

HOSA Clinical Nursing Assessment Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

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

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. What type of procedure is performed to relieve symptoms or improve function without correcting the basic problem?**
 - A. Curative**
 - B. Palliative**
 - C. Diagnostic**
 - D. Exploratory**
- 2. What conditions must be met for Medicare coverage of home health care?**
 - A. Patient must be a minor**
 - B. Physician-authorized plan and patient is homebound**
 - C. Patient must have private insurance**
 - D. Care must be continuous and daily**
- 3. 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**
- 4. What type of services are encompassed by specialty home care?**
 - A. Routine health check-ups**
 - B. Palliative care and pain management**
 - C. Preventive screenings**
 - D. General practice care**
- 5. What process involves enzymes breaking down food particles for nutrient absorption?**
 - A. Respiration**
 - B. Metabolism**
 - C. Digestive**
 - D. Circulation**

- 6. Which type of procedures are classified as surgical based on their purpose?**
- A. Diagnostic and therapeutic**
 - B. Exploratory and cosmetic**
 - C. Curative and palliative**
 - D. All of the above**
- 7. What skills are typically exhibited by a neonate between 7 to 8 months of age?**
- A. Smiling in response to faces**
 - B. Poking at holes in a peg board**
 - C. Reaches and grasps objects**
 - D. Following objects 180 degrees**
- 8. What is the main goal of cosmetic procedures?**
- A. To treat disease**
 - B. To enhance physical appearance**
 - C. To improve mental health**
 - D. To study tissue pathology**
- 9. Which nutrient can lead to the highest concentration of energy stored in the body?**
- A. Proteins**
 - B. Fats**
 - C. Carbohydrates**
 - D. Vitamins**
- 10. Which purpose is NOT included in the classification of surgical procedures?**
- A. Exploratory**
 - B. Cosmetic**
 - C. Preventative**
 - D. Palliative**

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. What type of procedure is performed to relieve symptoms or improve function without correcting the basic problem?

A. Curative

B. Palliative

C. Diagnostic

D. Exploratory

The focus of a palliative procedure is to alleviate suffering and improve the quality of life for patients, rather than to cure the underlying disease. These procedures may include pain management techniques, symptom relief measures, or interventions that help patients perform daily activities more comfortably. For example, a palliative procedure might involve the insertion of a catheter to manage urinary obstruction or chemotherapy aimed at reducing tumor size to relieve pain, even if it does not eliminate the cancer itself. Curative procedures aim to remove or entirely treat the underlying cause of a condition, which is fundamentally different from the intent of palliative methods. Diagnostic procedures are carried out to obtain information about a patient's condition, while exploratory procedures involve investigating the body for unknown issues, neither focusing on symptom relief or functional improvement. Thus, the emphasis in the correct choice on enhancing quality of life without addressing the root cause aligns perfectly with the definition of palliative care.

2. What conditions must be met for Medicare coverage of home health care?

A. Patient must be a minor

B. Physician-authorized plan and patient is homebound

C. Patient must have private insurance

D. Care must be continuous and daily

For Medicare coverage of home health care, one critical condition is that there must be a physician-authorized plan of care, and the patient must be considered homebound. This means that a doctor must formally establish a plan that outlines the needed services, which typically include skilled nursing care or therapy. The homebound status is also essential; it indicates that the patient has a significant restriction in mobility and that leaving the home requires considerable effort or is limited to certain circumstances, such as medical appointments. This requirement ensures that the services provided are necessary and appropriate, aligning with Medicare's focus on coverage for patients who genuinely need assistance in their homes due to medical conditions. Other options, such as requiring the patient to be a minor or have private insurance, do not align with Medicare's guidelines. Additionally, while care may be frequent, the stipulation for daily or continuous care is not a Medicare requirement, as services are based on medical necessity rather than a specific frequency of care. Thus, the correct condition emphasizes the need for a physician's plan and homebound status to qualify for Medicare coverage.

3. 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.

4. What type of services are encompassed by specialty home care?

- A. Routine health check-ups**
- B. Palliative care and pain management**
- C. Preventive screenings**
- D. General practice care**

Specialty home care refers to specialized services that cater to individuals with complex medical needs or specific health conditions that require advanced care. Palliative care and pain management fall under this category because they focus on providing relief from the symptoms and stress associated with serious illnesses. This type of care is often delivered by a team of healthcare professionals in the patient's home, ensuring that patients receive personalized attention tailored to their individual health challenges. In contrast, routine health check-ups, preventive screenings, and general practice care are more standard medical services that do not typically require the specialized attention associated with home care. These services are aimed at maintaining overall health and managing common health issues rather than addressing the unique complexities of severe or chronic conditions that specialty home care is designed to tackle.

5. 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.

6. Which type of procedures are classified as surgical based on their purpose?

- A. Diagnostic and therapeutic**
- B. Exploratory and cosmetic**
- C. Curative and palliative**
- D. All of the above**

Surgical procedures can be classified based on their purpose, and all the provided categories—diagnostic, therapeutic, exploratory, cosmetic, curative, and palliative—are integral to understanding the diverse roles of surgery in patient care. Diagnostic procedures involve interventions designed to identify or confirm a diagnosis. For instance, a biopsy involves surgical removal of tissue to determine whether cancer is present. Therapeutic procedures are aimed at treating a condition or alleviating symptoms, such as appendectomies or tumor removal. Exploratory procedures look for underlying issues when symptoms are not clear; these often lead to further treatment. Cosmetic surgery focuses on enhancing appearance while also being a surgical procedure. Curative procedures aim to completely resolve a health issue, such as resection of a cancerous tissue, while palliative procedures do not seek to cure but instead aim to relieve symptoms and improve the quality of life for patients with serious illnesses. Given this understanding, it is clear that all the categories represent different surgical purposes, which makes the choice of all of the above the most comprehensive and accurate selection. Recognizing this classification aids in determining the appropriate surgical intervention based on the patient's condition and needs.

7. What skills are typically exhibited by a neonate between 7 to 8 months of age?

- A. Smiling in response to faces**
- B. Poking at holes in a peg board**
- C. Reaches and grasps objects**
- D. Following objects 180 degrees**

Between 7 to 8 months of age, a neonate demonstrates significant advancements in fine motor skills and object manipulation. The ability to reach and grasp objects is a critical developmental milestone during this stage. Infants at this age can coordinate their hand movements effectively, allowing them to reach out towards items of interest and grasp them, often using a more refined pincher grasp as well. Being able to reach and grasp not only aids in their ability to explore their environment but also contributes to cognitive development as they learn about cause and effect through interaction with their surroundings. While other options represent behaviors that are important in the later developmental stages, the specific milestone of reaching and grasping is particularly characteristic of what you would observe in a neonate around 7 to 8 months.

8. What is the main goal of cosmetic procedures?

- A. To treat disease**
- B. To enhance physical appearance**
- C. To improve mental health**
- D. To study tissue pathology**

The main goal of cosmetic procedures is to enhance physical appearance, which directly aligns with the purpose and intention behind these types of treatments. Cosmetic procedures are designed to improve a person's aesthetic qualities, such as smoothing wrinkles, altering features, or reshaping body parts. These enhancements can lead to increased self-esteem and confidence for many individuals, as they often seek these procedures to achieve desired looks that align with personal or societal beauty standards. The focus is purely on aesthetics rather than medical necessity. While some procedures may yield secondary benefits, like improved mental well-being through increased self-confidence, the primary goal remains cosmetic enhancement. Interventions focused on treating diseases or studying tissue pathology serve different objectives within healthcare, emphasizing the distinction between medical and cosmetic objectives.

9. Which nutrient can lead to the highest concentration of energy stored in the body?

A. Proteins

B. Fats

C. Carbohydrates

D. Vitamins

Fats are the nutrient that leads to the highest concentration of energy stored in the body. This is because fats provide approximately 9 calories per gram, which is more than double the energy provided by carbohydrates and proteins, which both yield about 4 calories per gram. The higher caloric density of fats allows the body to store more energy in a smaller volume, making it an efficient way for organisms to store energy for later use. Additionally, fats play a crucial role in the body not just as an energy source, but also in aiding the absorption of fat-soluble vitamins (A, D, E, and K) and serving as vital components of cell membranes. In contrast, carbohydrates are primarily used for quick energy and are stored as glycogen, while proteins serve various functions including tissue repair and enzyme production rather than acting as energy reserves. Vitamins, on the other hand, do not provide energy but are essential for metabolic processes. Therefore, when it comes to energy storage, fats are the most concentrated source.

10. Which purpose is NOT included in the classification of surgical procedures?

A. Exploratory

B. Cosmetic

C. Preventative

D. Palliative

In the classification of surgical procedures, the purpose of a surgery is often categorized into several distinct types, such as exploratory, cosmetic, and palliative. Each of these serves a specific function: exploratory surgeries involve investigating the cause of symptoms, cosmetic surgeries aim to enhance appearance, and palliative surgeries focus on relieving symptoms without curing the underlying disease. Preventative surgeries, while they do exist and serve a purpose, are not typically included in the main classifications of surgical procedures that focus on treatment rather than intervention for future risks. As such, preventative procedures might include surgeries performed to prevent disease, such as a mastectomy for someone at high risk of breast cancer. However, they do not fit neatly into the traditional classifications used for categorizing the majority of surgeries according to their immediate goal, which is why this option is not considered a primary purpose within the standard classifications.

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://hosaclinicalnursing.examzify.com>

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