

LEARNING SYSTEMS MED SURG PRACTICE TEST (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. What is the action of anticoagulants in patient care?**
 - A. To dissolve existing clots
 - B. To prevent clot formation
 - C. To strengthen blood vessels
 - D. To improve blood flow

- 2. For a client with emphysema, which lifestyle change would most benefit lung function?**
 - A. Increased high-intensity exercise
 - B. Stopping smoking
 - C. Eating a high fat diet
 - D. Excessive resting to prevent exhaustion

- 3. What characteristic of melanoma lesions should a community health nurse teach clients?**
 - A. Regular border
 - B. Irregular border
 - C. Uniform color
 - D. Small size

- 4. What is a common side effect associated with opioid analgesics?**
 - A. Nausea
 - B. Constipation
 - C. Increased appetite
 - D. Insomnia

- 5. Which symptom indicates a potential complication for a patient with diabetes mellitus?**
 - A. Dry skin
 - B. Excessive thirst
 - C. Frequent urination
 - D. Changes in vision

- 6. A client with stomatitis from chemotherapy states, "I will use lemon and glycerine swabs after meals." What does this indicate?**
- A. Understanding of proper oral hygiene
 - B. Need for further teaching on oral care
 - C. Knowledge about the use of acidic solutions
 - D. Insight into taste alterations due to treatment
- 7. What factor is vital to consider when evaluating a patient's pain level after medication?**
- A. Time since last meal
 - B. Time since last pain assessment
 - C. Time of day
 - D. Time since the patient's last physical activity
- 8. What assessment finding is typical in patients with liver cirrhosis?**
- A. Ascites
 - B. Edema
 - C. Jaundice
 - D. Increased appetite
- 9. When planning dietary teaching for a client with diabetes mellitus, what should the nurse do first?**
- A. Ask the client to identify the types of foods she prefers
 - B. Provide a list of recommended foods
 - C. Explain the importance of carbohydrate counting
 - D. Discuss the impact of diabetes on nutrition
- 10. What should a nurse do if a patient is experiencing symptoms of anaphylaxis?**
- A. Administer antihistamines and observe
 - B. Start oxygen therapy immediately
 - C. Administer epinephrine and call for help
 - D. Encourage the patient to drink fluids

Answers

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

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Explanations

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1. What is the action of anticoagulants in patient care?

- A. To dissolve existing clots
- B. To prevent clot formation**
- C. To strengthen blood vessels
- D. To improve blood flow

Anticoagulants play a crucial role in patient care primarily by preventing the formation of blood clots. They do this by inhibiting various factors in the coagulation cascade, which is the series of steps that lead to clot formation. By interfering with this process, anticoagulants help to reduce the risk of thromboembolism, which can occur in conditions such as atrial fibrillation, deep vein thrombosis, or after certain surgeries. Unlike thrombolytics, which actively dissolve existing clots, anticoagulants are not designed for that purpose. They do not strengthen blood vessels or directly improve blood flow; rather, their main function is to manage and reduce the risk of new clots forming, thereby protecting patients who have a predisposition to clotting disorders or are at risk of complications from clots. This preventive action is vital in ensuring better health outcomes for patients who are susceptible to clot-related issues.

2. For a client with emphysema, which lifestyle change would most benefit lung function?

- A. Increased high-intensity exercise
- B. Stopping smoking**
- C. Eating a high fat diet
- D. Excessive resting to prevent exhaustion

Stopping smoking is the most beneficial lifestyle change for a client with emphysema because smoking is the primary cause of this condition and significantly contributes to its progression. By quitting smoking, the client can help slow down the deterioration of lung function, reduce inflammation, and diminish further exposure to harmful irritants. This change provides immediate and long-term health benefits, as it allows the lungs to begin to heal and improves overall respiratory function. In contrast, increased high-intensity exercise might be counterproductive for someone with emphysema, as their lung function is already compromised, and excessive exertion could lead to increased dyspnea and fatigue. A high-fat diet may not specifically improve lung function and could be detrimental to overall health, including cardiovascular status. While resting is important for everyone, excessive resting to prevent exhaustion can lead to deconditioning, which may further impair lung function and overall endurance. Maintaining an active lifestyle within safe limits is crucial for those with respiratory conditions.

3. What characteristic of melanoma lesions should a community health nurse teach clients?

- A. Regular border
- B. Irregular border**
- C. Uniform color
- D. Small size

Melanoma lesions are commonly recognized by their irregular borders, which can appear scalloped or uneven. This is an essential characteristic as it distinguishes melanoma from benign moles, which typically have smooth, regular edges. Education for clients should focus on the importance of recognizing these atypical features, as early detection of melanoma is crucial for successful treatment. In contrast, regular borders, uniform color, and small size are typically characteristics associated with benign skin lesions. Regular borders are often seen in non-cancerous moles, uniform color indicates a lower risk for malignancy, and small size might not raise any concerns unless there are other worrisome signs. Therefore, emphasizing the irregular border of melanoma lesions helps clients understand what signs to look for when monitoring their skin health.

4. What is a common side effect associated with opioid analgesics?

- A. Nausea
- B. Constipation**
- C. Increased appetite
- D. Insomnia

Opioid analgesics are commonly used for pain management, but one of the well-documented side effects associated with their use is constipation. This occurs due to the way opioids interact with the central nervous system and the digestive system. Opioids bind to specific receptors in the gastrointestinal tract, leading to decreased motility and slower transit time through the intestines. This results in harder stools and a greater likelihood of constipation. The other options represent side effects that can occur with various medications or conditions but are not as uniquely associated with opioid use as constipation is. For instance, nausea may be a side effect, but it's more related to individual tolerance and can vary widely among patients. Increased appetite is generally not a side effect of opioids, whereas many patients may experience a decrease in appetite due to nausea or other factors. Insomnia can be influenced by pain levels and other health conditions rather than being a direct outcome of opioid use. Thus, constipation stands out as the most common and significant side effect specifically associated with opioid analgesics.

5. Which symptom indicates a potential complication for a patient with diabetes mellitus?

- A. Dry skin
- B. Excessive thirst
- C. Frequent urination
- D. Changes in vision**

Changes in vision indicate a potential complication for a patient with diabetes mellitus because they can signal diabetic retinopathy, a serious condition that can arise from uncontrolled blood sugar levels over time. Diabetic retinopathy involves damage to the blood vessels in the retina, leading to symptoms such as blurred vision, floaters, and even vision loss if not addressed. Regular monitoring of vision is essential for patients with diabetes, as early detection of any changes can lead to timely treatment and prevent severe complications. Other symptoms, while significant and indicative of diabetes management issues, do not directly signal acute complications. Dry skin, excessive thirst, and frequent urination are more indicative of poorly controlled diabetes due to high blood sugar levels but do not immediately signify the risk of irreversible damage that changes in vision represent. Thus, changes in vision are a critical warning sign of potential long-term complications associated with diabetes.

6. A client with stomatitis from chemotherapy states, "I will use lemon and glycerine swabs after meals." What does this indicate?

- A. Understanding of proper oral hygiene
- B. Need for further teaching on oral care**
- C. Knowledge about the use of acidic solutions
- D. Insight into taste alterations due to treatment

The response indicating a need for further teaching on oral care reflects a misunderstanding of appropriate care for stomatitis, especially related to oral hygiene practices following chemotherapy. Stomatitis, which is an inflammation of the mucous membranes in the mouth, can be particularly painful and sensitive, and using lemon, which is acidic, may worsen irritation and discomfort. Effective oral care for patients with stomatitis typically involves using non-irritating and soothing alternatives rather than acidic substances. Options such as saline rinses or bicarbonate solutions can help maintain oral hygiene without exacerbating pain or inflammation. This highlights the importance of educating patients about gentle oral care practices to promote healing and alleviate symptoms associated with stomatitis.

7. What factor is vital to consider when evaluating a patient's pain level after medication?

- A. Time since last meal
- B. Time since last pain assessment**
- C. Time of day
- D. Time since the patient's last physical activity

When evaluating a patient's pain level after they have been administered medication, the time since the last pain assessment is a critical factor to consider. This timing allows healthcare providers to measure the efficacy of the medication accurately. Pain can fluctuate significantly over time, and understanding how long it has been since the last assessment provides context for current pain levels. By comparing the new evaluation to the previous one, medical professionals can determine whether the pain has improved, remained the same, or worsened, thus gauging the response to the treatment more effectively. Regular assessments at appropriate intervals are essential for managing pain and adjusting treatment plans, ensuring that the patient receives optimal care based on their changing condition. While the timing of meals, physical activity, and the time of day can have some influence on a patient's overall well-being, they do not provide immediate insight into the effectiveness of pain relief measures in the same way that the time since the last pain assessment does.

8. What assessment finding is typical in patients with liver cirrhosis?

- A. Ascites
- B. Edema
- C. Jaundice**
- D. Increased appetite

In patients with liver cirrhosis, jaundice is a typical assessment finding due to the liver's impaired ability to process bilirubin. The liver normally helps to break down hemoglobin from old red blood cells, and when it is compromised, as in cirrhosis, bilirubin levels increase in the bloodstream, leading to the yellowing of the skin and the sclerae (the whites of the eyes). This characteristic is part of the syndrome of hyperbilirubinemia, which is common in cirrhosis due to the liver's damaged functional capacity. Jaundice indicates that the liver is not effectively metabolizing bilirubin, which is a predictable consequence of liver dysfunction. In contrast, while ascites and edema can also be associated with liver cirrhosis, they can be attributed to other conditions such as heart failure or kidney issues. Increased appetite is usually not seen in liver cirrhosis, as patients may experience nausea, weight loss, and anorexia due to the disease process and metabolic changes. Thus, jaundice is a key indicator specifically related to the dysfunction of the liver in cirrhosis.

9. When planning dietary teaching for a client with diabetes mellitus, what should the nurse do first?

- A. Ask the client to identify the types of foods she prefers**
- B. Provide a list of recommended foods
- C. Explain the importance of carbohydrate counting
- D. Discuss the impact of diabetes on nutrition

The first step in planning dietary teaching for a client with diabetes mellitus is to ask the client to identify the types of foods she prefers. This approach is important because it engages the client in the learning process, promotes collaboration, and respects individual preferences and cultural considerations when it comes to diet. Understanding a client's food preferences helps in tailoring dietary recommendations that are realistic and sustainable for the individual, increasing the likelihood of adherence to the dietary plan. When the nurse starts by assessing the client's preferences, it also provides insights into potential challenges the client may face and areas where education may be most effective. For instance, if certain preferred foods are high in sugar or carbohydrates, the nurse can then guide the client in making healthier choices within those preferences or suggest alternatives that would fit their dietary needs without completely eliminating favorite foods. This individualized approach is foundational in diabetes management, as it not only fosters a positive therapeutic relationship but also empowers the client to take an active role in her dietary management, which is crucial for effective diabetes control and overall health.

10. What should a nurse do if a patient is experiencing symptoms of anaphylaxis?

- A. Administer antihistamines and observe
- B. Start oxygen therapy immediately
- C. Administer epinephrine and call for help**
- D. Encourage the patient to drink fluids

Administering epinephrine and calling for help is the appropriate action when a patient is experiencing symptoms of anaphylaxis. Anaphylaxis is a severe, potentially life-threatening allergic reaction that requires immediate treatment. Epinephrine is the first-line medication used to treat this condition because it acts quickly to reverse the symptoms. It works by constricting blood vessels, which can help to raise blood pressure, relaxes the muscles of the airways to improve breathing, and reduces swelling. Prompt administration of epinephrine can be critical in preventing progression to more severe symptoms or even death. Calling for help ensures that additional medical support is on the way, which is essential for managing anaphylaxis and providing comprehensive care. Starting oxygen therapy may be necessary if the patient is severely compromised; however, it is not the first step in managing anaphylaxis. While antihistamines may be used in the treatment of allergies, they are not sufficient for acute anaphylaxis and should not be the primary response. Encouraging the patient to drink fluids is generally not appropriate in an anaphylactic situation, as it does not address the life-threatening symptoms and could lead to complications if the patient is experiencing swelling or difficulty swallowing.

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:

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

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