

## 2018 HESI EXIT V4

1. The nurse is caring for a pre-adolescent client in skeletal Dunlop traction. Which nursing intervention is appropriate for this child?

- A) Make certain the child is maintained in correct body alignment.
- B) Be sure the traction weights touch the end of the bed.
- C) Adjust the head and foot of the bed for the child's comfort
- D) Release the traction for 15-20 minutes every 6 hours PRN.

The correct answer is A: Make certain the child is maintained in correct body alignment.

2. The nurse is assessing a healthy child at the 2 year check up. Which of the following should the nurse report immediately to the health care provider?

- A) Height and weight percentiles vary widely
- B) Growth pattern appears to have slowed
- C) Recumbent and standing height are different
- D) Short term weight changes are uneven

The correct answer is A: Height and weight percentiles vary widely

3. The parents of a 2 year-old child report that he has been holding his breath whenever he has temper tantrums. What is the best action by the nurse?

- A) Teach the parents how to perform cardiopulmonary resuscitation
- B) Recommend that the parents give in when he holds his breath to prevent anoxia
- C) Advise the parents to ignore breath holding because breathing will begin as a reflex
- D) Instruct the parents on how to reason with the child about possible harmful effects

The correct answer is C: Advise the parents to ignore breath holding because breathing will begin as a reflex

4. The nurse is assessing a client in the emergency room. Which statement suggests that the problem is acute angina?

- A) "My pain is deep in my chest behind my sternum."
- B) "When I sit up the pain gets worse."
- C) "As I take a deep breath the pain gets worse."
- D) "The pain is right here in my stomach area."

The correct answer is A: "My pain is deep in my chest behind my sternum."

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5. The nurse is assessing the mental status of a client admitted with possible organic brain disorder. Which of these questions will best assess the function of the client's recent

memory?

- A) "Name the year." "What season is this?" (pause for answer after each question)
- B) "Subtract 7 from 100 and then subtract 7 from that." (pause for answer) "Now continue to subtract 7 from the new number."
- C) "I am going to say the names of three things and I want you to repeat them after me: blue, ball, pen."
- D) "What is this on my wrist?" (point to your watch) Then ask, "What is the purpose of it?"

The correct answer is C: "I am going to say the names of three things and I want you to repeat them after me: blue, ball, pen."

6. In planning care for a 6 month-old infant, what must the nurse provide to assist in the development of trust?

- A) Food
- B) Warmth
- C) Security
- D) Comfort

The correct answer is C: Security

7. A nurse has just received a medication order which is not legible. Which statement best reflects assertive communication?

- A) "I cannot give this medication as it is written. I have no idea of what you mean."
- B) "Would you please clarify what you have written so I am sure I am reading it correctly?"
- C) "I am having difficulty reading your handwriting. It would save me time if you would be more careful."
- D) "Please print in the future so I do not have to spend extra time attempting to read your writing."

The correct answer is B) "Would you please clarify what you have written so I am sure I am reading it correctly?"

8. What is the most important consideration when teaching parents how to reduce risks in the home?

- A) Age and knowledge level of the parents
- B) Proximity to emergency services
- C) Number of children in the home
- D) Age of children in the home

The correct answer is D: Age of children in the home

9. A 35 year-old client with sickle cell crisis is talking on the telephone but stops as the nurse enters the room to request something for pain. The nurse should

- A) Administer a placebo
- B) Encourage increased fluid intake
- C) Administer the prescribed analgesia
- D) Recommend relaxation exercises for pain control

The correct answer is C: Administer the prescribed analgesia

10. While caring for a toddler with croup, which initial sign of croup requires the nurse's immediate attention?

- A) Respiratory rate of 42
- B) Lethargy for the past hour
- C) Apical pulse of 54
- D) Coughing up copious secretions

The correct answer is A: Respiratory rate of 30

11. A client is admitted with low T3 and T4 levels and an elevated TSH level. On initial assessment, the nurse would anticipate which of the following assessment findings?

- A) Lethargy
- B) Heat intolerance
- C) Diarrhea
- D) Skin eruptions

The correct answer is A: Lethargy

12. The emergency room nurse admits a child who experienced a seizure at school. The father comments that this is the first occurrence, and denies any family history of epilepsy. What is the best response by the nurse?

- A) "Do not worry. Epilepsy can be treated with medications."
- B) "The seizure may or may not mean your child has epilepsy."
- C) "Since this was the first convulsion, it may not happen again."
- D) "Long term treatment will prevent future seizures."

The correct answer is B: "The seizure may or may not mean your child has epilepsy."

13. Alcohol and drug abuse impairs judgment and increases risk taking behavior. What nursing diagnosis best applies?

- A) Risk for injury
- B) Risk for knowledge deficit

- C) Altered thought process
- D) Disturbance in self-esteem

The correct answer is A: Risk for injury

14. The nurse is caring for a 10 month-old infant who is has oxygen via mask. It is important for the nurse to maintain patency of which of these areas?

- A) Mouth
- B) Nasal passages
- C) Back of throat
- D) Bronchials

The correct answer is B: Nasal passages

15. The nurse is providing instructions for a client with pneumonia. What is the most important information to convey to the client?

- A) "Take at least 2 weeks off from work."
- B) "You will need another chest x-ray in 6 weeks."
- C) "Take your temperature every day."
- D) "Complete all of the antibiotic even if your findings decrease."

The correct answer is D: "Complete all of the antibiotic even if your findings decrease."

16. When counseling a 6 year old who is experiencing enuresis, what must the nurse understand about the pathophysiological basis of this disorder?

- A) Has no clear etiology
- B) May be associated with sleep phobia
- C) Has a definite genetic link
- D) Is a sign of willful misbehavior

The correct answer is A: Has no clear etiology

17. The nurse is discussing negativism with the parents of a 30 month-old child. How should the nurse tell the parents to best respond to this behavior?

- A) Reprimand the child and give a 15 minute "time out"
- B) Maintain a permissive attitude for this behavior
- C) Use patience and a sense of humor to deal with this behavior
- D) Assert authority over the child through limit setting

The correct answer is C: Use patience and a sense of humor to deal with this behavior

18. The nurse is talking by telephone with a parent of a 4 year-old child who has chickenpox. Which of the following demonstrates appropriate teaching by the nurse?

- A) Chewable aspirin is the preferred analgesic

- B) Topical cortisone ointment relieves itching
- C) Papules, vesicles, and crusts will be present at one time
- D) The illness is only contagious prior to lesion eruption

The correct answer is C: Papules, vesicles, and crusts will be present at one time

19. The nurse is assigned to a client who has heart failure . During the morning rounds the nurse sees the client develop sudden anxiety, diaphoresis and dyspnea. The nurse auscultates, crackles bilaterally.

Which nursing intervention should be performed first?

- A) Take the client's vital signs
- B) Place the client in a sitting position with legs dangling
- C) Contact the health care provider
- D) Administer the PRN anti anxiety agent

The correct answer is B: Place the client in a sitting position with legs dangling

20. The nurse is caring for a toddler with atopic dermatitis. The nurse should instruct the parents to

- A) Dress the child warmly to avoid chilling
- B) Keep the child away from other children for the duration of the rash
- C) Clean the affected areas with tepid water and detergent
- D) Wrap the child's hand in mittens or socks to prevent scratching

The correct answer is D: Wrap the child's hand in mittens or socks to prevent scratching

21. A recovering alcoholic asked the nurse, "Will it be ok for me to just drink at special family gatherings?" Which initial response by the nurse would be best?

- A) "A recovering person has to be very careful not to lose control, therefore, confine your drinking just at family gatherings."
- B) "At your next AA meeting discuss the possibility of limited drinking with your sponsor."
- C) "A recovering person needs to get in touch with their feelings. Do you want a drink?"
- D) "A recovering person cannot return to drinking without starting the addiction process over."

The correct answer is D: "The recovering person cannot return to drinking without starting the addiction process over."

22. In taking the history of a pregnant woman, which of the following would the nurse recognize as the primary contraindication for breast feeding?

- A) Age 40 years
- B) Lactose intolerance

- C) Family history of breast cancer
- D) Uses cocaine on weekends

The correct answer is D: Uses cocaine on weekends

23. A client is receiving nitroprusside IV for the treatment of acute heart failure with pulmonary edema. What diagnostic lab value should the nurse monitor in relation to this medication?

- A) Potassium
- B) Arterial blood gasses
- C) Blood urea nitrogen
- D) Thiocyanate

The correct answer is D: Thiocyanate

24. A victim of domestic violence tells the batterer she needs a little time away. How would the nurse expect that the batterer might respond?

- A) With acceptance and views the victim's comment as an indication that their marriage is in trouble
- B) With fear of rejection causing increased rage toward the victim
- C) With a new commitment to seek counseling to assist with their marital problems
- D) With relief, and welcomes the separation as a means to have some personal time

The correct answer is B: With fear of rejection causing increased rage toward the victim

25. A postpartum mother is unwilling to allow the father to participate in the newborn's care, although he is interested in doing so. She states, "I am afraid the baby will be confused about who the mother is. Baby raising is for mothers, not fathers." The nurse's initial intervention should be what focus?

- A) Discuss with the mother sharing parenting responsibilities
- B) Set time aside to get the mother to express her feelings and concerns
- C) Arrange for the parents to attend infant care classes
- D) Talk with the father and help him accept the wife's decision

The correct answer is B: Set time aside to get the mother to express her feelings and concerns

26. A client with emphysema visits the clinic. While teaching about proper nutrition, the nurse should emphasize that the client

- A) Eat foods high in sodium increases sputum liquefaction
- B) Use oxygen during meals improves gas exchange
- C) Perform exercise after respiratory therapy enhances appetite
- D) Cleanse the mouth of dried secretions reduces risk of infection

The correct answer is B: Use oxygen during meals improves gas exchange

27. Which of these parents' comment for a newborn would most likely reveal an initial finding of a suspected pyloric stenosis?

- A) I noticed a little lump a little above the belly button.
- B) The baby seems hungry all the time.
- C) Mild vomiting that progressed to vomiting shooting across the room.
- D) Irritation and spitting up immediately after feedings.

The correct answer is C: Mild emesis progressing to projectile vomiting

28. The nurse is assessing a child for clinical manifestations of iron deficiency anemia. Which factor would the nurse recognize as cause for the findings?

- A) Decreased cardiac output
- B) Tissue hypoxia
- C) Cerebral edema
- D) Reduced oxygen saturation

The correct answer is B: Tissue hypoxia

29. The nurse would expect the cystic fibrosis client to receive supplemental pancreatic enzymes along with a diet

- A) High in carbohydrates and proteins
- B) Low in carbohydrates and proteins
- C) High in carbohydrates, low in proteins
- D) Low in carbohydrates, high in proteins

The correct answer is A: High in carbohydrates and proteins

30. In evaluating the growth of a 12 month-old child, which of these findings would the nurse expect to be present in the infant?

- A) Increased 10% in height
- B) 2 deciduous teeth
- C) Tripled the birth weight
- D) Head > chest circumference

The correct answer is C: Tripled the birth weight

31. A Hispanic client in the postpartum period refuses the hospital food because it is "cold." The best initial action by the nurse is to

- A) Have the unlicensed assistive personnel (UAP) reheat the food if the client wishes



- B) Ask the client what foods are acceptable or bad
- C) Encourage her to eat for healing and strength
- D) Schedule the dietitian to meet with the client as soon as possible

The correct answer is B: Ask the client what foods are acceptable

32. The father of an 8 month-old infant asks the nurse if his infant's vocalizations are normal for his age. Which of the following would the nurse expect at this age?

- A) Cooing
- B) Imitation of sounds
- C) Throaty sounds
- D) Laughter

The correct answer is B: Imitation of Sounds

33. The nurse should recognize that physical dependence is accompanied by what findings when alcohol consumption is first reduced or ended?

- A) Seizures
- B) Withdrawal
- C) Craving
- D) Marked tolerance

The correct answer is B: Withdrawal

34. Immediately following an acute battering incident in a violent relationship, the batterer may respond to the partner's injuries by

- A) Seeking medical help for the victim's injuries
- B) Minimizing the episode and underestimating the victim's injuries
- C) Contacting a close friend and asking for help
- D) Being very remorseful and assisting the victim with medical care

The correct answer is B: Minimizing the episode and underestimating the victim's injuries

35. The nurse is planning to give a 3 year-old child oral digoxin. Which of the following is the best approach by the nurse?

- A) "Do you want to take this pretty red medicine?"
- B) "You will feel better if you take your medicine."
- C) "This is your medicine, and you must take it all right now."
- D) "Would you like to take your medicine from a spoon or a cup?"

The correct answer is D: "Would you like to take your medicine from a spoon or a cup?"

36. In planning care for a child diagnosed with minimal change nephrotic syndrome, the nurse should understand the relationship between edema formation and

- A) Increased retention of albumin in the vascular system
- B) Decreased colloidal osmotic pressure in the capillaries
- C) Fluid shift from interstitial spaces into the vascular space
- D) Reduced tubular reabsorption of sodium and water

The correct answer is B: Decreased colloidal osmotic pressure in the capillaries

37. An eighteen month-old has been brought to the emergency room with irritability, lethargy over 2 days, dry skin and increased pulse. Based upon the evaluation of these initial findings, the nurse would assess the child for additional findings of

- A) Septicemia
- B) Dehydration
- C) Hypokalemia
- D) Hypercalcemia

The correct answer is B: Dehydration

38. A client who has been drinking for five years states that he drinks when he gets upset about "things" such as being unemployed or feeling like life is not leading anywhere. The nurse understands that the client is using alcohol as a way to deal with

- A) Recreational and social needs
- B) Feelings of anger
- C) Life's stressors
- D) Issues of guilt and disappointment

The correct answer is C: Life's stressors

39. The nurse is monitoring the contractions of a woman in labor. A contraction is recorded as beginning at 10:00 A.M. and ending at 10:01 A.M. Another begins at 10:15

A.M. What is the frequency of the contractions?

- A) 14 minutes
- B) 10 minutes
- C) 15 minutes
- D) Nine minutes

The correct answer is C: 15 minutes

40. The nurse is performing an assessment on a child with severe airway obstruction. Which finding would the nurse anticipate finding?

- A) Retractions in the intercostal tissues of the thorax

- B) Chest pain aggravated by respiratory movement
- C) Cyanosis and mottling of the skin
- D) Rapid, shallow respirations

The correct answer is A: Retractions in the soft tissues of the thorax

41. During the evaluation phase for a client, the nurse should focus on

- A) All finding of physical and psychosocial stressors of the client and in the family
- B) The client's status, progress toward goal achievement, and ongoing re-evaluation
- C) Setting short and long-term goals to insure continuity of care from hospital to home
- D) Select interventions that are measurable and achievable within selected timeframes

The correct answer is B: The client's status, progress toward goal achievement, and ongoing re evaluation

42. The school nurse suspects that a third grade child might have Attention Deficit Hyperactivity Disorder. Prior to referring the child for further evaluation, the nurse should

- A) Observe the child's behavior on at least 2 occasions
- B) Consult with the teacher about how to control impulsivity
- C) Compile a history of behavior patterns and developmental accomplishments
- D) Compare the child's behavior with classic signs and symptoms

The correct answer is C: Compile a history of behavior patterns and developmental accomplishments

43. Which of the actions suggested to the RN by the PN during a planning conference for a 10 month-old infant admitted 2 hours ago with bacterial meningitis would be acceptable to add to the plan of

care?

- A) Measure head circumference
- B) Place in airborne isolation
- C) Provide passive range of motion
- D) Provide an over-the-crib protective top

The correct answer is A: Measure head circumference

44. A client is admitted with a diagnosis of hepatitis B. In reviewing the initial laboratory results, the nurse would expect to find elevation in which of the following values?

- A) Blood urea nitrogen
- B) Acid phosphatase
- C) Bilirubin

D) Sedimentation rate

The correct answer is C: Bilirubin

45. The nurse is discussing nutritional requirements with the parents of an 18 month-old child. Which of these statements about milk consumption is correct?

A) May drink as much milk as desired

B) Can have milk mixed with other foods

C) Will benefit from fat-free cow's milk

D) Should be limited to 3-4 cups of milk daily

The correct answer is D: Should be limited to three to four cups of milk daily

46. The nurse is talking with a client. The client abruptly says to the nurse, "The moon is full. Astronauts walk on the moon. Walking is a good health habit." The client's behavior most likely indicates

A) Neologisms

B) Dissociation

\* C) Flight of ideas

D) Word salad

The correct answer is C: Flight of ideas

47. A mother asks about expected motor skills for a 3 year-old child. Which of the following would the nurse emphasize as normal at this age?

A) Jumping rope

B) Tying shoelaces

C) Riding a tricycle

D) Playing hopscotch

The correct answer is C: Riding a tricycle

48. A home health nurse is caring for a client with a pressure sore that is red, with serous drainage, is 2 inches in diameter with loss of subcutaneous tissue. The appropriate dressing for this wound is

A) A transparent film dressing

B) Wet dressing with debridement granules

C) Wet to dry with hydrogen peroxide

D) Moist saline dressing

The correct answer is D: Moist saline dressing