

# VATI Predictor Practice Test (Sample)

## Study Guide



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**SAMPLE**

## **Questions**

SAMPLE

- 1. What should a nurse do first if a postoperative client has a pulse oximeter reading of 89%?**
  - A. Administer supplemental oxygen**
  - B. Call the physician immediately**
  - C. Repeat the test on another finger**
  - D. Position the client in a supine position**
- 2. What is the appropriate action when a newborn is diagnosed with jaundice?**
  - A. Increase feeding frequency**
  - B. Limit sun exposure**
  - C. Encourage solid foods**
  - D. Keep the newborn in a dark room**
- 3. What statement by a newly diagnosed type 1 diabetes mellitus client shows a need for further teaching?**
  - A. "I will treat hypoglycemic reactions with 15g of carbohydrates"**
  - B. "I need to monitor my blood sugar levels regularly"**
  - C. "I must take insulin before meals"**
  - D. "I can skip meals if I feel fine"**
- 4. What is a common sign of stroke that requires immediate attention?**
  - A. Increased fatigue**
  - B. Difficulty speaking or understanding speech**
  - C. Shortness of breath**
  - D. Headache without other symptoms**
- 5. What potential complication should a nurse monitor for in a patient after myocardial infarction?**
  - A. Hernia**
  - B. Pneumonia**
  - C. Arrhythmias**
  - D. Dermatitis**

- 6. What is a primary focus of care in managing a client with heart failure?**
- A. Promoting a high-sodium diet**
  - B. Managing fluid overload symptoms**
  - C. Encouraging strenuous physical activity**
  - D. Reducing regular medication intake**
- 7. What is a sign that might indicate alcohol withdrawal?**
- A. Weight gain**
  - B. Excessive sleepiness**
  - C. Tremors and agitation**
  - D. Stable mood**
- 8. Which statement shows understanding following laser surgery for open angle glaucoma?**
- A. "I will use a stool softener to prevent constipation"**
  - B. "I will avoid all physical activity for a month"**
  - C. "I will discontinue all medications immediately"**
  - D. "I will not follow up with my doctor"**
- 9. Which statement indicates that a client with Peptic Ulcer Disease understands their condition?**
- A. "I will plan to have meals at regular intervals"**
  - B. "I should eat only soft foods"**
  - C. "I can skip meals if I don't feel hungry"**
  - D. "Taking antacids will cure my ulcer"**
- 10. A client with a long leg cast reports severe pain. What symptom indicates possible compartment syndrome?**
- A. Pallor in exposed portion**
  - B. Inability to move the foot**
  - C. Swelling above the cast**
  - D. Coolness of the skin**

## **Answers**

SAMPLE

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

SAMPLE

## **Explanations**

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**1. What should a nurse do first if a postoperative client has a pulse oximeter reading of 89%?**

- A. Administer supplemental oxygen**
- B. Call the physician immediately**
- C. Repeat the test on another finger**
- D. Position the client in a supine position**

When addressing a postoperative client with a pulse oximeter reading of 89%, the most appropriate initial action is to repeat the test on another finger. This is important because pulse oximeters can sometimes yield inaccurate readings due to several factors, such as poor perfusion, client movement, or sensor placement. By verifying the reading on a different digit, the nurse can determine if the initial reading was a false low due to these issues or indicative of a true problem concerning the client's oxygen saturation. After confirming that the reading is consistent, the nurse can then take appropriate action, such as administering supplemental oxygen if necessary or addressing other interventions based on the clinical assessment. While options like administering oxygen or calling a physician may be warranted depending on the confirmed reading, ensuring accuracy through retesting is a critical first step in patient assessment and management. Positioning the client also may be helpful after confirming a consistent low reading, but it is not the primary action without verifying the pulse oximeter results first.

**2. What is the appropriate action when a newborn is diagnosed with jaundice?**

- A. Increase feeding frequency**
- B. Limit sun exposure**
- C. Encourage solid foods**
- D. Keep the newborn in a dark room**

When a newborn is diagnosed with jaundice, increasing feeding frequency is critical because it helps promote the elimination of bilirubin through frequent bowel movements. Feeding stimulates the infant's metabolism and digestion, encouraging the liver to process bilirubin more effectively. Breastfeeding or formula feeding every 2-3 hours can aid in preventing excessive bilirubin buildup, which is essential for managing jaundice in newborns. Limiting sun exposure, encouraging solid foods, and keeping the newborn in a dark room are not appropriate actions in the management of jaundice. Sun exposure should be limited, but not for the purpose of treating jaundice, as newborns often need protection from the sun's harmful rays. Moreover, solid foods are not suitable for newborns, and keeping them in a dark room does not address the underlying issue or support their nutritional needs. Therefore, increasing feeding frequency serves as the best approach to support the newborn's health in the context of jaundice.

**3. What statement by a newly diagnosed type 1 diabetes mellitus client shows a need for further teaching?**

- A. "I will treat hypoglycemic reactions with 15g of carbohydrates"**
- B. "I need to monitor my blood sugar levels regularly"**
- C. "I must take insulin before meals"**
- D. "I can skip meals if I feel fine"**

The statement indicating a need for further teaching is that skipping meals is an acceptable practice if the individual feels fine. In managing type 1 diabetes, it is essential to maintain a consistent eating schedule to match insulin administration and prevent dangerous fluctuations in blood glucose levels. Skipping meals can lead to hypoglycemia, especially since the individual is likely taking insulin, which lowers blood glucose levels. Regular meal intake is crucial for maintaining stable blood sugar, and understanding the importance of diet is a key aspect of diabetes management. Thus, the statement reveals a misunderstanding of the need for consistent nutrition in relation to insulin therapy and blood glucose regulation.

**4. What is a common sign of stroke that requires immediate attention?**

- A. Increased fatigue**
- B. Difficulty speaking or understanding speech**
- C. Shortness of breath**
- D. Headache without other symptoms**

Difficulty speaking or understanding speech is a classic sign of a stroke and indicates that there is a potential issue in the areas of the brain responsible for language and communication. This symptom may manifest as slurred speech, the inability to form words, or confusion in understanding what others are saying. Timely recognition of this symptom is crucial because strokes often lead to irreversible brain damage if not treated promptly. The faster medical intervention occurs, the better the chances of recovery and minimizing long-term effects. Other symptoms related to stroke, such as sudden numbness or weakness in one side of the body or vision difficulties, often accompany speaking difficulties and are also crucial warning signs. While increased fatigue, shortness of breath, and headaches can be concerning, they are not as directly connected to the acute onset of a stroke as difficulty with speech. These other choices may indicate other medical conditions but do not necessitate the same immediate response as changes in communication and comprehension indicate.

**5. What potential complication should a nurse monitor for in a patient after myocardial infarction?**

- A. Hernia**
- B. Pneumonia**
- C. Arrhythmias**
- D. Dermatitis**

After a myocardial infarction (MI), one of the most critical complications to monitor for is arrhythmias. MI can lead to ischemia in the heart muscle, disrupting the normal electrical conduction pathways. This disruption can result in various types of arrhythmias, ranging from benign premature beats to potentially life-threatening conditions like ventricular tachycardia or ventricular fibrillation. Monitoring the patient's heart rhythm closely in the immediate aftermath of an MI is essential, as these arrhythmias can significantly impact patient stability and may require prompt medical intervention. In contrast, while pneumonia, hernias, and dermatitis can occur in hospitalized patients for various reasons, they are not direct complications of myocardial infarction. Pneumonia may arise due to factors like immobility or aspiration but is not an immediate consequence of an MI. Hernias and dermatitis are unrelated to cardiac events and reflect different clinical considerations that do not typically pose urgent risks following an MI. Thus, due attention should be directed toward detecting and managing arrhythmias in such patients.

**6. What is a primary focus of care in managing a client with heart failure?**

- A. Promoting a high-sodium diet**
- B. Managing fluid overload symptoms**
- C. Encouraging strenuous physical activity**
- D. Reducing regular medication intake**

Managing fluid overload symptoms is a primary focus of care in clients with heart failure because one of the hallmark signs of this condition is the retention of excess fluid. Heart failure often leads to reduced cardiac output, which in turn can cause the kidneys to retain fluid, resulting in symptoms such as edema (swelling), shortness of breath, and elevated blood pressure. Effective management of heart failure includes monitoring the patient's weight, assessing for peripheral edema, and observing for signs of pulmonary congestion, like dyspnea or orthopnea. Interventions may include administering diuretics to help rid the body of excess fluid, providing a low-sodium diet to prevent further fluid retention, and educating the patient on recognizing early signs of fluid overload. Addressing these symptoms is crucial for improving the patient's quality of life, reducing hospitalizations, and preventing further complications associated with heart failure. This focus aligns with the overarching goal of heart failure management, which is to stabilize the patient, prevent exacerbations, and enhance overall cardiac function.

**7. What is a sign that might indicate alcohol withdrawal?**

- A. Weight gain**
- B. Excessive sleepiness**
- C. Tremors and agitation**
- D. Stable mood**

Tremors and agitation are key signs of alcohol withdrawal. When an individual who is dependent on alcohol suddenly stops or significantly reduces their intake, the absence of alcohol can lead to a range of physical and psychological symptoms due to the nervous system's reaction to the lack of depressant effects that alcohol provides. Tremors typically occur in the hands or other parts of the body and can be quite noticeable, while agitation may manifest as restlessness or an inability to relax. These symptoms arise because the central nervous system may become hyperactive when alcohol is no longer present, leading to an increase in excitatory neurotransmission. Recognizing these signs is crucial for healthcare providers, as they indicate the need for monitoring and possible intervention to ensure the individual's safety and manage the withdrawal process effectively. In contrast, weight gain and excessive sleepiness do not align with the expected symptoms of alcohol withdrawal, and a stable mood would suggest that there is no acute distress or instability, which is atypical during withdrawal.

**8. Which statement shows understanding following laser surgery for open angle glaucoma?**

- A. "I will use a stool softener to prevent constipation"**
- B. "I will avoid all physical activity for a month"**
- C. "I will discontinue all medications immediately"**
- D. "I will not follow up with my doctor"**

The statement about using a stool softener to prevent constipation reflects an understanding of post-operative care following laser surgery for open angle glaucoma. After such procedures, patients may be prescribed medications or experience changes in their usual activities that could lead to discomfort or complications like constipation. Using a stool softener helps to prevent straining during bowel movements, which is particularly important if a patient is on pain medications that can cause constipation. This proactive approach contributes to a smoother recovery process and helps reduce the risk of complications that could affect their eye health or general well-being. In contrast, avoiding all physical activity for a month might be excessively cautious without guidance from a healthcare professional, as some activities could be permissible or even beneficial for recovery. Stopping all medications immediately can lead to uncontrolled intraocular pressure, negating the benefits of the laser surgery. Lastly, a failure to follow up with a doctor can affect the monitoring of the treatment's success and the ongoing management of glaucoma, which is essential for preserving vision health.

**9. Which statement indicates that a client with Peptic Ulcer Disease understands their condition?**

- A. "I will plan to have meals at regular intervals"**
- B. "I should eat only soft foods"**
- C. "I can skip meals if I don't feel hungry"**
- D. "Taking antacids will cure my ulcer"**

The statement indicating that a client with Peptic Ulcer Disease understands their condition is one that emphasizes the importance of regular meal patterns. Individuals with this condition benefit from well-timed meals because eating at regular intervals can help reduce gastric acid secretion and prevent the stomach from becoming too empty. This is crucial since an empty stomach can lead to increased acid production, which may aggravate ulcer symptoms. In contrast, that statement highlights a proactive approach to managing their condition through structured eating habits, reducing the likelihood of episodes that could exacerbate their ulcers. Regular meals can help maintain a balanced environment in the stomach, making this a crucial aspect of dietary management for those suffering from Peptic Ulcer Disease. Other statements do not convey an understanding of effective management for Peptic Ulcer Disease. For example, focusing solely on soft foods may overlook the need for balanced nutrition, and skipping meals is counterproductive as it can lead to excessive stomach acid. Meanwhile, believing that antacids alone can cure an ulcer reflects a misunderstanding of the condition, as comprehensive treatment often includes medications and lifestyle changes.

**10. A client with a long leg cast reports severe pain. What symptom indicates possible compartment syndrome?**

- A. Pallor in exposed portion**
- B. Inability to move the foot**
- C. Swelling above the cast**
- D. Coolness of the skin**

The presence of pallor in the exposed portion of the limb is a key symptom that indicates possible compartment syndrome. Compartment syndrome occurs when there is increased pressure within a muscle compartment that can lead to insufficient blood supply and subsequent tissue damage. Pallor suggests that blood flow is compromised, leading to a lack of oxygen and nutrients reaching the tissues. In the context of compartment syndrome, pallor indicates that the affected limb is being deprived of adequate circulation, which can lead to serious complications if not addressed promptly. Other signs and symptoms of compartment syndrome may include extreme pain, paresthesia, and weakness in the affected area. The other symptoms listed, such as swelling above the cast, inability to move the foot, and coolness of the skin, can also be associated with complications but do not specifically indicate the diminished blood flow and urgency of compartment syndrome in the same way pallor does.