

KAPLAN EXIT PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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 assessment finding could indicate a deterioration in a patient with fibrocystic breast disease?**
 - A. Increase in breast sensitivity
 - B. None; no deterioration
 - C. New lumps or masses
 - D. Decrease in discharge
- 2. What medication is commonly used for opiate withdrawal symptoms?**
 - A. Buprenorphine
 - B. Methadone
 - C. Fentanyl
 - D. Oxycodone
- 3. What condition is suggested by a patient unable to void after a lumbar procedure?**
 - A. Urinary tract infection
 - B. Neurogenic bladder
 - C. Urinary retention
 - D. Renal failure
- 4. What two types of notations are commonly used in patient documentation?**
 - A. Bullet points and checklists
 - B. SOAP notes and narrative notes
 - C. Diagnoses and treatment plans
 - D. Charts and graphs
- 5. How can biofeedback help a patient with migraines?**
 - A. By promoting medication use
 - B. By preventing headaches
 - C. By gaining control over symptoms
 - D. By encouraging bed rest

- 6. What is the significance of Florence Nightingale's contributions to nursing?**
- A. She founded the first nursing school in the U.S.
 - B. She emphasized the importance of a clean environment in patient care
 - C. She developed the first nursing licensure exam
 - D. She introduced evidence-based practice in nursing
- 7. What could indicate the need for a sleep study referral?**
- A. Persistent daytime sleepiness
 - B. Increased appetite
 - C. Shortness of breath during physical activity
 - D. Frequent headaches unrelated to other conditions
- 8. What should a nurse monitor as a potential complication in patients with diabetes?**
- A. Bradycardia and low blood pressure
 - B. Hyperglycemia and hypoglycemia
 - C. Weight gain and exercise intolerance
 - D. Excessive hydration and swelling
- 9. What dietary strategy might be beneficial for a toddler?**
- A. Low-fat diets
 - B. High sugar snacks
 - C. Nutritious, balanced snacks
 - D. Skip meals to increase appetite
- 10. For a patient with a cerebrovascular accident (CVA), which therapy is typically recommended?**
- A. Occupational therapy
 - B. Physical therapy
 - C. Speech therapy
 - D. Recreational therapy

Answers

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

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Explanations

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1. Which assessment finding could indicate a deterioration in a patient with fibrocystic breast disease?

- A. Increase in breast sensitivity
- B. None; no deterioration
- C. New lumps or masses**
- D. Decrease in discharge

The presence of new lumps or masses in a patient with fibrocystic breast disease could indicate a deterioration in their condition. Fibrocystic breast disease generally involves the development of lumpiness and tenderness in the breasts due to hormonal changes, and while some lumps may be benign and part of the condition itself, the emergence of new or differing lumps or masses can be concerning. This change can suggest the possibility of an underlying issue that requires further evaluation, such as an increase in abnormal cell activity or even the development of a more serious condition, like breast cancer. Regular monitoring of breast patterns and changes is crucial for patients with fibrocystic breast disease, as it is pivotal to discern normal fluctuations in breast tissue from potentially dangerous developments. Other symptoms, such as an increase in breast sensitivity or variations in discharge, may be common and not necessarily indicative of deterioration. Therefore, the identification of new lumps or masses warrants prompt clinical attention.

2. What medication is commonly used for opiate withdrawal symptoms?

- A. Buprenorphine
- B. Methadone**
- C. Fentanyl
- D. Oxycodone

Methadone is a medication frequently utilized in the management of opiate withdrawal symptoms. It is a long-acting opioid agonist that helps alleviate withdrawal symptoms by binding to the same opioid receptors in the brain that other opioids do, but it does so in a controlled manner. This approach reduces cravings and withdrawal discomfort without causing the rapid "high" associated with short-acting opioids. In a treatment setting, methadone can be part of a comprehensive addiction treatment program that includes counseling and support services. Its effectiveness is well-studied, and it is often used as a maintenance therapy for individuals seeking recovery from opioid addiction. Buprenorphine is also a valid option for treating opioid withdrawal symptoms, but it serves as a partial agonist, meaning it activates the opioid receptors to a lesser extent than full agonists like methadone. Fentanyl and oxycodone, on the other hand, are powerful opioids that are generally not used for detoxification purposes; rather, they can lead to increased dependency and are not suitable for managing withdrawal themselves.

3. What condition is suggested by a patient unable to void after a lumbar procedure?

- A. Urinary tract infection
- B. Neurogenic bladder
- C. Urinary retention**
- D. Renal failure

The situation described—a patient who is unable to void after a lumbar procedure—suggests urinary retention. This condition can be a result of various factors, particularly related to the lumbar region of the spine, which is responsible for innervating the bladder and facilitating the normal urge to urinate. Following procedures in the lumbar area, such as a laminectomy or spinal injection, there is a possibility of transient disruption in the nerve signals that control bladder function, leading to an inability to void. Urinary retention occurs when there is an accumulation of urine in the bladder due to the failure to pass urine, which can lead to discomfort and other complications if not addressed. It is particularly relevant post-lumbar surgery because the anesthesia or nerve trauma may impact the normal reflex pathways responsible for voiding. Other conditions listed could potentially influence urinary function, but they do not specifically explain the immediate inability to void following a lumbar procedure as effectively as urinary retention. A urinary tract infection might result in discomfort or a frequent urge to urinate but would not typically cause an inability to void. Neurogenic bladder refers to a broader category of bladder dysfunction related to neurological issues but doesn't specify the acute post-procedural context implied in this case. Renal failure, while a serious

4. What two types of notations are commonly used in patient documentation?

- A. Bullet points and checklists
- B. SOAP notes and narrative notes**
- C. Diagnoses and treatment plans
- D. Charts and graphs

The two types of notations commonly used in patient documentation are SOAP notes and narrative notes. SOAP notes provide a structured format for documenting patient information and stand for Subjective, Objective, Assessment, and Plan. This format helps healthcare professionals communicate clearly and systematically about a patient's condition and treatment strategy. Subjective observations are the patient's personal account of their symptoms, while Objective data is what the clinician observes through examinations and tests. The Assessment section synthesizes the subjective and objective data to provide a clinical judgment, and the Plan outlines the proposed management steps. Narrative notes, on the other hand, are descriptive entries that allow for a more detailed and personal account of the patient's condition and care. This format can be more flexible, allowing clinicians to include detailed observations, thoughts, and treatment rationales in a chronological manner. Together, these methods enhance the clarity and comprehensiveness of patient documentation, facilitating better communication between healthcare providers and improving patient care. The selection of these specific notations reflects the importance of both structured and flexible documentation in capturing the complete picture of patient management.

5. How can biofeedback help a patient with migraines?

- A. By promoting medication use
- B. By preventing headaches
- C. By gaining control over symptoms**
- D. By encouraging bed rest

Biofeedback is a therapeutic technique that helps individuals gain awareness and control over certain physiological functions, such as heart rate, muscle tension, and, in this case, headache-related symptoms. For a patient experiencing migraines, biofeedback can be particularly beneficial as it teaches the individual to recognize and modify their body's responses that may contribute to the onset of headaches. By using biofeedback, patients learn to identify muscle tension, stress levels, and other triggers that might precipitate a migraine. Through relaxation techniques and self-regulation strategies, they can effectively manage these physiological responses. This empowerment enables patients to better control their symptoms, potentially reducing the frequency and intensity of migraine episodes. While some of the other options may seem relevant, they do not directly address the mechanism by which biofeedback operates. Biofeedback does not actively promote medication use or necessarily prevent headaches, nor does it primarily focus on encouraging bed rest. Instead, it emphasizes the individual's active participation in managing their own body responses, which is crucial for those suffering from migraines.

6. What is the significance of Florence Nightingale's contributions to nursing?

- A. She founded the first nursing school in the U.S.
- B. She emphasized the importance of a clean environment in patient care**
- C. She developed the first nursing licensure exam
- D. She introduced evidence-based practice in nursing

Florence Nightingale's contributions to nursing are pivotal, and her emphasis on the importance of a clean environment in patient care significantly transformed nursing practices. Nightingale recognized that sanitary conditions were essential for the health and recovery of patients, particularly during her experiences in the Crimean War, where she observed the horrid conditions that often led to high mortality rates. Her work laid the groundwork for modern nursing and healthcare systems by advocating for proper hygiene, ventilation, and overall sanitation in hospitals. She meticulously documented her findings and created statistical analyses that highlighted the relationship between cleanliness and patient outcomes, ultimately influencing hospital design and public health policies. This foundational belief in the necessity of a clean environment continues to be a cornerstone of nursing today, showcasing her lasting impact on healthcare and the profession as a whole. By fostering a scientific approach to nursing and emphasizing the role of the environment in recovery, Nightingale established principles that would guide nursing practices for generations.

7. What could indicate the need for a sleep study referral?

- A. Persistent daytime sleepiness**
- B. Increased appetite
- C. Shortness of breath during physical activity
- D. Frequent headaches unrelated to other conditions

Persistent daytime sleepiness is a significant indicator that a sleep study may be necessary. This symptom can suggest various sleep disorders, such as obstructive sleep apnea, narcolepsy, or other conditions that disrupt normal sleep cycles. These disorders often result in inadequate rest at night, leading to excessive sleepiness during the day. In such cases, a sleep study, also known as polysomnography, can provide crucial insights into sleep patterns, oxygen levels, and other physiological parameters while the individual sleeps. By analyzing this data, healthcare providers can diagnose specific sleep disorders and develop appropriate treatment plans. The other options, while they may signal different health concerns, do not specifically point toward the need for a sleep study the way persistent daytime sleepiness does. For instance, increased appetite could relate to metabolic or psychological factors, shortness of breath during physical activity often connects to cardiovascular or pulmonary issues, and frequent headaches might pertain to neurological or tension-related problems. Each of these symptoms requires different evaluations rather than a focused sleep assessment.

8. What should a nurse monitor as a potential complication in patients with diabetes?

- A. Bradycardia and low blood pressure
- B. Hyperglycemia and hypoglycemia**
- C. Weight gain and exercise intolerance
- D. Excessive hydration and swelling

In patients with diabetes, monitoring for hyperglycemia and hypoglycemia is crucial due to the potential severe impacts these conditions can have on health. Hyperglycemia, or high blood sugar, occurs when there is an inadequate amount of insulin or when the body cannot use insulin effectively, leading to symptoms such as increased thirst, frequent urination, and fatigue. If left untreated, it can progress to diabetic ketoacidosis (DKA) or hyperglycemic hyperosmolar state (HHS), both of which are serious medical emergencies. On the other hand, hypoglycemia, or low blood sugar, can result from factors such as taking too much insulin, skipping meals, or excessive physical activity. Symptoms can include sweating, shaking, confusion, and in severe cases, loss of consciousness or seizures. Recognizing and managing both conditions is critical for preventing complications and ensuring that patients with diabetes maintain blood sugar levels within a target range. The other options present different health issues but do not specifically relate to common diabetes complications that require close monitoring.

9. What dietary strategy might be beneficial for a toddler?

- A. Low-fat diets
- B. High sugar snacks
- C. Nutritious, balanced snacks**
- D. Skip meals to increase appetite

A nutritious, balanced snack strategy for toddlers is crucial for their growth and development. At this age, children are in a rapid growth phase and require a variety of nutrients to support their physical and cognitive development. Balanced snacks can include fruits, vegetables, whole grains, dairy, and healthy fats. These foods provide essential vitamins and minerals, promote healthy eating habits, and help maintain energy levels throughout the day. In toddlers, it's particularly important to avoid low-fat diets, as they need healthy fats for brain development. High sugar snacks can lead to energy spikes followed by crashes, and do not provide lasting nutritional benefits. Skipping meals can disrupt a toddler's eating patterns, potentially leading to poor nutrition and unhealthy associations with food. Thus, promoting nutritious, balanced snacks is the best approach for their overall well-being.

10. For a patient with a cerebrovascular accident (CVA), which therapy is typically recommended?

- A. Occupational therapy
- B. Physical therapy
- C. Speech therapy**
- D. Recreational therapy

For a patient who has experienced a cerebrovascular accident (CVA), also known as a stroke, speech therapy is an essential component of the rehabilitation process. Many individuals who suffer from a CVA may experience aphasia, dysarthria, or other communication difficulties. Speech therapy focuses on helping patients regain their ability to speak, understand language, and improve communication skills, which are crucial for their overall recovery and quality of life. In addition to addressing speech and language impairments, speech therapists may assist patients with swallowing difficulties, another common issue that can arise after a stroke. While occupational, physical, and recreational therapies are also important aspects of a comprehensive rehabilitation program, the unique focus of speech therapy directly addresses the communication challenges that a significant number of stroke patients face. Therefore, speech therapy is typically highlighted as a recommended therapy following a CVA.

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://kaplanexit.examzify.com>

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

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