

# PN Adult Medical Surgical Practice Exam (Sample)

## Study Guide



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

**This is a sample study guide. To access the full version with hundreds of questions,**

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# Table of Contents

<b>Copyright</b> .....	<b>1</b>
<b>Table of Contents</b> .....	<b>2</b>
<b>Introduction</b> .....	<b>3</b>
<b>How to Use This Guide</b> .....	<b>4</b>
<b>Questions</b> .....	<b>6</b>
<b>Answers</b> .....	<b>9</b>
<b>Explanations</b> .....	<b>11</b>
<b>Next Steps</b> .....	<b>17</b>

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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. Don't worry about getting everything right, 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, and take breaks to retain information better.**

## 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.**

## 7. Use Other Tools

**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!**

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## **Questions**

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- 1. What should the nurse include in the postoperative care plan for a total hip arthroplasty client?**
  - A. Check neurovascular status on the extremity every 8 hr.**
  - B. Have the client perform incentive spirometry every 4 hr.**
  - C. Keep an abduction pillow between the client's legs.**
  - D. Maintain the client on bed rest until the third postoperative day.**
- 2. While caring for a client receiving antibiotics, which assessment finding should alert the nurse to a possible adverse reaction?**
  - A. Elevated blood pressure.**
  - B. Change in mental status.**
  - C. Increased heart rate.**
  - D. New onset rash or hives.**
- 3. What should a patient with diabetes monitor regularly?**
  - A. Blood pressure levels**
  - B. Heart rate**
  - C. Blood glucose levels**
  - D. Body temperature**
- 4. Which condition may lead to metabolic alkalosis?**
  - A. Vomiting**
  - B. Diarrhea**
  - C. Chronic kidney disease**
  - D. Severe dehydration**
- 5. Withdrawal from which medication is likely to precipitate an adrenal crisis?**
  - A. Metoprolol**
  - B. Methimazole**
  - C. Furosemide**
  - D. Prednisone**

**6. When discussing discharge planning for a patient with a recent stroke, what is the most important factor to consider?**

- A. The patient's support system at home.**
- B. The patient's age and activity level.**
- C. The patient's ability to communicate effectively.**
- D. The preventative medications prescribed.**

**7. Which treatment for a client with psoriasis should a nurse clarify with the provider?**

- A. Topical corticosteroids**
- B. Coal tar ointment**
- C. Moderate UV radiation**
- D. Dermabrasion**

**8. What factor can increase a client's risk for falls after total knee arthroplasty?**

- A. Being active the previous day.**
- B. Confusion or disorientation.**
- C. Wearing compression stockings.**
- D. Increasing fluid intake.**

**9. Which of the following signs would most likely indicate an embolism?**

- A. Localized swelling and redness**
- B. Sudden shortness of breath**
- C. Persistent cough with yellow sputum**
- D. Fever with chills**

**10. What instruction should a nurse give regarding testicular self-examination?**

- A. "Perform testicular self-examination after taking a warm shower."**
- B. "Examine both testicles at the same time."**
- C. "Use the palm of your hand to palpate for abnormalities."**
- D. "Perform testicular self-examination every 6 months."**

## **Answers**

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

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## **Explanations**

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**1. What should the nurse include in the postoperative care plan for a total hip arthroplasty client?**

- A. Check neurovascular status on the extremity every 8 hr.**
- B. Have the client perform incentive spirometry every 4 hr.**
- C. Keep an abduction pillow between the client's legs.**
- D. Maintain the client on bed rest until the third postoperative day.**

Including an abduction pillow between the client's legs in the postoperative care plan for a total hip arthroplasty client is essential for several reasons. After hip surgery, maintaining the proper positioning of the legs is crucial to prevent dislocation of the new hip joint. An abduction pillow helps to keep the legs apart, thus stabilizing the hip joint and reducing the risk of complications associated with improper alignment, such as dislocation. Postoperative care for hip arthroplasty also emphasizes the importance of prevention and proper rehabilitation, and using an abduction pillow is a key strategy in achieving both. Additionally, this intervention supports circulation and nerve function in the affected limb, creating a safer recovery environment for the patient. While monitoring neurovascular status and encouraging incentive spirometry are also important aspects of postoperative care, they do not directly address the specific needs related to the positioning of the legs following hip surgery as effectively as the use of an abduction pillow. Bed rest until the third postoperative day may hinder recovery and is not an appropriate practice within the typical postoperative protocol.

**2. While caring for a client receiving antibiotics, which assessment finding should alert the nurse to a possible adverse reaction?**

- A. Elevated blood pressure.**
- B. Change in mental status.**
- C. Increased heart rate.**
- D. New onset rash or hives.**

When caring for a client receiving antibiotics, a new onset rash or hives is particularly indicative of a possible allergic reaction, which is a critical adverse effect of antibiotic therapy. Allergies to medications, including antibiotics, can manifest as skin reactions such as rashes, hives (urticaria), or more severe symptoms like anaphylaxis. Recognizing these symptoms early is essential for implementing appropriate interventions, such as discontinuing the medication and providing necessary treatments like antihistamines or corticosteroids. While elevated blood pressure, change in mental status, and increased heart rate can also be concerning and may indicate adverse effects or complications related to antibiotic administration, they are not as directly linked to the immediate risk of an allergic reaction as a rash or hives. These other signs may suggest other types of complications, such as cardiovascular issues or infections, but the presence of a rash or hives specifically signals a response to the medication itself, thus requiring prompt attention and intervention.

### 3. What should a patient with diabetes monitor regularly?

- A. Blood pressure levels
- B. Heart rate
- C. Blood glucose levels**
- D. Body temperature

Monitoring blood glucose levels is essential for patients with diabetes because it directly impacts their ability to manage the condition effectively. Blood glucose monitoring helps individuals understand how their body responds to various factors, including food intake, physical activity, and medication. By regularly tracking these levels, patients can make informed decisions regarding their diet, adjust their insulin or medication dosages as needed, and recognize early signs of hypo- or hyperglycemia, which can prevent serious complications. Maintaining optimal blood glucose levels is vital for reducing the risk of long-term complications associated with diabetes, such as cardiovascular disease, neuropathy, and nephropathy. Regular monitoring empowers patients to take an active role in their treatment and promotes better overall health management.

### 4. Which condition may lead to metabolic alkalosis?

- A. Vomiting**
- B. Diarrhea
- C. Chronic kidney disease
- D. Severe dehydration

Vomiting can lead to metabolic alkalosis primarily due to the loss of gastric acid. The stomach secretes hydrochloric acid (HCl), and when vomiting occurs, there is a significant loss of this acidic content. This loss contributes to a deficit of hydrogen ions in the body, which results in an increased pH level, thereby causing metabolic alkalosis. In contrast, conditions like diarrhea generally lead to metabolic acidosis due to the loss of bicarbonate, which is important for maintaining the body's acid-base balance. Chronic kidney disease can also lead to different types of acid-base imbalances, but it is more commonly associated with metabolic acidosis as the kidneys become less effective at excreting acids. Severe dehydration can affect the body's electrolyte balance and potentially lead to various imbalances, but it does not specifically lead to metabolic alkalosis in the manner that vomiting does.

**5. Withdrawal from which medication is likely to precipitate an adrenal crisis?**

- A. Metoprolol**
- B. Methimazole**
- C. Furosemide**
- D. Prednisone**

Withdrawal from prednisone is likely to precipitate an adrenal crisis due to its effects on the adrenal glands and the body's hormone regulation. Prednisone is a corticosteroid that, when taken for an extended period, suppresses the hypothalamic-pituitary-adrenal (HPA) axis, leading to decreased production of natural corticosteroids by the adrenal glands. When a patient abruptly stops taking prednisone after long-term use, the adrenal glands may not be able to respond quickly enough to meet the body's metabolic demands, especially during stress. This can lead to an adrenal crisis, a serious condition characterized by severe hypotension, hypoglycemia, and potentially life-threatening symptoms. The other medications listed do not have the same impact on the adrenal glands or are not associated with such critical withdrawal symptoms. Metoprolol is a beta-blocker that primarily affects heart rate and blood pressure, methimazole is used for hyperthyroidism, and furosemide is a diuretic. None of these directly influence adrenal hormone production, making them less likely to cause an adrenal crisis upon withdrawal.

**6. When discussing discharge planning for a patient with a recent stroke, what is the most important factor to consider?**

- A. The patient's support system at home.**
- B. The patient's age and activity level.**
- C. The patient's ability to communicate effectively.**
- D. The preventative medications prescribed.**

When discussing discharge planning for a patient who has recently experienced a stroke, the most critical factor to consider is the patient's support system at home. A robust support system is vital for the patient's recovery and successful transition from hospital to home. Stroke can significantly affect a patient's physical and cognitive abilities, which may impair their capacity to perform daily activities independently. Having a reliable support system, comprised of family members, friends, or caregivers, can ensure that the patient has the necessary assistance with daily tasks, transportation to follow-up appointments, emotional support, and medication management. Furthermore, this support can help facilitate rehabilitation efforts, which are crucial in the recovery process. While the patient's age and activity level, ability to communicate effectively, and preventative medications are indeed important considerations, they do not outweigh the need for a solid support network. Without appropriate support, patients may struggle to implement medical advice or adhere to therapeutic regimens, putting them at higher risk for complications and rehospitalization. This highlights the central role that a supportive environment plays in the overall recovery and wellbeing of stroke patients.

**7. Which treatment for a client with psoriasis should a nurse clarify with the provider?**

- A. Topical corticosteroids**
- B. Coal tar ointment**
- C. Moderate UV radiation**
- D. Dermabrasion**

In a client with psoriasis, dermabrasion is a treatment option that requires clarification with the provider due to potential complications. Psoriasis is a chronic skin condition characterized by thick, scaly plaques, and addressing it necessitates treatments that do not exacerbate the condition. Dermabrasion involves mechanically exfoliating the skin, which can lead to further irritation and the possibility of flare-ups. The process can also induce Koebner phenomenon, where new lesions develop at sites of trauma or injury on the skin, which is particularly relevant in the context of psoriasis. Therefore, it's essential for the nurse to ensure that any procedural interventions align with safe and effective management strategies for psoriasis. In contrast, topical corticosteroids, coal tar ointment, and moderate UV radiation are standard treatments known to effectively help in managing and reducing the symptoms of psoriasis. Topical corticosteroids are anti-inflammatory and help decrease redness and scaling. Coal tar ointment has soothing properties and can reduce scaling and itch, while moderate UV radiation can help slow the growth of skin cells, alleviating the condition. Each of these treatments is commonly utilized and well supported in the management of psoriasis.

**8. What factor can increase a client's risk for falls after total knee arthroplasty?**

- A. Being active the previous day.**
- B. Confusion or disorientation.**
- C. Wearing compression stockings.**
- D. Increasing fluid intake.**

Confusion or disorientation significantly increases a client's risk for falls after total knee arthroplasty. These cognitive impairments can lead to decreased awareness of surroundings, impaired judgment, and difficulty with spatial orientation. Clients may not recognize their limitations or the need to use assistive devices, such as walkers or crutches, which are essential for maintaining safety during the recovery process. After surgery, clients may also be on pain medications that can further contribute to confusion or disorientation. This combination of factors makes it crucial for healthcare providers to assess cognitive function regularly and implement safety measures, such as a fall risk assessment and appropriate supervision. In contrast, being active the previous day typically indicates a level of mobility that can promote recovery, while wearing compression stockings is designed to prevent venous thromboembolism and should not inherently increase fall risk. Similarly, increasing fluid intake, when done appropriately, supports hydration and can aid recovery without directly impacting fall risk, provided that it's managed to prevent excessive urgency or frequency issues.

**9. Which of the following signs would most likely indicate an embolism?**

- A. Localized swelling and redness**
- B. Sudden shortness of breath**
- C. Persistent cough with yellow sputum**
- D. Fever with chills**

Sudden shortness of breath is a key indicator of an embolism, particularly a pulmonary embolism, which occurs when a blood clot travels to the lungs. The abrupt onset of difficulty in breathing is often accompanied by chest pain and can be a result of reduced blood flow or oxygenation due to the obstruction in the pulmonary artery. This symptom prompts immediate medical evaluation because it signals a potentially life-threatening condition that requires urgent intervention. The other signs listed, while they can indicate various medical issues, do not directly suggest an embolism. Localized swelling and redness may indicate issues such as thrombophlebitis or cellulitis. A persistent cough with yellow sputum can be indicative of a respiratory infection, such as bronchitis or pneumonia, rather than an embolism. Fever with chills typically signals infection or inflammatory processes rather than a blocked blood vessel. Thus, sudden shortness of breath distinctly aligns with the symptoms of an embolism, underscoring the importance of recognizing this sign in clinical settings.

**10. What instruction should a nurse give regarding testicular self-examination?**

- A. Perform testicular self-examination after taking a warm shower.**
- B. "Examine both testicles at the same time."**
- C. "Use the palm of your hand to palpate for abnormalities."**
- D. "Perform testicular self-examination every 6 months."**

Performing testicular self-examination after taking a warm shower is recommended because the warmth helps relax the scrotum, making it easier to feel for any lumps or abnormalities. This relaxed state allows for a more thorough examination and increases the chances of detecting any changes in the testicles that may require further evaluation. Warmth also makes it more comfortable to conduct the examination. In contrast, examining both testicles at the same time may prevent the individual from accurately assessing each testicle individually, which is crucial for identifying unilateral changes. Using the palm of the hand is not the optimal method; fingers should be used to roll the testicles gently to better feel for irregularities or masses. Lastly, performing the examination every 6 months is infrequent; self-examinations should ideally occur monthly to ensure that any changes are noted in a timely manner.

# 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://pn-adultmedical surgical.examzify.com>**

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

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