

MARK KLIMEK BLUE BOOK PART 1 PRACTICE EXAM (SAMPLE)

STUDY GUIDE



Prepare with structure. Pass with confidence



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Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	15

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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. The more colon that is removed during a colostomy procedure, the more the stool will be:**
 - A. Solid
 - B. Liquid
 - C. Formed
 - D. Consistent
- 2. What is the purpose of using sterile lubricants during suction catheter insertion?**
 - A. To enhance visibility
 - B. To prevent infection
 - C. To ensure ease of insertion
 - D. To conserve catheter material
- 3. What does the root "-cele" specifically denote in medical language?**
 - A. Condition of occlusion
 - B. Surgical opening
 - C. Swelling or cavity
 - D. Binding or fusing
- 4. What is the average recovery time for a person diagnosed with mononucleosis?**
 - A. One week
 - B. Two weeks
 - C. Three weeks
 - D. Four weeks
- 5. Which best describes a cleft palate?**
 - A. The roof of the mouth is open to the nasopharynx
 - B. The roof of the mouth is closed
 - C. The palate is missing entirely
 - D. The palate is raised above normal level

- 6. TENS electrodes are placed into which part of the body?**
- A. Muscle
 - B. Skin
 - C. Fat tissue
 - D. Bone
- 7. What is the purpose of Tegretol in the treatment of shingles?**
- A. To provide pain relief
 - B. To stabilize nerve cell membranes
 - C. To reduce inflammation
 - D. To fight infection
- 8. What is the recommended temperature for the solution used to irrigate a colostomy?**
- A. Lower than body temperature, about 95F
 - B. Room temperature, approximately 70F
 - C. Warmer than body temperature, approximately 99-100F
 - D. Cooled to 90F
- 9. What is the greatest risk associated with giving oral hygiene to an unconscious patient?**
- A. Infection
 - B. Bleeding
 - C. Aspiration
 - D. Dehydration
- 10. What acid-base disorder is typically observed in the shock phase of a burn?**
- A. Metabolic Alkalosis
 - B. Metabolic Acidosis
 - C. Respiratory Acidosis
 - D. Respiratory Alkalosis

Answers

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

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Explanations

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1. The more colon that is removed during a colostomy procedure, the more the stool will be:

- A. Solid
- B. Liquid**
- C. Formed
- D. Consistent

During a colostomy procedure, the section of the colon that is removed impacts the consistency of the stool produced. The primary function of the colon is to absorb water and nutrients from the waste material received from the intestines. When a larger portion of the colon is removed, this absorption process is consequently limited, leading to a stool output that is more liquid in consistency. In cases where a significant amount of the colon is retained, like in a descending or sigmoid colostomy, there tends to be more absorption of water, resulting in firmer stools. Conversely, with an increased portion of the colon excised, especially when it involves the ascending colon, the stool remains less processed and thus more liquid. This physiological principle explains why the stool becomes liquid with the increase of colon excised during the colostomy procedure.

2. What is the purpose of using sterile lubricants during suction catheter insertion?

- A. To enhance visibility
- B. To prevent infection
- C. To ensure ease of insertion**
- D. To conserve catheter material

The use of sterile lubricants during suction catheter insertion is primarily to ensure ease of insertion. Lubrication reduces friction between the catheter and the airway, allowing for smoother advancement into the trachea or bronchi. This is critical in maintaining patient comfort and minimizing the risk of trauma to the delicate mucosal lining of the airways. While aspects such as preventing infection are certainly important considerations in any medical procedure, the primary reason for applying lubricant in this context centers around facilitating the procedure itself. Lubricants can assist in maneuvering the catheter more easily through anatomical structures, reducing resistance that could potentially lead to complications. In terms of enhancing visibility, this is not typically a role that lubricants play during suction catheter insertion. The focus lies more on functional insertion rather than visual clarity. Moreover, the conservation of catheter material is not a direct purpose of lubricant use; instead, the priority is primarily on patient safety and comfort during the procedure.

3. What does the root "-cele" specifically denote in medical language?

- A. Condition of occlusion
- B. Surgical opening
- C. Swelling or cavity**
- D. Binding or fusing

The root "-cele" in medical terminology specifically denotes a swelling or cavity. This suffix is commonly used to describe various types of hernias or fluid-filled sacs in the body. For instance, a cystocele refers to a bulge of the bladder into the vagina, and a meningocele describes a protrusion of the protective membranes surrounding the brain or spinal cord through an abnormal opening in the surrounding vertebrae. Understanding this root is essential for accurately interpreting medical terms related to conditions involving abnormal swellings or cavities, guiding healthcare professionals in diagnosis and treatment. Each of the other options refers to different concepts in medical terminology, but "-cele" is clearly established as relating to swelling or cavity.

4. What is the average recovery time for a person diagnosed with mononucleosis?

- A. One week
- B. Two weeks
- C. Three weeks**
- D. Four weeks

Mononucleosis, often caused by the Epstein-Barr virus, typically leads to symptoms such as severe fatigue, sore throat, fever, and swollen lymph nodes. For most individuals diagnosed with mononucleosis, the average recovery time is approximately three weeks. During this period, symptoms may gradually improve, but some people experience lingering fatigue and other symptoms that can last longer. The three-week recovery timeframe reflects the acute phase of the illness where the body is actively fighting the virus. While some symptoms can resolve in a week or two, many individuals report that full recovery, including the return to normal energy levels and activity, can extend beyond the initial weeks. It's important for patients to rest and maintain hydration during the recovery process, as this can help expedite healing and alleviate symptoms. Other options, such as one week, two weeks, and four weeks, do not represent the most average experience among those affected by mononucleosis. Although some patients may feel sufficiently better before reaching three weeks, full recovery can vary, and symptoms may persist beyond this time frame.

5. Which best describes a cleft palate?

- A. The roof of the mouth is open to the nasopharynx**
- B. The roof of the mouth is closed
- C. The palate is missing entirely
- D. The palate is raised above normal level

A cleft palate is characterized by an opening in the roof of the mouth that connects the oral cavity to the nasopharynx. This occurs due to a failure in the fusion of the palatine processes during early fetal development, leading to a split or gap in the palate. This condition can impact feeding, speech, and the risk of ear infections, as it provides a direct pathway between the mouth and the nasal passages. The other options do not accurately describe a cleft palate. The roof of the mouth being closed would indicate a normal palate, while a completely missing palate is not correct, as a cleft palate implies there is a partial structure (albeit with an abnormal opening). The statement about the palate being raised above normal level describes a different anatomical condition and is not relevant to a cleft palate, which involves the presence of an opening rather than an abnormal elevation.

6. TENS electrodes are placed into which part of the body?

- A. Muscle
- B. Skin**
- C. Fat tissue
- D. Bone

TENS, or Transcutaneous Electrical Nerve Stimulation, is a method used to manage pain by delivering electrical impulses through electrodes placed on the skin. The primary goal is to stimulate the sensory nerves in the area where pain is experienced, which helps in interrupting the pain signals sent to the brain and promoting the release of endorphins, the body's natural painkillers. Placing TENS electrodes on the skin allows for effective conduction of electrical impulses to the nerve endings underneath. This non-invasive approach is designed to alleviate pain while avoiding deeper structures like muscles, fat tissue, or bone, which are not involved in the primary mechanism of TENS therapy. By using the skin as the site for electrode placement, TENS units can effectively target areas of discomfort while minimizing risks associated with penetrating deeper tissues.

7. What is the purpose of Tegretol in the treatment of shingles?

- A. To provide pain relief
- B. To stabilize nerve cell membranes**
- C. To reduce inflammation
- D. To fight infection

Tegretol, also known as carbamazepine, is primarily indicated for the treatment of nerve pain, specifically in conditions such as shingles (herpes zoster). The virus can cause significant nerve injury and resultant neuropathic pain. Tegretol functions by stabilizing nerve cell membranes, which helps to prevent the transmission of pain signals along these nerves. This stabilization decreases neuronal excitability and can alleviate the intense pain often associated with shingles. In terms of managing shingles, while pain relief is a critical component of care, Tegretol's role is more focused on nerve membrane stabilization rather than direct pain relief. Other medications might be more specifically used for pain relief or to address inflammation and infection, but Tegretol's unique action on nerve cells makes it particularly effective for the neuropathic aspects related to shingles.

8. What is the recommended temperature for the solution used to irrigate a colostomy?

- A. Lower than body temperature, about 95F
- B. Room temperature, approximately 70F
- C. Warmer than body temperature, approximately 99-100F**
- D. Cooled to 90F

The recommended temperature for the solution used to irrigate a colostomy is warmer than body temperature, approximately 99-100°F. This temperature range is ideal because it facilitates comfort and promotes better bowel movement during the irrigation process. Using a warmer solution can help to relax the intestines, making it easier for the patient to pass stools and ensure that the irrigation process is effective. Irrigating with a solution that is too cool can cause cramping or discomfort in the patient, as the lower temperature might induce a shock response in the bowel. Conversely, using a solution that is too hot could damage the intestinal mucosa or lead to burns, thus it's critical that the temperature be maintained within the recommended range for safe and effective colostomy irrigation.

9. What is the greatest risk associated with giving oral hygiene to an unconscious patient?

- A. Infection
- B. Bleeding
- C. Aspiration**
- D. Dehydration

The greatest risk associated with providing oral hygiene to an unconscious patient is aspiration. When a patient is unconscious, their protective airway reflexes are diminished or absent, which increases the likelihood that fluids or debris from oral care can enter the lungs instead of being safely swallowed or expelled. Aspiration can lead to serious complications such as aspiration pneumonia, which is an infection that occurs when foreign materials, such as food, liquid, or bacteria, are inhaled into the lungs. In the context of oral hygiene, if water, toothpaste, or any other substance is introduced into the mouth of an unconscious patient, there's a significant risk that they might not be able to clear their airways effectively, thus resulting in aspiration. This is why it's critical to take extra precautions during oral hygiene in such patients, including ensuring the head is elevated or using suction to manage excess fluids. While other risks like infection, bleeding, and dehydration are factors to consider in patient care, they do not pose the immediate and potentially life-threatening risk associated with aspiration.

10. What acid-base disorder is typically observed in the shock phase of a burn?

- A. Metabolic Alkalosis
- B. Metabolic Acidosis**
- C. Respiratory Acidosis
- D. Respiratory Alkalosis

In the shock phase of a burn, metabolic acidosis is commonly observed due to a combination of factors related to tissue hypoperfusion and the subsequent cellular metabolism changes. When the body experiences a burn, particularly extensive burns, there is an immediate response that leads to significant fluid loss and a decrease in blood volume, which results in inadequate perfusion of tissues. This inadequate perfusion leads to anaerobic metabolism, especially in the affected areas, resulting in the accumulation of lactic acid. The accumulation of lactic acid contributes to a decrease in blood pH, indicating an acidotic state. Additionally, the release of inflammatory mediators and damage to cells during the burn creates a systemic response that can further exacerbate acidosis. All these factors combined create a situation where metabolic acidosis is the predominant acid-base disturbance seen in the shock phase of a burn. Understanding this context is crucial for recognizing how the body's physiological changes in response to traumatic injuries, like burns, can lead to specific acid-base disorders. It also highlights the importance of monitoring electrolyte and acid-base status in burn patients for appropriate treatment interventions.

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://klimekbluebook1.examzify.com>

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

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