

NURSING 201 - KEY FUNDAMENTALS SKILLS HESI EXAM

1. 1.ID: 310989309

An elderly client with a fractured left hip is on strict bedrest. Which nursing measure is essential to the client's nursing care?

- A. ☐ Massage any reddened areas for at least five minutes.
- B. ☐ Encourage active range of motion exercises on extremities.
- C. ☐ Position the client laterally, prone, and dorsally in sequence.
- D. ☒ Gently lift the client when moving into a desired position. **Correct**

2. 2.ID: 311018751

The nurse is administering medications through a nasogastric tube (NGT) which is connected to suction. After ensuring correct tube placement, what action should the nurse take next?

- A. ☐ Clamp the tube for 20 minutes.
- B. ☒ Flush the tube with water. **Correct**
- C. ☐ Administer the medications as prescribed.
- D. ☐ Crush the tablets and dissolve in sterile water.

3. 3.ID: 310953495

A client who is in hospice care complains of increasing amounts of pain. The healthcare provider prescribes an analgesic every four hours as needed. Which action should the nurse implement?

- A. ☒ Give an around-the-clock schedule for administration of analgesics. **Correct**
- B. ☐ Administer analgesic medication as needed when the pain is severe.
- C. ☐ Provide medication to keep the client sedated and unaware of stimuli.
- D. ☐ Offer a medication-free period so that the client can do daily activities.

4. 4.ID: 310965989

When assessing a client with wrist restraints, the nurse observes that the fingers on the right hand are blue. What action should the nurse implement first?

- A. ☒ Loosen the right wrist restraint. **Correct**
- B. ☐ Apply a pulse oximeter to the right hand.
- C. ☐ Compare hand color bilaterally.
- D. ☐ Palpate the right radial pulse.

5. 5.ID: 310959857

The nurse is assessing the nutritional status of several clients. Which client has the greatest nutritional need for additional intake of protein?

- A. ☐ A college-age track runner with a sprained ankle.
- B. ☒ A lactating woman nursing her 3-day-old infant. **Correct**
- C. ☐ A school-aged child with Type 2 diabetes.

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Michael Hoelscher



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