

SHADOW HEALTH GASTROINTESTINAL (TINA JONES) PRACTICE TEST (SAMPLE) STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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 the expected finding in a normal assessment of the femoral arteries?**
 - A. Presence of bruit
 - B. Weak or absent pulse
 - C. No bruit
 - D. Increased pulsation
- 2. What is the patient's history regarding gastrointestinal issues?**
 - A. Reports frequent issues
 - B. Denies any GI issues
 - C. Has a chronic condition
 - D. Occasionally experiences issues
- 3. What is a common term used to describe waking up during the night to urinate?**
 - A. Nocturia
 - B. Oliguria
 - C. Polyuria
 - D. Urinary urgency
- 4. Which response indicates the absence of pain during urination?**
 - A. Reports burning sensation
 - B. Denies pain
 - C. Describes discomfort
 - D. Expresses concern
- 5. What dietary recommendation could help prevent constipation?**
 - A. Increased intake of fiber
 - B. Decreased water consumption
 - C. High-fat diet
 - D. Low-carbohydrate diet

6. What dietary component should Tina limit to reduce GERD symptoms?

- A. Acidic foods
- B. High-fiber foods
- C. Dairy products
- D. Lean proteins

7. What medication was prescribed for Ms. Jones to trial?

- A. Omeprazole 20 mg
- B. Famotidine 10 mg
- C. Lansoprazole 15 mg
- D. Bismuth subsalicylate

8. Which food item was mentioned as part of the 24-hour diet recall?

- A. Salad
- B. Pasta
- C. Cereal
- D. Fruit

9. What is the patient's response regarding feelings of fatigue or night sweats?

- A. Confirms
- B. Denies
- C. Occasionally
- D. Frequently

10. Does the stomach pain radiate to any other areas?

- A. Yes, to the shoulder
- B. Yes, to the back
- C. No, it does not radiate
- D. Yes, to the arms

Answers

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

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Explanations

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1. What is the expected finding in a normal assessment of the femoral arteries?

- A. Presence of bruit
- B. Weak or absent pulse
- C. No bruit**
- D. Increased pulsation

In a normal assessment of the femoral arteries, the expected finding is the absence of bruit. A bruit is an abnormal sound that can indicate turbulent blood flow, which may suggest underlying issues such as stenosis or vascular disease. When the femoral arteries are healthy and functioning normally, the blood flow is smooth, and thus, no abnormal sounds, such as a bruit, would be detected during auscultation. In contrast, finding a bruit would indicate a potential pathology, while weak or absent pulses could suggest compromised blood flow or obstruction, and increased pulsation might indicate abnormal conditions such as a high-output state or a vascular abnormality. Therefore, the normal expectation is indeed the absence of bruit in a healthy femoral artery assessment.

2. What is the patient's history regarding gastrointestinal issues?

- A. Reports frequent issues
- B. Denies any GI issues**
- C. Has a chronic condition
- D. Occasionally experiences issues

The selected answer indicates that the patient denies any gastrointestinal issues, which provides a clear understanding of their current health status regarding the GI system. In a clinical assessment, noting that the patient does not have any gastrointestinal complaints is important for differentiating between potential underlying conditions and normal health. This can guide the healthcare provider to focus on other areas of the patient's health, rather than dedicating resources and time to investigate gastrointestinal concerns. Acknowledging that the patient has no GI issues can also influence the decisions regarding diagnostics and treatments. For instance, if a patient reports frequent gastrointestinal problems or has a chronic condition, further investigation may be warranted. In contrast, a patient who denies any issues suggests that frontline assessments can be concentrated on other possible ailments, improving the overall efficiency of care. Recognizing that this patient occasionally experiences issues or has a chronic condition would also imply that there is at least some level of gastrointestinal concern, which is not the case in this scenario. Therefore, the patient's denial of GI issues stands out as the most relevant and significant aspect of their history concerning gastrointestinal problems.

3. What is a common term used to describe waking up during the night to urinate?

- A. Nocturia**
- B. Oliguria
- C. Polyuria
- D. Urinary urgency

The term "nocturia" refers specifically to the condition of waking up during the night to urinate. This term is derived from combining "noct" meaning night and "uria" meaning urination. It is a common complaint and can be associated with various underlying health issues, such as urinary tract infections, prostate problems in men, or conditions like diabetes. In contrast, oliguria refers to a reduced urine output, while polyuria describes the production of an excessive amount of urine. Urinary urgency is the sudden, strong need to urinate but does not pertain to the timing of urination during the night. Nocturia distinctly captures the aspect of nighttime urination, distinguishing it from the other terms that refer to different urinary patterns or sensations.

4. Which response indicates the absence of pain during urination?

- A. Reports burning sensation
- B. Denies pain**
- C. Describes discomfort
- D. Expresses concern

The response that indicates the absence of pain during urination is a statement where an individual denies pain. This specific wording clearly communicates that the person is not experiencing any discomfort, irritation, or pain associated with urination. It is a straightforward assurance that there are no painful sensations occurring when they urinate, which is the expected response when assessing for urinary symptoms. In contrast, other responses such as reporting a burning sensation or describing discomfort do indicate some level of pain or distress during urination. Similarly, expressing concern does not provide any information about the presence or absence of pain but rather highlights the individual's worries, which could be related to various factors, potentially including pain. Therefore, the statement of denial is the most direct and accurate reflection of experiencing no pain during urination.

5. What dietary recommendation could help prevent constipation?

- A. Increased intake of fiber**
- B. Decreased water consumption
- C. High-fat diet
- D. Low-carbohydrate diet

Increasing the intake of fiber is a well-established dietary recommendation for preventing constipation. Fiber adds bulk to the stool, which helps it move more easily through the digestive tract. It is found in plant-based foods such as fruits, vegetables, whole grains, and legumes. A diet rich in fiber can stimulate intestinal peristalsis, which is the contraction of the intestinal muscles that helps push food through the gastrointestinal system. Additionally, fiber can enhance water retention in the stool, making it softer and easier to pass, thereby reducing the likelihood of constipation. In contrast, decreased water consumption can lead to harder stools, making them more difficult to pass and increasing the risk of constipation. A high-fat diet may contribute to other gastrointestinal issues and does not provide the necessary bulk to aid in bowel movements. Similarly, a low-carbohydrate diet might lack adequate sources of fiber, as many carbohydrate-rich foods are also high in fiber, further increasing the risk of constipation. Thus, increasing fiber intake is the most effective recommendation for promoting regular bowel movements.

6. What dietary component should Tina limit to reduce GERD symptoms?

- A. Acidic foods**
- B. High-fiber foods
- C. Dairy products
- D. Lean proteins

Limiting acidic foods is important for managing GERD (Gastroesophageal Reflux Disease) symptoms because these types of foods can exacerbate acid reflux. Acidic foods, such as citrus fruits, tomatoes, and vinegar, can irritate the lining of the esophagus and increase the likelihood of heartburn and discomfort. By reducing the intake of these foods, Tina can potentially alleviate some of the symptoms associated with GERD, creating a more comfortable experience when eating. In contrast, high-fiber foods, dairy products, and lean proteins typically do not trigger GERD symptoms. In fact, high-fiber foods can promote healthy digestion, while lean proteins are generally recommended as part of a balanced diet that helps maintain a healthy weight—important for reducing GERD symptoms. Dairy products can vary in their effects, but they are not a common trigger for gastrointestinal discomfort in all individuals. Thus, focusing on limiting acidic foods directly addresses the problem of acid reflux effectively.

7. What medication was prescribed for Ms. Jones to trial?

- A. Omeprazole 20 mg
- B. Famotidine 10 mg**
- C. Lansoprazole 15 mg
- D. Bismuth subsalicylate

In the scenario described, Ms. Jones was prescribed Famotidine 10 mg as a trial medication. Famotidine is a histamine H2-receptor antagonist that reduces stomach acid production. It is commonly used in managing conditions such as gastroesophageal reflux disease (GERD) and peptic ulcers. This medication provides symptomatic relief from heartburn and is effective for conditions attributed to excessive stomach acid. Selecting Famotidine may indicate that the healthcare provider aimed to assess Ms. Jones's response to H2-receptor antagonists in alleviating her gastrointestinal symptoms. This trial can help determine whether her issues arise from acid-related conditions, which could then guide further treatment options. Other medications listed, such as Omeprazole and Lansoprazole, are proton pump inhibitors (PPIs) that are also used for similar conditions but have a different mechanism of action, generally providing longer-lasting acid suppression. Bismuth subsalicylate, on the other hand, is used mainly for diarrhea, indigestion, and gut discomfort rather than a primary focus on reducing stomach acid. Therefore, the choice of Famotidine points towards a targeted approach in evaluating her symptoms related to acid secretion.

8. Which food item was mentioned as part of the 24-hour diet recall?

- A. Salad
- B. Pasta
- C. Cereal**
- D. Fruit

In the context of a 24-hour diet recall, cereal is often highlighted because it is a common breakfast item that many people consume regularly. It provides a quick and easy way to assess a patient's dietary habits since breakfast is typically one of the first meals of the day. Cereal can vary widely in nutritional value, depending on whether it is whole grain, sugary, or fortified, thus providing valuable insights into the patient's overall dietary choices. This information is particularly useful in understanding carbohydrate intake and fiber consumption, which are key components of gastrointestinal health. The recall method helps healthcare providers identify patterns in diet that could contribute to gastrointestinal issues or overall health.

9. What is the patient's response regarding feelings of fatigue or night sweats?

- A. Confirms
- B. Denies**
- C. Occasionally
- D. Frequently

The patient's response indicating a denial of feelings of fatigue or night sweats suggests that they are not experiencing these symptoms at present, which can be significant in evaluating their overall health and potential gastrointestinal issues. Fatigue and night sweats may be associated with various conditions, including infections or malignancies, and understanding whether the patient experiences these symptoms can help guide further assessment and potential diagnosis. The response of denial provides reassurance that the patient may not have concerning signs that could indicate underlying pathology requiring immediate attention. Such distinctions are essential in developing a comprehensive clinical picture and determining appropriate follow-up or interventions.

10. Does the stomach pain radiate to any other areas?

- A. Yes, to the shoulder
- B. Yes, to the back
- C. No, it does not radiate**
- D. Yes, to the arms

The correct answer indicates that the stomach pain does not radiate to any other areas, which is an important aspect of assessing gastrointestinal pain. Stomach pain that does not radiate can help in narrowing down potential causes, as certain types of pain, particularly those associated with specific conditions, may have characteristic radiation patterns. For instance, pain that radiates to the shoulder could indicate referred pain associated with diaphragmatic irritation, while pain radiating to the back might suggest issues related to internal organs or even musculoskeletal sources. Identifying that the pain remains localized can also guide healthcare professionals in determining the appropriate diagnostic tests and management strategies. It suggests a primary gastrointestinal issue rather than a referred pain pattern, helping to focus investigations on abdominal conditions rather than those that may involve other systems or regions of the body.

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://shadowhealthgastrointestinaltjones.examzify.com>

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

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