

HURST READINESS PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE

<https://hurstreadiness.examzify.com>



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

SAMPLE

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

SAMPLE

- 1. What is the correct approach if all fluid does not drain during peritoneal dialysis?**
 - A. Place the client in the supine position.
 - B. Encourage the client to sit up straight.
 - C. Turn the client side to side.
 - D. Increase the height of the drainage bag.
- 2. When a client expresses anxiety regarding their hospital admission, which response by the nurse is most appropriate?**
 - A. I will notify your night nurse of your sleep concerns.
 - B. Can I call someone for you?
 - C. I'll notify the case manager for assistance.
 - D. You don't need to worry, you'll be fine.
- 3. What is a key indicator that a client may be experiencing worsening symptoms indicating potential complications?**
 - A. Stable blood pressure readings
 - B. Normal temperature range
 - C. Increase in anxiety and restlessness
 - D. Consistent urinary output
- 4. Which action is appropriate for a nurse caring for a client diagnosed with Dissociative Fugue?**
 - A. Encourage the client to express negative feelings
 - B. Conduct regular observations every four hours
 - C. Maintain a low level of stimuli in the environment
 - D. Focus solely on physical safety measures
- 5. What is the best instruction a nurse can give to unlicensed assistive personnel (UAP) for a client with Alzheimer's who is confused about their room?**
 - A. Calmly sit with the client and have the client repeat the room number at frequent intervals.
 - B. Have the client remain in the room so the client can become familiar with it.
 - C. Place a sign on the client's door that clearly has the client's name so the client can identify it.
 - D. Hang a familiar object on the door to enhance room recognition.

- 6. If a primary healthcare provider prescribes a saline injection for a client requesting pain medication, what should the nurse do first?**
- A. Administer the injection
 - B. Take vital signs
 - C. Question the prescription with the primary healthcare provider
 - D. Notify the nursing supervisor
- 7. Which statement indicates successful teaching about inhaler use for a client with asthma?**
- A. Exhale completely before using my inhaler
 - B. Use my steroid inhaler before the bronchodilator
 - C. Inhale slowly and push down firmly on the inhaler
 - D. Wait 5 minutes between puffs
- 8. Which statement is true regarding exercise for clients with diabetes?**
- A. It increases blood glucose levels
 - B. It does not require additional insulin
 - C. It can exacerbate symptoms of diabetes
 - D. It requires regular glucose monitoring before activity
- 9. How should the nurse interpret the statement made by a client with schizophrenia, "My veins have turned to stone and my heart is solid!"?**
- A. Depersonalization
 - B. Echopraxia
 - C. Neologism
 - D. Concrete thinking
- 10. What key factor should be emphasized in a weight loss maintenance phase?**
- A. Reduced frequency of exercise
 - B. Independence from support groups
 - C. Regular monitoring of eating habits
 - D. Increased caloric intake

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. What is the correct approach if all fluid does not drain during peritoneal dialysis?

- A. Place the client in the supine position.
- B. Encourage the client to sit up straight.
- C. Turn the client side to side.**
- D. Increase the height of the drainage bag.

The correct approach when all fluid does not drain during peritoneal dialysis is to turn the client side to side. This action can help facilitate the flow of fluid within the abdominal cavity, allowing for better drainage. The movement can help dislodge any fluid that may be trapped in pockets or adhere to structures within the peritoneum. Encouraging the client to change positions can also mobilize the dialysate, and turning from side to side is particularly effective in redistributing fluid and may help overcome gravitational or positional barriers to drainage. While placing the client in a supine position and encouraging them to sit up are options that might seem reasonable, they may not actively assist in resolving drainage issues as effectively as lateral movement. Increasing the height of the drainage bag might help with gravity drainage but can also lead to increased pressure that might not resolve the underlying issue of trapped fluid. Thus, turning the client optimally enhances the chances for complete drainage during the dialysis process.

2. When a client expresses anxiety regarding their hospital admission, which response by the nurse is most appropriate?

- A. I will notify your night nurse of your sleep concerns.
- B. Can I call someone for you?
- C. I'll notify the case manager for assistance.**
- D. You don't need to worry, you'll be fine.

The most appropriate response when a client expresses anxiety about their hospital admission is to offer to call someone for them. This response acknowledges the client's feelings and provides practical support by allowing them to connect with a loved one or a support person, which can help alleviate their anxiety. In a healthcare setting, providing emotional support is crucial, and reaching out to someone the client trusts can offer reassurance and familiarity, helping them cope with their feelings of anxiety. It demonstrates empathy and attentiveness to the client's emotional needs, which is an essential part of patient-centered care. Other responses may not address the client's immediate emotional needs as effectively. Simply notifying the night nurse or the case manager may not provide the direct emotional support that the client is seeking, and telling the client not to worry dismisses their feelings and can feel invalidating. The focus should be on engaging with the client's concerns and providing a pathway to comfort, making the offer to call someone a significantly better option.

3. What is a key indicator that a client may be experiencing worsening symptoms indicating potential complications?

- A. Stable blood pressure readings
- B. Normal temperature range
- C. Increase in anxiety and restlessness**
- D. Consistent urinary output

The key indicator that a client may be experiencing worsening symptoms indicating potential complications is an increase in anxiety and restlessness. These signs can reflect a variety of underlying issues, such as pain, fear, or an unmet physiological need. Anxiety and restlessness can also be indicative of inadequate oxygenation, worsening of a medical condition, or even adverse reactions to treatment. Monitoring for these psychological changes is vital in clinical practice, as they often precede physical symptoms and can guide healthcare providers in making timely interventions. Stable blood pressure readings, a normal temperature range, and consistent urinary output are generally signs of stability in a patient's condition. They do not necessarily indicate a decline but rather suggest that the patient is currently managing well. Therefore, while it is important to consider these parameters, they do not serve as direct evidence of potential complications in the same way that changes in a patient's emotional state can.

4. Which action is appropriate for a nurse caring for a client diagnosed with Dissociative Fugue?

- A. Encourage the client to express negative feelings
- B. Conduct regular observations every four hours
- C. Maintain a low level of stimuli in the environment**
- D. Focus solely on physical safety measures

Maintaining a low level of stimuli in the environment is appropriate for a nurse caring for a client diagnosed with Dissociative Fugue. Clients experiencing dissociative disorders, including Dissociative Fugue, often have heightened sensitivities to stress and stimuli, which can exacerbate their condition. A calm and low-stimulus environment can help reduce anxiety and promote a sense of safety, allowing the client to process their experiences more effectively. This approach fosters a therapeutic atmosphere, facilitating better emotional regulation and potentially aiding in the client's recovery process. By minimizing external distractions, nurses can help clients feel more secure, which is crucial for those struggling with dissociative states. This environment supports the client in connecting with their feelings and memories at their own pace. While encouraging expression of feelings is important in many therapeutic contexts, it may not be the right approach for someone in a dissociative state, as pushing them to express intense emotions might increase their distress. Regular observations are essential for client safety, but every four hours may not be enough for individuals in acute stages of dissociation. Focusing exclusively on physical safety measures overlooks the emotional and psychological aspects critical to holistic care in these cases.

5. What is the best instruction a nurse can give to unlicensed assistive personnel (UAP) for a client with Alzheimer's who is confused about their room?

- A. Calmly sit with the client and have the client repeat the room number at frequent intervals.
- B. Have the client remain in the room so the client can become familiar with it.
- C. Place a sign on the client's door that clearly has the client's name so the client can identify it.

D. Hang a familiar object on the door to enhance room recognition.

The most effective instruction for unlicensed assistive personnel (UAP) to provide to a client with Alzheimer's who is confused about their room is to hang a familiar object on the door to enhance room recognition. This approach utilizes visual cues that can trigger familiarity and recognition in the client. Familiar objects may include personal items, photos, or symbols that hold meaning to the client, helping to anchor them in their environment. Such visual markers can assist in reducing confusion and anxiety by giving the client a reference point for their room. In the context of Alzheimer's disease, where cognitive impairments affect memory and spatial orientation, the use of familiar objects can be a gentle way to help clients navigate their surroundings. This is particularly beneficial as it not only serves as a reminder of their space but also supports their independence and sense of security. Other approaches, while they may have some merit, do not leverage the same level of immediate recognition and comfort as the suggested choice. For instance, having the client repeat the room number may lead to frustration rather than understanding, as the cognitive decline often associated with Alzheimer's can hinder both memory and comprehension. Remaining in the room might help with familiarity, but without additional cues, it may not be as effective. Placing a sign with the client's name

6. If a primary healthcare provider prescribes a saline injection for a client requesting pain medication, what should the nurse do first?

- A. Administer the injection
- B. Take vital signs
- C. Question the prescription with the primary healthcare provider**
- D. Notify the nursing supervisor

In this scenario, the nurse should first question the prescription with the primary healthcare provider. This is crucial because a saline injection is not a conventional treatment for pain relief, and it raises concerns about the appropriateness of the prescribed intervention. By clarifying the prescription, the nurse ensures that the treatment aligns with the client's needs and safeguards patient safety. Engaging with the primary healthcare provider provides an opportunity to discuss the client's request for pain medication and potentially adjust the treatment plan to address the client's actual pain management requirements. Taking vital signs is an important assessment step but should not take precedence before clarifying the treatment plan, especially when the prescribed intervention seems inconsistent with the client's expressed concern for pain. Administering the injection without confirming its appropriateness would risk administering a treatment that may not be appropriate. Notifying the nursing supervisor may be beneficial in some situations, but it is more essential to address the discrepancy directly with the primary provider first. This ensures that the client receives the correct care based on their needs and circumstances.

7. Which statement indicates successful teaching about inhaler use for a client with asthma?

- A. Exhale completely before using my inhaler**
- B. Use my steroid inhaler before the bronchodilator
- C. Inhale slowly and push down firmly on the inhaler
- D. Wait 5 minutes between puffs

The statement "Exhale completely before using my inhaler" demonstrates a vital understanding of the proper technique for inhaler use, which is crucial for ensuring that the medication is delivered effectively into the lungs. Proper inhalation technique begins with a full exhalation, as this maximizes the space in the lungs for medication absorption. By completely expelling air from the lungs, the client creates a favorable environment for the incoming medication, ensuring that it can reach the targeted areas of the airways without being obstructed by residual air. Inhalers require precise usage for optimal effectiveness, and starting with a complete exhalation sets the stage for a successful inhalation. Each of the other options presents important information about inhaler use, but none convey the foundational step of exhaling fully before taking the medication, which is critical for effective treatment of asthma. Understanding this technique emphasizes the importance of preparation in medication delivery, helping clients use their inhalers correctly to manage their asthma symptoms effectively.

8. Which statement is true regarding exercise for clients with diabetes?

- A. It increases blood glucose levels
- B. It does not require additional insulin**
- C. It can exacerbate symptoms of diabetes
- D. It requires regular glucose monitoring before activity

Exercise is an essential component of managing diabetes and has numerous beneficial effects on the body, particularly in regulating blood glucose levels. When engaging in physical activity, the body utilizes glucose for energy, which can lead to a decrease in blood sugar levels during and after exercise. This is why it's important for individuals with diabetes to approach exercise with an understanding of their condition and its requirements. The statement that it does not require additional insulin is true in many cases. While some individuals with diabetes—particularly those who are insulin-dependent—might need to adjust their insulin based on their planned activity, others may not need to administer additional insulin if exercise is done properly and with appropriate monitoring. Each individual with diabetes can have unique responses to exercise, and managing insulin around physical activity can vary significantly. In contrast, the other statements can reflect concerns or misconceptions about exercise and diabetes management. For example, it is typically expected that exercise will help lower blood glucose levels rather than raise them. Additionally, while exercise can help improve symptoms and overall health, it is not inherently known to exacerbate symptoms unless there are other complicating factors. Regular glucose monitoring around activity is encouraged to ensure safety and to gauge how the body is responding, but the phrasing of the option as a requirement may not

9. How should the nurse interpret the statement made by a client with schizophrenia, "My veins have turned to stone and my heart is solid!"?

A. Depersonalization

B. Echopraxia

C. Neologism

D. Concrete thinking

The statement "My veins have turned to stone and my heart is solid!" reflects a distorted perception and a lack of connection to reality, which is indicative of depersonalization. In individuals with schizophrenia, depersonalization may manifest as feelings of detachment from their thoughts, body, or sense of identity. This particular phrase suggests that the client may be experiencing altered sensations or perceptions about their physiology and emotions, emphasizing a disconnection from a normal understanding of their own body and emotions. This statement isn't merely a creative expression or wordplay, which would be more closely associated with neologism, where a person invents new words or phrases that may not have a specific meaning to others. It also doesn't illustrate echopraxia, as that refers to the involuntary repetition or imitation of another person's actions, nor is it a clear example of concrete thinking, which is a cognitive style where individuals interpret information literally and rigidly. Instead, the client's vivid imagery and metaphorical language point to a significant alteration in their perception of self, aligning most directly with depersonalization.

10. What key factor should be emphasized in a weight loss maintenance phase?

A. Reduced frequency of exercise

B. Independence from support groups

C. Regular monitoring of eating habits

D. Increased caloric intake

In the weight loss maintenance phase, emphasizing regular monitoring of eating habits is crucial because it helps individuals stay accountable and make informed decisions about their food intake. By consistently tracking what they eat, individuals can identify patterns, avoid slipping into old habits, and make adjustments as necessary to maintain their weight loss. This active engagement in monitoring creates a heightened awareness of portion sizes, food choices, and overall dietary behaviors, which is essential for sustaining the progress made during the weight loss phase. The importance of this practice lies in its ability to empower individuals to recognize when they might be consuming more calories than necessary or when their dietary habits might need to shift to adapt to their new lifestyle. Regularly assessing eating habits also facilitates a deeper understanding of the connection between food and lifestyle choices, reinforcing the commitment to a healthier lifestyle over the long term. In contrast, other options, such as reducing the frequency of exercise, becoming independent from support groups, or increasing caloric intake, do not support sustainable weight maintenance as effectively. These approaches could lead to weight regain or a lack of ongoing accountability, making regular monitoring of eating habits the optimal choice in ensuring lasting success in weight management.

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://hurstreadiness.examzify.com>

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

SAMPLE