

Leik Head, Eyes, Ears, Nose, and Throat (HEENT) Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

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SAMPLE

Questions

SAMPLE

- 1. Which of the following is characterized by a gray ring on the cornea, especially in older adults?**
 - A. Pinguecula**
 - B. Arcus senilis**
 - C. Corneal ulcer**
 - D. Keratoconus**
- 2. A 17-year-old high school student is diagnosed with serous otitis media. What is the expected result of the Rinne test?**
 - A. Air conduction (AC) > bone conduction (BC)**
 - B. BC > AC**
 - C. Lateralization to the left ear**
 - D. Sound is heard by both ears**
- 3. What sign might indicate a perforated tympanic membrane?**
 - A. Pain in the ear**
 - B. Purulent drainage from the ear**
 - C. Difficulty hearing**
 - D. Ringing in the ears**
- 4. The mother of a 4 week old infant is concerned that her infant's eyes are crossed for a few seconds occasionally. What should the NP advise?**
 - A. Recommend referral to a pediatric ophthalmologist**
 - B. Advise that this is a normal finding in infants up to 2 months of age**
 - C. Recommend that multivitamin supplements be given to the infant daily**
 - D. Educate on how to patch the infant's eye every 4 hours**
- 5. Which situation is considered emergent?**
 - A. A laceration on the lower leg of a patient on aspirin**
 - B. Rapid breathing and tachycardia in a patient with a fever**
 - C. An elderly man with stable vital signs and abdominal pain**
 - D. A biker with a concussion and agitation**

- 6. If a gray ring is observed on the edge of both irises in a 35-year-old patient, what is the clinical significance of this finding?**
- A. The patient has a higher risk of blindness**
 - B. The patient should be evaluated for hyperlipidemia**
 - C. The patient should be evaluated by an ophthalmologist**
 - D. The patient should be evaluated for acute glaucoma**
- 7. What type of healthcare provider is typically responsible for conducting allergy testing?**
- A. Pediatrician**
 - B. Allergist**
 - C. Neurologist**
 - D. Dermatologist**
- 8. A test called the visual fields by confrontation is used to evaluate for?**
- A. Peripheral vision**
 - B. Central distance vision**
 - C. Narrow-angle glaucoma**
 - D. Accommodation**
- 9. How can a deviated septum affect a person's health?**
- A. It causes frequent nosebleeds**
 - B. It can lead to chronic sinusitis and nasal obstruction**
 - C. It affects vision**
 - D. It increases ear infections**
- 10. A 16 year old complaining of a severe sore throat, generalized rash, and fever best describes which condition?**
- A. Kawasaki's disease**
 - B. Scarletina**
 - C. German measles**
 - D. Rubella**

Answers

SAMPLE

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

SAMPLE

Explanations

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1. Which of the following is characterized by a gray ring on the cornea, especially in older adults?

- A. Pinguecula
- B. Arcus senilis**
- C. Corneal ulcer
- D. Keratoconus

The correct answer, Arcus senilis, is a condition characterized by a gray or white arc that appears along the outer edge of the cornea, typically seen in older adults. This condition is caused by the deposition of lipids in the corneal stroma, which is a common age-related change. Arcus senilis is generally benign and does not affect vision. Its presence can sometimes indicate elevated cholesterol levels, but in older individuals, it is often simply a physiological change. Understanding why arcus senilis appears in older adults is important; as people age, lipid metabolism changes, leading to these deposits without any other significant health implications. Unlike conditions that may indicate underlying disease, arcus senilis is primarily associated with aging. In contrast to this condition, pinguecula appears as a yellowish, raised growth on the conjunctiva and is related to environmental factors, such as UV light exposure. A corneal ulcer is a defect in the corneal epithelium that can occur due to infection or trauma. Keratoconus, on the other hand, is a progressive thinning of the cornea that results in a cone-shaped bulge, affecting vision.

2. A 17-year-old high school student is diagnosed with serous otitis media. What is the expected result of the Rinne test?

- A. Air conduction (AC) > bone conduction (BC)
- B. BC > AC**
- C. Lateralization to the left ear
- D. Sound is heard by both ears

In the case of serous otitis media, which is characterized by the accumulation of fluid in the middle ear without signs of acute infection, the Rinne test evaluates the sound conduction of air versus bone. Normally, sound should be heard better through air conduction (AC) than through bone conduction (BC), a finding that is typically seen in individuals with a healthy auditory system. However, in the presence of serous otitis media, the fluid in the middle ear affects the transmission of sound through the air conduction pathway. This can lead to a scenario where bone conduction is perceived as better than air conduction, resulting in the Rinne test showing that BC > AC. This indicates that the middle ear has compromised function, which is characteristic of conditions leading to conductive hearing loss, such as serous otitis media. In contrast, scenarios like lateralization to one ear (which would suggest specific defects or issues) or equal hearing in both ears would not align with the typical findings associated with this condition. Thus, the expected result of BC being greater than AC aligns with the understanding of how serous otitis media disrupts sound transmission through the affected ear.

3. What sign might indicate a perforated tympanic membrane?

- A. Pain in the ear
- B. Purulent drainage from the ear**
- C. Difficulty hearing
- D. Ringing in the ears

A perforated tympanic membrane, often referred to as a ruptured eardrum, can occur due to various reasons, including infection, trauma, or loud sounds. One of the hallmark signs of a perforated tympanic membrane is the presence of purulent drainage from the ear. This drainage is typically a result of an underlying infection in the middle ear, which can lead to the accumulation of pus that drains through the perforation in the eardrum. While pain in the ear, difficulty hearing, and ringing in the ears (tinnitus) can also occur in cases of a perforated tympanic membrane, they are not definitive signs of perforation. Pain may resolve if the eardrum has ruptured and pressure is released, and the degree of hearing loss can vary. Tinnitus is a symptom that can be associated with many ear conditions but is not an indicator of a perforated tympanic membrane specifically. Thus, purulent drainage is the most specific sign that suggests the presence of a perforated tympanic membrane, making it the correct answer in this context.

4. The mother of a 4 week old infant is concerned that her infant's eyes are crossed for a few seconds occasionally. What should the NP advise?

- A. Recommend referral to a pediatric ophthalmologist
- B. Advise that this is a normal finding in infants up to 2 months of age**
- C. Recommend that multivitamin supplements be given to the infant daily
- D. Educate on how to patch the infant's eye every 4 hours

In the case of a 4-week-old infant experiencing occasional crossed eyes, it is important to recognize that this is a common developmental phenomenon. Many infants have some degree of strabismus, or misalignment of the eyes, as their visual system is still maturing. This condition is often seen in infants up to about 2 months of age due to the immaturity of their ocular muscles and visual coordination skills. During this early period, it is not unusual for the eyes to appear crossed intermittently as the brain and eyes work together to develop proper visual tracking and alignment. These occasional episodes typically resolve as the infant grows and gains better control over their eye movements. Thus, advising the mother that seeing crossed eyes for brief periods is a normal finding for infants under 2 months can provide her with reassurance about her child's development. It is crucial to monitor the situation, as persistent strabismus beyond this age may warrant further evaluation, but for now, this transient occurrence is expected in a healthy 4-week-old baby.

5. Which situation is considered emergent?

- A. A laceration on the lower leg of a patient on aspirin**
- B. Rapid breathing and tachycardia in a patient with a fever**
- C. An elderly man with stable vital signs and abdominal pain**
- D. A biker with a concussion and agitation**

The situation involving the biker with a concussion and agitation is considered emergent because head injuries, especially when accompanied by agitation, can indicate serious intracranial problems such as bleeding or swelling in the brain. Agitation may signal changes in a person's mental status or neurological function, which require immediate medical attention to prevent further complications. In contrast, while a laceration on the lower leg of a patient on aspirin may be concerning due to the potential for increased bleeding, it typically does not require the same immediate intervention as a neurological concern. Rapid breathing and tachycardia in a febrile patient could denote a serious infection or other conditions that are urgent but not as immediately life-threatening as severe neurological symptoms. An elderly man with stable vital signs and abdominal pain may need evaluation but is not presenting with the immediate threats to life and function that characterize an emergent situation.

6. If a gray ring is observed on the edge of both irises in a 35-year-old patient, what is the clinical significance of this finding?

- A. The patient has a higher risk of blindness**
- B. The patient should be evaluated for hyperlipidemia**
- C. The patient should be evaluated by an ophthalmologist**
- D. The patient should be evaluated for acute glaucoma**

A gray ring observed on the edge of both irises, known as a Kayser-Fleischer ring, is often associated with Wilson's disease, a genetic disorder that leads to excessive copper accumulation in the body. While not exclusively indicative of hyperlipidemia, the presence of such a ring can suggest the need for evaluating lipid levels, particularly if there are other signs of cardiovascular risk. Hyperlipidemia can manifest in various ways and may be linked to several systemic conditions, so this observation in a patient may prompt further investigation into their lipid profile and overall metabolic health. The finding does not directly imply imminent risk of blindness, although any significant ocular finding may warrant an ophthalmologic assessment. Similarly, acute glaucoma typically presents with symptoms such as severe eye pain, headache, nausea, and blurry vision, which are not indicated by merely having a gray ring at the iris edges. Thus, assessing the patient for hyperlipidemia is a crucial step in managing potential systemic conditions tied to this ocular observation.

7. What type of healthcare provider is typically responsible for conducting allergy testing?

- A. Pediatrician**
- B. Allergist**
- C. Neurologist**
- D. Dermatologist**

An allergist is specifically trained to diagnose and manage allergies and related conditions. These healthcare providers have specialized training in immunology and are equipped with the knowledge and skills necessary to conduct various types of allergy testing, including skin tests and serum IgE tests. Allergists focus on identifying allergens that may cause symptoms in patients, allowing for appropriate management and treatment plans to be developed. While pediatricians, neurologists, and dermatologists play important roles in patient care, they do not have the same level of specialization in allergy testing as allergists. Pediatricians may also conduct basic allergy assessments, particularly in children, but for comprehensive evaluation and management of allergic conditions, an allergist is the most qualified provider. Neurologists specialize in the nervous system, while dermatologists focus on skin conditions; therefore, they would not be the primary providers for conducting allergy testing.

8. A test called the visual fields by confrontation is used to evaluate for?

- A. Peripheral vision**
- B. Central distance vision**
- C. Narrow-angle glaucoma**
- D. Accommodation**

The visual fields by confrontation test evaluates peripheral vision. This assessment is performed by having the patient cover one eye while the examiner covers the opposite eye and then comparing the visual fields of both. The patient is asked to look straight ahead and indicate when they can see objects or fingers appearing in their peripheral vision. This test is crucial for detecting any defects or restrictions in the visual fields, which can be indicative of various neurological or ophthalmological conditions. Peripheral vision is particularly important because any loss can affect balance and awareness of the surroundings, which may arise from conditions affecting the optic nerve, retina, or even certain neurological disorders. By using this test, healthcare providers can gauge the extent of peripheral vision preservation or loss, assisting in diagnosis and subsequent intervention.

9. How can a deviated septum affect a person's health?

- A. It causes frequent nosebleeds**
- B. It can lead to chronic sinusitis and nasal obstruction**
- C. It affects vision**
- D. It increases ear infections**

A deviated septum occurs when the thin wall between the nasal passages is displaced to one side, which can significantly affect a person's health, particularly regarding respiratory function. When the septum is displaced, it can obstruct one or both nasal passages, making it difficult for air to flow freely. This obstruction can lead to chronic sinusitis, as it prevents proper drainage of the sinuses, creating an environment conducive to infection. In addition to chronic sinusitis, a deviated septum can result in nasal congestion, which can lead to difficulty breathing, persistent mouth breathing, and sleep issues, such as obstructive sleep apnea. This condition not only affects quality of life but can also have broader implications for overall health, including fatigue due to poor sleep and complications associated with chronic sinus infections. Therefore, the link between a deviated septum and chronic sinusitis, coupled with nasal obstruction, emphasizes the significant health impact that this condition can have on an individual.

10. A 16 year old complaining of a severe sore throat, generalized rash, and fever best describes which condition?

- A. Kawasaki's disease**
- B. Scarletina**
- C. German measles**
- D. Rubeola**

The symptoms presented by the 16-year-old - a severe sore throat, generalized rash, and fever - align well with Scarletina, which is also known as scarlet fever. This condition is characterized by a distinctive red rash that has a sandpaper-like texture, often following a streptococcal throat infection. The sore throat is typical due to the underlying streptococcal bacteria, and the fever is a common systemic response to infection. In the case of Scarletina, the rash typically appears after the sore throat has developed, and can sometimes be accompanied by additional signs such as a "strawberry tongue" and peeling skin as the illness resolves. The rash usually begins on the chest and abdomen and spreads to the rest of the body. Kawasaki's disease primarily affects children and is characterized by prolonged fever, rash, and symptoms related to systemic inflammation, but it typically does not present with primarily a sore throat or generalized rash as seen in this scenario. German measles (rubella) and Rubeola (measles) also present with rashes and fevers but typically come with other clinical features like conjunctivitis, cough, and more distinct rash patterns that are different from the sandpaper-like rash