

MARK KLIMEK BLUE BOOK PART 1 PRACTICE EXAM (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. What should an infant's weight be by the end of the first year of life?**
 - A. Remain the same
 - B. Double
 - C. Triple
 - D. Increase by 50%
- 2. What might a patient experience during a thyroid storm aside from increased heart rate?**
 - A. Calm and confusion
 - B. Delirium or coma
 - C. Lethargy
 - D. Stability
- 3. What is the best daily measurement to indicate fluid retention in a client?**
 - A. Daily blood pressure
 - B. Daily fluid intake
 - C. Daily weight
 - D. Daily urine output
- 4. What action should be taken if blood appears in the syringe during an injection?**
 - A. Continue the injection
 - B. Withdraw the needle
 - C. Change the site
 - D. Both withdraw and change site
- 5. Which symptom indicates that a child's respiratory pattern may be labored?**
 - A. Regular breathing
 - B. Rapid shallow breaths
 - C. Long periods of apnea
 - D. Difficulty in drawing breaths

- 6. What might cause a false high reading of pulse rate?**
- A. Palpitations during rest
 - B. Having a low blood pressure
 - C. Using too much pressure while measuring
 - D. Count for less than a full minute
- 7. If analgesia is necessary for a patient with increased ICP, which medication should be ordered?**
- A. Morphine
 - B. Codeine
 - C. Fentanyl
 - D. Hydromorphone
- 8. Is troponin present in the blood of individuals without myocardial cell damage?**
- A. Yes, always present
 - B. No, it is only present when myocardial cells are damaged
 - C. Only in high-intensity athletes
 - D. Yes, at low levels
- 9. If an aneurysm ruptures, what is the #1 priority for management?**
- A. Administer pain medication
 - B. Get them to the operating room ASAP
 - C. Monitor vital signs closely
 - D. Place them in a recovery position
- 10. Which two nutrients are breast milk notably lower in?**
- A. Calcium and Vitamin D
 - B. Fluoride and Iron
 - C. Protein and Fiber
 - D. Omega-3 and Zinc

Answers

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

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Explanations

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1. What should an infant's weight be by the end of the first year of life?

- A. Remain the same
- B. Double
- C. Triple**
- D. Increase by 50%

By the end of the first year of life, an infant's weight is expected to triple from their birth weight. This dramatic increase is because infants go through rapid growth and development during their first year. Generally, newborns lose a small amount of weight in the first few days after birth but typically regain it by about two weeks of age. Following this, their weight should steadily increase. The tripling of weight is a reflection of the significant nutritional needs and growth spurts that occur in the first year; this growth is essential for proper development of organs, body systems, and overall health. Tracking weight gain is a critical aspect of pediatric healthcare, as it helps monitor an infant's growth and can indicate their nutritional intake and overall health status.

2. What might a patient experience during a thyroid storm aside from increased heart rate?

- A. Calm and confusion
- B. Delirium or coma**
- C. Lethargy
- D. Stability

In a thyroid storm, which is a life-threatening condition characterized by an acute exacerbation of hyperthyroidism, patients often exhibit severe symptoms reflecting the overactivity of the thyroid hormone. One of the hallmark symptoms is increased heart rate, but the condition can also lead to significant alterations in mental status. Delirium or coma can occur because the excess thyroid hormones can affect the central nervous system, leading to agitation, confusion, and potentially severe neurological disturbances. Patients might exhibit signs of delirium, such as disorientation, confusion, or altered consciousness. In extreme cases, the overstimulation can lead to coma, indicating a critical state requiring immediate medical intervention. Other choices indicate states that are not consistent with the hypermetabolic crisis of a thyroid storm. Calmness and confusion, lethargy, or stability do not align with the hyperactive and often chaotic physiological response characteristic of this condition. During a thyroid storm, a patient is likely to be far removed from a stable state, as the body is in a tumultuous fight or flight mode due to excessive hormone levels. Therefore, the presence of delirium or coma as a potential experience during a thyroid storm accurately reflects the seriousness of the condition and its impact on the patient's mental state.

3. What is the best daily measurement to indicate fluid retention in a client?

- A. Daily blood pressure
- B. Daily fluid intake
- C. Daily weight**
- D. Daily urine output

Daily weight is the most effective measurement to indicate fluid retention in a client. Monitoring weight can provide an immediate and accurate reflection of changes in body fluid levels. When a person retains fluid, their weight will increase, often quite rapidly, due to the excess fluid volume. This is especially useful in conditions such as heart failure or kidney disease, where fluid balance is critical. Blood pressure can fluctuate for various reasons and may not provide a reliable indicator of fluid retention. While daily fluid intake and urine output measurements are important for evaluating overall fluid balance, they do not directly show the accumulation of excess fluid in the body. A daily weight assessment is a simple and practical tool that gives clear insight into a person's fluid status, making it a preferred choice in clinical practice.

4. What action should be taken if blood appears in the syringe during an injection?

- A. Continue the injection
- B. Withdraw the needle
- C. Change the site
- D. Both withdraw and change site**

When blood appears in the syringe during an injection, it indicates that the needle may have entered a blood vessel. The correct action in this situation is to withdraw the needle and change the injection site. This approach is essential to prevent complications, such as injecting medication into a blood vessel, which can lead to systemic side effects or complications related to the medication being administered. Withdrawing the needle helps ensure that the injection is conducted safely, avoiding any potential harm from accidentally delivering the medication intravascularly. Changing the site allows for a new area that is free from blood vessels, which can help in achieving the intended effect of the medication without the risks associated with vascular delivery. Therefore, both withdrawing the needle and changing the site are necessary actions in response to seeing blood in the syringe.

5. Which symptom indicates that a child's respiratory pattern may be labored?

- A. Regular breathing
- B. Rapid shallow breaths
- C. Long periods of apnea
- D. Difficulty in drawing breaths**

The indication that a child's respiratory pattern may be labored is demonstrated through difficulty in drawing breaths. This symptom suggests that the child is experiencing increased work of breathing, which may stem from various underlying conditions such as respiratory infections, asthma, or other obstructive processes. When a child has difficulty taking in breaths, it often presents as signs of respiratory distress, such as use of accessory muscles, nasal flaring, or retractions. These indicate that the body's demand for oxygen is not being met, prompting the child to exert more effort during each breath. The presence of this symptom is crucial in identifying when immediate medical assessment and intervention may be necessary. In contrast, regular breathing would typically suggest a calm and stable respiratory function, rapid shallow breaths may indicate anxiety or a less effective ventilatory pattern but do not specifically denote labored breathing. Long periods of apnea may suggest other forms of distress or a medical condition, but they are not directly indicative of labored breathing. Thus, the difficulty in drawing breaths stands out as the clear sign of labored respiration among the choices provided.

6. What might cause a false high reading of pulse rate?

- A. Palpitations during rest
- B. Having a low blood pressure
- C. Using too much pressure while measuring**
- D. Count for less than a full minute

Using too much pressure while measuring the pulse can indeed lead to a false high reading. When excessive pressure is applied to the pulse point, it can occlude the blood flow, causing the heart rate measured to be inaccurately elevated. This happens because the increased pressure disrupts the normal pulsation detected by the pulse measuring technique, potentially leading to an exaggerated count. In the context of this question, other scenarios like palpitations during rest might suggest an increased heart rate but would not necessarily give an inaccurate measurement due to technique; low blood pressure may not directly influence the accuracy of the pulse reading; and counting for less than a full minute would more likely provide an inaccurate low reading rather than a high one. The emphasis here is on the technique used for measuring the pulse, which is critical for obtaining accurate results.

7. If analgesia is necessary for a patient with increased ICP, which medication should be ordered?

- A. Morphine
- B. Codeine**
- C. Fentanyl
- D. Hydromorphone

When managing a patient with increased intracranial pressure (ICP), the choice of analgesia is critical in minimizing any further elevation of ICP while providing adequate pain relief. Among the options provided, codeine is generally not the preferred choice for such patients. Morphine, fentanyl, and hydromorphone are all strong opioids that can be effectively used to manage pain in patients with increased ICP. Fentanyl, in particular, is often favored in situations involving neurological concerns due to its rapid onset and short duration, which allows for better monitoring and titration. While all these medications can be used, the most appropriate choice for analgesia in patients with increased ICP would typically lean towards one of the stronger opioids, considering their effectiveness and the need to manage pain without causing significant sedation or respiratory depression, which could further compromise ICP. Thus, hydromorphone or fentanyl would be better suited in most clinical scenarios, with careful dosing. The answer provided is not the most appropriate selection given the clinical context. In a clinical setting, the priority should be to ensure effective analgesia without exacerbating the patient's condition.

8. Is troponin present in the blood of individuals without myocardial cell damage?

- A. Yes, always present
- B. No, it is only present when myocardial cells are damaged**
- C. Only in high-intensity athletes
- D. Yes, at low levels

Troponin is a protein found in cardiac muscle cells that plays a crucial role in muscle contraction. In healthy individuals without myocardial cell damage, troponin levels are typically very low or undetectable in the bloodstream. The presence of troponin in the blood is primarily associated with myocardial cell damage, such as that occurring during a heart attack or other forms of myocardial injury. When myocardial cells are damaged, troponin is released into the circulation, leading to elevated levels that can be measured. Therefore, the answer highlights that troponin is specifically a biomarker for myocardial injury; its presence in significant amounts indicates that there has been damage to the cardiac muscle cells. In contrast, in healthy individuals, troponin would not be expected to be present in significant amounts. While some athletes might exhibit slightly elevated troponin levels due to physical exertion, this is not typical for the general population. Thus, the notion that troponin is only present when myocardial cells are damaged is accurate and underscores the importance of this protein as a clinical indicator of cardiac health.

9. If an aneurysm ruptures, what is the #1 priority for management?

- A. Administer pain medication
- B. Get them to the operating room ASAP**
- C. Monitor vital signs closely
- D. Place them in a recovery position

When managing a ruptured aneurysm, the highest priority is to get the patient to the operating room as quickly as possible. This is crucial because a ruptured aneurysm can lead to massive internal bleeding, which can quickly become life-threatening. Immediate surgical intervention is often necessary to repair the aneurysm and control any hemorrhage. The urgency of the situation requires expeditious action to minimize the risk of complications or death. While other actions such as monitoring vital signs, administering pain medication, and placing the patient in a recovery position are important in overall patient care, they do not take precedence over the need for surgical intervention in the case of a ruptured aneurysm. Monitoring vital signs is important for assessing the patient's condition, but it does not directly address the life-threatening nature of the rupture. Similarly, pain management and positioning are supportive measures that would follow the stabilization and management of the immediate danger posed by the ruptured aneurysm. Thus, surgical intervention is the critical priority in this emergency scenario.

10. Which two nutrients are breast milk notably lower in?

- A. Calcium and Vitamin D
- B. Fluoride and Iron**
- C. Protein and Fiber
- D. Omega-3 and Zinc

Breast milk is known to be notably lower in fluoride and iron compared to other nutrients. This is significant because while breast milk provides all the essential nutrients that an infant needs during the initial months of life, the levels of iron are not sufficient to meet the needs of a growing baby after about six months. As a result, pediatricians often recommend introducing iron-rich foods into an infant's diet as they transition to solid foods. Fluoride, while important for dental health, is also present in low amounts in breast milk, which is why some healthcare providers may recommend fluoride supplementation after the first year of life, especially if the water supply lacks adequate fluoride levels. Other nutrient combinations listed either do not accurately reflect breast milk's composition or do not highlight its notably lower levels effectively. For example, breast milk does contain sufficient calcium for an infant's early needs, and while some protein is present, it is perfectly balanced for an infant's development.

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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://klimekbluebook1.examzify.com>

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

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