

Introduction to Adult Health HESI 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. In the plan of care for a client treated with an Unna's paste boot, what assessment should be included?**
 - A. Check capillary refill of toes on lower extremity with Unna's paste boot**
 - B. Measure heart rate and rhythm**
 - C. Assess gag reflex**
 - D. Inspect for peripheral edema of the hands**

- 2. Which scenario is most consistent with prerenal acute kidney injury?**
 - A. Dehydration causing volume depletion and decreased renal perfusion.**
 - B. Urinary tract obstruction.**
 - C. Glomerulonephritis.**
 - D. Chronic kidney disease.**

- 3. Which statement best reflects a lack of motivation affecting health maintenance?**
 - A. Eats anything and does not think diet makes a difference in health**
 - B. Plans meals ahead and exercises regularly**
 - C. Reads nutrition labels and follows recommendations**
 - D. Attends regular checkups and adheres to med regimen**

- 4. After premedication with an opioid analgesic, what should the nurse do regarding informed consent?**
 - A. Sign the consent after medication**
 - B. Complete the consent before premedication**
 - C. Notify the surgeon that the consent form has not been signed**
 - D. Administer analgesic before obtaining consent**

- 5. Which organ is primarily responsible for drug metabolism and detoxification?**
 - A. The kidneys**
 - B. The liver**
 - C. The heart**
 - D. The lungs**

- 6. During assessment, asking about cultural preferences before initiating care demonstrates which principle?**
- A. Cultural humility**
 - B. Efficiency**
 - C. Autonomy**
 - D. Veracity**
- 7. A patient receiving a bolus feeding through an NG tube develops coughing and shortness of breath. The nurse should:**
- A. Increase the bolus rate to finish quickly**
 - B. Reposition the patient and continue feeding**
 - C. Discontinue the administration of the bolus feeding**
 - D. Flush the tube and resume feeding**
- 8. What does estimated glomerular filtration rate primarily estimate?**
- A. Urine protein excretion**
 - B. Glomerular filtration rate**
 - C. Renal blood flow**
 - D. Kidney size on imaging**
- 9. Who communicates to the client that the tumor is non-malignant?**
- A. The nurse**
 - B. The patient**
 - C. The healthcare provider**
 - D. The family**
- 10. A single mother of two teenagers, ages 16 and 18, expresses concerns about the future. Which question best elicits her goals for her children?**
- A. Describe your daily routine**
 - B. Explain why you think you cannot manage your children**
 - C. List goals for your children you can think of now**
 - D. Tell me what you would like to see happen with your children in the future**

Answers

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

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Explanations

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1. In the plan of care for a client treated with an Unna's paste boot, what assessment should be included?

- A. Check capillary refill of toes on lower extremity with Unna's paste boot**
- B. Measure heart rate and rhythm**
- C. Assess gag reflex**
- D. Inspect for peripheral edema of the hands**

Distal perfusion checks are essential when an Unna's paste boot is applied because the rigid dressing can compress tissues and potentially reduce blood flow to the toes. Assessing capillary refill in the toes provides a quick, practical measure of distal perfusion. A normal refill is usually under 2 seconds; if it's delayed, it suggests compromised circulation and requires prompt attention—loosen or adjust the boot, check for swelling, and notify the clinician as needed. The other assessments don't directly address how the boot affects the leg's blood flow: heart rate and rhythm reflect overall cardiac status, gag reflex is unrelated to lower-extremity care, and edema of the hands doesn't inform the condition of the limb under the boot.

2. Which scenario is most consistent with prerenal acute kidney injury?

- A. Dehydration causing volume depletion and decreased renal perfusion.**
- B. Urinary tract obstruction.**
- C. Glomerulonephritis.**
- D. Chronic kidney disease.**

Prerenal AKI happens when the kidneys aren't getting enough blood flow, so filtration drops even though the kidney tissue itself isn't damaged. Dehydration causes volume depletion, which lowers effective circulating volume and renal perfusion. In this situation the kidneys respond by conserving water and sodium to preserve volume, leading to concentrated urine and typically a low sodium excretion. If perfusion improves, kidney function can recover; continued poor perfusion can progress to intrinsic injury. The other scenarios involve problems within the kidney or urinary tract: obstruction is a postrenal issue causing backpressure after the kidneys; glomerulonephritis is intrinsic renal injury from inflammation of the glomeruli; chronic kidney disease is a long-standing loss of nephron function, not an acute drop in blood flow. So dehydration with reduced renal perfusion best fits prerenal AKI.

3. Which statement best reflects a lack of motivation affecting health maintenance?

- A. Eats anything and does not think diet makes a difference in health**
- B. Plans meals ahead and exercises regularly**
- C. Reads nutrition labels and follows recommendations**
- D. Attends regular checkups and adheres to med regimen**

Motivation to maintain health drives engagement in nutrition, exercise, and preventive care. When motivation is lacking, a person is unlikely to see the value of healthy choices or to take action to protect their health. The statement about eating anything and believing that diet doesn't matter shows this disengaged mindset—the person assigns no importance to dietary choices and isn't inclined to change habits, which undermines health maintenance. By contrast, planning meals, exercising regularly, reading nutrition labels, following recommendations, and attending checkups with medication adherence all reflect ongoing motivation and a commitment to staying healthy.

4. After premedication with an opioid analgesic, what should the nurse do regarding informed consent?

- A. Sign the consent after medication**
- B. Complete the consent before premedication**
- C. Notify the surgeon that the consent form has not been signed**
- D. Administer analgesic before obtaining consent**

Informed consent must be given by a patient who has the capacity to understand the procedure, its risks, benefits, and alternatives. An opioid analgesic can impair cognition and decision-making, so consent obtained after the medication is not considered valid. Therefore, the nurse should notify the surgeon that the consent form has not been signed and that the procedure cannot proceed until proper consent is obtained when the patient is able to understand. The nurse should document the situation and hold further steps until valid consent is obtained, preferably after the patient regains capacity.

5. Which organ is primarily responsible for drug metabolism and detoxification?

- A. The kidneys**
- B. The liver**
- C. The heart**
- D. The lungs**

The liver is the main organ for drug metabolism and detoxification because it houses a rich set of enzymes, especially the cytochrome P450 system, that chemically transform many drugs. Through Phase I reactions (oxidation, reduction, hydrolysis) the molecule is often made more reactive or exposed functional groups. Then Phase II reactions (conjugation such as glucuronidation, sulfation, acetylation) attach polar groups, making the drug more water-soluble for easier elimination. This process often reduces a drug's effect and prepares it for excretion, with the first-pass effect on many oral drugs limiting how much reaches systemic circulation initially. While the kidneys excrete metabolites and the lungs can perform minor metabolic roles, and the heart does not metabolize drugs, the liver remains the primary site for both transformation and detoxification of many medications.

6. During assessment, asking about cultural preferences before initiating care demonstrates which principle?

A. Cultural humility

B. Efficiency

C. Autonomy

D. Veracity

Asking about cultural preferences before initiating care demonstrates cultural humility. This approach shows that you view the patient as the expert on their own culture and beliefs, and you're willing to learn how those beliefs impact care. By inviting the patient's input up front, you avoid assumptions, build trust, and tailor the assessment and plan to fit their values, such as beliefs about modesty, diet, family involvement, or religious practices. This openness supports patient-centered care and shared decision-making. Efficiency isn't about engaging the patient in their cultural needs; it focuses on speed. Autonomy relates to the patient's right to make their own decisions, which is related but not the primary focus here. Veracity concerns truthful communication, which isn't the central idea in initiating care with a cultural check.

7. A patient receiving a bolus feeding through an NG tube develops coughing and shortness of breath. The nurse should:

A. Increase the bolus rate to finish quickly

B. Reposition the patient and continue feeding

C. Discontinue the administration of the bolus feeding

D. Flush the tube and resume feeding

Protecting the airway during enteral feeding is the priority. Coughing and shortness of breath during a bolus through an NG tube indicate possible aspiration of the feeding into the lungs. The best action is to discontinue the bolus feeding immediately to stop any more material from entering the airway and to begin assessing the patient's respiratory status. After stopping, position the patient upright, assess breathing and oxygenation, auscultate the lungs, and suction if secretions are present. Verify tube placement and notify the clinician for further orders; consider safer feeding options (such as continuous feeding or a post-pyloric tube) to reduce the risk of future aspiration. Resuming the bolus feeding right away or attempting to continue after repositioning would not address the potential airway compromise.

8. What does estimated glomerular filtration rate primarily estimate?

- A. Urine protein excretion**
- B. Glomerular filtration rate**
- C. Renal blood flow**
- D. Kidney size on imaging**

Estimated GFR is a measure of how well the kidneys' filtering units, the glomeruli, are functioning. It's calculated from serum creatinine along with factors such as age, sex, and sometimes race because creatinine production varies with muscle mass and demographics. This makes eGFR a practical proxy for the rate at which filtrate is produced per minute, without needing invasive clearance testing. Urine protein excretion reflects how much protein leaks into the urine, signaling potential glomerular injury, but it does not quantify the overall filtration capacity. Renal blood flow speaks to perfusion of the kidney, not the actual filtration rate. Kidney size on imaging is an anatomical measurement and does not directly indicate how much filtrate the glomeruli can produce. Thus, the concept being tested is that estimated GFR primarily estimates the glomerular filtration rate.

9. Who communicates to the client that the tumor is non-malignant?

- A. The nurse**
- B. The patient**
- C. The healthcare provider**
- D. The family**

Delivering a diagnosis to the patient is the responsibility of the healthcare provider who interpreted the test results. This clinician has the medical authority to explain what a non-malignant tumor means, discuss implications, and outline next steps. The nurse can support by answering questions and assisting with care, but the formal communication of the diagnosis comes from the provider. The patient is the recipient of the information, and family members may be present or involved in discussions, but they do not formally communicate the diagnosis.

10. A single mother of two teenagers, ages 16 and 18, expresses concerns about the future. Which question best elicits her goals for her children?

- A. Describe your daily routine**
- B. Explain why you think you cannot manage your children**
- C. List goals for your children you can think of now**
- D. Tell me what you would like to see happen with your children in the future**

Focusing on future goals through an open-ended prompt helps you understand a caregiver's hopes and priorities for her children, not just their current situation. By asking what you would like to see happen with your children in the future, you invite the mother to articulate long-term aspirations, values, and outcomes she cares about. This reveals where she wants her children to go—such as education, independence, safety, or emotional well-being—and what support or resources she believes are needed to get there. It also creates a collaborative, nonjudgmental space that can reduce defensiveness and encourage honest sharing about risks, barriers, and strengths. Describing daily routines provides a snapshot of present life but doesn't uncover her longer-term vision for her kids. Asking why she thinks she cannot manage the children tends to focus the conversation on perceived deficits and can provoke defensiveness. Asking to list goals she can think of now may constrain her thinking to what's immediately in mind, potentially missing deeper or broader aspirations. The future-oriented, open-ended question best elicits meaningful goals that guide planning and support.

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://introadulthealthhesi.examzify.com>

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

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