

SWIFT RIVER MEDICAL-SURGICAL PRACTICE TEST (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. Which of the following was a scenario response for Sarah Getts regarding fall risk?**
 - A. Initiate a physical therapy consultation
 - B. Apply fall risk protocol
 - C. Increase patient mobility exercises
 - D. Decrease medication dosage
- 2. What is the status of John Duncan's pain?**
 - A. Increased
 - B. Decreased
 - C. Stable
 - D. Unchanged
- 3. What is a psychological condition noted as increased for Robert Sturgess?**
 - A. Grieving
 - B. Confidence
 - C. Optimism
 - D. Self-esteem
- 4. Which nursing intervention is essential when dealing with a patient at risk for falls?**
 - A. Inspect pain
 - B. Verify call light accessibility
 - C. Educate patients
 - D. Change bedding
- 5. In Scenario #2 for Robert Sturgess, which action involves patient safety?**
 - A. Educate pt.
 - B. Observe closely
 - C. Perform pain assessment
 - D. Place pt. in bed

- 6. Which of the following scenarios includes an education component for the patient?**
- A. Assessing pain levels
 - B. Inspecting cast site
 - C. Starting secondary IV
 - D. Contacting power of attorney
- 7. Which vital sign assessment is essential in the scenario involving a chest tube?**
- A. Take metabolic rate
 - B. Assess insertion site
 - C. Mark drainage level
 - D. Perform blood pressure check
- 8. What action is suggested in the event of a need to ensure privacy for a patient in Scenario #4?**
- A. Notify healthcare provider
 - B. Complete head-to-toe assessment
 - C. Explain procedures
 - D. Document the patient's condition
- 9. Which of the following psychological needs is noted for Marcella Como?**
- A. Grieving
 - B. Impaired memory
 - C. Substance abuse
 - D. Paranoia
- 10. In Janene Whitmore's Scenario #3, which action should be taken first?**
- A. Document
 - B. Inform admitting physician
 - C. Contact hospital liaison
 - D. Administer diluted iron

Answers

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

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Explanations

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1. Which of the following was a scenario response for Sarah Getts regarding fall risk?

- A. Initiate a physical therapy consultation
- B. Apply fall risk protocol**
- C. Increase patient mobility exercises
- D. Decrease medication dosage

Applying a fall risk protocol is essential as it provides a systematic approach to identifying, assessing, and managing patients at risk for falls. This protocol generally includes comprehensive assessments such as evaluating the patient's strength, balance, and mobility, as well as reviewing their medical history and current medications. By employing this protocol, healthcare providers can implement necessary interventions tailored to the patient's specific risk factors, which may include environmental modifications, education for the patient and family, and monitoring strategies. While increasing patient mobility exercises and initiating a physical therapy consultation are important components of fall prevention, the fall risk protocol encompasses a broader and more holistic approach that guides all interventions. Similarly, while adjusting medication dosages may be relevant for certain patients, it is not specifically a response that universally addresses fall risk without the context provided by a fall risk protocol. Therefore, applying the protocol ensures that all aspects of fall risk management are considered.

2. What is the status of John Duncan's pain?

- A. Increased**
- B. Decreased
- C. Stable
- D. Unchanged

The status of John Duncan's pain being classified as "Increased" indicates that there has been a noticeable rise in the intensity or frequency of his pain symptoms. This could suggest a variety of underlying issues, such as a progression of his medical condition, the development of a new complication, or an inadequate response to current pain management strategies. Assessing pain as increased is critical for healthcare providers, as it often necessitates a reassessment of treatment plans, further diagnostic evaluations, and possibly adjustments in medications or therapies to better address the patient's needs. Recognizing that pain has increased allows for timely interventions, which are essential in promoting patient comfort and preventing further complications associated with unmanaged or inadequately controlled pain. Monitoring changes in pain levels is an integral part of patient care, as it can vastly influence overall recovery and quality of life.

3. What is a psychological condition noted as increased for Robert Sturgess?

- A. Grieving
- B. Confidence
- C. Optimism
- D. Self-esteem

Grieving is a psychological condition characterized by the emotional response to loss, particularly the loss of a loved one or significant change in life circumstances. In the context of Robert Sturgess, the mention of "increased grieving" suggests that he is experiencing intense feelings of sorrow and mourning, which can occur due to a recent loss or a period of significant change in his life that has caused distress. When someone is grieving, they might exhibit various emotional responses, including sadness, anger, guilt, or confusion. Grieving can significantly impact an individual's psychological well-being and overall functioning. Recognizing that Robert has an increased experience of grieving allows for appropriate support and interventions to help him coping mechanisms and navigating his feelings during this difficult time. The other options—confidence, optimism, and self-esteem—represent positive psychological states or traits. The situation implies that Robert's psychological condition is not one characterized by positivity and self-affirmation but rather by loss and sorrow, making grieving the most fitting choice in this context.

4. Which nursing intervention is essential when dealing with a patient at risk for falls?

- A. Inspect pain
- B. Verify call light accessibility
- C. Educate patients
- D. Change bedding

Ensuring that a patient's call light is accessible is a critical intervention for patients at risk for falls. This action empowers the patient to summon assistance whenever they need help, particularly when getting up from bed or moving about the room. By verifying that the call light is within reach, healthcare providers can significantly reduce the likelihood of falls, as patients are less likely to attempt to move independently when help is readily available. In environments where patients may experience confusion, impairment, or weakness, having easy access to the call light fosters a sense of safety and encourages them to ask for assistance rather than risk a fall. It's also essential to educate patients on the importance of using the call light and what actions they should take if they feel unsteady or need to get up. While inspecting pain, educating patients, and changing bedding are important nursing tasks, they do not directly address the immediate safety concern of preventing falls. Therefore, making sure that the call light is accessible is a fundamental step in fall prevention strategies in clinical settings.

5. In Scenario #2 for Robert Sturgess, which action involves patient safety?

- A. Educate pt.
- B. Observe closely**
- C. Perform pain assessment
- D. Place pt. in bed

Observing closely is a crucial action that directly contributes to patient safety. This approach involves monitoring the patient's condition for any changes that could indicate complications or deteriorations in health. By maintaining a vigilant watch over the patient, healthcare providers can detect issues such as changes in vital signs, signs of distress, or adverse reactions to medications early, allowing for timely interventions that can prevent further harm. Close observation helps in understanding how the patient is responding to treatments and provides valuable information that can guide ongoing care. It is particularly important in medical-surgical contexts where the patient's condition can fluctuate rapidly, ensuring that any concerns can be addressed immediately to safeguard the patient's well-being.

6. Which of the following scenarios includes an education component for the patient?

- A. Assessing pain levels
- B. Inspecting cast site
- C. Starting secondary IV**
- D. Contacting power of attorney

The scenario that includes an education component for the patient is one that involves a direct interaction aimed at enhancing the patient's understanding of their treatment or condition. In this case, starting a secondary intravenous (IV) line typically requires informing and guiding the patient through the process. It's essential to explain why the secondary IV is needed, how it will help their treatment, and any sensations they might experience during the process. This communication fosters patient engagement and helps reduce anxiety, making it an educational interaction. In comparison, assessing pain levels primarily focuses on gathering information rather than educating the patient. Inspecting a cast site is a procedure that does not inherently involve patient education; it is more about monitoring healing. Contacting a power of attorney usually involves administrative or legal matters rather than direct patient education. Therefore, the act of starting a secondary IV stands out as the scenario that actively engages the patient in their care through education.

7. Which vital sign assessment is essential in the scenario involving a chest tube?

- A. Take metabolic rate
- B. Assess insertion site**
- C. Mark drainage level
- D. Perform blood pressure check

Assessing the insertion site of a chest tube is crucial for monitoring the patient's well-being and ensuring the proper functioning of the tube. The insertion site can provide vital information about potential complications, such as infection, leakage, or displacement of the tube. Careful examination of the site for signs of redness, swelling, or drainage allows for prompt intervention if any issues arise. Evaluation of the insertion site also involves checking the security of the dressing and making sure that the tube is properly positioned and not kinked or occluded. This assessment helps to maintain the effectiveness of the chest tube in draining fluid or air from the pleural space and can significantly impact patient outcomes. Regular monitoring of the site is an important part of nursing care for patients with chest tubes, emphasizing its priority in vital sign assessments in this context.

8. What action is suggested in the event of a need to ensure privacy for a patient in Scenario #4?

- A. Notify healthcare provider
- B. Complete head-to-toe assessment**
- C. Explain procedures
- D. Document the patient's condition

In the context of ensuring privacy for a patient, completing a head-to-toe assessment is a proactive measure that allows the healthcare provider to gather comprehensive data about the patient's health while maintaining both the patient's privacy and dignity. This assessment can be performed in a manner that respects the patient's personal space and confidentiality, especially if the patient has specific concerns about privacy due to the setting or situation. This action not only allows for necessary medical evaluation but can also involve taking the time to create a respectful environment. It is important to provide the patient with assurance that their privacy is being prioritized, which is essential for establishing trust in the patient-provider relationship. On the other hand, notifying the healthcare provider or explaining procedures may not directly focus on the aspect of privacy, and documenting the patient's condition is more about record-keeping rather than actively ensuring the patient's privacy and comfort during the assessment process. Therefore, completing the head-to-toe assessment while being particularly mindful of the environment supports both the healthcare process and the patient's right to privacy.

9. Which of the following psychological needs is noted for Marcella Como?

- A. Grieving**
- B. Impaired memory
- C. Substance abuse
- D. Paranoia

The correct choice highlights grieving as a significant psychological need for Marcella Como. Grieving is a complex emotional response to loss and can encompass various feelings such as sadness, anger, confusion, and despair. It is often triggered by the death of a loved one, but can also arise from other types of loss, such as the end of a relationship, loss of health, or significant life changes. In understanding psychological needs, recognizing and addressing grieving is essential. Individuals dealing with grief may require support to process their emotions and navigate their daily lives as they adjust to the absence or change they are experiencing. Acknowledging this emotional need encourages empathetic care as well as interventions that can aid in coping and healing. The other mentioned needs—impaired memory, substance abuse, and paranoia—indicate different psychological or cognitive issues that require distinct approaches. Impaired memory might be associated with cognitive decline or mental health disorders, substance abuse indicates dependency and potential health risks, and paranoia reflects a state of heightened suspicion or mistrust, which significantly impacts interpersonal relationships and functioning. Each of these areas is important, but grieving is specifically tied to processes of loss and emotional healing, making it particularly relevant for Marcella Como in this context.

10. In Janene Whitmore's Scenario #3, which action should be taken first?

- A. Document
- B. Inform admitting physician
- C. Contact hospital liaison**
- D. Administer diluted iron

In Janene Whitmore's Scenario #3, contacting the hospital liaison should be the first action taken. This choice is appropriate because the hospital liaison often serves as a crucial link between the healthcare team and administrative functions, especially in urgent or complex situations. By reaching out to the liaison, you can ensure that any necessary resources or interventions are mobilized promptly to address the patient's needs. Timely communication with the liaison can facilitate the efficient handling of admissions, potential transfers, or other logistical concerns that may arise as part of patient care. This step is essential to maintain the flow of information and ensure that all team members are aligned on the patient's current status and requirements. Prioritizing this action helps to lay the groundwork for subsequent steps that may include informing the physician or administering medications, which may depend on the outcome of the consultation with the liaison.

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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://swiftrivermedsurg.examzify.com>

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

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