BACHELOR OF HEALTH SCIENCE (BHS) DEGREE PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

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How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

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Questions

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1. What is the purpose of health assessments?

A. To impose regulations on healthcare providers

B. To evaluate an individual's health status and identify improvement areas

C. To provide financial assistance for healthcare

D. To enforce public health laws

2. In which situation would a therapist be most likely to prioritize their response to a patient's need?

A. When working with chronic patients

B. When responding to an acute situation

C. During routine check-ins

D. During staff meetings

3. What biomedical therapy utilizes unspecialized human cells capable of renewing themselves?

A. Gene therapy

B. Stem cell research

C. Protein therapy

D. Enzyme replacement therapy

4. If a paramedic gets a hazardous substance in their eye, what is the immediate action they should take?

A. Apply an eye drop

B. Immediately flush the eye with water

C. Call for medical assistance

D. Cover the eye with a cloth

5. Ethical standards in healthcare are primarily based on what?

A. Legal regulations

B. Moral principles

C. Institutional policies

D. Professional guidelines

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6. What defines a healthcare system?

A. A set of health policies and regulations

B. A complex organization that provides healthcare services to populations

C. A network of healthcare providers only

D. A system for pharmaceutical distribution

7. What is a key quality for effective teamwork in healthcare?

A. Strict adherence to individual roles

B. Flexibility in adapting to team dynamics

C. Minimal interaction between team members

D. Focus on hierarchy within the team

8. What is the most common risk to patient privacy and confidentiality?

A. A healthcare provider

B. An organization's employee

C. A third-party vendor

D. The patient themselves

9. A blood sample from someone who has lack of dietary iron would MOST LIKELY show a decrease in:

A. Thrombocytes

B. Leukocytes

C. Erythrocytes

D. Plasma

10. What is a health risk assessment?

A. A method for diagnosing infections

B. A procedure to evaluate an individual's health risks based on various factors

C. A program for assessing public health policy outcomes

D. A way to monitor vaccine effectiveness

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Answers

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

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Explanations

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1. What is the purpose of health assessments?

A. To impose regulations on healthcare providers

B. To evaluate an individual's health status and identify improvement areas

C. To provide financial assistance for healthcare

D. To enforce public health laws

The purpose of health assessments is primarily to evaluate an individual's health status and identify areas for improvement. This process involves gathering comprehensive information about a person's physical, mental, and social health, which can help healthcare providers develop appropriate treatment plans and interventions. Through health assessments, professionals can detect early signs of health issues, monitor existing conditions, and promote preventative measures. This proactive approach enhances the overall well-being of individuals and can lead to more tailored healthcare services that meet their specific needs. In contrast, other options focus on different aspects of the healthcare system. Regulations on healthcare providers and the enforcement of public health laws are crucial for maintaining standards and protecting public health, but they do not directly assess individual health status. Similarly, financial assistance for healthcare aligns with the economic aspects of healthcare delivery but does not pertain to the purpose of conducting health assessments.

2. In which situation would a therapist be most likely to prioritize their response to a patient's need?

A. When working with chronic patients

B. When responding to an acute situation

C. During routine check-ins

D. During staff meetings

In a healthcare context, acute situations often involve urgent or emergent needs that require immediate attention. When a patient presents with an acute condition, such as severe pain, a medical crisis, or any situation that poses an immediate risk to their health or safety, the therapist's prioritization becomes critical. This urgency necessitates prompt intervention to stabilize the situation and provide necessary care. The therapist must assess the patient's condition rapidly, make important clinical decisions, and take appropriate action to address the immediate medical or psychological needs. In contrast, chronic patients typically require ongoing management and care adjustments over time, which, while important, may not demand the same level of immediate response as acute cases. Routine check-ins are generally scheduled and allow for systematic observation and non-urgent interventions, and staff meetings focus on administrative or collaborative functions rather than direct patient care, making them less critical in terms of prioritizing a single patient's immediate needs.

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3. What biomedical therapy utilizes unspecialized human cells capable of renewing themselves?

A. Gene therapy

B. Stem cell research

C. Protein therapy

D. Enzyme replacement therapy

Stem cell research is the correct choice, as it focuses on the use of unspecialized human cells known as stem cells. These cells have the unique ability to divide and renew themselves for long periods and can differentiate into various specialized cell types. This capacity makes stem cells a vital component in regenerative medicine, offering the potential to repair or replace damaged tissues and organs. In contrast, gene therapy involves the modification of genes within an individual's cells to treat or prevent disease, which does not specifically utilize unspecialized cells. Protein therapy leverages proteins to treat disease, while enzyme replacement therapy aims to provide enzymes that are deficient or absent in patients, particularly in certain genetic disorders. Therefore, these options do not center around the properties and applications of stem cells in the same way that stem cell research does.

4. If a paramedic gets a hazardous substance in their eye, what is the immediate action they should take?

A. Apply an eye drop

B. Immediately flush the eye with water

C. Call for medical assistance

D. Cover the eye with a cloth

In the event that a paramedic gets a hazardous substance in their eye, the immediate action is to flush the eye with water. This is critical because promptly washing out the substance can help to minimize damage and irritation to the eye. The goal is to dilute and remove the hazardous material as quickly as possible. Using a gentle stream of water, ideally from a dedicated eye wash station or a clean source, helps to wash away the harmful substance. The flushing should ideally continue for at least 15 minutes or until medical assistance can be obtained. This procedure is recommended by health and safety guidelines to ensure eye safety in cases of chemical exposure. The other options are not appropriate immediate actions in this situation. For instance, applying eye drops may not effectively remove the hazardous material, and calling for medical assistance, while important, should follow direct flushing of the eye. Covering the eye with a cloth could trap the chemical and worsen the situation by preventing flushing or causing additional irritation. Thus, flushing the eye with water is the correct and most effective first response in this scenario.

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5. Ethical standards in healthcare are primarily based on what?

A. Legal regulations

B. Moral principles

C. Institutional policies

D. Professional guidelines

Ethical standards in healthcare primarily stem from moral principles. These principles, which include autonomy, beneficence, non-maleficence, and justice, guide healthcare professionals in making decisions that align with what is considered right and just in the context of patient care. The focus on moral principles emphasizes the commitment to treat patients with dignity, respect their rights, and ensure equitable access to care. While legal regulations, institutional policies, and professional guidelines play significant roles in shaping healthcare practice and ensuring safety and compliance, they are ultimately rooted in moral judgments about what is appropriate and ethical. Legal regulations provide a framework for minimum standards of care and conduct, but they do not capture the full scope of ethical considerations. Similarly, institutional policies and professional guidelines are designed to assist healthcare providers in navigating complex situations, but they often draw upon underlying moral principles to address ethical dilemmas effectively. Thus, the foundation of ethical standards in healthcare lies firmly in moral principles, reflecting the values and duties that healthcare professionals are expected to uphold.

6. What defines a healthcare system?

A. A set of health policies and regulations

B. A complex organization that provides healthcare services to populations

C. A network of healthcare providers only

D. A system for pharmaceutical distribution

A healthcare system is primarily defined as a complex organization that provides healthcare services to populations. This definition encompasses the various components that work together to deliver medical care, including hospitals, clinics, professionals, and support services. It highlights the interconnectedness of different elements that collaborate to ensure that individuals have access to preventive, diagnostic, therapeutic, and rehabilitative services. The complexity of a healthcare system reflects its numerous facets, such as the provision of care, management of health services, financing, and the integration of various stakeholders involved in health delivery. This holistic approach enables the management of public health, addressing a wide range of healthcare needs across diverse populations. The other options focus on narrower aspects of healthcare systems. For example, a set of health policies and regulations is essential for governance but does not capture the dynamic interactions and service delivery aspects. While a network of healthcare providers is a critical component, it does not encompass the broader organizational structure and functionality of the system. Lastly, a system for pharmaceutical distribution is a specific function within healthcare but does not define the entirety of what a healthcare system is, which includes various levels of service and access beyond just pharmaceutical needs.

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7. What is a key quality for effective teamwork in healthcare?

A. Strict adherence to individual roles

B. Flexibility in adapting to team dynamics

C. Minimal interaction between team members

D. Focus on hierarchy within the team

Flexibility in adapting to team dynamics is essential for effective teamwork in healthcare due to the often unpredictable and complex nature of patient care. In a healthcare setting, team members may need to adjust their roles, responsibilities, and communication styles based on the immediate needs of patients, the dynamics of the team, and the evolving circumstances of care. This ability to embrace change and take on various roles is critical for addressing patient needs promptly and effectively, enhancing collaboration, and ultimately improving health outcomes. Additionally, healthcare teams often consist of diverse professionals with varying expertise and perspectives. Flexibility facilitates open communication and encourages creativity in problem-solving, allowing the team to function cohesively and efficiently. This adaptability is especially valuable during high-pressure situations, where quick decision-making and collaboration are crucial. In contrast, strictly adhering to individual roles can hinder teamwork by limiting collaboration and the flow of ideas. Minimal interaction between team members can stifle communication, reducing the effectiveness of team efforts. Focusing on hierarchy can create barriers that prevent open dialogue and the sharing of insights necessary for optimal patient care. Therefore, flexibility in adapting to team dynamics stands out as a crucial quality for fostering effective teamwork in healthcare contexts.

8. What is the most common risk to patient privacy and confidentiality?

A. A healthcare provider

B. An organization's employee

C. A third-party vendor

D. The patient themselves

The most common risk to patient privacy and confidentiality often stems from an organization's employee. Employees within healthcare organizations frequently have access to sensitive patient information as part of their daily responsibilities. This access can lead to unintentional or intentional breaches of confidentiality through various means, such as improper handling of data, unauthorized discussions about patients, or failure to follow proper protocols for data protection. While healthcare providers are essential in ensuring patient confidentiality, the broader category of employees encompasses a wide range of individuals who may not have an extensive understanding of privacy laws and regulations. There is also a possibility that employees might not always follow the security procedures established by the organization, thus increasing the risk of data leaks. Additionally, patients themselves can sometimes contribute to risks by sharing their information inappropriately or failing to understand how best to safeguard their own data. However, the structured environment of healthcare facilities and the multitude of employees involved make it more likely for breaches to occur at the employee level.

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9. A blood sample from someone who has lack of dietary iron would MOST LIKELY show a decrease in:

A. Thrombocytes

B. Leukocytes

C. Erythrocytes

D. Plasma

A decrease in erythrocytes, or red blood cells, is most likely to occur in someone who has a lack of dietary iron. Iron is a crucial component in the production of hemoglobin, the protein in red blood cells responsible for transporting oxygen. When dietary iron intake is insufficient, the body struggles to produce adequate amounts of hemoglobin, leading to a reduction in the number of erythrocytes. This can result in iron deficiency anemia, a condition characterized by fatigue, weakness, and decreased oxygen delivery to tissues. Erythrocytes are specifically affected because they are directly reliant on iron for their formation and functionality. In contrast, thrombocytes (platelets), leukocytes (white blood cells), and plasma levels may not show significant changes solely due to iron deficiency. Thrombocytes and leukocytes have different functions and production pathways that are not directly related to iron levels, while plasma is primarily composed of water, electrolytes, proteins, and other substances rather than being directly influenced by iron availability. Therefore, a lack of dietary iron primarily impacts the production of erythrocytes.

10. What is a health risk assessment?

A. A method for diagnosing infections

B. A procedure to evaluate an individual's health risks based on various factors

C. A program for assessing public health policy outcomes

D. A way to monitor vaccine effectiveness

A health risk assessment is indeed a procedure designed to evaluate an individual's potential health risks based on a comprehensive analysis of various factors. This evaluation typically includes the individual's medical history, lifestyle choices, genetic predispositions, and environmental factors. The goal is to identify risks that could lead to health problems in the future and provide a basis for preventive measures or interventions. In practice, health risk assessments are often utilized in clinical settings, workplaces, or public health initiatives to promote health awareness and encourage healthier lifestyle choices. By identifying these risk factors early, individuals can take proactive steps to mitigate their health hazards, thereby improving their overall well-being. This option emphasizes the personalized nature of health risk assessments in contrast to approaches that focus on broader public health strategies or diagnostics, which are not characteristically individualized. Understanding this helps to clarify why focusing on individual assessments is paramount in promoting health and preventing disease.

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Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

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We wish you the very best on your exam journey. You've got this!

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