

HESI REGISTERED NURSE EXIT PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE

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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. When caring for a client with first and second degree burns on the face, neck, anterior chest, and hands, what should the nurse prioritize?**
 - A. Cover the areas with dry sterile dressings
 - B. Assess for dyspnea or stridor
 - C. Initiate intravenous therapy
 - D. Administer pain medication

- 2. A client diagnosed with Schizophrenia - Paranoid Type exhibits hostility when approached. This behavior most likely indicates:**
 - A. Feelings of increasing anxiety related to paranoia
 - B. Social isolation related to altered thought processes
 - C. Sensory perceptual alteration related to withdrawal from environment
 - D. Impaired verbal communication related to impaired judgment

- 3. What is the key method to prevent the spread of lice in a school setting?**
 - A. "The treatment requires reapplication in 8 to 10 days."
 - B. "Bedding and clothing can be boiled or steamed."
 - C. Children are not to share hats, scarves, and combs
 - D. Nit combs are necessary to comb out nits.

- 4. In patients taking antipsychotic medications, why is orthostatic hypotension a concern?**
 - A. It may cause dizziness
 - B. It indicates dehydration
 - C. It leads to hypertension
 - D. It results in fatigue

- 5. Which action is appropriate to add to the care plan for an infant with bacterial meningitis?**
 - A. Provide an over-the-crib protective top
 - B. Measure head circumference
 - C. Place in airborne isolation
 - D. Provide passive range of motion

- 6. While auscultating heart sounds, which term should the nurse use to document a murmur?**
- A. Regular rhythm
 - B. Click
 - C. Gallop
 - D. Murmur
- 7. What is the correct recommendation regarding milk consumption for an 18-month-old child?**
- A. Can have milk mixed with other foods
 - B. May drink as much milk as desired
 - C. Should be limited to 3-4 cups daily
 - D. Will benefit from fat-free cow's milk
- 8. What is the primary risk for children with cystic fibrosis in the long term?**
- A. Digestive complications
 - B. Chronic lung infections
 - C. Skin problems
 - D. Heart issues
- 9. For which congenital heart defect is it crucial to assess for heart conduction disturbances in children post-surgery?**
- A. Arterial septal defect
 - B. Patent ductus arteriosus
 - C. Aortic stenosis
 - D. Ventricular septal defect
- 10. What is the most appropriate response for a nurse when a victim of domestic violence expresses hope for change?**
- A. "The violence is temporarily caused by unusual circumstances, don't stop hoping for a change."
 - B. "Perhaps, if you understood the need to abuse, you could stop the violence."
 - C. "No one deserves to be beaten. Are you doing anything to provoke your spouse into beating you?"
 - D. "Batterers lose self-control because of their own internal reasons, not because of what their partner did or did not do."

Answers

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

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Explanations

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1. When caring for a client with first and second degree burns on the face, neck, anterior chest, and hands, what should the nurse prioritize?

- A. Cover the areas with dry sterile dressings
- B. Assess for dyspnea or stridor**
- C. Initiate intravenous therapy
- D. Administer pain medication

Prioritizing the assessment for dyspnea or stridor is crucial in this scenario because burns on the face, neck, and anterior chest can potentially compromise the airway. First and second-degree burns in these areas increase the risk for facial swelling, which can occur rapidly and lead to airway obstruction. Stridor, a high-pitched wheezing sound indicating airway narrowing, is a critical sign that patients may be developing respiratory distress. Monitoring for signs of airway compromise should be the nurse's first action. If any respiratory distress is evident or if the patient exhibits dyspnea or stridor, it can indicate that immediate intervention is necessary to secure the airway, such as preparing for intubation or other advanced airway management. While the other actions, such as covering the burns, initiating IV therapy, and administering pain medication, are important components of burn care, they do not take precedence over ensuring that the airway is protected in a client presenting with potential respiratory risks. Addressing airway concerns is fundamental to preventing complications that could quickly become life-threatening.

2. A client diagnosed with Schizophrenia - Paranoid Type exhibits hostility when approached. This behavior most likely indicates:

- A. Feelings of increasing anxiety related to paranoia
- B. Social isolation related to altered thought processes**
- C. Sensory perceptual alteration related to withdrawal from environment
- D. Impaired verbal communication related to impaired judgment

The behavior of hostility exhibited by a client diagnosed with Schizophrenia - Paranoid Type can often be linked to feelings of social isolation stemming from altered thought processes. Individuals with this condition may experience a distorted perception of reality, leading to mistrust and withdrawal from social interactions. This withdrawal can result in defensive behaviors, such as hostility, especially when they perceive a threat from others. When a person feels socially isolated, they may struggle to engage appropriately in social situations, which can heighten their paranoia and lead to aggressive responses to perceived intrusions or confrontations. This reflects the individual's struggle to navigate social environments and forms part of the broader pattern of symptoms associated with this subtype of schizophrenia. Understanding these dynamics helps in providing appropriate care and interventions aimed at re-engaging the client in social relationships and addressing the underlying paranoia that fuels such hostility.

3. What is the key method to prevent the spread of lice in a school setting?

- A. "The treatment requires reapplication in 8 to 10 days."
- B. "Bedding and clothing can be boiled or steamed."
- C. Children are not to share hats, scarves, and combs**
- D. Nit combs are necessary to comb out nits.

Preventing the spread of lice in a school setting primarily revolves around minimizing direct or indirect contact that allows lice to transfer from one person to another. By educating children not to share personal items such as hats, scarves, and combs, the likelihood of lice transmission is significantly reduced. Lice are adept at moving from one host to another through shared items, which is why this preventative measure is crucial. The other options, while relevant to the management and treatment of lice, do not address the immediate need for prevention in a communal environment like a school. Reapplication of treatment, boiling or steaming bedding and clothing, and using nit combs are all important steps in managing an infestation, but they do not actively prevent lice from spreading within the school setting. Focusing on personal hygiene and avoiding sharing items is the first line of defense against the transmission of lice.

4. In patients taking antipsychotic medications, why is orthostatic hypotension a concern?

- A. It may cause dizziness**
- B. It indicates dehydration
- C. It leads to hypertension
- D. It results in fatigue

Orthostatic hypotension is a significant concern in patients taking antipsychotic medications primarily because it can lead to dizziness when the patient transitions from sitting or lying down to standing up. This condition occurs due to a sudden drop in blood pressure, which may not be adequately compensated by the body's normal physiological responses. The dizziness that accompanies orthostatic hypotension can increase the risk of falls and subsequent injuries, particularly in vulnerable populations such as the elderly or those with additional health issues. Recognizing and managing this side effect is crucial in ensuring the safety and wellbeing of patients on antipsychotic therapy. While dehydration can be associated with orthostatic hypotension, it is not the sole cause; therefore, indicating dehydration is not the primary concern here. Similarly, hypertension is actually the opposite of what occurs with orthostatic hypotension. Although fatigue might be a symptom experienced by some patients, it is not the most immediate and clear concern that orthostatic hypotension presents, as dizziness has more direct implications for patient safety.

5. Which action is appropriate to add to the care plan for an infant with bacterial meningitis?

- A. Provide an over-the-crib protective top
- B. Measure head circumference**
- C. Place in airborne isolation
- D. Provide passive range of motion

Measuring head circumference is crucial in the care of an infant with bacterial meningitis because increased intracranial pressure can lead to an expansion of the head in young children whose sutures have not yet fused. Monitoring head circumference allows healthcare providers to detect any significant changes that may indicate complications related to the illness, such as increased pressure or edema in the brain. This practice is particularly important in infants, as they are more susceptible to neurological complications from infections like meningitis. Regular measurements can help in early identification of these complications, allowing for timely interventions which are essential in managing the condition effectively. Other actions, while potentially relevant in different contexts, do not align as directly with the immediate and specific needs of an infant suffering from bacterial meningitis. For instance, placing the infant in airborne isolation is unnecessary because meningitis is primarily spread through direct contact or respiratory secretions, not through airborne transmission. Providing an over-the-crib protective top would not address the clinical aspects of the disease or its monitoring effectively. Similarly, while passive range of motion can be beneficial in other patient populations, it is not a priority intervention in the management of bacterial meningitis. Overall, measuring head circumference provides critical information for assessing the infant's condition and modifying the care plan as needed

6. While auscultating heart sounds, which term should the nurse use to document a murmur?

- A. Regular rhythm
- B. Click
- C. Gallop
- D. Murmur**

When documenting heart sounds, the term "murmur" is the most appropriate choice to describe an extra sound that occurs during the cardiac cycle, which is typically indicative of turbulent blood flow. Murmurs can vary in intensity, duration, and timing within the heart cycle, and they may be classified as systolic or diastolic, depending on when in the heart beat they occur. Documenting a murmur is essential for evaluation and management, as it can provide insights into underlying cardiac conditions such as valve abnormalities or heart defects. The other terms—regular rhythm, click, and gallop—describe different characteristics of heart sounds. Regular rhythm indicates a normal pattern of heartbeats, while a click is a sharp, distinct sound often related to valve function. A gallop refers to a specific abnormal rhythm characterized by an additional heart sound, resembling the rhythm of a galloping horse, typically associated with heart failure or volume overload. These terms are distinct from murmur and do not encompass the same meaning or implications as "murmur" does in the documentation of heart sounds. Therefore, "murmur" is the most accurate term to use for this specific type of abnormal sound heard during auscultation.

7. What is the correct recommendation regarding milk consumption for an 18-month-old child?

- A. Can have milk mixed with other foods
- B. May drink as much milk as desired
- C. Should be limited to 3-4 cups daily**
- D. Will benefit from fat-free cow's milk

For an 18-month-old child, the recommendation to limit milk consumption to 3-4 cups daily is based on nutritional guidelines that ensure the child receives a balanced diet. At this age, children require adequate amounts of fat and other nutrients for growth and development, and while milk is a good source of calcium and vitamin D, excessive milk consumption can lead to a few issues. First, if a child consumes too much milk, it may lead to a decreased appetite for other solid foods, which are essential for providing a variety of nutrients. A varied diet is important for healthy growth and helps prevent nutritional deficiencies. Limiting milk intake to 3-4 cups ensures that the child can get necessary nutrients from other food sources as well. Additionally, whole milk is typically recommended for young children because it contains fat, which is crucial for brain development. However, the proposed limit helps avoid complications such as iron-deficiency anemia, which can occur if a child drinks excessive amounts of milk without consuming enough iron-rich foods. In contrast, mixing milk with other foods, consuming unlimited amounts, or opting for fat-free cow's milk does not take into consideration the balanced diet that an 18-month-old requires during this critical growth period. Thus, maintaining a daily limit

8. What is the primary risk for children with cystic fibrosis in the long term?

- A. Digestive complications
- B. Chronic lung infections**
- C. Skin problems
- D. Heart issues

The primary risk for children with cystic fibrosis in the long term is chronic lung infections. Cystic fibrosis is a genetic disorder that affects the lungs and digestive system, characterized by the production of thick, sticky mucus. This abnormal mucus can obstruct airways, leading to difficulty breathing and creating an ideal environment for bacteria to thrive. Over time, this increases the risk of lung infections, which can lead to inflammation, lung damage, and decreased lung function. Chronic lung infections are the most significant concern for individuals with cystic fibrosis, as they can severely impact overall health, quality of life, and longevity. The management of these infections often involves aggressive treatment strategies, including antibiotics, inhalation therapies, and sometimes advanced interventions such as lung transplants, which underscores the seriousness of the respiratory complications associated with this condition. While digestive complications and other issues like skin problems and heart issues can occur in cystic fibrosis patients, they are not considered the primary long-term risk when compared to the ongoing challenge of managing pulmonary health in these children.

9. For which congenital heart defect is it crucial to assess for heart conduction disturbances in children post-surgery?

- A. Arterial septal defect
- B. Patent ductus arteriosus
- C. Aortic stenosis

D. Ventricular septal defect

After surgery for a ventricular septal defect (VSD), it is particularly important to assess for heart conduction disturbances. This is primarily due to the surgical approach involved in repairing the defect, which can impact the surrounding cardiac structures, including the conduction pathways. The ventricles can be influenced by the surgical manipulation and closure techniques, leading to potential complications such as arrhythmias or heart blocks. In contrast, the other congenital heart defects listed are associated with different surgical considerations. For example, in cases of arterial septal defect (ASD), patent ductus arteriosus (PDA), and aortic stenosis, the repairs typically do not significantly interfere with the cardiac conduction system to the same extent as VSD repairs. While conduction disturbances can occur with any cardiac surgery, the likelihood and the need for vigilant monitoring are heightened in the context of VSD due to the proximity of the defect to the conduction pathways in the heart.

10. What is the most appropriate response for a nurse when a victim of domestic violence expresses hope for change?

- A. "The violence is temporarily caused by unusual circumstances, don't stop hoping for a change."
- B. "Perhaps, if you understood the need to abuse, you could stop the violence."
- C. "No one deserves to be beaten. Are you doing anything to provoke your spouse into beating you?"

D. "Batterers lose self-control because of their own internal reasons, not because of what their partner did or did not do."

The most appropriate response for a nurse when a victim of domestic violence expresses hope for change recognizes the dynamics of domestic violence and the responsibility of the abuser. This response emphasizes that the abuser's actions are rooted in their own issues of self-control and personal responsibility, rather than being a direct result of the victim's behavior. By stating that batterers lose self-control due to their internal reasons, the nurse promotes an understanding that the violence is not justified by the victim's actions or circumstances. This is crucial in validating the victim's experience and reinforcing that no form of violence is acceptable, regardless of any potential triggers. It helps to empower the victim by encouraging them to see that the blame for the violence lies solely with the abuser, not with themselves. This perspective is essential in supporting victims as they consider their options and seek safe exits from abusive relationships. In contrast, the other options imply either that the victim is somehow responsible for the violence or that their hope for change should be maintained despite the risk involved, which can undermine the seriousness of the situation and the victim's well-being.

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.

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

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