

HEALTHCARE STUDY GUIDE

MEDICAL-SURGICAL NURSING
(ACUTE & CHRONIC CONDITIONS)

YEAR 1
SYSTEM STRUCTURE

SAMPLE
250 EXAM PREP QUESTIONS,
WITH EXPLAINED ANSWERS



LEARNERS | PRACTITIONERS | EDUCATORS

HealthcareStudyGuide.com

UNITY CREST SOLUTIONS INC.

Who Is Healthcare Study Guide For

Healthcare Study Guide is a professional-grade study and review resource for healthcare workers across the United States and Canada. Whether you're preparing for a certification exam, re-entering the workforce, or transitioning into a new role or specialty, this guide is designed to help you test your knowledge, reinforce critical concepts, and build career confidence.

This guide can be used for exam preparation, knowledge review, and independent study. It is suitable for a wide range of professionals who need to refresh, refine, or benchmark their understanding of core healthcare topics.

It is not a substitute for accredited coursework or formal clinical training, and does not replace regulatory, licensing, or board-approved materials. Rather, it is meant to complement your preparation, offering structured support and insight as you work toward your goals.

Who We Serve

1. Internationally Trained Healthcare Professionals

You've completed your education and worked in your home country. Now you're preparing to meet Canadian or U.S. standards. This guide helps you align your clinical knowledge with North American expectations.

2. Licensed Nurses, Paramedics, and Allied Health Workers Advancing Their Roles

Whether you're moving from general practice to a specialty field, taking on leadership, or preparing for an internal assessment, this guide helps you reinforce foundational knowledge and expand into more advanced thinking.

3. Returning Healthcare Professionals

If you're re-entering the workforce after time away, this guide is a practical starting point to evaluate what you remember, what's changed, and where to focus next.

4. New Graduates Preparing for Exams

You're nearing the end of your formal education, and now it's time to prepare for licensing. Our practice tests and explanations help you study smarter and approach your exams with confidence.

5. Healthcare Instructors, Coaches, and Bridge Programs

You need reliable, structured materials to support learners from diverse backgrounds. This guide is suitable for supplemental instruction, assessment tools, and career readiness modules.

Start Strong. Stay Sharp. Move Forward With Confidence.

Whether you're preparing for exams, transitioning into a new role, or reviewing after time away, *Healthcare Study Guide* gives you the structure and clarity to take your next step. Designed for independent learners, this guide helps you build confidence, reinforce knowledge, and stay aligned with your professional goals.

Explore additional resources, practice tools, and review materials tailored to today's healthcare environment at: HealthcareStudyGuide.com

Certainly! Here's a version that's approximately 20% longer, while maintaining clarity and structure—ideal for filling out the page more fully without being repetitive:



What Healthcare Study Guide Offers

Whether you're preparing for a certification exam, returning to the field after time away, or stepping into a new clinical role, *Healthcare Study Guide* provides the structure and insight you need to move forward with purpose. Designed to reflect North American clinical standards, this guide gives you a flexible, self-paced tool for reinforcing your knowledge and building confidence.

1. **Structured Study Guides**

Each guide is developed and reviewed by experienced healthcare professionals to align with core competencies across roles and jurisdictions. Content is thoughtfully organized to help learners from diverse educational backgrounds, including internationally trained professionals, navigate complex topics with clarity and focus.

2. **Exam-Style Practice Tests**

Timed, multiple-choice practice exams simulate real testing environments. These allow you to track progress, improve decision-making under pressure, and become more familiar with exam structure, pacing, and question format.

3. **Role-Specific Question Banks**

Our question banks are organized around practical responsibilities and clinical terminology you'll encounter on the job. Whether you're in direct patient care, support services, or administration, the material is crafted to reflect real-world priorities and expectations.

4. **Clinical Answer Rationales**

Each question is followed by a detailed rationale explaining not just which answer is correct, but why it's correct. This supports deeper learning, strengthens clinical reasoning, and encourages critical thinking—especially useful for internationally trained professionals adapting to North American protocols.

5. **Supplemental Review Tools**

You'll also find extra learning material on topics such as infection prevention, patient safety, ethical care, cultural competence, and interprofessional communication. These tools are designed to round out your knowledge and help you better understand the expectations of modern healthcare systems.

Using This Guide Effectively

This study guide is meant to supplement—not replace—formal education, accredited coursework, or required clinical training. It should be used to enhance your preparation by identifying your strengths, exposing gaps in knowledge, and encouraging repeat engagement with real-world scenarios and test logic.

For best results, we recommend pairing this guide with official reference materials and regulatory frameworks provided by your licensing authority, training institution, or employer. This combined approach ensures that you're not only reviewing the right material but developing a mindset for safe, confident, and effective practice.



Ready to Take the First Step Toward Career Progression

Whether you're pivoting to a new specialty, re-entering the field, or preparing for certification in the U.S. or Canada, this guide provides a structured foundation for the next step in your healthcare career.

Visit **HealthcareStudyGuide.com** to access additional resources, take full-length practice tests, and explore tools tailored to your role and goals.

Why Healthcare Study Guide

We believe healthcare education should be practical, affordable, and accessible—whether you're starting a new chapter, transitioning across borders, or stepping into a more advanced role. This guide was built to help you move forward with clarity, confidence, and direction.

This isn't a shortcut. It's a structured, expert-reviewed study and review tool designed to help you assess your knowledge, strengthen clinical reasoning, and focus on what matters most. From practice tests to detailed answer breakdowns, every feature is designed to support real-world preparation—not just academic review.

Use this guide alongside formal coursework, official licensing materials, and clinical experience for the best results.

Success Stories from Professionals Like You

"I was preparing to return to practice in North America after more than a decade abroad. This guide gave me a clear path to follow. It helped me refocus and regain my confidence before applying for hospital roles."

— Priya D., Registered Nurse

"I used this guide while prepping for a trauma nurse position. The questions pushed me to think beyond memorization and into clinical decision-making. It helped me walk into the interview prepared and focused."

— Daniel H., Licensed Practical Nurse

"I'm an instructor for an international bridging program. We needed something affordable that didn't compromise on depth. The explanations are sharp, the structure is clean, and my students rely on it week after week."

— Tanya W., Clinical Educator

Ready to Start Your Own Success Story

Whether you're reviewing core skills, preparing for certification, or planning a lateral move—Healthcare Study Guide gives you the tools to move forward with purpose.

Visit **HealthcareStudyGuide.com** to get started today.



What This Guide Will Teach You

This guide isn't just about reviewing facts. It's about sharpening clinical reasoning, preparing for role-specific expectations, and building confidence as you advance, transition, or requalify in healthcare.

Success in this field demands more than academic knowledge. It requires focus, effort, and a mindset ready for high-pressure decision-making. Here's what to expect:

- 1. Progress takes work**

This guide is a tool—how much you gain depends on how actively you use it. Engaging with questions, reviewing explanations, and retesting weak areas is key to progress.

- 2. The focus is on clinical thinking**

Every question is designed to develop how you think, not just what you know. The answer explanations aren't filler—they're your opportunity to strengthen diagnostic logic, decision-making, and situational awareness.

- 3. It's a supplement, not a stand-alone solution**

This guide is most effective when paired with accredited coursework, current regulatory materials, and hands-on experience. It helps orient your study and fill knowledge gaps—but it's not a replacement for formal training or licensure requirements.

Used consistently, this guide can help you study with more purpose, reduce stress, and show up prepared—whether for an exam, a return-to-practice interview, or a new position in healthcare.

What This Guide Is—and What It Is Not

Healthcare Study Guide is a structured study resource built to support exam preparation, professional transitions, and independent review. It includes questions, explanations, and scenario-based material designed by professionals to reflect clinical realities in North American healthcare.

However, credentialing and licensure standards vary. This guide does not guarantee certification and is not affiliated with any official regulatory or licensing body.

This is not a substitute for medical education, formal clinical instruction, or hands-on patient care experience. It is meant to complement your preparation—not replace it.

Before using this guide for credentialing purposes, verify current requirements with your licensing authority or relevant governing body.



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Healthcare Study Guide is a supplemental resource for individuals preparing for healthcare-related certification exams, re-entry assessments, or professional development. It is not intended to replace accredited programs, official licensing materials, or supervised clinical training.

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Unlock Your Next Step

Whether you're studying for a national exam or re-entering the healthcare field, this guide is designed to move with you—offering practical tools to build confidence and clarity in your next step.

With flexible, self-paced learning built for busy professionals, *Healthcare Study Guide* supports learners at every stage. Visit HealthcareStudyGuide.com for access to practice tests, review tools, and resources tailored to your goals.



SNOWSITES



Year 1: Foundations of Medical-Surgical Nursing (Acute & Chronic Conditions)

Subject 3. Basic Anatomy & Physiology Review

1. What organ pumps blood throughout the body?

- a) Lungs
- b) Kidney
- c) Heart
- d) Liver

Correct Answer: c) Heart

Explanation: The heart is a muscular organ responsible for pumping blood throughout the body. It circulates oxygenated blood to tissues and organs while returning deoxygenated blood to the lungs for reoxygenation. Understanding heart function is crucial in medical-surgical nursing, as various conditions can significantly impact cardiovascular health.

2. Which system is responsible for gas exchange?

- a) Circulatory
- b) Respiratory
- c) Digestive
- d) Nervous

Correct Answer: b) Respiratory

Explanation: The respiratory system is responsible for gas exchange, primarily oxygen and carbon dioxide, between the atmosphere and the bloodstream. In medical-surgical nursing, recognizing respiratory issues such as asthma or pneumonia is vital for providing appropriate care and interventions to patients with acute and chronic conditions.

3. What organ is primarily involved in digestion?

- a) Lungs
- b) Heart
- c) Brain
- d) Stomach

Correct Answer: d) Stomach

Explanation: The stomach plays a crucial role in the digestive process by breaking down food with acids and enzymes. This organ's function is essential for nutrient absorption, and medical-surgical nurses must understand gastrointestinal disorders to manage symptoms and provide effective patient care in various conditions.



4. Which organ filters blood to produce urine?

- a) Kidney
- b) Spleen
- c) Liver
- d) Pancreas

Correct Answer: a) Kidney

Explanation: The kidneys filter blood to remove waste products, balancing fluids and electrolytes to produce urine. In medical-surgical nursing, knowledge of renal function is essential, as many acute and chronic conditions, like kidney disease or urinary tract infections, can affect overall health and treatment plans.

5. What is the main function of red blood cells?

- a) Clot blood
- b) Carry oxygen
- c) Produce hormones
- d) Fight infections

Correct Answer: b) Carry oxygen

Explanation: Red blood cells (RBCs) are responsible for transporting oxygen from the lungs to body tissues and returning carbon dioxide to the lungs for exhalation. In medical-surgical nursing, understanding the role of RBCs is vital, as conditions like anemia can significantly affect patient health and require careful assessment and management.

6. Which system regulates body temperature?

- a) Integumentary
- b) Muscular
- c) Endocrine
- d) Nervous

Correct Answer: a) Integumentary

Explanation: The integumentary system, which includes the skin, plays a critical role in regulating body temperature through processes such as sweating and vasodilation. In medical-surgical nursing, recognizing signs of temperature dysregulation can help identify underlying health issues and inform appropriate interventions for patient care.



7. What is the purpose of the gallbladder?

- a) Store bile
- b) Filter blood
- c) Absorb nutrients
- d) Produce insulin

Correct Answer: a) Store bile

Explanation: The gallbladder's primary function is to store and concentrate bile produced by the liver, which aids in the digestion of fats. Medical-surgical nursing requires an understanding of the gallbladder's role, as conditions like gallstones can lead to significant digestive issues and require surgical intervention.

8. Which part of the brain controls breathing?

- a) Thalamus
- b) Brainstem
- c) Cerebellum
- d) Cerebrum

Correct Answer: b) Brainstem

Explanation: The brainstem controls involuntary functions, including breathing and heart rate. In medical-surgical nursing, nurses must assess respiratory function and recognize the impact of neurological conditions on breathing patterns, as timely interventions can be critical in managing acute and chronic respiratory issues.

9. What is the primary role of platelets?

- a) Carry oxygen
- b) Fight bacteria
- c) Clot blood
- d) Produce hormones

Correct Answer: c) Clot blood

Explanation: Platelets are small cell fragments that play a vital role in blood clotting, preventing excessive bleeding when injuries occur. In medical-surgical nursing, understanding platelet function and disorders such as thrombocytopenia is crucial for managing patients with bleeding risks and ensuring safe surgical procedures.



10. Which organ is responsible for hormone production?

- a) Kidney
- b) Liver
- c) Pancreas
- d) Heart

Correct Answer: c) Pancreas

Explanation: The pancreas produces hormones like insulin and glucagon, which regulate blood sugar levels. In medical-surgical nursing, knowledge of endocrine functions is essential, as conditions like diabetes require careful monitoring and management of hormonal imbalances to ensure patient health and safety.

11. What is the primary function of the large intestine?

- a) Absorb water
- b) Store bile
- c) Breakdown nutrients
- d) Produce enzymes

Correct Answer: a) Absorb water

Explanation: The large intestine's main function is to absorb water and electrolytes from indigestible food matter, forming solid waste for excretion. In medical-surgical nursing, understanding the role of the large intestine helps in managing gastrointestinal disorders, preventing dehydration, and recognizing symptoms of conditions like irritable bowel syndrome.

12. Which system helps fight infections?

- a) Circulatory
- b) Digestive
- c) Immune
- d) Respiratory

Correct Answer: c) Immune

Explanation: The immune system is responsible for defending the body against pathogens and infections. In medical-surgical nursing, understanding the immune response is vital for recognizing signs of infection and implementing appropriate interventions, especially in patients with compromised immune systems or chronic conditions.



13. What structure connects muscles to bones?

- a) Cartilage
- b) Joints
- c) Tendons
- d) Ligaments

Correct Answer: c) Tendons

Explanation: Tendons are fibrous connective tissues that connect muscles to bones, facilitating movement. In medical-surgical nursing, knowledge of musculoskeletal anatomy is important for assessing injuries and conditions such as tendonitis, and for planning effective rehabilitation strategies for patients recovering from surgery or trauma.

14. Which organ produces urine?

- a) Liver
- b) Pancreas
- c) Kidney
- d) Bladder

Correct Answer: c) Kidney

Explanation: The kidneys filter blood to produce urine, removing waste and excess substances. In medical-surgical nursing, understanding kidney function is essential for assessing renal health and managing conditions like chronic kidney disease, which can significantly impact patients' overall health and treatment plans.

15. What is the primary function of the heart valves?

- a) Produce hormones
- b) Control pressure
- c) Pump blood
- d) Prevent backflow

Correct Answer: d) Prevent backflow

Explanation: Heart valves ensure unidirectional blood flow through the heart chambers and prevent backflow during contractions. In medical-surgical nursing, recognizing valve disorders, such as stenosis or regurgitation, is critical for understanding their impact on cardiac function and planning appropriate interventions for affected patients.



16. Which organ is involved in detoxification?

- a) Kidney
- b) Lungs
- c) Liver
- d) Stomach

Correct Answer: c) Liver

Explanation: The liver is the primary organ responsible for detoxification, processing drugs, and metabolizing nutrients. In medical-surgical nursing, understanding liver function is crucial for managing conditions like liver disease and for recognizing the effects of medications and toxins on patient health.

17. What is the main role of the diaphragm?

- a) Pump blood
- b) Digest food
- c) Protect organs
- d) Aid breathing

Correct Answer: d) Aid breathing

Explanation: The diaphragm is a major muscle involved in respiration, contracting to allow air to flow into the lungs. In medical-surgical nursing, assessing diaphragm function is essential for understanding respiratory health and the impact of conditions like COPD or pneumonia on patient breathing patterns.

18. Which system regulates the body's metabolism?

- a) Muscular
- b) Endocrine
- c) Nervous
- d) Digestive

Correct Answer: b) Endocrine

Explanation: The endocrine system, through hormones, regulates metabolism, growth, and development. In medical-surgical nursing, understanding endocrine functions is crucial for managing patients with metabolic disorders, such as diabetes or thyroid disease, ensuring proper treatment and monitoring to maintain patient health.



19. What is the role of the esophagus?

- a) Produce enzymes
- b) Transport food
- c) Store bile
- d) Absorb nutrients

Correct Answer: b) Transport food

Explanation: The esophagus is a muscular tube that transports food from the mouth to the stomach. In medical-surgical nursing, recognizing esophageal disorders, such as gastroesophageal reflux disease (GERD), is important for providing appropriate care and dietary recommendations to enhance patient comfort and health.

20. Which organ is primarily responsible for absorbing nutrients?

- a) Stomach
- b) Large intestine
- c) Pancreas
- d) Small intestine

Correct Answer: d) Small intestine

Explanation: The small intestine is the primary site for nutrient absorption following digestion. In medical-surgical nursing, understanding the small intestine's role is essential for managing gastrointestinal disorders and ensuring patients receive adequate nutrition, especially after surgeries that affect digestive health.

21. What is the function of the urethra?

- a) Filter blood
- b) Store urine
- c) Transport urine
- d) Produce urine

Correct Answer: c) Transport urine

Explanation: The urethra is the duct through which urine is expelled from the bladder to the outside of the body. In medical-surgical nursing, understanding urethral function is vital for assessing urinary health and managing conditions such as urinary tract infections and bladder dysfunction.



22. Which system includes the skin?

- a) Immune
- b) Endocrine
- c) Musculoskeletal
- d) Integumentary

Correct Answer: d) Integumentary

Explanation: The integumentary system comprises the skin, hair, and nails, providing protection and regulating temperature. In medical-surgical nursing, knowledge of integumentary health is crucial for assessing skin conditions, preventing infections, and ensuring proper care for patients with wounds or surgical sites.

23. What is the function of alveoli?

- a) Filter blood
- b) Exchange gases
- c) Store bile
- d) Absorb nutrients

Correct Answer: b) Exchange gases

Explanation: Alveoli are tiny air sacs in the lungs where gas exchange occurs, allowing oxygen to enter the bloodstream and carbon dioxide to be expelled. In medical-surgical nursing, understanding alveolar function is crucial for managing respiratory conditions and ensuring effective oxygen therapy in patients with impaired lung function.

24. Which organ regulates blood sugar levels?

- a) Heart
- b) Kidney
- c) Pancreas
- d) Liver

Correct Answer: c) Pancreas

Explanation: The pancreas regulates blood sugar levels by producing insulin and glucagon, hormones that control glucose metabolism. In medical-surgical nursing, knowledge of pancreatic function is vital for managing diabetes and ensuring proper patient education on dietary and lifestyle modifications to maintain blood sugar control.



25. What is the role of the lymphatic system?

- a) Fight infections
- b) Transport oxygen
- c) Absorb nutrients
- d) Produce hormones

Correct Answer: a) Fight infections

Explanation: The lymphatic system plays a critical role in immune function by transporting lymph, which contains infection-fighting white blood cells, throughout the body. In medical-surgical nursing, understanding the lymphatic system is essential for recognizing signs of lymphatic disorders and managing conditions like lymphedema or infections effectively.



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About the Creators

Bobby Bedi

Bobby Bedi is a digital strategist and EdTech systems architect with over 30 years of experience building scalable learning platforms. With roots in architecture and digital innovation, he specializes in designing user-focused education tools that blend clean design with powerful infrastructure.

Bobby has led digital transformation initiatives across startups, public companies, and global education ventures. His work centers on making learning more intuitive, accessible, and effective—regardless of a user's background or starting point.

At Healthcare Study Guide, Bobby oversees platform strategy, systems design, and digital experience—ensuring that each product delivers clarity, performance, and long-term value for learners and institutions alike.

Kris McFarlane

Kris McFarlane is a content strategist, learning designer, and EdTech entrepreneur with two decades of experience building practical, outcome-driven education programs. His background spans business development, curriculum design, and instructional systems—particularly in industries where accessible education is critical to career growth.

Kris has led the development of national study systems used across North America, combining technical accuracy with an understanding of how real people learn. His approach centers on clear, actionable content that meets professionals where they are and helps them move forward—fast.

At Healthcare Study Guide, Kris leads product development and content strategy, ensuring that every module reflects clinical standards while remaining approachable, efficient, and easy to use.

Work with the Creators

Bobby and Kris bring over 40 years of combined experience in EdTech, curriculum design, and scalable learning systems. Together, they build platforms that make professional education more accessible, more effective, and more aligned with the demands of today's workforce.

To learn more or connect with the Unity Crest Solutions team, visit UnityCrestSolutions.com.



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At Unity Crest Solutions, our mission is clear: Unite, Educate, and Innovate. We stand at the forefront of technological and educational innovation, solving global business challenges with strategic, cutting-edge solutions. Founded on the core principles of accessibility, efficiency, and continuous improvement, Unity Crest has become a driving force in transforming industries and empowering organizations across diverse sectors.

Our team of visionary leaders—experts in AI development, offshoring strategies, and comprehensive marketing—is committed to delivering tangible results that boost progress and profitability. We specialize in workforce empowerment, offering tailored solutions to equip professionals and organizations with the tools they need to thrive in today's fast-paced global marketplace.

Unite, Educate, and Innovate

At Unity Crest, we believe in the power of unity and education to drive innovation. By bringing together teams, technology, and knowledge, we empower our clients to seize new opportunities and foster long-term growth.

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We strongly recommend that all users consult the official resources provided by their provincial, state, or national regulatory organizations to obtain the most current, accurate, and legally binding information regarding licensing requirements, exam structure, and scope of practice.

Use this guide as a companion—not a replacement—for official training and credentialing pathways.



Unlock Your Potential with the Healthcare Study Guide

Whether you're preparing for a healthcare certification exam, stepping into a new clinical role, or transitioning from international training into the North American healthcare system, the Healthcare Study Guide is designed to support your next step.

This guide goes beyond memorization. It offers a structured, focused approach to help you review core knowledge, strengthen clinical reasoning, and prepare with confidence. Created for professionals at all stages, it delivers practical insight—without the high cost or complexity of traditional review programs.

What We Offer

- **Realistic Practice Tests**
Timed assessments simulate the pace and pressure of real exams, helping you evaluate readiness, sharpen focus, and build test-day confidence.
- **Targeted Question and Answer Sets**
Engage with questions written by healthcare professionals, aligned with clinical logic and licensing standards in both the U.S. and Canada.
- **In-Depth Explanations**
Every answer includes a clear, practical rationale—so you understand not just what's correct, but why. It's preparation Designed for clinical application.

Whether you're preparing for licensing, requalification, or a shift in specialty, this guide gives you the tools to move forward—on your own schedule.

Real Stories from Real Professionals

- "This gave me the structure I needed. After years away from practice, it helped me rebuild confidence and pass my certification."
— Alina S., Registered Nurse
- "I was preparing to move into emergency care. This guide helped me refocus and sharpen the clinical thinking I needed."
— Marcus K., Paramedic
- "As a program lead in an international bridge course, I've reviewed dozens of study tools. This is one of the few I continue to recommend."
— Dr. Elise N., Healthcare Educator

Take the Next Step in Your Career

Healthcare professionals across North America use this guide to sharpen their knowledge, rebuild confidence, and move into new roles with clarity and purpose. Now it's your turn.

Visit HealthcareStudyGuide.com to access the tools and support designed to help you prepare smarter, faster, and with more confidence.

Your next step starts here.



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