# DUNPHY PRIMARY CARE PRACTICE TEST (SAMPLE)

## STUDY GUIDE



## SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

**VISIT US ONLINE FOR THE FULL VERSION STUDY GUIDE**

https://dunphyprimarycare.examzify.com

**Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.**

**ALL RIGHTS RESERVED.**

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

# Table of Contents


Copyright ..... 1

Table of Contents ..... 2

Introduction ..... 3

How to Use This Guide ..... 4

Questions ..... 5

Answers ..... 8

Explanations ..... 10

Next Steps ..... 16


SAMPLE

# 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.

SAMPLE

# 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!

SAMPLE

# Questions

SAMPLE

**1. What medication should Rose with gastroesophageal reflux disease (GERD) avoid?**

A. Antibiotics

B. Nonsteroidal anti-inflammatory drugs (NSAIDs)

C. Oral contraceptives

D. Antifungals

**2. What is the most common metabolic condition that leads to kidney stone formation?**

A. Idiopathic hypercalciuria

B. Hyperuricosuria

C. Hyperoxaluria

D. Low urinary citrate excretion

**3. Which type of exercise would be most beneficial for enhancing cardiovascular health?**

A. Strength training only.

B. High-impact aerobics.

C. Pilates.

D. Walking or jogging regularly.

**4. What diameter of a raised lesion at a PPD injection site is considered positive for the test?**

A. 5 mm

B. 8 mm

C. 9 mm

D. 12 mm

**5. Which type of bloody urine indicates bleeding from the upper urinary tract?**

A. Grossly bloody urine

B. Urine with blood clots

C. Brown, smoky, or tea-colored urine

D. Blood noted at the beginning or end of the stream

SAMPLE

**6. What is an important guideline for a patient with chronic hepatitis C regarding transmission prevention?**

A. Do not donate blood until one year after diagnosis.

B. Abstain from sex altogether.

C. There is no possibility of transmission through razors or toothbrushes.

D. Abstain from sex during your period.

**7. For an 83-year-old female with diarrhea post-hospitalization, what is the recommended treatment?**

A. Fecal transplant.

B. Intravenous (IV) metronidazole.

C. Oral vancomycin.

D. Gastrointestinal rest.

**8. Laura, age 36, presents with dyspnea and other concerning symptoms. What do you suspect?**

A. Asthma.

B. Bronchitis.

C. Pulmonary embolism.

D. Pneumothorax.

**9. Which symptom is a common indicator of pneumonia in older adults?**

A. Temperature elevation

B. Confusion

C. Chest discomfort

D. All of the above

**10. If 1 serving of fat contains 3 g, how many calories of fat does it provide?**

A. 12 cal.

B. 18 cal.

C. 27 cal.

D. 30 cal.

SAMPLE

# Answers

SAMPLE

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

SAMPLE

# Explanations

SAMPLE

## 1. What medication should Rose with gastroesophageal reflux disease (GERD) avoid?

A. Antibiotics

B. Nonsteroidal anti-inflammatory drugs (NSAIDs)

C. Oral contraceptives

D. Antifungals

*The correct choice, which is the nonsteroidal anti-inflammatory drugs (NSAIDs), is important for managing patients with gastroesophageal reflux disease (GERD) because NSAIDs can irritate the gastrointestinal lining and potentially worsen symptoms associated with GERD. These medications can lead to increased gastric acid secretion and delayed gastric emptying, which may exacerbate reflux symptoms, such as heartburn. While other types of medications listed may have their own side effects, they are not directly associated with increasing the risk of GERD complications or worsening symptoms in the same way that NSAIDs do. Antibiotics, oral contraceptives, and antifungals are not specifically contraindicated for patients with GERD, since they do not share the same potential for irritating the esophagus or promoting reflux. Understanding the specific effects of NSAIDs in relation to GERD helps in making informed treatment decisions and providing better patient care.*

## 2. What is the most common metabolic condition that leads to kidney stone formation?

A. Idiopathic hypercalciuria

B. Hyperuricosuria

C. Hyperoxaluria

D. Low urinary citrate excretion

*The most common metabolic condition that leads to kidney stone formation is idiopathic hypercalciuria. This condition is characterized by an increased level of calcium in the urine without any identifiable cause. Elevated urine calcium levels can lead to the crystallization of calcium salts, which is a primary factor in the formation of calcium-based kidney stones, specifically calcium oxalate stones. In many cases, individuals with idiopathic hypercalciuria do not have any other underlying health issues that would account for the excess calcium, which is why it is termed "idiopathic." This condition is significant because calcium stones are the most prevalent type of kidney stones. While hyperuricosuria, hyperoxaluria, and low urinary citrate excretion can also contribute to different types of kidney stones, they are not as commonly encountered as idiopathic hypercalciuria when considering the general population and the predominant forms of kidney stones. Hyperuricosuria relates specifically to elevated uric acid, hyperoxaluria involves excessive oxalate crystallization, and low urinary citrate excretion can make one more susceptible to stone formation but is less frequently seen as the primary metabolic disturbance.*

SAMPLE

## 3. Which type of exercise would be most beneficial for enhancing cardiovascular health?

A. Strength training only.

B. High-impact aerobics.

C. Pilates.

D. Walking or jogging regularly.

*Engaging in regular walking or jogging is particularly beneficial for enhancing cardiovascular health due to its ability to elevate heart rate and improve blood circulation effectively. These activities are aerobic exercises, which are specifically designed to increase the efficiency of the cardiovascular system by strengthening the heart and lungs. When people participate in walking or jogging, they are likely to maintain a moderate intensity over a sustained period, leading to improvements in cardiovascular endurance, lower blood pressure, and overall heart health. Additionally, these forms of exercise can be easily incorporated into daily routines and can be adjusted for different fitness levels, making them accessible and sustainable long-term. The health benefits derived from regular aerobic exercise, such as improved cholesterol levels and reduced risk of heart disease, are well-documented, which reinforces their importance in a cardiovascular health regimen.*

## 4. What diameter of a raised lesion at a PPD injection site is considered positive for the test?

A. 5 mm

B. 8 mm

C. 9 mm

D. 12 mm

*A raised lesion at a PPD (Purified Protein Derivative) injection site is considered positive based on the diameter of induration, which is the hardened area surrounding the injection site. The threshold for a positive test result varies depending on the individual's risk factors and health status. In general, a diameter of 10 mm is commonly used as the cutoff for those with average risk for tuberculosis. However, in certain high-risk populations, such as individuals with HIV, recent contacts of active TB patients, or those with other immune-deficient states, a smaller induration of 5 mm may be considered positive. Among the choices provided, a diameter of 12 mm is considered a significant positive reaction. This suggests a robust immunological response, indicating either previous exposure to tuberculosis or an active infection in those who might not otherwise meet the high-risk criteria. In a standard clinical context, especially for those with no additional risk factors, a raised lesion of this size indicates a strong likelihood of latent TB infection and would necessitate further investigation. Thus, recognizing that a 12 mm diameter is a significant indication of a positive test helps ensure timely identification and potential treatment of tuberculosis in patients who might otherwise go undiagnosed.*

SAMPLE

## 5. Which type of bloody urine indicates bleeding from the upper urinary tract?

A. Grossly bloody urine

B. Urine with blood clots

C. Brown, smoky, or tea-colored urine

D. Blood noted at the beginning or end of the stream

*Brown, smoky, or tea-colored urine is indicative of bleeding from the upper urinary tract, such as the kidneys or ureters. This coloration occurs due to the presence of myoglobin or hemoglobin in the urine, which can result from the breakdown of red blood cells in the upper urinary tract. When bleeding occurs in this area, the blood tends to mix thoroughly with the urine as it travels down the urinary tract, giving it a darker hue rather than a distinctly red appearance. This contrasts with the other manifestations of bloody urine, which are generally associated with bleeding in the lower urinary tract, such as the bladder or urethra, where blood is more likely to be present in a clearer form or as clots. Understanding the significance of urine color is essential for diagnosing the source of bleeding accurately.*

## 6. What is an important guideline for a patient with chronic hepatitis C regarding transmission prevention?

A. Do not donate blood until one year after diagnosis.

B. Abstain from sex altogether.

C. There is no possibility of transmission through razors or toothbrushes.

D. Abstain from sex during your period.

*For patients with chronic hepatitis C, one important guideline regarding transmission prevention is to abstain from sex during menstruation. Menstrual blood can contain a higher concentration of the hepatitis C virus, which increases the risk of transmission during sexual activity. Therefore, practicing abstinence during this time is a sensible precaution to reduce the risk of spreading the virus to sexual partners. It is important to note the context of the other options. For instance, while donating blood after a year may be a safe practice for some, it does not directly address the immediate prevention of virus transmission through sexual activity. Similarly, the assertion that there is no possibility of transmission through razors or toothbrushes is misleading; while the risk is lower compared to other routes, there is still potential for transmission through shared personal items if they are contaminated with blood. Lastly, complete sexual abstinence is not a practical guideline for many, making a more moderate approach like abstaining during menstruation a valuable recommendation.*

SAMPLE

**7. For an 83-year-old female with diarrhea post-hospitalization, what is the recommended treatment?**

A. Fecal transplant.

B. Intravenous (IV) metronidazole.

C. Oral vancomycin.

D. Gastrointestinal rest.

*In the case of an 83-year-old female experiencing diarrhea post-hospitalization, the recommended treatment is oral vancomycin, particularly if the diarrhea is suspected to be due to Clostridium difficile infection (CDI), which is common after antibiotic use in hospitalized patients. Oral vancomycin is an effective antibiotic specifically designed to target CDI, helping to clear the infection and restore normal intestinal flora. It is the standard treatment for moderate to severe CDI and is preferred due to its efficacy and safety profile, especially in older adults who may be more vulnerable to complications from other treatments. Other treatments listed may not be appropriate for this specific situation. For example, fecal transplants are usually considered for recurrent CDI after several treatment failures rather than an initial treatment. Intravenous metronidazole, while an option for CDI, is generally reserved for cases where oral treatment isn't possible or when the infection is severe and oral therapy fails. Gastrointestinal rest may help relieve symptoms but does not address the underlying cause of the diarrhea and is not a definitive treatment for CDI. Thus, oral vancomycin is the best choice in this context.*

**8. Laura, age 36, presents with dyspnea and other concerning symptoms. What do you suspect?**

A. Asthma.

B. Bronchitis.

C. Pulmonary embolism.

D. Pneumothorax.

*In the context of Laura's presentation with dyspnea—a condition characterized by shortness of breath—considering pulmonary embolism is highly relevant due to its potential severity and acute onset. Pulmonary embolism occurs when a blood clot travels to the lungs, causing blockage of the pulmonary arteries. This condition can produce sudden and intense shortness of breath, possibly accompanied by chest pain, rapid heart rate, or cough that may produce blood-tinged sputum. The age of Laura, combined with her symptoms, aligns with risk factors typically associated with pulmonary embolism, such as a history of deep vein thrombosis, long periods of immobility, or recent surgery. It is crucial to differentiate pulmonary embolism from other conditions with similar symptoms, as they may not carry the same level of urgency or require immediate intervention. In this instance, recognizing the acute and potentially life-threatening nature of pulmonary embolism provides the rationale for prioritizing it in the differential diagnosis among other respiratory conditions like asthma, bronchitis, or pneumothorax, which may present with dyspnea but generally have distinct clinical features and management approaches.*

SAMPLE

## 9. Which symptom is a common indicator of pneumonia in older adults?

A. Temperature elevation

B. Confusion

C. Chest discomfort

D. All of the above

*In older adults, pneumonia can present with a variety of symptoms, and all the listed options can indeed indicate its presence. However, when focusing on the individual factors, confusion stands out as a particularly important and common symptom in this population. Confusion can arise in older adults due to several reasons, such as the body's altered response to infection, dehydration, or the effects of medication. In the context of pneumonia, it may be one of the more subtle and easily overlooked signs. This is significant because pneumonia may not always manifest with classic respiratory symptoms like cough or fever, especially in the elderly, who may not have a robust fever response. Temperature elevation is also a common symptom of pneumonia but can be less pronounced or absent in older adults. Similarly, chest discomfort may be present but is often not reported or may be mistaken for other conditions, such as heart issues or musculoskeletal pain, which are also prevalent in this age group. Therefore, while all the symptoms mentioned can indicate pneumonia, confusion is particularly notable as a key symptom, making the selection of the comprehensive answer—indicating that all symptoms together form a broader indicator—appropriate. This highlights the multifaceted nature of pneumonia presentation in older adults and the importance of recognizing these varying symptoms for timely*

## 10. If 1 serving of fat contains 3 g, how many calories of fat does it provide?

A. 12 cal.

B. 18 cal.

C. 27 cal.

D. 30 cal.

*To determine the caloric content of fat from a serving containing 3 grams, it is essential to know that each gram of fat provides approximately 9 calories. Therefore, if you have 3 grams of fat, you can calculate the total caloric contribution by multiplying the grams of fat by the calories per gram. Calculating this yields: 3 grams of fat × 9 calories/gram = 27 calories. This means that a serving containing 3 grams of fat provides a total of 27 calories. Thus, the correct answer reflects this calculation.*

SAMPLE

# 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:

https://dunphyprimarycare.examzify.com

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

SAMPLE