

VATI Medical-Surgical Nursing Practice Exam (Sample)

Study Guide



Everything you need from our exam experts!

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Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	16

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

- 1. What is the primary goal of rehabilitation for stroke patients?**
 - A. Regaining full mobility**
 - B. Maximizing functional independence**
 - C. Reducing hospital readmissions**
 - D. Improving nutritional status**
- 2. Which assessment finding is most indicative of pneumonia?**
 - A. Increased respiratory rate and wheezing**
 - B. Decreased breath sounds and dullness on percussion**
 - C. Coughing with blood and chest pain**
 - D. High fever and excessive sweating**
- 3. What does the nurse need to monitor for a client after administering Tenofovir/emtricitabine?**
 - A. Blood glucose levels**
 - B. Kidney function**
 - C. Liver function**
 - D. Heart rate**
- 4. What is a common concern for a client with dementia regarding nutrition?**
 - A. Inability to recognize food**
 - B. Difficulty swallowing**
 - C. Weight loss and malnutrition**
 - D. Preference for sweet foods**
- 5. What might a client expect regarding discomfort after a loop electrosurgical excision procedure (LEEP) for cervical cancer?**
 - A. Severe pain for several days.**
 - B. There should be no discomfort.**
 - C. I may have mild cramping for several hours.**
 - D. Joint pain for a week.**

- 6. What should a nurse instruct a client who is scheduled for a bronchoscopy regarding post-procedure care?**
- A. "You will be able to eat anything shortly after."**
 - B. "You will not be able to eat or drink until you are able to cough."**
 - C. "You will stay in bed for the entire day after."**
 - D. "You will be discharged immediately after the procedure."**
- 7. What does the term 'aseptic technique' refer to in nursing practice?**
- A. Using sterile barriers to prevent the spread of infection**
 - B. Cleaning surfaces with disinfectants**
 - C. Providing care in a clean, organized environment**
 - D. Avoiding contact with patients**
- 8. For a patient undergoing chemotherapy, what common side effect should the nurse monitor for?**
- A. Anemia**
 - B. Neutropenia (low white blood cell count)**
 - C. Nausea and vomiting**
 - D. Hair loss**
- 9. What is the primary nursing responsibility when preparing a patient for a CT scan?**
- A. Administering medication for anxiety**
 - B. Assessing for allergies, especially to iodine or contrast dye**
 - C. Explaining the procedure step-by-step**
 - D. Evaluating vital signs prior to the scan**
- 10. Which complication is indicated by retinopathy in a diabetic client?**
- A. Macrovascular complication**
 - B. Microvascular complication**
 - C. Neuropathic complication**
 - D. Cardiovascular complication**

Answers

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

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Explanations

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1. What is the primary goal of rehabilitation for stroke patients?

- A. Regaining full mobility**
- B. Maximizing functional independence**
- C. Reducing hospital readmissions**
- D. Improving nutritional status**

Maximizing functional independence is the primary goal of rehabilitation for stroke patients because the focus of rehabilitation is to help individuals regain the ability to perform daily activities and improve their quality of life after a stroke. Rehabilitation seeks to enhance the patient's ability to function in their environment, which often involves various therapies aimed at improving movement, speech, and cognitive skills. While regaining full mobility is certainly a significant aspect of rehabilitation, the broader objective encompasses all dimensions of functionality, including communication, self-care, and social interaction. Therefore, prioritizing functional independence emphasizes the importance of allowing individuals to manage their own care and engage more fully in their lives post-stroke. Reducing hospital readmissions and improving nutritional status are important components of overall patient care but are not the primary focus of rehabilitation specifically related to stroke recovery. Instead, they can be viewed as outcomes of effective rehabilitation and comprehensive care.

2. Which assessment finding is most indicative of pneumonia?

- A. Increased respiratory rate and wheezing**
- B. Decreased breath sounds and dullness on percussion**
- C. Coughing with blood and chest pain**
- D. High fever and excessive sweating**

The assessment finding that is most indicative of pneumonia is characterized by decreased breath sounds and dullness on percussion. In pneumonia, consolidation occurs in the lung tissue due to inflammatory processes and infection. Consolidation leads to a loss of air in the alveoli, which is detected during auscultation as decreased or absent breath sounds because the normal airflow is compromised. Additionally, dullness on percussion is noted over areas of lung consolidation, as fluid or solid matter in the air spaces alters the normal resonance that is expected with healthy lung tissue. These findings are quite specific to pneumonia as they reflect the underlying pathology associated with this respiratory condition, particularly in cases where fluid or exudate fills the airspaces. The other assessment findings provided, while they can be associated with respiratory conditions, do not specifically indicate pneumonia as strongly as decreased breath sounds and dullness on percussion do. For instance, increased respiratory rate and wheezing could pertain to a range of respiratory issues, including asthma or bronchiolitis. Coughing with blood and chest pain might suggest other serious conditions such as pulmonary embolism or lung cancer, and although high fever and excessive sweating are common with respiratory infections, they are less specific to pneumonia compared to the physical findings on lung examination.

3. What does the nurse need to monitor for a client after administering Tenofovir/emtricitabine?

- A. Blood glucose levels**
- B. Kidney function**
- C. Liver function**
- D. Heart rate**

Monitoring kidney function is crucial after administering Tenofovir/emtricitabine, as this medication can potentially lead to renal toxicity. Tenofovir is known for its impact on the kidneys and can cause dose-dependent kidney injury, particularly in patients who may already have compromised renal function or who are taking other nephrotoxic medications. Regularly assessing parameters such as serum creatinine and electrolyte levels can help identify any issues early and allow for timely intervention. In contrast, while blood glucose levels, liver function, and heart rate are important in the overall care of a client on antiretroviral therapy, they are not specifically indicated for monitoring with Tenofovir/emtricitabine. Blood glucose levels might be monitored if a patient has other risk factors for diabetes, liver function tests may be monitored due to the potential effects of other medications or comorbidities, and heart rate monitoring is typically related to factors such as cardiovascular status or medications that might affect cardiac function rather than a direct concern with this particular antiviral therapy.

4. What is a common concern for a client with dementia regarding nutrition?

- A. Inability to recognize food**
- B. Difficulty swallowing**
- C. Weight loss and malnutrition**
- D. Preference for sweet foods**

A common concern for a client with dementia regarding nutrition is weight loss and malnutrition. Individuals with dementia may experience changes in appetite, leading them to eat less than they need. Cognitive impairments can affect their ability to remember when to eat or what foods they enjoy. Additionally, they may struggle with recognizing when they are hungry or full, further contributing to inadequate nutrition. Weight loss is a significant risk as it can lead to a decline in overall health. Malnutrition can cause a host of issues, including weakened immune function, increased susceptibility to illness, and additional cognitive decline. Therefore, managing nutritional intake is vital for individuals with dementia, emphasizing the importance of closely monitoring their eating habits and ensuring they receive sufficient and balanced meals to maintain their health and well-being.

5. What might a client expect regarding discomfort after a loop electrosurgical excision procedure (LEEP) for cervical cancer?

- A. Severe pain for several days.**
- B. There should be no discomfort.**
- C. I may have mild cramping for several hours.**
- D. Joint pain for a week.**

After a loop electrosurgical excision procedure (LEEP), it is common for clients to experience mild cramping for several hours. This discomfort is typically due to the procedure itself, which involves the removal of abnormal cervical tissue and can lead to some transient pain as the body adjusts and begins the healing process. The sensation of mild cramping is expected and can be similar to menstrual cramps, as it is a response to the manipulation of the cervical tissue. The focus on mild cramping is crucial because it sets realistic expectations for the patient regarding post-procedure discomfort. Most patients do not report severe pain, and while some might feel discomfort, it is generally manageable with over-the-counter pain relief. Understanding that mild cramping is a normal part of recovery can also help assuage concerns about the process, enabling clients to feel more prepared for their post-operative experience.

6. What should a nurse instruct a client who is scheduled for a bronchoscopy regarding post-procedure care?

- A. "You will be able to eat anything shortly after."**
- B. "You will not be able to eat or drink until you are able to cough."**
- C. "You will stay in bed for the entire day after."**
- D. "You will be discharged immediately after the procedure."**

After undergoing a bronchoscopy, it is vital for the client to refrain from eating or drinking until they have regained the ability to cough. This is primarily due to the risk of airway compromise and aspiration. During the procedure, the airway may be anesthetized to minimize discomfort, and this can temporarily impair the gag reflex. If the client attempts to eat or drink before the protective reflexes have returned, they could inadvertently inhale food or liquids into the lungs, leading to serious complications such as aspiration pneumonia. Monitoring the client's ability to cough and swallow after the procedure ensures that they can safely resume oral intake without risk. Typically, medical teams will wait until the anesthetic effects have completely worn off and the client is showing stable respiratory function before allowing ingestion of food or liquids. Therefore, understanding the importance of this safety measure is crucial for the recovery process following a bronchoscopy.

7. What does the term 'aseptic technique' refer to in nursing practice?

- A. Using sterile barriers to prevent the spread of infection**
- B. Cleaning surfaces with disinfectants**
- C. Providing care in a clean, organized environment**
- D. Avoiding contact with patients**

Aseptic technique in nursing practice refers specifically to the use of sterile barriers and practices to prevent the introduction of pathogens during medical procedures and patient care. This methodology aims to maintain a sterile field and minimize the risk of infection, particularly during invasive procedures such as catheter insertions, wound care, or surgeries. Using sterile barriers, such as gloves, masks, and sterilized instruments, is essential in creating a controlled environment that protects patients from infection. Aseptic technique not only involves the use of these barriers but also incorporates practices related to hand hygiene, maintaining sterility of instruments, and careful handling of materials to avoid contamination. While cleaning surfaces with disinfectants and providing care in a clean environment are important aspects of infection control, they are part of broader cleanliness protocols rather than the specific definition of aseptic technique. Avoiding contact with patients does not align with the principles of aseptic technique, as the focus is on safely providing care while preventing infections.

8. For a patient undergoing chemotherapy, what common side effect should the nurse monitor for?

- A. Anemia**
- B. Neutropenia (low white blood cell count)**
- C. Nausea and vomiting**
- D. Hair loss**

Monitoring for neutropenia is essential for a patient undergoing chemotherapy due to the effects of chemotherapy on bone marrow function. Chemotherapy drugs target rapidly dividing cells, which include not only cancer cells but also normal cells in the bone marrow that produce blood cells. This often leads to a significant reduction in white blood cells, specifically neutrophils, which are crucial for fighting infections. Neutropenia increases the patient's risk for infections, which can be life-threatening and may impede the continuation of chemotherapy treatment. Therefore, it is critical for nurses to assess the patient's white blood cell count regularly and watch for signs of infection, such as fever, chills, or other unusual symptoms. While other side effects like anemia, nausea and vomiting, and hair loss are also common and require monitoring, neutropenia poses a unique and serious risk that can quickly escalate into a medical emergency if not managed appropriately. Thus, diligent monitoring of neutrophil levels and patient education on recognizing symptoms of infection are key responsibilities for the nursing staff.

9. What is the primary nursing responsibility when preparing a patient for a CT scan?

- A. Administering medication for anxiety**
- B. Assessing for allergies, especially to iodine or contrast dye**
- C. Explaining the procedure step-by-step**
- D. Evaluating vital signs prior to the scan**

The primary nursing responsibility when preparing a patient for a CT scan is to assess for allergies, particularly to iodine or contrast dye. This is critical because many CT scans involve the use of contrast agents to enhance imaging clarity. Allergic reactions to these substances can range from mild to severe, including anaphylaxis, and can occur rapidly after administration. Therefore, it is essential to obtain a thorough allergy history before the procedure to ensure the patient's safety. In cases where contrast material is to be administered, understanding their allergies allows for preventive measures, such as choosing a different imaging technique or premedicating the patient to mitigate allergic reactions. This responsibility emphasizes the nurse's role in safeguarding patient health through vigilance and proactive assessment prior to diagnostic interventions.

10. Which complication is indicated by retinopathy in a diabetic client?

- A. Macrovascular complication**
- B. Microvascular complication**
- C. Neuropathic complication**
- D. Cardiovascular complication**

Retinopathy in a diabetic client is classified as a microvascular complication. This condition arises from damage to the small blood vessels that supply the retina due to prolonged elevated blood glucose levels commonly seen in diabetes. The high blood sugar can lead to changes in the retinal vasculature, resulting in hemorrhages, exudates, and ultimately vision impairment or loss if not managed properly. Microvascular complications are characterized by their effects on small blood vessels, with retinopathy being one of the common manifestations of this type of damage. Other similar complications include nephropathy, affecting the kidneys, and neuropathy, impacting nerves throughout the body. Understanding the classification of diabetic complications is crucial for effective management and for preventing further complications.

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://vatimedsurgnursing.examzify.com>

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