

Kaplan Integrated Test D - Remediation Practice Test (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 is a 'mechanical soft' diet designed for?**
 - A. Patients with diabetes**
 - B. Individuals requiring dietary restrictions**
 - C. Those with difficulty chewing**
 - D. Patients preparing for surgery**

- 2. What is an appropriate stance a nurse should adopt when transferring a patient?**
 - A. Feet together and bend at the waist**
 - B. Feet 10 to 12 inches apart, with one foot ahead**
 - C. Sit down and lift the patient**
 - D. Only use the arms to lift the patient**

- 3. Which ethical principle encompasses protecting an individual's right to make personal decisions?**
 - A. Justice**
 - B. Fidelity**
 - C. Nonmaleficence**
 - D. Autonomy**

- 4. What is the key sign of a wound bed healing by secondary intention?**
 - A. Presence of scabbing**
 - B. Granulation at the base of the wound**
 - C. Dryness of the wound**
 - D. Complete closure with no granulation**

- 5. What should be included in the teaching plan for a patient with fecal impaction?**
 - A. Increasing fluid intake**
 - B. Using laxatives daily**
 - C. Avoiding physical activity**
 - D. Only taking prescribed medication**

- 6. What is the primary focus of community health nursing?**
- A. Providing advanced medical care to individuals.**
 - B. Improving community health through education, prevention, and health promotion activities.**
 - C. Conducting research on the healthcare system.**
 - D. Working exclusively in hospital settings.**
- 7. Which step is NOT part of the instructions for using an incentive spirometer?**
- A. Breathe in and exhale forcefully**
 - B. Seal lips around mouthpiece**
 - C. Inhale slowly and deeply**
 - D. Hold breath for 3 seconds while keeping ball elevated**
- 8. How should a clean-voided urine specimen be obtained?**
- A. Collect urine after a bowel movement**
 - B. Place a clean container into the urine stream**
 - C. Use a catheter to obtain the urine**
 - D. Collect urine in a container from the bedpan**
- 9. Which of the following describes when heat therapy should be used?**
- A. To decrease blood viscosity and increase tissue metabolism**
 - B. To increase blood viscosity and decrease joint swelling**
 - C. To provide an anesthetic effect and decrease circulation**
 - D. To induce vasoconstriction of blood vessels**
- 10. When assessing a wound, which of the following aspects is particularly important to evaluate?**
- A. Exudate and sinus tracts**
 - B. Patient's medication history**
 - C. Hydration status and nutritional intake**
 - D. Respiratory function and blood pressure**

Answers

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

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Explanations

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1. What is a 'mechanical soft' diet designed for?

- A. Patients with diabetes
- B. Individuals requiring dietary restrictions
- C. Those with difficulty chewing**
- D. Patients preparing for surgery

A 'mechanical soft' diet is specifically designed for individuals who have difficulty chewing. This type of diet includes foods that are easy to chew and swallow, such as finely chopped or pureed items, which help accommodate those with dental issues, oral surgery recovery, or other conditions impairing chewing ability. This diet maintains adequate nutrition while ensuring safety and comfort for those who may struggle with regular solid foods. While individuals with dietary restrictions might benefit from a mechanical soft diet, it is not exclusively tailored for them. Similarly, patients preparing for surgery may have specific dietary guidelines, but these do not specifically pertain to a mechanical soft diet. People with diabetes often have their own dietary management plan focusing on carbohydrate control and glycemic index rather than mechanical soft food requirements. Thus, the primary focus of a mechanical soft diet is to assist those who find it challenging to chew rather than addressing the needs of other groups.

2. What is an appropriate stance a nurse should adopt when transferring a patient?

- A. Feet together and bend at the waist
- B. Feet 10 to 12 inches apart, with one foot ahead**
- C. Sit down and lift the patient
- D. Only use the arms to lift the patient

The appropriate stance for a nurse when transferring a patient involves positioning the feet 10 to 12 inches apart with one foot ahead. This stance provides a stable base of support, which is crucial for maintaining balance and minimizing the risk of injury to both the nurse and the patient. By having a wide base, the nurse can leverage their legs for strength and support during the transfer, enhancing stability and control. Additionally, positioning one foot ahead allows the nurse to pivot effectively, which is essential when maneuvering a patient. This technique also helps to promote better body mechanics, reducing strain on the back and upper body. Other responses suggest stances or methods that compromise safety and effectiveness during patient transfers. For instance, keeping the feet together or bending at the waist lacks the necessary base of support, increasing the risk of falls or injuries. Sitting down to lift a patient is impractical and unsafe, as it doesn't utilize proper body mechanics and can lead to back strain. Relying solely on the arms to lift the patient neglects the importance of the legs and the entire body's strength, making the task much more physically demanding and risky. By using the correct stance, nurses can transfer patients more safely and efficiently, contributing to better outcomes for both parties involved.

3. Which ethical principle encompasses protecting an individual's right to make personal decisions?

- A. Justice**
- B. Fidelity**
- C. Nonmaleficence**
- D. Autonomy**

The ethical principle that governs the protection of an individual's right to make personal decisions is autonomy. This principle emphasizes the importance of respecting a person's ability to choose what they believe is best for themselves, particularly in their healthcare options and personal life. Autonomy is grounded in the idea that individuals have the right to make choices about their own bodies and lives, free from coercion or undue influence. When considering the other options, justice refers to fairness and equality in the distribution of resources and treatment, often focusing on societal obligations. Fidelity relates to loyalty and the obligation to keep promises or commitments, while nonmaleficence is the principle of "do no harm," ensuring that actions do not adversely affect patients. While these principles are crucial in ethical decision-making, they do not specifically focus on the right of individuals to make their own choices as autonomy does.

4. What is the key sign of a wound bed healing by secondary intention?

- A. Presence of scabbing**
- B. Granulation at the base of the wound**
- C. Dryness of the wound**
- D. Complete closure with no granulation**

A wound healing by secondary intention typically involves a process where the wound edges are not approximated, and the body must fill in the wound defect over time through natural healing processes. The key sign that indicates this type of healing is the presence of granulation tissue at the base of the wound. Granulation tissue is made up of new connective tissue and tiny blood vessels that form on the surface of a wound during the healing process. It is typically pink or red and moist, signifying that the wound is progressing toward healing. This tissue acts as a scaffold for new cells to grow and indicates that the body is actively working to repair the area. In contrast, options such as the presence of scabbing more commonly associate with wounds healing by primary intention, where edges are brought together, and scab formation occurs as a protective layer. Dryness of the wound suggests that healing might be stalling or that there is insufficient moisture to promote healing. Complete closure with no granulation implies healing has finished and suggests a differing, typically more efficient, healing pathway than what is expected in secondary intention. Thus, granulation tissue serves as the hallmark of healing by secondary intention, confirming the process is progressing appropriately.

5. What should be included in the teaching plan for a patient with fecal impaction?

- A. Increasing fluid intake**
- B. Using laxatives daily**
- C. Avoiding physical activity**
- D. Only taking prescribed medication**

Including an increase in fluid intake in the teaching plan for a patient with fecal impaction is essential for several reasons. Adequate hydration helps to soften the stool, making it easier to pass and thereby alleviating constipation. Fluid intake works synergistically with dietary fiber, enhancing the bulk and moisture of the stool. In the context of fecal impaction, which is a severe form of constipation where stool becomes hard and stuck in the colon, increasing fluid intake can stimulate bowel movements and promote overall digestive health. Staying well-hydrated is crucial for maintaining the normal function of the digestive system, supporting the movement of food through the intestines, and preventing future incidents of fecal impaction. Conversely, the other options do not align with the optimal approach for managing fecal impaction. Using laxatives daily can lead to dependency and may not resolve the underlying issue. Avoiding physical activity is counterproductive since movement can stimulate bowel activity. Relying solely on prescribed medication without incorporating lifestyle changes, such as dietary modification and improved hydration, might not provide the comprehensive care needed for effective management of fecal impaction.

6. What is the primary focus of community health nursing?

- A. Providing advanced medical care to individuals.**
- B. Improving community health through education, prevention, and health promotion activities.**
- C. Conducting research on the healthcare system.**
- D. Working exclusively in hospital settings.**

The primary focus of community health nursing is on improving community health through education, prevention, and health promotion activities. This aspect emphasizes the role of nurses in advocating for health awareness and implementing strategies that enhance the well-being of populations rather than just focusing on individual medical care. Community health nurses assess community needs, develop programs to meet those needs, and collaborate with various stakeholders to address health issues at the community level. Their work often includes educating the community about healthy practices, advocating for better access to health resources, and promoting preventive measures to reduce the incidence of diseases. The other options highlight aspects of health care that do not align with the central mission of community health nursing. For instance, providing advanced medical care typically pertains to clinical or hospital practices rather than community-focused interventions. Conducting research on the healthcare system is important but serves more as a support function that informs practice rather than the primary focus of community health nursing itself. Working exclusively in hospital settings contradicts the essence of community health nursing, which operates within various environments, including homes, schools, and community centers, rather than being confined to hospitals.

7. Which step is NOT part of the instructions for using an incentive spirometer?

- A. Breathe in and exhale forcefully**
- B. Seal lips around mouthpiece**
- C. Inhale slowly and deeply**
- D. Hold breath for 3 seconds while keeping ball elevated**

The step that is not part of the instructions for using an incentive spirometer is to breathe in and exhale forcefully. The primary purpose of utilizing an incentive spirometer is to encourage deep inhalation, which helps to expand the lungs and improve oxygenation, particularly after surgery or during respiratory illness. The correct process involves inhaling slowly and deeply to ensure that the device registers the desired volume of air, which is essential for achieving the therapeutic benefits of the device. Conversely, exhaling forcefully, as suggested in that step, does not contribute to the intended use of the incentive spirometer and may even hinder the process, as the focus should be on the inhalation phase rather than the exhalation. The other steps listed, such as sealing the lips around the mouthpiece, inhaling slowly and deeply, and holding the breath for a few seconds to allow the ball to remain elevated, are all critical components in its proper use to enhance lung capacity and promote effective breathing techniques.

8. How should a clean-voided urine specimen be obtained?

- A. Collect urine after a bowel movement**
- B. Place a clean container into the urine stream**
- C. Use a catheter to obtain the urine**
- D. Collect urine in a container from the bedpan**

To obtain a clean-voided urine specimen, placing a clean container into the urine stream is the correct method. This technique is essential because it minimizes contamination from bacteria and substances that may be present on the skin or around the urethra. By collecting the urine midstream, the initial portion of urine that may carry contaminants is excluded, resulting in a more accurate sample for analysis. The process typically involves the individual cleaning their genital area, starting the urination, and then allowing the urine to flow into the container after the initial part of the stream. This method ensures that the specimen reflects the true contents of the urinary bladder, making it ideal for diagnostic purposes. Using a catheter for urine collection can also be appropriate in clinical settings, particularly for patients unable to void normally. However, it's not the preferred method for obtaining a clean-voided sample unless there's a specific reason to avoid collecting urine via the typical midstream method. Collecting urine after a bowel movement or from a bedpan introduces additional risks of contamination and does not align with the goal of minimizing external factors in the specimen. Hence, using a clean container directly in the urine stream remains the best practice for achieving a clean-voided urine specimen.

9. Which of the following describes when heat therapy should be used?

- A. To decrease blood viscosity and increase tissue metabolism**
- B. To increase blood viscosity and decrease joint swelling**
- C. To provide an anesthetic effect and decrease circulation**
- D. To induce vasoconstriction of blood vessels**

Heat therapy is commonly used in therapeutic settings for several effective reasons, one of which is to decrease blood viscosity and increase tissue metabolism. When heat is applied to an area, it causes vasodilation, which means the blood vessels expand. This expansion allows for increased blood flow to the affected area, which helps to deliver more oxygen and nutrients to the tissues, ultimately enhancing the healing process. Additionally, the increased temperature aids in metabolic processes, which can facilitate quicker recovery from injuries and alleviate muscle stiffness or soreness. By reducing blood viscosity, heat therapy promotes better circulation, contributing to the healing benefits overall. The other choices do not accurately represent the effects and purposes of heat therapy. For instance, increasing blood viscosity is contrary to what heat therapy aims to achieve, and inducing vasoconstriction is associated with cold therapy rather than heat application. Furthermore, while heat can provide comfort, it does not typically serve as an anesthetic or decrease circulation; it promotes rather the opposite circulation dynamics.

10. When assessing a wound, which of the following aspects is particularly important to evaluate?

- A. Exudate and sinus tracts**
- B. Patient's medication history**
- C. Hydration status and nutritional intake**
- D. Respiratory function and blood pressure**

Evaluating exudate and sinus tracts is particularly important when assessing a wound because these factors provide critical information about the wound's healing status and potential complications. The characteristics of exudate, such as its color, consistency, and amount, can indicate the nature of the wound, whether it is healing properly, or if there is an infection present. Sinus tracts, which are pathways that can form under the skin and can lead away from the main wound, may suggest underlying issues such as abscesses or chronic infection. Identifying these aspects helps clinicians determine the appropriate treatment plan, which can include cleaning the wound, assessing for infection, or potentially more advanced interventions if complications are identified. While assessing medication history may provide context about the patient's overall health and potential impacts on wound healing, and hydration status and nutritional intake are important for holistic care, they do not provide as direct and immediate insights into the wound itself as exudate and sinus tracts do. Respiratory function and blood pressure, while critical in many clinical assessments, are not directly related to the condition or healing of a wound.

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://kaplanintegrtestdremediation.examzify.com>

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

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