

# HOSA Clinical Nursing Assessment Practice Test (Sample)

## Study Guide



**Everything you need from our exam experts!**

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# Table of Contents

<b>Copyright</b> .....	<b>1</b>
<b>Table of Contents</b> .....	<b>2</b>
<b>Introduction</b> .....	<b>3</b>
<b>How to Use This Guide</b> .....	<b>4</b>
<b>Questions</b> .....	<b>5</b>
<b>Answers</b> .....	<b>8</b>
<b>Explanations</b> .....	<b>10</b>
<b>Next Steps</b> .....	<b>16</b>

# 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**

- 1. At what age do infants typically begin to stack blocks and place pegs in holes?**
  - A. 9-11 months**
  - B. 12-14 months**
  - C. 15-18 months**
  - D. 19-24 months**
- 2. If the side effects of a medication outweigh its benefits, what action is the prescriber likely to take?**
  - A. Increase the dosage**
  - B. Change the medication**
  - C. Continue the medication**
  - D. Discontinue the medication**
- 3. Which two micronutrients are essential for good health in small amounts?**
  - A. Water and Fiber**
  - B. Vitamins and Minerals**
  - C. Proteins and Fats**
  - D. Carbs and Sugars**
- 4. What route of administration is injected into the muscle?**
  - A. Intravenous (IV)**
  - B. Intramuscular (IM)**
  - C. Intranasal (IN)**
  - D. Subcutaneous (SQ)**
- 5. What occurs quickly with IV infusions but also causes serum levels to fall immediately?**
  - A. Peak concentration**
  - B. Trough concentration**
  - C. Cumulative concentration**
  - D. Therapeutic concentration**

- 6. What condition is characterized by inflammation of the conjunctiva?**
- A. Blepharitis**
  - B. Conjunctivitis**
  - C. Keratitis**
  - D. Scleritis**
- 7. How do allergic reactions to medications typically develop?**
- A. They occur immediately from the first dose**
  - B. They may cause sensitization over time**
  - C. They are always mild and cause no symptoms**
  - D. They cannot develop with repeated doses**
- 8. Which clinical sign is typically monitored in patients with orbital cellulitis?**
- A. Heart rate**
  - B. Visual acuity**
  - C. Liver function**
  - D. Blood pressure**
- 9. What process involves enzymes breaking down food particles for nutrient absorption?**
- A. Respiration**
  - B. Metabolism**
  - C. Digestive**
  - D. Circulation**
- 10. In severe cases, what complication may arise from untreated orbital cellulitis?**
- A. Hair loss**
  - B. Vision impairment**
  - C. Hearing loss**
  - D. Weight gain**



## **Answers**

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

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## **Explanations**

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**1. At what age do infants typically begin to stack blocks and place pegs in holes?**

**A. 9-11 months**

**B. 12-14 months**

**C. 15-18 months**

**D. 19-24 months**

Infants typically begin to stack blocks and place pegs in holes around the age of 12 to 14 months. This developmental milestone signifies that they are gaining better control over their fine motor skills. By this age, infants are often able to grasp objects with their fingers and demonstrate improved hand-eye coordination, which are essential for activities such as stacking blocks and manipulating pegs. During this period of development, children are also exploring their environment and learning about spatial relationships through play. They may experiment with balance and gravity as they stack objects, which helps enhance their cognitive skills as they begin to understand cause and effect. The ability to engage in these activities marks an important step in their developmental journey, progressing from random grasping and reaching to purposeful manipulation of objects. Understanding this milestone allows caregivers and educators to foster appropriate play-based learning activities that support continued motor and cognitive development.

**2. If the side effects of a medication outweigh its benefits, what action is the prescriber likely to take?**

**A. Increase the dosage**

**B. Change the medication**

**C. Continue the medication**

**D. Discontinue the medication**

When the side effects of a medication outweigh its benefits, the prescriber is generally likely to discontinue the medication. This decision is based on the principle of minimizing harm to the patient. Medications are prescribed to improve health outcomes, but if the negative effects are significant or diminishing the patient's quality of life, it is prudent for the prescriber to consider an alternative approach. Continuing the medication could exacerbate the patient's condition or lead to further complications. In scenarios where a medication's side effects are troubling or dangerous, it would be counterproductive to increase the dosage, as this would likely intensify the adverse reactions. Similarly, changing the medication may be a consideration, but the first course of action usually involves stopping the current medication before exploring alternatives. Therefore, discontinuation is typically the most appropriate response when the risks of the medication clearly exceed its therapeutic benefits.

**3. Which two micronutrients are essential for good health in small amounts?**

- A. Water and Fiber**
- B. Vitamins and Minerals**
- C. Proteins and Fats**
- D. Carbs and Sugars**

Vitamins and minerals are indeed the two micronutrients that are essential for good health in small amounts. Unlike macronutrients such as proteins, fats, and carbohydrates, which the body requires in larger quantities for energy and growth, micronutrients are needed in much smaller amounts but play critical roles in various bodily functions. Vitamins are organic compounds that support immune function, energy production, and the synthesis of DNA, among other vital processes. Each vitamin has a specific role; for example, vitamin C is important for collagen synthesis and immune function, while B vitamins are crucial for energy metabolism. Minerals, on the other hand, are inorganic substances that are vital for processes such as bone formation, nerve transmission, and muscle function. For example, calcium and phosphorus are essential for bone health, while iron is critical for the transport of oxygen in the blood. In contrast, water and fiber, while important, do not classify as micronutrients; rather, they are considered essential for hydration and digestive health, respectively. Proteins and fats are macronutrients that are necessary in larger quantities for overall body function, and carbohydrates and sugars are primarily sources of energy and do not fit into the category of micronutrients either. Thus, the correct identification of vitamins

**4. What route of administration is injected into the muscle?**

- A. Intravenous (IV)**
- B. Intramuscular (IM)**
- C. Intranasal (IN)**
- D. Subcutaneous (SQ)**

The route of administration that involves injecting medication directly into the muscle is known as intramuscular (IM) injection. This method allows for a quicker absorption of the medication into the bloodstream compared to some other routes, making it suitable for administering vaccines and certain medications that require rapid effect or larger volumes than can be given subcutaneously. Intramuscular injections are typically administered in larger muscle groups, such as the deltoid, gluteus maximus, or vastus lateralis, and can accommodate a greater volume of liquid compared to subcutaneous injections. This route is particularly beneficial in situations where a fast therapeutic response is needed or when a medication might irritate subcutaneous tissue. In contrast, intravenous administration involves direct delivery of medication into the bloodstream via a vein, while intranasal administration delivers drugs through the nasal mucosa. Subcutaneous injections are applied into the tissue layer between the skin and the muscle, which limits the volume of medication that can be administered and the speed of absorption compared to intramuscular injections.

**5. What occurs quickly with IV infusions but also causes serum levels to fall immediately?**

- A. Peak concentration**
- B. Trough concentration**
- C. Cumulative concentration**
- D. Therapeutic concentration**

The concept of peak concentration refers to the highest level of a drug in the bloodstream following an intravenous (IV) infusion. This occurs shortly after the drug is administered, leading to a rapid increase in serum levels. Once the infusion is complete, the drug begins to be metabolized and eliminated from the body, resulting in a swift decline in those serum levels. This is particularly significant in clinical settings where monitoring the timing of drug concentrations is crucial for effective treatment. In contrast, trough concentration measures the lowest level of a drug in the bloodstream, typically taken right before the next dose is given. It reflects how much of the drug remains in the body before it is replenished. Cumulative concentration refers to the buildup of a drug in the body over repeated doses, while therapeutic concentration denotes the range of drug levels that achieve the desired effect without causing toxicity. These concepts highlight the importance of timing and monitoring in IV infusions to maintain effective drug therapy.

**6. What condition is characterized by inflammation of the conjunctiva?**

- A. Blepharitis**
- B. Conjunctivitis**
- C. Keratitis**
- D. Scleritis**

The condition characterized by inflammation of the conjunctiva is conjunctivitis. The conjunctiva is a thin, transparent membrane that covers the white part of the eyeball and lines the inside of the eyelids. When this membrane becomes inflamed, it results in conjunctivitis, which can present with symptoms such as redness, itching, discharge, and discomfort in the eyes. Understanding the characteristics of conjunctivitis helps differentiate it from other eye conditions. For example, blepharitis refers to inflammation of the eyelid margins, not the conjunctiva itself. Keratitis involves inflammation of the cornea, which is the clear front surface of the eye, and can lead to more serious complications if not treated. Scleritis is inflammation of the sclera, the white outer coat of the eyeball. By identifying the specific area affected—in this case, the conjunctiva—it's clear why conjunctivitis is the correct answer for this question. Recognizing the signs and symptoms associated with conjunctivitis also plays a crucial role in clinical assessments and treatments related to eye health.

**7. How do allergic reactions to medications typically develop?**

- A. They occur immediately from the first dose**
- B. They may cause sensitization over time**
- C. They are always mild and cause no symptoms**
- D. They cannot develop with repeated doses**

Allergic reactions to medications often develop through a process known as sensitization, which can take time. When a person is first exposed to a medication, their immune system may not react immediately; instead, it may take one or more exposures to the drug before the immune system recognizes it as a foreign substance. This recognition can lead to an allergic response upon subsequent exposures. The phenomenon of sensitization explains why many individuals may tolerate a medication initially but then develop an allergy after multiple uses. This gradual sensitization process can culminate in various allergic symptoms ranging from mild to severe during later exposures. In contrast, other choices present inaccuracies about the nature and timing of allergic reactions. Some allergic reactions can indeed occur immediately upon the first dose in rare cases, but this is not the typical case for most allergies. Furthermore, while some allergic reactions might be mild, they can also be severe and cannot be classified generically as always mild. Lastly, allergic responses can develop with repeated doses, contradicting the notion that they cannot occur under those circumstances.

**8. Which clinical sign is typically monitored in patients with orbital cellulitis?**

- A. Heart rate**
- B. Visual acuity**
- C. Liver function**
- D. Blood pressure**

In patients with orbital cellulitis, visual acuity is a critical clinical sign to monitor due to the potential complications associated with this infection. Orbital cellulitis, which involves inflammation and infection of the tissues surrounding the eye, can lead to severe consequences including vision loss or impairment. Monitoring visual acuity helps healthcare professionals assess the severity of the condition and determine if there is any pressure on the optic nerve or other ocular structures being compromised by the infection or associated swelling. Changes in visual acuity can provide essential information about the progression of the disease, guiding treatment decisions such as the need for surgical intervention or more aggressive medical therapy. This attention to visual function is vital in preventing long-term consequences stemming from the infection. While heart rate, liver function, and blood pressure are important parameters to monitor in various clinical situations, they do not directly reflect the specific risks associated with orbital cellulitis in the same way that visual acuity does.

**9. What process involves enzymes breaking down food particles for nutrient absorption?**

- A. Respiration**
- B. Metabolism**
- C. Digestive**
- D. Circulation**

The process in which enzymes break down food particles for nutrient absorption is known as digestion. During digestion, various enzymes produced in the digestive system facilitate the breakdown of complex food molecules into simpler forms that can be easily absorbed by the body. This process is essential for converting the nutrients present in food into forms that the body can utilize for energy, growth, and repair. Digestion occurs primarily in the gastrointestinal tract, where mechanical and chemical processes work together to ensure that nutrients are effectively extracted from food. This includes the breakdown of carbohydrates, proteins, and fats into smaller molecules such as sugars, amino acids, and fatty acids. Once these nutrients are broken down, they can be absorbed through the walls of the intestines into the bloodstream and transported to various cells and tissues in the body. Other processes mentioned, such as respiration, metabolism, and circulation, play important roles in the body's overall function, but they do not specifically involve the breakdown of food for nutrient absorption like digestion does. Respiration relates to the exchange of gases (oxygen and carbon dioxide) in the body, metabolism encompasses all chemical reactions that occur within cells (including digestion but also involving other processes), and circulation refers to the movement of blood throughout the body.

**10. In severe cases, what complication may arise from untreated orbital cellulitis?**

- A. Hair loss**
- B. Vision impairment**
- C. Hearing loss**
- D. Weight gain**

In cases of untreated orbital cellulitis, one of the most serious complications that can arise is vision impairment. Orbital cellulitis is an inflammatory condition that affects the tissues surrounding the eye, often as a result of sinus infections or bacterial infections. If this condition is left untreated, it can lead to increased pressure within the orbit, optic nerve damage, or even spread of the infection to the optic nerve or other areas of the brain. Any of these complications can severely impact a patient's vision, potentially resulting in partial or complete loss of sight. While the other options are health-related issues, they do not directly relate to the specific complications associated with orbital cellulitis. Hair loss, hearing loss, and weight gain are not typical concerns in these situations, emphasizing the critical importance of timely and effective treatment for orbital cellulitis to prevent vision impairment and other serious outcomes.



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

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