

KAPLAN INTEGRATED TEST D – REMEDIATION PRACTICE TEST (SAMPLE) STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE

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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. How should a nurse conduct a comprehensive patient assessment?**
 - A. By relying solely on medical history
 - B. Through interviewing, physical examination, and observation
 - C. By performing a quick visual inspection
 - D. By using only objective data in the assessment
- 2. Which of the following is NOT measured in a pulmonary functioning test (PFT)?**
 - A. Inspiratory reserve
 - B. Forced vital capacity
 - C. Muscle strength
 - D. Expiratory flow
- 3. What is considered a medium priority nursing diagnosis?**
 - A. Diagnoses needing immediate attention
 - B. Non-life-threatening diagnoses
 - C. Diagnoses that are chronic
 - D. Diagnoses affecting mental health
- 4. What should nurses remember about communicating patient information?**
 - A. Confidentiality is optional
 - B. Only communicate during admissions
 - C. Clear communication helps ensure patient comprehension
 - D. Provide limited information only
- 5. What is the significance of patient-centered care?**
 - A. It focuses solely on hospital policies
 - B. It emphasizes respecting patient preferences, needs, and values
 - C. It is only concerned with treatment outcomes
 - D. It discounts the role of the healthcare team

- 6. How do hormonal changes affect patients during pregnancy?**
- A. They have no effect on the body
 - B. They can cause emotional stability and reassurance
 - C. They can affect the woman's overall health and wellbeing through physical and emotional changes
 - D. They only affect physical health and not emotional health
- 7. Which of the following is a key indicator of infection in a patient?**
- A. Low blood pressure and fatigue.
 - B. Elevated white blood cell count or signs of inflammation like redness, heat, and swelling.
 - C. Increased heart rate and sweating.
 - D. Normal temperature and clear urine.
- 8. What type of temperature measurement can be taken without waking a sleeping child?**
- A. Oral temperature
 - B. Rectal temperature
 - C. Tympanic temperature
 - D. Axillary temperature
- 9. Which is a primary goal when assisting a patient with meals?**
- A. To improve the patient's appetite
 - B. To encourage independence
 - C. To ensure proper nutrition
 - D. To monitor for allergies
- 10. Why is follow-up care important after discharge?**
- A. It allows patients to skip further appointments
 - B. It ensures continuity of care, monitors recovery, and addresses any complications after treatment
 - C. It is legally required with no significant impact
 - D. It focuses only on medication refills

Answers

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

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Explanations

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1. How should a nurse conduct a comprehensive patient assessment?

- A. By relying solely on medical history
- B. Through interviewing, physical examination, and observation**
- C. By performing a quick visual inspection
- D. By using only objective data in the assessment

A comprehensive patient assessment is essential for understanding the patient's overall health and identifying any issues that need to be addressed. The correct answer emphasizes a multifaceted approach, which includes interviewing the patient, performing a physical examination, and making careful observations. This integrated method allows the nurse to gather both subjective data—information that the patient provides about their feelings, thoughts, and experiences—and objective data—facts that can be measured or observed, such as vital signs and physical findings. By using this comprehensive approach, the nurse can gain a holistic view of the patient's condition, which is critical for developing an effective care plan. Relying solely on medical history limits the assessment to past illnesses and treatments, potentially overlooking current conditions or changes in the patient's health status. A quick visual inspection lacks the depth necessary for a thorough understanding of the patient's needs. Finally, using only objective data would miss important insights that come from the patient's own experiences and perceptions, which are crucial for a complete picture of their health. Thus, the comprehensive approach is the foundation for effective nursing care.

2. Which of the following is NOT measured in a pulmonary functioning test (PFT)?

- A. Inspiratory reserve
- B. Forced vital capacity
- C. Muscle strength**
- D. Expiratory flow

In a pulmonary functioning test (PFT), the primary focus is on assessing the functionality of the lungs and the ability to exchange gases. The various components measured in PFTs include how much air one can inhale and exhale and how effectively that air can move in and out of the lungs during respiration. Muscle strength, particularly as it relates to overall physical performance, is not a direct measure of lung function. Instead, PFTs specifically evaluate lung volumes (such as inspiratory reserve and forced vital capacity) and airflow rates (like expiratory flow). These factors reflect the health of the respiratory system rather than the strength of the muscles involved in breathing or other physical activities. Thus, while inspiratory reserve, forced vital capacity, and expiratory flow are directly tied to lung functioning and are measured during PFTs, muscle strength does not fall within the scope of what these tests aim to analyze.

3. What is considered a medium priority nursing diagnosis?

- A. Diagnoses needing immediate attention
- B. Non-life-threatening diagnoses**
- C. Diagnoses that are chronic
- D. Diagnoses affecting mental health

A medium priority nursing diagnosis refers to issues that are not immediately life-threatening but still require attention to prevent further complications or to enhance the patient's quality of life. This classification allows nurses to prioritize care effectively, focusing on needs that are significant but do not pose an acute risk to the patient's life. Non-life-threatening diagnoses encompass a broad range of conditions, such as chronic illnesses or acute disturbances that, while needing care, do not demand emergency interventions. By categorizing these as medium priority, healthcare providers can allocate resources and attention to promote recovery and prevent deterioration, ensuring that care is given according to the urgency of the patient's needs. Conditions classified under this category may include managing chronic pain, addressing mild infections, or providing education on health management strategies for stable chronic diseases. These scenarios illustrate the importance of intervention to improve patient outcomes and maintain wellbeing without the immediacy that life-threatening conditions warrant.

4. What should nurses remember about communicating patient information?

- A. Confidentiality is optional
- B. Only communicate during admissions
- C. Clear communication helps ensure patient comprehension**
- D. Provide limited information only

Clear communication is essential in nursing practice as it significantly enhances patient comprehension of their health conditions and treatment plans. Effective communication ensures that patients understand important information related to their care, including diagnoses, medications, and self-care instructions. This understanding can lead to improved patient outcomes, as it empowers patients to engage actively in their care and make informed decisions. When nurses prioritize clear communication, they facilitate a therapeutic relationship with patients, building trust and encouraging open dialogue. This clarity helps to alleviate patient anxiety, promotes adherence to treatment regimens, and supports the overall goal of providing high-quality care. In contrast, the other options do not align with best practices in patient communication. Confidentiality is a fundamental ethical principle in healthcare that is never optional; it must always be upheld to protect patient privacy. Communication should not be limited to specific times like admissions; it should occur continuously throughout the patient's care experience. Providing limited information can be detrimental, as it may leave patients feeling confused or uninformed about their health status and care plans.

5. What is the significance of patient-centered care?

- A. It focuses solely on hospital policies
- B. It emphasizes respecting patient preferences, needs, and values**
- C. It is only concerned with treatment outcomes
- D. It discounts the role of the healthcare team

The significance of patient-centered care lies in its emphasis on respecting and incorporating the patient's preferences, needs, and values into their healthcare. This approach ensures that care is tailored specifically to the individual, promoting better communication and collaboration between the healthcare provider and the patient. When patients feel their preferences are acknowledged, they are more likely to be engaged in their treatment plans, leading to improved satisfaction and potentially better health outcomes. Patient-centered care fosters an environment where patients actively participate in their own care, which is crucial for building trust and enhancing the therapeutic relationship. This approach recognizes that each patient is unique, and their input is vital in crafting effective and personalized care strategies. It contrasts with a more traditional, provider-centric model that may overlook the individual experiences and desires of patients. Other options do not align with the principles of patient-centered care, as one suggests a focus solely on hospital policies, another implies an exclusive concern with treatment outcomes, and the last discounts the collaborative effort of the healthcare team, all of which undermine the holistic approach that patient-centered care embodies.

6. How do hormonal changes affect patients during pregnancy?

- A. They have no effect on the body
- B. They can cause emotional stability and reassurance
- C. They can affect the woman's overall health and wellbeing through physical and emotional changes**
- D. They only affect physical health and not emotional health

Hormonal changes during pregnancy have a profound impact on a woman's overall health and well-being, leading to both physical and emotional changes. Throughout pregnancy, the body undergoes significant hormonal shifts as a response to the developing fetus. These hormones, including estrogen and progesterone, help to prepare the body for childbirth, maintain the pregnancy, and promote various physical adaptations. Physically, these hormonal changes can lead to symptoms such as nausea, fatigue, and changes in appetite, as well as more significant alterations in the body, including weight gain and changes in the cardiovascular and musculoskeletal systems. Emotionally, the surge in hormones can contribute to mood swings, anxiety, and heightened sensitivity. The interplay of these physical and emotional changes can significantly influence the mother's experience during pregnancy, affecting her mental health and emotional stability. Therefore, acknowledging the holistic impact of hormonal changes is crucial for understanding the complexities of pregnancy and providing appropriate support to expectant mothers.

7. Which of the following is a key indicator of infection in a patient?

- A. Low blood pressure and fatigue.
- B. Elevated white blood cell count or signs of inflammation like redness, heat, and swelling.**
- C. Increased heart rate and sweating.
- D. Normal temperature and clear urine.

The presence of an elevated white blood cell count or signs of inflammation, such as redness, heat, and swelling, serves as a key indicator of infection in a patient. White blood cells play a crucial role in the body's immune response, and an increase in their count typically suggests that the body is fighting off an infection or inflammatory process. Furthermore, the signs of inflammation are classic responses that occur when the body is responding to an infection. These include redness (erythema), heat, swelling (edema), and pain, which collectively indicate that the immune system is activated and working to address a harmful pathogen. Monitoring these indicators is essential in diagnosing and managing infections effectively.

8. What type of temperature measurement can be taken without waking a sleeping child?

- A. Oral temperature
- B. Rectal temperature
- C. Tympanic temperature**
- D. Axillary temperature

Taking a tympanic temperature is particularly advantageous for measuring the body temperature of a sleeping child because it utilizes an infrared sensor to measure the heat that is emitted from the tympanic membrane (eardrum). This method is quick, often yielding results in just a couple of seconds, which minimizes disturbance. The ear canal can be accessed easily, and the procedure is generally comfortable for the child, allowing health care providers to obtain an accurate reading without waking them. In contrast, measuring oral or rectal temperatures typically requires the child to be more alert and still, which would likely disrupt their sleep. Axillary temperature measurement, while also non-invasive, is generally less accurate than tympanic measurements and can take longer to obtain a reliable reading. Thus, for a sleeping child, tympanic temperature measurement stands out as the most effective and least disruptive option.

9. Which is a primary goal when assisting a patient with meals?

- A. To improve the patient's appetite
- B. To encourage independence**
- C. To ensure proper nutrition
- D. To monitor for allergies

Encouraging independence is a primary goal when assisting a patient with meals because fostering self-sufficiency supports the patient's dignity and overall well-being. When patients are encouraged to take part in their own meal consumption, it can enhance their confidence and motivation, leading them to become more engaged in their care. Promoting independence during mealtime helps patients develop their skills, which can be particularly significant for those recovering from illness or managing chronic conditions. It allows them to regain control over their daily activities, which is integral to improving their quality of life. In the context of this question, while ensuring proper nutrition, improving appetite, and monitoring for allergies are all essential aspects of meal assistance, they often serve as supporting actions to the overarching goal of fostering patient independence. Encouraging independence is vital in empowering patients to take charge of their health and lifestyle choices.

10. Why is follow-up care important after discharge?

- A. It allows patients to skip further appointments
- B. It ensures continuity of care, monitors recovery, and addresses any complications after treatment**
- C. It is legally required with no significant impact
- D. It focuses only on medication refills

Follow-up care is essential after discharge because it ensures continuity of care, monitors recovery, and addresses any complications that may arise after treatment. This ongoing interaction between healthcare providers and patients is crucial for fostering a smooth transition from hospital to home. During follow-up appointments, healthcare professionals can evaluate the patient's recovery progress, adjust treatment plans as needed, and offer additional support or resources. Monitoring patients after discharge helps in identifying any potential issues early, allowing for prompt intervention, which can significantly improve health outcomes and reduce the risk of readmission to the hospital. The other options fail to capture the comprehensive benefits of follow-up care. Skipping further appointments undermines the structured recovery process, while a purely legalistic view does not reflect the genuine importance of monitoring health status post-discharge. Focusing solely on medication refills neglects the broader aspects of patient recovery and continuous care, which include lifestyle adjustments, physical rehabilitation, and emotional support.

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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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