

# HESI REGISTERED NURSE EXIT PRACTICE EXAM (SAMPLE)

## STUDY GUIDE



*Prepare with structure. Pass with confidence*



**Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.**

**ALL RIGHTS RESERVED.**

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

# 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 |

SAMPLE

# 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

SAMPLE

- 1. In which situation may a nurse make an exception to client privacy and confidentiality?**
  - A. When a family member offers information about their loved one
  - B. When the client threatens self-harm and harm to others
  - C. When the health care provider decides the family has a right to know the client's diagnosis
  - D. When a visitor insists that the visitor has been given permission by the client
- 2. What is the best approach for a nurse to take when gathering health history from a 14-year-old client?**
  - A. Have the mother present to verify information
  - B. Allow an opportunity for the teen to express feelings
  - C. Use the same type of language as the adolescent
  - D. Focus on discussing risk factors in the peer group
- 3. During chest physiotherapy (CPT), what is an appropriate action for the nurse?**
  - A. Schedule the therapy thirty minutes after meals
  - B. Teach not to cough during treatment
  - C. Confine percussion to the rib cage area
  - D. Place the child in a prone position
- 4. What finding would a nurse anticipate in a client with cardiac tamponade?**
  - A. Widening pulse pressure
  - B. Pleural friction rub
  - C. Distended neck veins
  - D. Bradycardia
- 5. What is the correct procedure for administering a 2.0 mL IM injection to a 2-year-old child?**
  - A. Administer the medication in 2 separate injections
  - B. Give the medication in the dorsal gluteal site
  - C. Call to get a smaller volume ordered
  - D. Check with pharmacy for a liquid form of the medication

- 6. Which parent's comment about a newborn most likely suggests pyloric stenosis?**
- A. I noticed a little lump a little above the belly button.
  - B. The baby seems hungry all the time.
  - C. Mild vomiting that progressed to vomiting shooting across the room.
  - D. Irritation and spitting up immediately after feedings.
- 7. What term describes the unpleasant feeling commonly experienced following a cocaine high?**
- A. Craving
  - B. Crashing
  - C. Outward bound
  - D. Nodding out
- 8. Which strategy is most effective for managing a client's pain post-operatively?**
- A. Use non-pharmacological methods solely.
  - B. Administer prescribed analgesics on a scheduled basis.
  - C. Only address pain when the client expresses it.
  - D. Instruct the client to bear the pain to avoid medication dependency.
- 9. What is the most important consideration when teaching parents how to reduce risks in the home?**
- A. Age and knowledge level of the parents
  - B. Proximity to emergency services
  - C. Number of children in the home
  - D. Age of children in the home
- 10. Which lunch selection indicates a client with congestive heart failure has learned about sodium restriction?**
- A. Cheese sandwich with a glass of 2% milk
  - B. Sliced turkey sandwich and canned pineapple
  - C. Cheeseburger and baked potato
  - D. Mushroom pizza and ice cream



## **Answers**

SAMPLE

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

SAMPLE

## **Explanations**

SAMPLE

**1. In which situation may a nurse make an exception to client privacy and confidentiality?**

- A. When a family member offers information about their loved one
- B. When the client threatens self-harm and harm to others**
- C. When the health care provider decides the family has a right to know the client's diagnosis
- D. When a visitor insists that the visitor has been given permission by the client

*In circumstances where a client threatens self-harm or harm to others, a nurse may make an exception to privacy and confidentiality in order to protect the safety and well-being of the client and those around them. This situation triggers the ethical and legal obligation to take action to prevent potential harm. When a serious threat to safety is identified, it is imperative for the healthcare provider to intervene, which may involve disclosing necessary information to appropriate parties, such as mental health professionals or law enforcement. In this context, safeguarding individuals from potential harm outweighs the client's right to confidentiality, reflecting the principle of beneficence, which emphasizes actions that promote the well-being of clients and others. Therefore, the nurse's responsibility becomes ensuring safety and providing appropriate interventions based on the assessed risk.*

**2. What is the best approach for a nurse to take when gathering health history from a 14-year-old client?**

- A. Have the mother present to verify information
- B. Allow an opportunity for the teen to express feelings**
- C. Use the same type of language as the adolescent
- D. Focus on discussing risk factors in the peer group

*The most effective approach when gathering health history from a 14-year-old client is to allow an opportunity for the teen to express feelings. At this developmental stage, adolescents are navigating complex emotions and beginning to form their own identities. By creating a safe space for them to share their feelings, the nurse can foster trust and open communication. This approach encourages the adolescent to express any concerns or issues that might not come up if they feel pressured or cornered. Active listening and validating their feelings can also empower them to be more forthcoming with their health history, leading to a more comprehensive assessment. Moreover, engaging the adolescent in conversation about their feelings can help the nurse assess not just physical health, but also mental and emotional wellbeing, which is essential during this crucial period of development. This strategy aligns with adolescent-friendly communication techniques that prioritize the patient's comfort and encourages participation in their own healthcare decisions.*

**3. During chest physiotherapy (CPT), what is an appropriate action for the nurse?**

- A. Schedule the therapy thirty minutes after meals
- B. Teach not to cough during treatment
- C. Confine percussion to the rib cage area**
- D. Place the child in a prone position

*Confining percussion to the rib cage area during chest physiotherapy is an appropriate action for the nurse as it targets the lungs directly to loosen and mobilize secretions effectively. This technique ensures that the percussion is applied where it can provide the most benefit in helping to clear the airways, which is particularly important in patients with respiratory conditions. Positioning the patient appropriately is also crucial in maximizing the effectiveness of chest physiotherapy. Percussion should not be performed over bony areas or organs such as the kidneys, as this can cause pain or injury. Focusing on the rib cage allows the nurse to safely and effectively apply the necessary percussion to enhance pulmonary function. Other options involve actions that may be less effective or against best practices. For instance, scheduling therapy thirty minutes after meals could potentially lead to discomfort or nausea during treatment. Additionally, teaching a patient not to cough during treatment contradicts the primary goal of CPT, which is to encourage airway clearance through effective expulsion of secretions; coughing is often a necessary and beneficial response during CPT. Positioning a child in a prone position may not be appropriate for all patients, as it depends on individual circumstances and comfort, making care tailored to the patient's needs essential.*

**4. What finding would a nurse anticipate in a client with cardiac tamponade?**

- A. Widening pulse pressure
- B. Pleural friction rub
- C. Distended neck veins**
- D. Bradycardia

*In a client with cardiac tamponade, the nurse would anticipate finding distended neck veins. Cardiac tamponade occurs when fluid accumulates in the pericardial space, exerting pressure on the heart and impeding its ability to fill properly during diastole. This decreased filling can lead to increased venous pressure, which manifests as distended neck veins. As the heart struggles to pump effectively due to the external pressure from fluid accumulation, blood can back up into the veins that drain into the heart, particularly the superior vena cava. As a result, the jugular veins, which are visible in the neck, become distended. This finding is a significant clinical indicator of elevated central venous pressure and is often associated with the classic triad of symptoms in cardiac tamponade, known as Beck's triad, which includes hypotension, muffled heart sounds, and elevated jugular venous pressure. While the other findings, such as a widening pulse pressure, pleural friction rub, and bradycardia, can occur in various cardiovascular conditions, they are not characteristic of cardiac tamponade. A widening pulse pressure may suggest disassociation in systolic and diastolic pressures, pleural friction rub indicates pleuritis rather than cardiac*

5. What is the correct procedure for administering a 2.0 mL IM injection to a 2-year-old child?

- A. Administer the medication in 2 separate injections**
- B. Give the medication in the dorsal gluteal site
- C. Call to get a smaller volume ordered
- D. Check with pharmacy for a liquid form of the medication

*Administering a 2.0 mL intramuscular (IM) injection to a 2-year-old child requires special consideration due to the smaller muscle mass and potential discomfort associated with larger volumes. The correct approach in this case is to administer the medication in 2 separate injections. This is appropriate because the vastus lateralis muscle, commonly used for IM injections in young children, generally should not receive more than 1 mL per injection site. By splitting the total volume into two separate injections, the healthcare provider can minimize pain and discomfort for the child as well as reduce the risk of complications associated with injecting a larger volume into a smaller muscle. While the other options might seem relevant, they do not address the correct method for administering the injection in a way that is both safe and effective for a young child.*

6. Which parent's comment about a newborn most likely suggests pyloric stenosis?

- A. I noticed a little lump a little above the belly button.
- B. The baby seems hungry all the time.
- C. Mild vomiting that progressed to vomiting shooting across the room.**
- D. Irritation and spitting up immediately after feedings.

*The comment about mild vomiting that progressed to vomiting shooting across the room strongly suggests pyloric stenosis. This condition involves the narrowing of the pylorus, which is the passage between the stomach and the small intestine. As a result, the stomach's contents are unable to pass into the intestine effectively. One of the hallmark signs of pyloric stenosis is projectile vomiting, which typically occurs after feeding and is often described as occurring with significant force, sometimes described as "shooting across the room." This symptom helps differentiate pyloric stenosis from other forms of vomiting that may be more common in newborns. Other comments, such as noticing a lump above the belly button or that the baby seems constantly hungry, may indicate feeding issues or potential gastrointestinal conditions but do not specifically point toward pyloric stenosis like the description of projectile vomiting does. Likewise, irritation and spitting up immediately after feedings can occur due to a variety of benign reasons, such as overfeeding or reflux, and do not carry the same implications for pyloric stenosis as the concerned comment about severe vomiting does.*

**7. What term describes the unpleasant feeling commonly experienced following a cocaine high?**

- A. Craving
- B. Crashing**
- C. Outward bound
- D. Nodding out

*The term that describes the unpleasant feeling commonly experienced following a cocaine high is "crashing." This phenomenon occurs as the effects of the drug wear off. During the high, cocaine stimulates the central nervous system, leading to increased energy, euphoria, and enhanced alertness. However, as the drug leaves the system, individuals often experience a sudden drop in mood and energy, accompanied by irritability, fatigue, depression, and cravings for more of the substance. This rebound effect is referred to as crashing and is a significant aspect of the addictive cycle associated with cocaine use. The other terms do not accurately describe this particular experience. Craving refers to the intense desire for the drug, which can occur during or after use but does not specifically denote the aftermath of a high. Outward bound is not a term related to drug use or its effects, and nodding out typically describes a state of drowsiness or a heavy sedative effect often associated with opioids, rather than the crash that follows a stimulant like cocaine.*

**8. Which strategy is most effective for managing a client's pain post-operatively?**

- A. Use non-pharmacological methods solely.
- B. Administer prescribed analgesics on a scheduled basis.**
- C. Only address pain when the client expresses it.
- D. Instruct the client to bear the pain to avoid medication dependency.

*Administering prescribed analgesics on a scheduled basis is the most effective strategy for managing a client's pain post-operatively because it allows for consistent control of pain levels rather than waiting for the pain to become severe. This proactive approach minimizes the risk of breakthrough pain, ensuring that the patient remains comfortable and can participate in necessary post-operative activities, such as physical therapy, which are crucial for recovery. Scheduled analgesic administration helps establish a baseline level of pain control, reduces anxiety about pain, and allows the healthcare team to make adjustments based on the patient's response. This method is supported by evidence-based practices that highlight the benefits of maintaining a steady level of pain relief rather than reactive pain management, which can lead to increased discomfort and prolonged recovery times. Non-pharmacological methods can be valuable adjuncts to pharmacological pain management but are typically not sufficient as standalone strategies for managing post-operative pain effectively. Waiting for a patient to express pain before treating it may result in unnecessary suffering and is not conducive to optimal recovery. Similarly, instructing clients to endure pain to prevent dependency can lead to inadequate pain management and complications, as it does not take into account the importance of effective pain control in the healing process.*

**9. What is the most important consideration when teaching parents how to reduce risks in the home?**

- A. Age and knowledge level of the parents
- B. Proximity to emergency services
- C. Number of children in the home

**D. Age of children in the home**

*When teaching parents how to reduce risks in the home, the age of the children is the most important consideration because different age groups have varying developmental stages and associated risks. For instance, infants and toddlers are naturally curious and tend to explore their environment, making them more susceptible to household hazards such as choking, falls, and poisoning. As children grow, their risk factors change; for example, older children might be prone to accidents related to running, climbing, or using household tools. Understanding the specific risks associated with different age groups enables parents to implement tailored preventive measures more effectively. For example, securing furniture to walls can prevent tipping for younger children, while teaching older children about safe practices around the kitchen or when using electronics can reduce the likelihood of accidents. While the other factors, such as the age and knowledge level of the parents, proximity to emergency services, and the number of children in the home, are relevant, they do not directly address the unique safety concerns related to the children themselves. The varying needs of children based on their developmental stages make it essential to focus on their age when discussing home safety and risk reduction.*

**10. Which lunch selection indicates a client with congestive heart failure has learned about sodium restriction?**

- A. Cheese sandwich with a glass of 2% milk
- B. Sliced turkey sandwich and canned pineapple**
- C. Cheeseburger and baked potato
- D. Mushroom pizza and ice cream

*The selection of a sliced turkey sandwich and canned pineapple indicates a suitable choice for a client with congestive heart failure who has learned about sodium restriction. This meal focuses on lean protein from the turkey, which is typically lower in sodium compared to processed meats, and the canned pineapple can be chosen if it is low-sodium or packed in its own juice, making it a better option for heart health. In managing congestive heart failure, clients are encouraged to limit sodium intake to help reduce fluid retention and manage blood pressure. Foods high in sodium, like processed cheese, fast food, and creamy or salty items like ice cream can contribute to fluid buildup, making them less appropriate choices for someone managing this condition. Thus, the other options incorporate higher sodium items that would not align with the dietary needs of someone with congestive heart failure.*



## 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](mailto: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!

SAMPLE