

HURST READINESS EXAM 2 PRACTICE (SAMPLE)

STUDY GUIDE



Prepare with structure. Pass with confidence



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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	15

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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 would be most appropriate to prevent respiratory complications in a patient who is 4 days post spinal fusion?**
 - A. Frequent turning and lung assessment
 - B. Immediate discharge
 - C. Strict bed rest without movement
 - D. Focus only on wound dressing
- 2. A case manager is assessing an unresponsive client diagnosed with terminal hepatic encephalopathy for equipment needs upon discharge home for hospice care. Which equipment should the case manager obtain for this client?**
 - A. Alternating pressure mattress
 - B. Hospital bed
 - C. Walker
 - D. Suction equipment
- 3. Which dietary change is accurate for constipation management to promote softer stools and easier passage?**
 - A. Fiber adds bulk to stools and helps passage.
 - B. Fiber reduces stool bulk.
 - C. Fiber decreases intestinal transit time.
 - D. Fiber causes dehydration.
- 4. To reduce the risk of a complication after balloon angioplasty, which measure should the nurse implement as the most important?**
 - A. Monitor cardiac rhythm
 - B. Assess the puncture site every 8 hours
 - C. Measure urinary output hourly
 - D. Prevent flexion of the affected leg
- 5. Which statement describes a NOT a side effect after two months of prednisone therapy?**
 - A. Decreased wound healing
 - B. Weight loss
 - C. Hypertension
 - D. Moon face

- 6. Which statement describes a disadvantage of using ad hoc interpreters?**
- A. They compromise the client's privacy and rely on someone without training as an interpreter, leading to inaccuracies.
 - B. They always provide accurate translations.
 - C. They are expensive and time-consuming.
 - D. They are the best option when interpreters are scarce.
- 7. A nurse supervisor notes an unlicensed assistive personnel (UAP) during care. Which observation will require the nurse to intervene?**
- A. Placing soiled linen in a hazardous waste linen bag outside of the client's room.
 - B. Closing the door when exiting the room of a client diagnosed with tuberculosis (TB).
 - C. Going between client rooms wearing the same pair of gloves to collect I&O reports.
 - D. Cleaning a blood pressure cuff with a disinfectant.
- 8. Which developmental task corresponds to the late life period (65 years and older) according to Erikson?**
- A. Generativity versus Stagnation
 - B. Intimacy versus Isolation
 - C. Ego Integrity versus Despair
 - D. Industry versus Inferiority
- 9. Which laboratory value is most indicative of acute renal impairment?**
- A. Creatinine 0.9 mg/dL
 - B. BUN 18 mg/dL
 - C. BUN 60 mg/dL
 - D. Potassium 4.2 mEq/L
- 10. What is the first step in administering a medication through a non-tunneled central venous catheter to ensure sterility?**
- A. Cleansing the access port
 - B. Connecting 10 mL normal saline to the access port
 - C. Gently aspirating for blood
 - D. Flushing saline using push-pause method

Answers

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

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Explanations

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1. Which action would be most appropriate to prevent respiratory complications in a patient who is 4 days post spinal fusion?

A. Frequent turning and lung assessment

B. Immediate discharge

C. Strict bed rest without movement

D. Focus only on wound dressing

The key idea is preventing respiratory complications after spinal fusion by keeping the lungs well-expanded and secretions moving. Frequent turning helps prevent shallow breathing and promotes better ventilation of all lung regions, reducing the risk of atelectasis and pneumonia. Regular lung assessment detects early changes in breath sounds, rate, depth, or oxygenation, allowing timely intervention such as encouraging deep breaths, coughing, or incentive spirometry as tolerated and guided by the care team. Pain control and careful positioning support these efforts while protecting the spinal fusion site. Discharging immediately is unsafe, as is staying strictly bedridden without movement—the lack of movement and shallow breathing raise the risk of respiratory problems. Focusing only on wound dressing ignores the critical need to maintain lung function postoperatively.

2. A case manager is assessing an unresponsive client diagnosed with terminal hepatic encephalopathy for equipment needs upon discharge home for hospice care. Which equipment should the case manager obtain for this client?

A. Alternating pressure mattress

B. Hospital bed

C. Walker

D. Suction equipment

The key idea here is preventing pressure ulcers in someone who is immobile and unresponsive. When a patient can't move, prolonged pressure on bony areas—like the sacrum, heels, and hips—can quickly lead to skin breakdown and ulcers. A device that continuously redistributes pressure helps protect the skin and underlying tissues during a prolonged hospice stay at home. An alternating pressure mattress is designed to do just that. It periodically changes which areas of the mattress are inflated, reducing sustained pressure on any single point and improving blood flow to at-risk areas. This makes it especially appropriate for long-term use in home hospice care, where maintaining skin integrity is a priority and frequent repositioning may be limited by the patient's condition. A hospital bed can be helpful for comfort and positioning, but it doesn't inherently relieve pressure without a pressure-relieving surface included. A walker isn't useful for someone who is unresponsive and unable to assist with movement. Suction equipment might be needed in certain situations to manage secretions, but it isn't the primary equipment to prevent ulcers in this scenario.

3. Which dietary change is accurate for constipation management to promote softer stools and easier passage?

A. Fiber adds bulk to stools and helps passage.

B. Fiber reduces stool bulk.

C. Fiber decreases intestinal transit time.

D. Fiber causes dehydration.

Increasing dietary fiber enables stools to form with more bulk and better water content, which softens them and makes them easier to pass. This happens because soluble fiber holds water and bulks up the stool, while insoluble fiber adds mass that stimulates bowel movements. Both types help normalize bowel habits when you're constipated, and they work best when paired with adequate fluid intake. That's why the statement that fiber adds bulk and aids passage is the accurate dietary change for constipation management. The other ideas—fiber reducing stool bulk, fiber decreasing transit time in a way that's not consistent with typical practice, or fiber causing dehydration—don't fit the usual, evidence-based effects of fiber on stool formation and movement.

4. To reduce the risk of a complication after balloon angioplasty, which measure should the nurse implement as the most important?

A. Monitor cardiac rhythm

B. Assess the puncture site every 8 hours

C. Measure urinary output hourly

D. Prevent flexion of the affected leg

Continuous cardiac rhythm monitoring is essential after balloon angioplasty because arrhythmias or ischemia can occur during and after the procedure and can be immediately life-threatening. Detecting rhythm disturbances early allows rapid interventions to prevent deterioration. While checking the puncture site for bleeding and hematoma is important to prevent vascular complications, it does not address the most immediate risk to life. Monitoring urinary output is useful for detecting perfusion issues but is not as critical for immediate cardiac safety. Encouraging leg immobilization helps protect the access site but does not mitigate the most dangerous potential complication as effectively as rhythm surveillance. Therefore, the best priority is to continuously monitor the heart rhythm.

5. Which statement describes a NOT a side effect after two months of prednisone therapy?

A. Decreased wound healing

B. Weight loss

C. Hypertension

D. Moon face

Prolonged prednisone use tends to cause weight gain due to increased appetite and fluid retention, along with fat redistribution that leads to moon face. It can also raise blood pressure and slow wound healing because corticosteroids impair collagen synthesis and immune responses. Weight loss, in contrast, is not a typical effect after two months of therapy, so that statement describes what is not expected.

6. Which statement describes a disadvantage of using ad hoc interpreters?

- A. They compromise the client's privacy and rely on someone without training as an interpreter, leading to inaccuracies.**
- B. They always provide accurate translations.
- C. They are expensive and time-consuming.
- D. They are the best option when interpreters are scarce.

Using ad hoc interpreters introduces privacy risks and potential inaccuracies because they lack formal training, certification, and a binding confidentiality standard. When someone without professional interpreter training steps in—often a family member, friend, or staff member—the interpreter may not fully grasp medical or legal terminology, proper interpretation techniques, or ways to verify unclear phrases. This can lead to miscommunication, missing important details, or injecting personal assumptions into what's being conveyed. At the same time, a person who isn't bound by professional ethics or privacy rules may not safeguard sensitive information as rigorously as a trained professional, increasing the chance that private data is exposed or mishandled. In contexts like healthcare or legal settings, these issues can have real consequences for safety, accuracy of information, and trust. While ad hoc interpreters might seem convenient or inexpensive, those benefits come at the cost of essential accuracy and confidentiality, which is why this statement reflects a genuine disadvantage. The other options describe scenarios that aren't inherent drawbacks of ad hoc interpreters—accuracy is not guaranteed always, they aren't typically expensive and time-consuming, and they aren't the best option when interpreters are scarce.

7. A nurse supervisor notes an unlicensed assistive personnel (UAP) during care. Which observation will require the nurse to intervene?

- A. Placing soiled linen in a hazardous waste linen bag outside of the client's room.
- B. Closing the door when exiting the room of a client diagnosed with tuberculosis (TB).
- C. Going between client rooms wearing the same pair of gloves to collect I&O reports.**
- D. Cleaning a blood pressure cuff with a disinfectant.

The key idea here is preventing cross-contamination through proper use of gloves and hand hygiene. Wearing the same pair of gloves to move between different patients transfers any germs from one client to the next, even if you can't see them. Gloves are a barrier, but they become contaminated after contact with a patient or contaminated surfaces, so they must be changed between patients and after finishing a task that involves contact with one patient before starting with another. Hand hygiene should be performed before donning new gloves and after removing them. This breaks the chain of infection and protects both patients and staff. The other observations align with standard precautions: handling soiled linen in an appropriate bag minimizes contamination risk, closing the door in a room with a patient on airborne precautions helps contain the pathogen, and cleaning a blood pressure cuff with a disinfectant is a correct infection-control step. However, the practice of traversing multiple rooms with the same gloves is the one that clearly requires intervention to prevent cross-contamination.

8. Which developmental task corresponds to the late life period (65 years and older) according to Erikson?

- A. Generativity versus Stagnation
- B. Intimacy versus Isolation
- C. Ego Integrity versus Despair**
- D. Industry versus Inferiority

In Erikson's theory, the task in later life centers on looking back over one's life and making sense of it, shaping a sense of coherence. This culminates in ego integrity versus despair: achieving acceptance of what has happened, feeling a sense of wholeness and wisdom, and facing death with peace. If life is viewed with unresolved regrets or a sense of missed opportunities, despair can take hold, accompanied by fear and dissatisfaction. The other stages fit different life periods: generativity versus stagnation is about guiding and contributing to the next generation in middle adulthood; intimacy versus isolation concerns forming close relationships in young adulthood; industry versus inferiority covers developing competence during childhood and school years. So the late-life task is about integrating experiences into a coherent self, which is ego integrity.

9. Which laboratory value is most indicative of acute renal impairment?

- A. Creatinine 0.9 mg/dL
- B. BUN 18 mg/dL
- C. BUN 60 mg/dL**
- D. Potassium 4.2 mEq/L

Acute renal impairment shows up as a sudden buildup of waste products the kidneys can't clear. BUN reflects such waste accumulation and rises when kidney clearance falls. A BUN of 60 mg/dL is markedly elevated, signaling azotemia from reduced renal function. In contrast, creatinine at 0.9 mg/dL is within the normal range and, by itself, doesn't indicate impairment here, and potassium at 4.2 mEq/L is also normal. So the markedly high BUN is the clearest indicator of acute renal impairment among these values.

10. What is the first step in administering a medication through a non-tunneled central venous catheter to ensure sterility?

- A. Cleansing the access port**
- B. Connecting 10 mL normal saline to the access port
- C. Gently aspirating for blood
- D. Flushing saline using push-pause method

Maintaining sterility when accessing a non-tunneled central venous catheter starts with cleansing the access port. Cleaning the hub with an appropriate antiseptic before touching it removes surface microbes and creates a clean, sterile point of entry. It's important to let the antiseptic dry completely to maximize its effect, then proceed with the medication administration or flushing. Connecting saline or flushing are actions that should follow once the surface has been properly disinfected, and they do not establish sterility by themselves. Gently aspirating for blood doesn't address sterility and can add handling steps that increase infection risk. So, cleansing the access port first is the essential step to ensure a sterile access before administering any medication.

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://hurstreadiness2.examzify.com>

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

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