

# Kaplan Exit 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. What indicates an air leak in a chest tube?**
  - A. Absence of drainage**
  - B. Continuous bubbling in water seal chamber**
  - C. Decreased respiratory rate**
  - D. Intermittent bubbling in water seal chamber**
  
- 2. Which symptom might suggest severe anxiety related to PTSD?**
  - A. Loss of interest**
  - B. Heightened excitement**
  - C. Increased sleep**
  - D. Decreased heart rate**
  
- 3. When should trough levels for gentamycin be drawn?**
  - A. Right before the next medication dose**
  - B. Immediately after administration**
  - C. 24 hours after the last dose**
  - D. Whenever symptoms worsen**
  
- 4. What approach is recommended for communicating with a dementia patient?**
  - A. Engage them in long discussions**
  - B. Give multiple tasks at once**
  - C. Give one task at a time**
  - D. Use complex instructions**
  
- 5. What is a typical initial response to newly identified heart rate of 120 bpm?**
  - A. Increase activity level**
  - B. Perform an ECG**
  - C. Monitor for symptoms**
  - D. Administer beta-blockers**

- 6. In mental health nursing, why is a non-judgmental environment important?**
- A. It encourages patients to avoid discussing their issues**
  - B. It helps patients feel safe and supported while expressing their thoughts and feelings**
  - C. It focuses on the nurse's experience rather than the patient's**
  - D. It allows for quicker assessment of symptoms**
- 7. What assessment finding would require discontinuation of Clozaril?**
- A. Elevated blood pressure**
  - B. Agranulocytosis**
  - C. Weight gain**
  - D. Severe headache**
- 8. What is typically assessed alongside early decelerations during fetal monitoring?**
- A. Maternal stress levels**
  - B. Fetal movement**
  - C. Maternal position**
  - D. Contraction patterns**
- 9. What role do communication skills play in supporting mental health patients?**
- A. They are unnecessary and can complicate treatment**
  - B. They help in conveying the nurse's authority over the patient**
  - C. They are essential for understanding patient needs and building trust**
  - D. They should be limited to specific contexts only**
- 10. What could be a consequence of ignoring a patient's complaints of sleep issues?**
- A. A deterioration of the patient's overall health**
  - B. Increased patient satisfaction**
  - C. Prompt recovery from illnesses**
  - D. Reduction in healthcare costs**

## Answers

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

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## **Explanations**

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## 1. What indicates an air leak in a chest tube?

- A. Absence of drainage
- B. Continuous bubbling in water seal chamber**
- C. Decreased respiratory rate
- D. Intermittent bubbling in water seal chamber

Continuous bubbling in the water seal chamber of a chest tube system is indicative of an air leak. This occurs because the presence of air in the system disrupts the normal function of the water seal, creating bubbles that consistently rise. In a properly functioning chest tube system, any bubbling should be intermittent rather than continuous. Continuous bubbling suggests that air is entering the system from an external source, which could compromise the effectiveness of the chest drainage and indicate a potential problem with the chest tube placement or integrity. The other options do not signify an air leak. The absence of drainage may reflect other issues, such as a blockage or the lung fully re-expanding, rather than an air leak. A decreased respiratory rate is related to the patient's overall respiratory status, but it does not directly indicate an air leak. Intermittent bubbling, on the other hand, can be a normal finding when a patient is breathing and may reflect changes in intrathoracic pressure rather than a significant air leak. Therefore, the presence of continuous bubbling is the key indicator that suggests an air leak is occurring.

## 2. Which symptom might suggest severe anxiety related to PTSD?

- A. Loss of interest**
- B. Heightened excitement
- C. Increased sleep
- D. Decreased heart rate

The symptom of loss of interest can be a significant indicator of severe anxiety related to post-traumatic stress disorder (PTSD). Individuals experiencing PTSD often face a range of emotional disturbances, including a profound sense of apathy or disconnection from activities or interests that once provided joy or fulfillment. This condition, also known as anhedonia, can be directly linked to the overwhelming nature of anxiety and stress that comes from trauma. In cases of severe anxiety, the body's responses can lead to withdrawal from social situations and hobbies, further exacerbating feelings of isolation and distress. Recognizing loss of interest helps mental health professionals understand that a person may be coping with not just typical anxiety but the deeper emotional scars associated with past trauma. The other symptoms mentioned, such as heightened excitement, increased sleep, and decreased heart rate, do not typically align with severe anxiety linked to PTSD. Instead, they may indicate different psychological states or responses that are not characteristic of this condition.

### 3. When should trough levels for gentamycin be drawn?

- A. Right before the next medication dose**
- B. Immediately after administration**
- C. 24 hours after the last dose**
- D. Whenever symptoms worsen**

Trough levels for gentamycin should be drawn right before the next medication dose. This timing is critical because the trough level represents the lowest concentration of the drug in the bloodstream before the next dose is administered. Monitoring trough levels is essential for ensuring that drug concentrations remain within therapeutic ranges and to avoid toxicity, particularly with aminoglycosides like gentamycin. By measuring the trough just before the subsequent dose, healthcare providers can accurately assess whether the drug levels are appropriate for effective treatment. Other timings, such as immediately after administration, would provide a peak level rather than the trough and would not help in determining the efficacy and safety of the dosing regimen. Drawing levels 24 hours after the last dose would miss the critical moment to evaluate the trough level in relation to the upcoming dose. Additionally, measuring levels whenever symptoms worsen does not provide a systematic approach for monitoring drug levels and could lead to inconsistencies in patient care.

### 4. What approach is recommended for communicating with a dementia patient?

- A. Engage them in long discussions**
- B. Give multiple tasks at once**
- C. Give one task at a time**
- D. Use complex instructions**

Communicating effectively with a dementia patient requires an approach that simplifies interactions and minimizes confusion. Providing one task at a time helps to ensure that the individual can focus on a specific action without feeling overwhelmed. People with dementia often struggle with memory and processing, so breaking down information into smaller, manageable parts is beneficial. When a single task is presented, it allows the patient to concentrate fully and reduces the likelihood of frustration or misunderstanding. This approach fosters a sense of accomplishment once the task is completed, which can enhance their self-esteem and encourage further engagement. In contrast, engaging in long discussions or using complex instructions may lead to confusion and anxiety, as individuals with dementia often have difficulty following lengthy conversations or complicated directions. Similarly, giving multiple tasks at once can be particularly overwhelming and disorienting for them, making it harder for them to respond appropriately. Thus, focusing on one task at a time is the most effective communication strategy in this context.

**5. What is a typical initial response to newly identified heart rate of 120 bpm?**

- A. Increase activity level**
- B. Perform an ECG**
- C. Monitor for symptoms**
- D. Administer beta-blockers**

The initial response to a newly identified heart rate of 120 beats per minute is to monitor for symptoms. In cases of tachycardia, which is defined as an elevated heart rate, it's crucial to assess for any accompanying symptoms such as chest pain, shortness of breath, dizziness, or palpitations. This evaluation helps determine whether the increased heart rate is a temporary response (perhaps due to stress, anxiety, or physical exertion) or indicative of a more serious underlying condition requiring further intervention. Monitoring allows healthcare providers to gather important information about the patient's status and response to the elevated heart rate, which can guide subsequent actions such as performing an ECG to assess heart rhythm or considering medication like beta-blockers if the tachycardia is symptomatic or linked to a potentially serious condition. This step ensures that any treatment administered is based on a clear understanding of the patient's clinical picture.

**6. In mental health nursing, why is a non-judgmental environment important?**

- A. It encourages patients to avoid discussing their issues**
- B. It helps patients feel safe and supported while expressing their thoughts and feelings**
- C. It focuses on the nurse's experience rather than the patient's**
- D. It allows for quicker assessment of symptoms**

A non-judgmental environment is crucial in mental health nursing because it helps patients feel safe and supported when expressing their thoughts and feelings. When patients perceive that they are in a judgment-free space, they are more likely to open up about their concerns, experiences, and emotions. This openness is essential for effective communication, rapport building, and ultimately, therapeutic progress. In mental health settings, patients often grapple with feelings of shame or fear of stigma related to their mental health issues. A supportive environment minimizes these feelings, fostering trust between the patient and the healthcare provider. This trust enables the nurse to gather valuable information about the patient's mental state, which is essential for accurate assessment and tailored interventions. Creating a non-judgmental atmosphere also empowers patients by validating their experiences, leading to a more collaborative approach to their care. By feeling accepted, patients can engage more actively in their treatment, leading to improved outcomes.

**7. What assessment finding would require discontinuation of Clozaril?**

- A. Elevated blood pressure**
- B. Agranulocytosis**
- C. Weight gain**
- D. Severe headache**

The requirement to discontinue Clozaril, an antipsychotic medication known to potentially cause agranulocytosis, lies in its association with significantly decreased white blood cell counts. Agranulocytosis poses a serious risk because it leaves the individual susceptible to severe infections due to a compromised immune system. Regular monitoring of white blood cell counts is a critical aspect of treatment with Clozaril, and if agranulocytosis is detected, immediate cessation of the drug is necessary to prevent serious health complications. Other findings, such as elevated blood pressure, could be monitored and managed without necessarily stopping the medication, and weight gain, while a common side effect, typically does not warrant discontinuation. Similarly, a severe headache might need evaluation, but it does not inherently indicate that Clozaril must be stopped unless other severe symptoms accompany it. Therefore, the presence of agranulocytosis is the finding that mandates the discontinuation of Clozaril due to the significant danger it poses to the patient's health.

**8. What is typically assessed alongside early decelerations during fetal monitoring?**

- A. Maternal stress levels**
- B. Fetal movement**
- C. Maternal position**
- D. Contraction patterns**

In the context of fetal monitoring, early decelerations refer to a specific pattern observed during labor, where the fetal heart rate decreases in response to uterine contractions. These decelerations are generally considered to be a sign of fetal head compression related to contractions and are typically not indicative of fetal distress. Alongside early decelerations, monitoring contraction patterns is crucial because it allows healthcare providers to determine the relationship between the contractions and the fetal heart rate changes. By assessing how early decelerations correspond with contractions, clinicians can identify whether the decelerations are consistent with normal physiological responses or if they could be indicative of a problem. Understanding this relationship helps in making informed decisions regarding the management of labor and ensuring the well-being of both the mother and the fetus. The other options, while they may be relevant in different contexts, do not specifically relate to the direct assessment of early decelerations. For instance, maternal stress levels and position may affect fetal heart rate monitoring in a broader sense, but they do not provide the immediate and critical information that contraction patterns do. Similarly, assessing fetal movement is more relevant in the context of evaluating fetal well-being outside of labor rather than in conjunction with decelerations. Therefore, contraction patterns are the most

- 9. What role do communication skills play in supporting mental health patients?**
- A. They are unnecessary and can complicate treatment**
  - B. They help in conveying the nurse's authority over the patient**
  - C. They are essential for understanding patient needs and building trust**
  - D. They should be limited to specific contexts only**

Communication skills are fundamentally important in supporting mental health patients, as they serve as the foundation for effective therapeutic relationships. High-quality communication allows healthcare professionals to accurately assess and understand the needs, concerns, and experiences of their patients. It fosters an environment of trust where patients feel safe and comfortable sharing sensitive information, which is crucial for effective diagnosis and treatment planning. Moreover, strong communication skills enhance the ability to validate patients' feelings and establish rapport, both of which are essential in a mental health setting. By being active listeners and using empathetic communication, healthcare providers can demonstrate genuine care and support, which significantly contributes to positive health outcomes. Well-developed communication skills also aid in the educational aspect of mental health care, helping patients to better understand their conditions, treatment options, and coping strategies. When patients are well-informed and feel heard, they are more likely to engage in their treatment and adhere to recommendations, ultimately leading to improved mental health. In short, communication skills are not just tools for interaction; they are vital components that drive successful treatment processes in mental health care, ensuring that both patients' emotional and psychological needs are addressed effectively.

- 10. What could be a consequence of ignoring a patient's complaints of sleep issues?**
- A. A deterioration of the patient's overall health**
  - B. Increased patient satisfaction**
  - C. Prompt recovery from illnesses**
  - D. Reduction in healthcare costs**

Ignoring a patient's complaints of sleep issues can lead to a deterioration of the patient's overall health. Sleep is a critical component of physical and mental well-being, and unresolved sleep problems can result in various negative health outcomes. Chronic sleep disturbances can contribute to ailments such as cardiovascular disease, obesity, diabetes, and mental health disorders like anxiety and depression. Additionally, lack of sleep can impair cognitive function and decision-making, further complicating a patient's health status. Thus, addressing sleep issues is essential for maintaining and improving overall health in patients.

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

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

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