

# Monitoring for Health Problems Practice Exam (Sample)

## Study Guide



**Everything you need from our exam experts!**

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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 a common challenge faced in mental health monitoring?**
  - A. Lack of interested patients**
  - B. Stigmas and lack of proper assessment tools**
  - C. Over-saturation of mental health services**
  - D. Excessive funding for mental health programs**
  
- 2. In a client with histoplasmosis presenting with pH 7.30 and PCO<sub>2</sub> of 58 mm Hg, which acid-base disturbance is likely?**
  - A. Metabolic alkalosis**
  - B. Respiratory alkalosis**
  - C. Metabolic acidosis**
  - D. Respiratory acidosis**
  
- 3. Upon receiving a client from the post-anesthesia care unit, what is the nurse's priority action?**
  - A. Notify the surgeon of the client's arrival**
  - B. Check the client's medication orders**
  - C. Assess the patency of the airway**
  - D. Document the time of transfer**
  
- 4. How does home-based monitoring benefit patients with chronic diseases?**
  - A. It removes the need for medication**
  - B. It enhances convenience and enables continuous tracking of health metrics**
  - C. It provides social support through family involvement**
  - D. It reduces the costs associated with hospital stays**
  
- 5. What type of dietary assessment can help monitor health status?**
  - A. Weight assessments**
  - B. Caloric intake tracking**
  - C. Daily water consumption logs**
  - D. Caffeine intake reduction**

- 6. What is the most important action for a nurse preparing a client for intravenous pyelography (IVP)?**
- A. Confirm the client's understanding of the procedure**
  - B. Assess the client's vital signs**
  - C. Question the client about allergies to iodine or shellfish**
  - D. Obtain informed consent from the client**
- 7. What are the signs and symptoms the nurse assesses for a client at risk for respiratory alkalosis?**
- A. Disorientation and dyspnea**
  - B. Dizziness and paresthesias**
  - C. Fever and chills**
  - D. Confusion and lethargy**
- 8. Which two key indicators are often monitored for chronic diseases?**
- A. Blood pressure and blood glucose levels**
  - B. Cholesterol levels and body mass index**
  - C. Heart rate and respiratory rate**
  - D. Temperature and hydration levels**
- 9. Why might individuals with lower socioeconomic status face challenges in health monitoring?**
- A. They usually do not want to monitor their health**
  - B. Limited access to care and resources may hinder compliance**
  - C. They have healthier lifestyles**
  - D. They typically have a better understanding of health**
- 10. Which position should a nurse assist a client into for a paracentesis procedure?**
- A. Supine position**
  - B. Upright position**
  - C. Left lateral position**
  - D. Trendelenburg position**

## Answers

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

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## **Explanations**

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**1. What is a common challenge faced in mental health monitoring?**

- A. Lack of interested patients
- B. Stigmas and lack of proper assessment tools**
- C. Over-saturation of mental health services
- D. Excessive funding for mental health programs

The correct choice highlights a significant issue in the field of mental health monitoring. Stigmas surrounding mental health often prevent individuals from seeking help or disclosing their true experiences, which can lead to underreporting of symptoms and issues. These societal and self-imposed stigmas create barriers to open communication between patients and healthcare providers, making it difficult to accurately assess mental health needs. In addition to stigma, there is a shortage of comprehensive assessment tools that can effectively gauge mental health conditions. Many existing tools may not be culturally sensitive or versatile enough to handle the complexities of diverse populations and their unique experiences. This lack of appropriate tools can hinder the ability to monitor mental health effectively, leading to a less accurate understanding of a patient's situation and potentially inadequate treatment responses. Thus, the combination of stigma and inadequate assessment tools creates a significant challenge in mental health monitoring, impacting both the quality of care and patient outcomes.

**2. In a client with histoplasmosis presenting with pH 7.30 and PCO<sub>2</sub> of 58 mm Hg, which acid-base disturbance is likely?**

- A. Metabolic alkalosis
- B. Respiratory alkalosis
- C. Metabolic acidosis
- D. Respiratory acidosis**

The situation described involves a client with histoplasmosis, presenting a pH of 7.30 and a PCO<sub>2</sub> (partial pressure of carbon dioxide) of 58 mm Hg. This combination of findings indicates an acid-base disturbance. In this context, the pH value of 7.30 suggests acidemia, as a normal pH range is typically between 7.35 and 7.45. The elevated PCO<sub>2</sub> of 58 mm Hg points to respiratory issues, as it indicates that there is an accumulation of carbon dioxide (CO<sub>2</sub>) in the blood, leading to an increase in carbonic acid and thus contributing to the acidity of the blood. Respiratory acidosis occurs when the lungs cannot remove enough CO<sub>2</sub>, which leads to an increase in acidity. In cases of respiratory distress, common in conditions like histoplasmosis (a fungal infection that can affect the lungs), patients may retain CO<sub>2</sub>. Given these factors, the findings clearly indicate that the acid-base disturbance is due to respiratory acidosis. Therefore, the identification of respiratory acidosis as the likely acid-base disturbance aligns perfectly with both the low pH and the high PCO<sub>2</sub> values observed in the patient.

**3. Upon receiving a client from the post-anesthesia care unit, what is the nurse's priority action?**

- A. Notify the surgeon of the client's arrival**
- B. Check the client's medication orders**
- C. Assess the patency of the airway**
- D. Document the time of transfer**

The priority action for the nurse upon receiving a client from the post-anesthesia care unit is to assess the patency of the airway. After anesthesia, patients may experience respiratory complications, including airway obstruction. Ensuring that the airway is clear and functioning properly is crucial for the client's immediate safety and for preventing any compromise to their oxygenation and overall respiratory status. Assessing the airway includes checking for any potential blockages caused by the tongue or secretions and confirming that the client can adequately breathe. This action is foundational to all further assessments and interventions, as an obstructed airway can lead to severe complications, including hypoxia or respiratory arrest. Other considerations, such as notifying the surgeon, checking medication orders, or documenting the transfer time, are important but are secondary to ensuring the airway is clear first. Without a patent airway, any medical intervention or communication about the client's status would be futile. Therefore, immediate assessment of the airway is the critical first step in nursing care in this scenario.

**4. How does home-based monitoring benefit patients with chronic diseases?**

- A. It removes the need for medication**
- B. It enhances convenience and enables continuous tracking of health metrics**
- C. It provides social support through family involvement**
- D. It reduces the costs associated with hospital stays**

Home-based monitoring significantly enhances convenience and enables continuous tracking of health metrics for patients with chronic diseases. This type of monitoring allows patients to observe and record important health indicators, such as blood pressure, glucose levels, and heart rates, from the comfort of their homes. This ongoing collection of data can help both patients and healthcare providers identify trends over time, leading to more personalized and timely interventions when necessary. The ease of access to these health metrics directly contributes to better disease management, as patients can stay engaged and proactive about their health without frequent visits to medical facilities. Moreover, the data collected from home monitoring can be shared with healthcare professionals, facilitating remote consultations and more effective treatment adjustments based on real-time information. The other choices, while they may have some relevance to health management, do not capture the core benefit of home-based monitoring as effectively as the ability to continuously track health metrics.

**5. What type of dietary assessment can help monitor health status?**

- A. Weight assessments**
- B. Caloric intake tracking**
- C. Daily water consumption logs**
- D. Caffeine intake reduction**

Weight assessments are a valuable tool in monitoring health status because they provide a straightforward metric for determining changes in body weight over time. Fluctuations in weight can be indicative of various health issues, including nutritional deficiencies, metabolic disorders, and the impact of lifestyle changes. Consistent tracking allows healthcare providers to assess whether an individual is within a healthy weight range, understand trends, and evaluate the effectiveness of dietary interventions or weight management programs. While caloric intake tracking, daily water consumption logs, and monitoring caffeine intake are also important aspects of dietary assessment, they serve more specific purposes. Caloric intake tracking can help gauge adherence to dietary goals, water consumption logs can assess hydration status, and caffeine intake reduction focuses on specific lifestyle modifications rather than providing a holistic view of health status like weight assessments do. Hence, weight assessments offer a broader, more general insight into an individual's overall health.

**6. What is the most important action for a nurse preparing a client for intravenous pyelography (IVP)?**

- A. Confirm the client's understanding of the procedure**
- B. Assess the client's vital signs**
- C. Question the client about allergies to iodine or shellfish**
- D. Obtain informed consent from the client**

The most important action when preparing a client for intravenous pyelography (IVP) is to question the client about allergies to iodine or shellfish. This procedure involves the administration of a contrast dye that usually contains iodine, which can provoke allergic reactions in individuals who are sensitive to it. Identifying any history of allergies—especially to iodine or shellfish (which can indicate a potential allergy to the contrast medium)—is crucial for the nurse to ensure the client's safety and to prevent adverse reactions during the procedure. Addressing allergies is a priority because an allergic reaction can lead to serious complications, including anaphylaxis. Even if the client does not exhibit allergies to shellfish, previous reactions to iodine-based contrast agents should be assessed fully. This proactive measure allows for potential pre-treatment with antihistamines or corticosteroids if an allergy is identified, thus enabling a safer environment for the client during the IVP. While confirming understanding of the procedure, assessing vital signs, or obtaining informed consent are also important nursing actions, safeguarding the client's health by ensuring there are no allergies to the contrast medium takes precedence in this context.

**7. What are the signs and symptoms the nurse assesses for a client at risk for respiratory alkalosis?**

- A. Disorientation and dyspnea**
- B. Dizziness and paresthesias**
- C. Fever and chills**
- D. Confusion and lethargy**

In assessing a client at risk for respiratory alkalosis, monitoring for dizziness and paresthesias is key. Respiratory alkalosis occurs when there is an excess loss of carbon dioxide from the body, often due to hyperventilation. This condition leads to a decrease in carbonic acid levels in the blood, raising the pH and resulting in symptoms associated with alkalosis. Dizziness can occur due to changes in cerebral blood flow resulting from altered acid-base balance. When carbon dioxide levels drop significantly, it can lead to vasoconstriction of cerebral blood vessels, which in turn causes symptoms like lightheadedness or dizziness. Paresthesias, which refer to sensations such as tingling or numbness, frequently affect the extremities and are often associated with the decrease in ionized calcium that occurs during respiratory alkalosis. The altered pH can influence neuromuscular excitability, causing these abnormal sensations. In contrast, other choices include symptoms that may not directly relate to respiratory alkalosis. For instance, confusion and lethargy might indicate other metabolic imbalances or decreased oxygenation but are not specific signs of respiratory alkalosis. Similarly, fever and chills do not align with this condition and hint at potential infections or other medical issues.

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**8. Which two key indicators are often monitored for chronic diseases?**

- A. Blood pressure and blood glucose levels**
- B. Cholesterol levels and body mass index**
- C. Heart rate and respiratory rate**
- D. Temperature and hydration levels**

Blood pressure and blood glucose levels are critical indicators in monitoring chronic diseases, particularly conditions such as hypertension and diabetes. Blood pressure is essential as it reflects how well the heart is functioning and can indicate risks for heart disease, stroke, and kidney problems. Monitoring blood glucose levels is integral for individuals with diabetes, as it helps manage the condition and prevent complications. These two indicators provide a direct insight into the management of chronic diseases, allowing healthcare providers to make informed decisions about treatment plans. The other options focus on aspects that may not be as directly tied to chronic disease management or are more relevant in acute situations rather than ongoing monitoring. For instance, cholesterol levels and body mass index can be important, but they do not have the same immediacy in monitoring daily health status for chronic conditions as blood pressure and glucose levels do.

**9. Why might individuals with lower socioeconomic status face challenges in health monitoring?**

- A. They usually do not want to monitor their health**
- B. Limited access to care and resources may hinder compliance**
- C. They have healthier lifestyles**
- D. They typically have a better understanding of health**

Individuals with lower socioeconomic status often encounter various obstacles that can complicate their ability to monitor their health effectively. Limited access to care and resources plays a significant role in this challenge. For instance, they may live in areas with fewer healthcare facilities, experience transportation difficulties, or lack the financial means to afford healthcare services, including preventive measures and regular check-ups. This can lead to delays in seeking care, inadequate follow-up, and overall inconsistency in monitoring their health. Moreover, access to health education and resources (such as healthy food options, fitness facilities, or support systems) is often restricted, making it harder for these individuals to engage in health-promoting behaviors and to stay informed about their health conditions. Consequently, these factors align to create a situation where individuals may struggle with compliance regarding health monitoring, which is crucial for early detection and management of health problems.

**10. Which position should a nurse assist a client into for a paracentesis procedure?**

- A. Supine position**
- B. Upright position**
- C. Left lateral position**
- D. Trendelenburg position**

For a paracentesis procedure, the appropriate position for the client is the upright position. This position is beneficial as it allows gravity to assist in the drainage of excess fluid from the abdominal cavity, making the procedure more effective and comfortable for the client. Being upright also helps to reduce the risk of injury to the viscera and makes it easier for the physician or nurse to access the abdominal cavity through the needle insertion. Moreover, when a patient is in an upright position, it helps to prevent complications such as possible perforation of internal organs and may improve the patient's breathing by enhancing lung expansion. Therefore, the upright position is standard practice during paracentesis to facilitate the procedure's objectives while ensuring the client's safety and comfort.

## 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](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://monitoringforhealthprob.examzify.com>**

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

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