

HESI Seizure Case Study Disorder Practice Test (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 action demonstrates appropriate cultural sensitivity regarding meals when the patient has no formal dietary restrictions but adheres to a special diet?**
 - A. Return hospital tray and offer the family-provided meal.**
 - B. Discard the family-provided meal.**
 - C. Serve both meals.**
 - D. Require hospital kitchen meals only.**

- 2. Which statement describes the dosing for phenytoin in seizure management?**
 - A. Take the medication every day.**
 - B. Take only when seizures occur.**
 - C. Take twice weekly.**
 - D. Stop taking if you feel well.**

- 3. Which statement about MRI findings in seizure evaluation is true?**
 - A. An MRI can determine the focal origin of the seizure.**
 - B. An MRI detects only tumors.**
 - C. An MRI is not useful for seizures.**
 - D. An MRI immediately cures seizures.**

- 4. Which action best helps a client understand driving eligibility with a seizure disorder?**
 - A. Contact the Department of Transportation to find out the state laws.**
 - B. Continue driving if seizure-free for 6 months.**
 - C. Wait for the physician to inform you.**
 - D. Ignore and drive.**

- 5. When a family expresses concern after a seizure, which statement best reflects best practice?**
 - A. The most important thing is to keep her from injuring herself.**
 - B. You are overreacting.**
 - C. Seizures are unpredictable; nothing helps.**
 - D. We will call her neurologist for every symptom.**

- 6. During the ongoing seizure, which action should the nurse implement next?**
- A. Insert an oral airway into the client's mouth.**
 - B. Determine if the client is incontinent of urine.**
 - C. Note the time, duration, and type of seizure.**
 - D. Notify the neurologist of the client's seizure.**
- 7. Which response is most therapeutic when a patient expresses fear about seizures and memory of events?**
- A. This is all new to you, and you must be frightened. Let's talk for awhile.**
 - B. You should not worry.**
 - C. Seizures are not serious.**
 - D. I know seeing a seizure is frightening.**
- 8. When attending a swimming activity with epilepsy, what is the nurse's best instruction?**
- A. Research shows that cold water causes seizures more than warm water.**
 - B. Someone who knows what to do if you have a seizure should be with you.**
 - C. Before attempting to go swimming, you should consult with your healthcare provider.**
 - D. Swimming is one activity that people with epilepsy should plan to avoid.**
- 9. Preconception planning for a woman with epilepsy should include care before, during, and after pregnancy. Which option reflects this?**
- A. Only before**
 - B. Only during**
 - C. Before, during, and after**
 - D. Only after**

- 10. Which statement by the nurse is the best response regarding the MRI?**
- A. The test will rule out many possible causes of seizures.**
 - B. An MRI can help determine the focal origin of the seizure.**
 - C. This test will identify elevated protein levels in the brain.**
 - D. It will confirm the seizure diagnosis and localize the lesion.**

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Answers

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

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Explanations

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1. Which action demonstrates appropriate cultural sensitivity regarding meals when the patient has no formal dietary restrictions but adheres to a special diet?

A. Return hospital tray and offer the family-provided meal.

B. Discard the family-provided meal.

C. Serve both meals.

D. Require hospital kitchen meals only.

Respecting patient-centered dietary practices is a key part of culturally sensitive care. When a patient has no formal dietary restrictions but follows a special diet, the best approach is to honor that preference and involve the family in meal planning. Returning the hospital tray and offering the family-provided meal shows partnership with the patient and family, supports adherence to the patient's cultural or religious dietary practices, and avoids imposing standard hospital meals that might cause distress or feel disrespectful. Other options either dismiss the patient's preferences, create confusion or safety concerns by mixing meals, or unnecessarily limit the patient to hospital kitchen meals.

2. Which statement describes the dosing for phenytoin in seizure management?

A. Take the medication every day.

B. Take only when seizures occur.

C. Take twice weekly.

D. Stop taking if you feel well.

Dosing phenytoin for seizure control relies on keeping steady, therapeutic blood levels rather than using it episodically. Phenytoin has a narrow therapeutic index and saturable (nonlinear) metabolism, so even small changes in dose can cause big swings in blood concentration. That means you need a regular daily schedule to maintain continuous seizure protection. If doses are skipped or used only when seizures happen, levels drop below the therapeutic range and seizures can recur. Taking it only twice a week would create large fluctuations, increasing the risk of breakthrough events. Stopping the medication just because you feel well is dangerous because seizures can return and withdrawal effects may occur. In practice, phenytoin is taken daily (often split into two doses) with monitoring to keep trough levels in the target range.

3. Which statement about MRI findings in seizure evaluation is true?

- A. An MRI can determine the focal origin of the seizure.**
- B. An MRI detects only tumors.**
- C. An MRI is not useful for seizures.**
- D. An MRI immediately cures seizures.**

The key idea is that MRI is used to map brain structure and identify abnormalities that can pinpoint where seizures originate. A high-resolution MRI can reveal structural lesions in regions commonly involved in focal epilepsy, such as hippocampal sclerosis in temporal lobe epilepsy, cortical dysplasia, tumors, or vascular malformations. This information helps determine the focal origin of the seizures and guides treatment decisions, including surgical planning. MRI is not limited to detecting tumors; it detects a range of structural changes that may underlie seizures. It does not cure seizures immediately—its role is diagnostic and planning-oriented, often used with EEG and other tests. In some cases no lesion is seen despite focal onset, but the imaging still contributes to evaluation and management.

4. Which action best helps a client understand driving eligibility with a seizure disorder?

- A. Contact the Department of Transportation to find out the state laws.**
- B. Continue driving if seizure-free for 6 months.**
- C. Wait for the physician to inform you.**
- D. Ignore and drive.**

Understanding driving eligibility with a seizure disorder hinges on knowing the state's legal requirements, which the Department of Transportation sets. These rules tell you exactly when someone with a seizure disorder may drive, what needs to be reported, and what medical or documentation is required to regain or keep a license. Because these requirements vary by state and can change, the most reliable step is to contact the Department of Transportation to learn the current, official law for your location. Medical clearance from a physician is important, but it doesn't alone determine legal driving status—the license decision rests with the state based on its statutes and any medical guidelines the agency uses. Jumping ahead with an assumed rule, like driving after a fixed seizure-free period, risks violating the law and endangering safety. Ignoring the rules and continuing to drive is unsafe.

5. When a family expresses concern after a seizure, which statement best reflects best practice?

A. The most important thing is to keep her from injuring herself.

B. You are overreacting.

C. Seizures are unpredictable; nothing helps.

D. We will call her neurologist for every symptom.

Safety during a seizure is the top priority. The best response is to focus on preventing injury while the person is seizing—gently move hazards away, cushion the head, loosen tight clothing, and avoid restraining the person or placing anything in the mouth. This shows an understanding that the immediate need is to keep the person safe during the event. After the seizure ends, you would monitor breathing and responsiveness, place the person on their side if possible to keep the airway clear, and stay with them until they recover. It's appropriate to arrange medical follow-up for recurrent or prolonged events, but addressing every symptom with a call to the neurologist isn't practical during the seizure itself. Dismissing the family's concern or saying seizures are hopeless or that you must call the doctor for every symptom doesn't reflect how to respond in the moment, where safety is the guiding principle.

6. During the ongoing seizure, which action should the nurse implement next?

A. Insert an oral airway into the client's mouth.

B. Determine if the client is incontinent of urine.

C. Note the time, duration, and type of seizure.

D. Notify the neurologist of the client's seizure.

The most important thing to establish during an ongoing seizure is objective information about what's happening. The best next action is to note the time the seizure began, how long it lasts, and what type of seizure is occurring. This timing and characterization are essential for guiding treatment decisions—such as whether rescue medication is needed, and to assess the risk of status epilepticus or a longer escalation of care. Safety steps are important, but inserting an oral airway during a seizure is not appropriate because it can cause injury and may be ineffective while the patient is actively convulsing. Noting incontinence or signaling a neurologist is important in the broader course of care, but neither provides the immediate data needed to inform the next steps of urgent management as clearly as documenting seizure timing and type.

7. Which response is most therapeutic when a patient expresses fear about seizures and memory of events?

- A. This is all new to you, and you must be frightened. Let's talk for awhile.**
- B. You should not worry.**
- C. Seizures are not serious.**
- D. I know seeing a seizure is frightening.**

When someone expresses fear about seizures and what they've experienced, the best approach is to validate their emotions and invite them to share more. A response that says their feelings are understandable and that you'd like to talk about them demonstrates empathy and opens a safe space for the patient to express specific worries. It acknowledges that this is new and frightening for them, which helps build trust and reduces isolation, while also paving the way for discussing coping strategies and next steps. The other options tend to minimize or dismiss the fear or shift away from inviting dialogue. Saying they shouldn't worry or that seizures aren't serious downplays the patient's emotional experience, and a statement like "I know seeing a seizure is frightening" can feel sympathetic but doesn't actively invite the patient to talk more about their fears.

8. When attending a swimming activity with epilepsy, what is the nurse's best instruction?

- A. Research shows that cold water causes seizures more than warm water.**
- B. Someone who knows what to do if you have a seizure should be with you.**
- C. Before attempting to go swimming, you should consult with your healthcare provider.**
- D. Swimming is one activity that people with epilepsy should plan to avoid.**

Having a trained person nearby during swimming is the key safety step for someone with epilepsy. Water adds a real risk of drowning if a seizure occurs, so immediate, knowledgeable assistance is crucial to keep the swimmer safe. A person who knows seizure first aid can time the event, help the swimmer to shore, loosen tight clothing, protect the head, and ensure the airway while the seizure runs its course. After the seizure, the observer can monitor as the person recovers and provide reassurance. Other ideas, like whether cold water triggers seizures, don't address the immediate safety need during a seizure in the water. Simply consulting a healthcare provider beforehand is important, but it doesn't guarantee someone is there who knows how to respond on the spot. Planning to swim with a trained helper directly reduces risk and supports safe participation.

9. Preconception planning for a woman with epilepsy should include care before, during, and after pregnancy. Which option reflects this?

- A. Only before**
- B. Only during**
- C. Before, during, and after**
- D. Only after**

Planning for epilepsy in pregnancy needs attention across all stages—before, during, and after pregnancy. Before conception, the aim is to stabilize the mother on an antiseizure medication with the lowest fetal risk, achieve good seizure control, and begin high-dose folic acid to help prevent neural tube defects. During pregnancy, drug levels can change because physiology shifts, so dosing may need adjustment to keep seizures controlled while avoiding unnecessary fetal exposure; this period often requires closer monitoring and dose tweaks. After birth, hormone changes and sleep disruption can again affect seizure control, so meds may need further adjustment, and decisions about breastfeeding safety are made with the healthcare team, since many antiseizure medications are compatible with lactation but require individual planning. This continuous, multi-phase approach best supports both maternal health and fetal safety, which is why the option reflecting all three periods is the right choice.

10. Which statement by the nurse is the best response regarding the MRI?

- A. The test will rule out many possible causes of seizures.**
- B. An MRI can help determine the focal origin of the seizure.**
- C. This test will identify elevated protein levels in the brain.**
- D. It will confirm the seizure diagnosis and localize the lesion.**

Imaging for seizures focuses on finding a structural brain abnormality that can serve as the seizure's origin. MRI provides detailed brain anatomy and can reveal issues like cortical malformations, scar tissue, tumors, vascular abnormalities, or hippocampal sclerosis that could be the focus of seizure activity. Because of this, MRI is best described as a tool to help determine the focal origin of the seizure, which guides management and treatment decisions such as surgical planning if needed. Other statements aren't as accurate: MRI isn't used to rule out multiple causes in general, it doesn't measure protein levels in the brain, and it cannot by itself confirm that a seizure has occurred—the diagnosis is clinical and supported by EEG.

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://hesiseizurecasestudydisorder.examzify.com>

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

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