#### 1.

# Adult Health HESI Practice Test. Latest 2021

The nurse is teaching a 64 year old female patient with osteoarthritis appropriate activities to encourage exercises with this disease. Which of the following should the nurse suggest?

- A. Running
- B. Swimming
- C. Tennis
- D. Racket ball.
- 2. An 86 year old male with cancer of the bones is admitted for pain exacerbation. Which of the following would be prescribed to treat this patient's pain?
  - A. Opioids
  - B. Nonopioids
  - C. PCA pump
  - D. Opioids and nonopioids
- 3. The nurse is teaching a young patient diagnosed with diverticulosis appropriate foods she should eat. Which of the following would the nurse suggest to this patient?
  - A. Low fiber diet
  - B. Increased fluids with a high fiber diet
  - C. Bland diet with increased fluids
  - D. Avoid spicy foods
- 4. A patient has just arrived to the PACU following surgery. As the patient is waking up, he complains that his left foot is severely hurting. Which action should the nurse do first?
  - A. Remove the dressing
  - B. Observe for swelling
  - C. Assess pulses
  - D. Call the physician immediately
- 5. A young patient with a heavy menstrual cycle is diagnosed with iron deficient anemia. Which of the following could the nurse suggest the patient eat in order to help treat this diagnosis?
  - A. Brussel sprouts, milk, yogurt

# **Hesi Block Practice Questions**

**D** Kirk

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