life at the end stages of life. Pain can be a significant issue for these clients, affecting their physical comfort, emotional well-being, and overall experience of their condition. Prioritizing effective pain management involves using appropriate interventions tailored to the individual's needs, which may include medications as well as non-pharmacological approaches. By addressing pain adequately, healthcare professionals can help ensure that clients are as comfortable as possible, enabling them to engage more fully with their loved ones and maintain dignity during their remaining time. The other statements reflect misconceptions about pain management in this context. Minimizing pain management and encouraging clients to tolerate pain contradict the principles of palliative care, which focus on relief from suffering. Avoiding pain medications to maintain alertness can also undermine the client's comfort, as the benefits of managing pain typically outweigh concerns about sedation when properly managed.

10. What is an essential component of a discharge plan for patients with chronic illnesses?

- A. Detailed medication regime**
- B. Emphasis on dietary restrictions**
- C. A follow-up appointment schedule**
- D. A list of emergency contacts**

An essential component of a discharge plan for patients with chronic illnesses is a follow-up appointment schedule. Ensuring that patients have follow-up appointments is crucial for managing chronic conditions. These follow-ups help monitor the patient's progress, adjust treatment plans as necessary, and address any emerging health concerns. Continuity of care is key in chronic illness management, and scheduled appointments facilitate this by ensuring that healthcare providers can regularly assess the efficacy of the treatment and provide necessary support. While elements such as a detailed medication regime, dietary restrictions, and emergency contacts are also important, they are more focused on individual aspects of treatment rather than the broader strategy of ongoing patient care. A follow-up schedule specifically underscores the importance of consistent healthcare interactions, which are vital for patients dealing with chronic conditions where ongoing management is necessary.

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://hesi-registerednurseexit.examzify.com>

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

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