

# HESI West Coast University 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. Which term means 'a cut, tear'?**
  - A. Laceration**
  - B. Latent**
  - C. Lateral**
  - D. Lethargic**
  
- 2. A microorganism described as extremely harmful to hosts is said to be what?**
  - A. Volume**
  - B. Virus**
  - C. Verbal**
  - D. Virulent**
  
- 3. Which term means 'how thick or thin a fluid is'?**
  - A. Cavity**
  - B. Consistency**
  - C. Cardiac**
  - D. Chronology**
  
- 4. Which term means to suggest?**
  - A. Hygiene**
  - B. Incidence**
  - C. Infection**
  - D. Imply**
  
- 5. Which term relates to nervous system and blood vessels?**
  - A. Laceration**
  - B. Latent**
  - C. Nutrient**
  - D. Neurovascular**
  
- 6. Which term means 'to the point'?**
  - A. Concise**
  - B. Consistency**
  - C. Bacteria**
  - D. Cardiac**

- 7. Which term means relating to the stomach and intestines?**
- A. Gastrointestinal**
  - B. Hematologic**
  - C. Hydration**
  - D. Hygiene**
- 8. Which term means impenetrable (as in gloves)?**
- A. Gastrointestinal**
  - B. Impaired**
  - C. Impervious**
  - D. Infection**
- 9. Which term means protection or support?**
- A. Ambivalent**
  - B. Aegis**
  - C. Apply**
  - D. Assent**
- 10. Which term means to suggest indirectly?**
- A. Hygiene**
  - B. Imply**
  - C. Impending**
  - D. Gastrointestinal**

## Answers

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

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## **Explanations**

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**1. Which term means 'a cut, tear'?**

**A. Laceration**

**B. Latent**

**C. Lateral**

**D. Lethargic**

Describing a jagged cut or tear in tissue, the term laceration fits the prompt perfectly. It conveys a break in tissue that often has irregular, torn edges, which is typical of injuries from blunt force or tearing rather than a clean, deliberate slice. In contrast, latent means hidden or dormant, lateral refers to the side, and lethargic describes sluggishness—none of these describe a tear or cut in tissue. For comparison, a clean surgical cut is called an incision, which is smooth and planned, highlighting the difference from a laceration.

**2. A microorganism described as extremely harmful to hosts is said to be what?**

**A. Volume**

**B. Virus**

**C. Verbal**

**D. Virulent**

The main idea here is virulence—the capacity of a microorganism to cause disease and harm in a host. When a microbe has a high ability to cause severe illness, we describe it as virulent. This term captures how strongly the organism can invade tissues, produce toxins, and evade the host's defenses. So describing a microorganism as extremely harmful fits the word virulent. The other words don't fit: volume is unrelated to disease-causing potential, verbal isn't a biomedical term for microbes, and a virus is a type of microorganism, not a descriptor for how harmful it is.

**3. Which term means 'how thick or thin a fluid is'?**

**A. Cavity**

**B. Consistency**

**C. Cardiac**

**D. Chronology**

In medical terms, how thick or thin a fluid is described by its viscosity, and in nursing practice this idea is captured with the word consistency. Consistency refers to the thickness or thinness of fluids such as drainage, stool, or IV solutions, and it helps guide care decisions—thicker fluids may indicate different drainage management or require different handling than thin, watery fluids. The other terms don't fit this meaning: a cavity is a hollow space, cardiac relates to the heart, and chronology deals with the order of events in time. Therefore, consistency is the term that best expresses how thick or thin a fluid is.

#### 4. Which term means to suggest?

- A. Hygiene
- B. Incidence
- C. Infection
- D. Imply**

To imply means to suggest something without saying it outright. This is different from hygiene (cleanliness practices), incidence (how often something occurs), or infection (the invasion and growth of pathogens causing disease). When someone implies a message, they hint at it rather than state it directly, which is exactly what “to be to suggest” captures.

#### 5. Which term relates to nervous system and blood vessels?

- A. Laceration
- B. Latent
- C. Nutrient
- D. Neurovascular**

The main idea here is a term that describes the relationship between nerves and blood vessels. Neurovascular is used to refer to structures or supplies that involve both the nervous system and the vascular system, such as a neurovascular bundle where a nerve travels alongside an artery and a vein. This term captures the integrated supply to a region, which is why it's the best fit for describing nervous system and blood vessel connections. For example, in limbs, a neurovascular bundle includes the nerve and the accompanying vessels that together provide innervation and blood flow. The other options don't reflect this combined relationship: a laceration is a tear in tissue, latent means present but not active or visible, and a nutrient is something that provides nourishment but does not denote the nervous and vascular connection.

#### 6. Which term means 'to the point'?

- A. Concise**
- B. Consistency
- C. Bacteria
- D. Cardiac

The idea being tested is describing language that is brief and focused. Concise means expressing an idea in as few words as possible without losing essential meaning, which is exactly “to the point.” This makes it the best fit because it captures the notion of brevity and clarity in communication. The other terms don't describe brevity: consistency refers to regularity or sameness, bacteria are microorganisms, and cardiac relates to the heart. In practice, using concise language helps convey information quickly and clearly.

**7. Which term means relating to the stomach and intestines?**

**A. Gastrointestinal**

**B. Hematologic**

**C. Hydration**

**D. Hygiene**

Relating to anatomy terms, the correct choice is the one that means connecting to the stomach and intestines. Gastrointestinal uses gastro- for the stomach and intestinal for the intestines, together describing the entire digestive tract from the stomach through the intestines. This term is used to talk about anything involving that system, like gastrointestinal symptoms or a gastrointestinal tract. The other terms refer to different concepts: hematologic is about blood, hydration concerns fluids in the body, and hygiene relates to cleanliness.

**8. Which term means impenetrable (as in gloves)?**

**A. Gastrointestinal**

**B. Impaired**

**C. Impervious**

**D. Infection**

Understanding barrier properties in protective gear. Impervious describes a material that cannot be penetrated by liquids or pathogens, making it the right term for gloves designed to block fluids and keep threats from passing through. That shielding quality is what makes impervious the best fit for something described as impenetrable like gloves. In contrast, gastrointestinal relates to the digestive tract, impaired means not functioning properly, and infection refers to the presence of disease-causing organisms—none of these convey the idea of a barrier that cannot be penetrated.

**9. Which term means protection or support?**

**A. Ambivalent**

**B. Aegis**

**C. Apply**

**D. Assent**

Protection or support is conveyed by a term that signals being shielded or sponsored. Aegis comes from ancient Greek myth as Zeus and Athena's shield, and in modern use it means protection or sponsorship, as in an organization operating under the aegis of a larger body. That direct sense of protection or support is why it fits the meaning so well. The other words don't capture that idea: ambivalent = having mixed feelings, apply = to put to use or request, assent = agreement or consent. So the term that most clearly denotes protection or sponsorship is the one that references a protective shield and the backing of a higher authority.

**10. Which term means to suggest indirectly?**

- A. Hygiene
- B. Imply**
- C. Impending
- D. Gastrointestinal

The concept being tested is identifying a word that means to suggest something without saying it outright. To imply is to convey or hint a meaning indirectly, using clues or contexts rather than a direct statement. For example, if someone keeps glancing at the clock and sighing during a meeting, you might say their behavior implies they're unhappy with the schedule. The other terms don't fit: hygiene is about cleanliness, impending means something is about to happen, and gastrointestinal relates to the digestive system. So imply is the best choice because it captures the act of suggesting indirectly.

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## 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://hesiwestcoastuniversity.examzify.com>**

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

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