FAU ADVANCED HEALTH ASSESSMENT PRACTICE TEST (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. Which symptom in a pregnant woman at 26 weeks is considered concerning?

A. Generalized hair loss

B. Nosebleeds

C. A hyperpigmented rash

D. Facial edema

2. Which symptom is characteristic of ovarian torsion?

A. Unilateral abdominal pain

B. Severe back pain

C. Bilateral flank pain

D. Persistent low-grade fever

3. Which sign is associated with carpal tunnel syndrome?

A. Kernig's sign

B. Tinel's sign

C. Ortolani's test

D. Galeazzi sign

4. Which component of the Apgar score evaluates muscle tone?

A. Appearance

B. Respiration

C. Grimace

D. Activity

5. What is indicated by upper arms flexed tight to the sides and legs extended in a medical assessment?

A. Decerebrate rigidity

B. Decorticate rigidity

C. Normal motor response

D. Spinal shock

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6. Which system is likely damaged if a patient exhibits changes in muscle tone, disturbances in posture, and various involuntary movements?

A. Cerebellar system

B. Basal ganglia

C. Motor cortex

D. Spinal cord

7. What is the typical age range for the presentation of Acanthosis Nigricans?

A. Infancy

B. Adolescence

C. Early adulthood

D. It can occur at any age

8. What potential factor is linked to the development of Acanthosis Nigricans?

A. Hormonal imbalance

B. Insulin stimulation

C. Vitamin deficiency

D. Allergic reaction

9. What condition might a pregnant woman experience if she feels faint when lying flat on her back?

A. Adrenal insufficiency

B. Orthostatic hypotension

C. Supine hypotensive syndrome

D. Hypoglycemia

10. What is the weight gain recommendation for a patient with a BMI greater than 29.0 during pregnancy?

A. 25 lbs

B. 15 lbs

C. 28 lbs

D. 20 lbs

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Answers

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

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Explanations

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1. Which symptom in a pregnant woman at 26 weeks is considered concerning?

A. Generalized hair loss

B. Nosebleeds

C. A hyperpigmented rash

D. Facial edema

In a pregnant woman at 26 weeks gestation, facial edema is considered concerning because it can be a sign of underlying issues that may require medical attention, such as preeclampsia. Preeclampsia is a pregnancy complication characterized by high blood pressure and signs of damage to another organ system, most often the liver and kidneys. Edema, or swelling, particularly in the face and hands, along with elevated blood pressure, can indicate this serious condition, which can affect both maternal and fetal health. While generalized hair loss, nosebleeds, and a hyperpigmented rash can be common during pregnancy due to hormonal changes and increased blood volume, they are generally not associated with the same level of urgency as facial edema. These other symptoms may warrant monitoring but do not typically signal immediate risks as facial edema does. The presence of facial swelling, especially when combined with other signs like elevated blood pressure or protein in the urine, can indicate a serious condition that requires prompt assessment and management.

2. Which symptom is characteristic of ovarian torsion?

A. Unilateral abdominal pain

B. Severe back pain

C. Bilateral flank pain

D. Persistent low-grade fever

Unilateral abdominal pain is characteristic of ovarian torsion because the condition involves the rotation of the ovary around its supporting ligaments, which leads to compromised blood flow and subsequent ischemia. This pain typically presents suddenly and can be quite severe, often localized to the side where the affected ovary is located. In the case of ovarian torsion, the pain can sometimes be associated with nausea and vomiting, and it often worsens with movement. The unilateral nature of the pain helps differentiate it from other conditions that may present with abdominal pain, as both severe back pain and bilateral flank pain can be indicators of other issues such as kidney stones or musculoskeletal problems rather than a specific gynecological emergency. The presence of a persistent low-grade fever may suggest infection rather than torsion and is not a hallmark sign of this condition. Thus, the characteristic nature of the pain associated with ovarian torsion specifically aligns with unilateral abdominal pain.

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3. Which sign is associated with carpal tunnel syndrome?

A. Kernig's sign

B. Tinel's sign

C. Ortolani's test

D. Galeazzi sign

Tinel's sign is associated with carpal tunnel syndrome as it specifically assesses for irritation or compression of the median nerve at the wrist. When a healthcare provider lightly taps over the area where the median nerve passes through the carpal tunnel, a tingling sensation or "pins and needles" feeling in the fingers can indicate that the nerve is being affected, a classic symptom of carpal tunnel syndrome. This sign helps in diagnosing the condition by pinpointing the nerve's involvement, leading to appropriate management and treatment options. In contrast, Kernig's sign, Ortolani's test, and Galeazzi sign are related to different medical conditions. Kernig's sign is used in assessing meningitis and involves checking for neck stiffness and resistance during leg extension. Ortolani's test evaluates hip joint dysplasia in infants, while the Galeazzi sign assesses limb length discrepancies. Each of these signs illustrates specific pathological processes that do not pertain to carpal tunnel syndrome, thereby clarifying the relevance of Tinel's sign in this context.

4. Which component of the Apgar score evaluates muscle tone?

A. Appearance

B. Respiration

C. Grimace

D. Activity

The component of the Apgar score that evaluates muscle tone is indeed Activity. The Activity component assesses the infant's muscle tone, which is characterized by the degree of movement and the presence of any flexion in the arms and legs. A score of 2 indicates good muscle tone with active movement, while a score of 1 suggests some flexion of the arms and legs, and a score of 0 indicates no movement at all. Each of the other components of the Apgar score serves a different purpose. Appearance measures the skin coloration, Respiration evaluates the breathing effort, and Grimace assesses the reflex irritability, such as response to a stimulus. By focusing on Activity, healthcare providers can gain insights into the overall neurological function and health of the newborn at birth, which is critical for determining immediate care needs.

5. What is indicated by upper arms flexed tight to the sides and legs extended in a medical assessment?

A. Decerebrate rigidity

B. Decorticate rigidity

C. Normal motor response

D. Spinal shock

The presentation of the upper arms flexed tightly to the sides and the legs extended is indicative of decorticate rigidity. This specific posture usually signifies severe damage to the brain, particularly the pathways that link the cortex to the brainstem. In cases of decorticate rigidity, the arms are flexed, typically at the elbows and held close to the chest, while the legs are extended and internally rotated. This posture reflects an upper motor neuron lesion above the level of the red nucleus, often associated with damage to the cerebral hemispheres or the internal capsule. Patients exhibiting this posture may also display changes in consciousness, as well as alterations in their physical responses to stimuli. In contrast, decerebrate rigidity, which is another form of posturing, exhibits both arms and legs extended with rigid posturing and indicates damage further down in the brainstem. Normal motor response would not present with these features, and spinal shock typically relates to a loss of function below the level of an injury and would manifest differently. Understanding the differences in these postures is crucial for assessing neurological function and determining the extent of brain injury.

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6. Which system is likely damaged if a patient exhibits changes in muscle tone, disturbances in posture, and various involuntary movements?

A. Cerebellar system

B. Basal ganglia

C. Motor cortex

D. Spinal cord

The basal ganglia is a group of nuclei in the brain that play a crucial role in coordinating movement and maintaining postural stability. When the basal ganglia are damaged or dysfunctional, it can lead to a variety of movement disorders characterized by changes in muscle tone, such as rigidity or bradykinesia, disturbances in posture, and involuntary movements like tremors or chorea. This dysfunction can disrupt the smooth, controlled movement that is necessary for normal function and can lead to symptoms often seen in conditions like Parkinson's disease or Huntington's disease. In contrast, while the cerebellar system is also involved in movement coordination and balance, it primarily affects voluntary fine motor skills and does not typically result in the same type of involuntary movements associated with basal ganglia disorders. The motor cortex is responsible for the initiation of voluntary movement, and damage here would more likely lead to weakness or paralysis rather than the involuntary movements noted. The spinal cord plays a crucial role in transmitting signals between the brain and the body, and while it can lead to muscle tone changes if damaged, it does not specifically account for the involuntary movements or postural disturbances that arise from basal ganglia dysfunction.

7. What is the typical age range for the presentation of Acanthosis Nigricans?

A. Infancy

B. Adolescence

C. Early adulthood

D. It can occur at any age

Acanthosis Nigricans is a skin condition characterized by dark, velvety patches in body folds and creases, which typically indicates an underlying health issue, often related to insulin resistance. This condition can occur at any age, reflecting its association with various underlying conditions, such as obesity, endocrine disorders, or certain medications. While it commonly presents during childhood and adolescence, particularly in individuals with obesity or diabetes, it does not exclusively occur in these age groups. Adults can also develop Acanthosis Nigricans due to similar factors or different health issues such as certain cancers or genetic predispositions. Therefore, stating that it can occur at any age accurately encompasses the broad potential age range for this condition's presentation.

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8. What potential factor is linked to the development of Acanthosis Nigricans?

A. Hormonal imbalance

B. Insulin stimulation

C. Vitamin deficiency

D. Allergic reaction

Acanthosis Nigricans is often associated with insulin resistance and hyperinsulinemia, making insulin stimulation a significant factor in its development. In conditions like obesity, type 2 diabetes, and metabolic syndrome, insulin levels can be elevated, which may lead to increased stimulation of epidermal growth factor receptors in the skin. This results in the characteristic thickening and darkening of the skin, particularly in body folds like the neck, armpits, and groin. While hormonal imbalances can affect skin changes, and certain vitamin deficiencies or allergic reactions may lead to other dermatological conditions, they are less directly connected to Acanthosis Nigricans than the effects of insulin stimulation. Correctly identifying insulinemia as a causative factor highlights the role of metabolic processes in skin health and emphasizes the need for evaluating underlying conditions when recognizing such dermatologic signs.

9. What condition might a pregnant woman experience if she feels faint when lying flat on her back?

A. Adrenal insufficiency

B. Orthostatic hypotension

C. Supine hypotensive syndrome

D. Hypoglycemia

Feeling faint when lying flat on her back during pregnancy may indicate supine hypotensive syndrome. This condition occurs when the weight of the growing uterus compresses the inferior vena cava, a large vein responsible for returning blood from the lower body to the heart. When the inferior vena cava is compressed, it can lead to decreased venous return, resulting in reduced cardiac output and subsequently causing symptoms such as dizziness, lightheadedness, or fainting. Supine hypotensive syndrome often occurs when a pregnant woman is in a supine position during the later stages of pregnancy. It typically resolves with the woman changing her position, often by lying on her side, which alleviates the pressure on the inferior vena cava and restores normal blood flow. Other conditions mentioned might have overlapping symptoms but are less likely to be the direct cause of feeling faint in this specific scenario. Adrenal insufficiency usually presents with different systemic symptoms such as fatigue, weakness, and hypotension due to a lack of adrenal hormones. Orthostatic hypotension typically occurs when standing up from a seated or supine position, leading to a sudden drop in blood pressure, not specifically due to lying flat. Hypoglycemia is characterized by low blood sugar levels, which can cause dizziness but would not be

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10. What is the weight gain recommendation for a patient with a BMI greater than 29.0 during pregnancy?

A. 25 lbs

B. 15 lbs

C. 28 lbs

D. 20 lbs

For individuals with a BMI greater than 29.0, which categorizes them as overweight, the recommended weight gain during pregnancy aligns with guidelines provided by health organizations. The appropriate recommendation for this population tends to be around 15 to 25 pounds throughout the pregnancy, with the lower end of this range often being more suited for those whose BMI is higher within this category. Choosing 15 pounds as the recommended weight gain is based on the understanding that excessive weight gain during pregnancy can lead to complications for both the mother and the baby, such as gestational diabetes, hypertension, and risks associated with obesity postpartum. The emphasis is placed on a more conservative weight gain to help mitigate these risks while still allowing for healthy fetal development. The goal is to ensure adequate nutrition for the mother and fetus while managing the health effects associated with being overweight. Therefore, 15 pounds accurately reflects a careful balance that promotes health during pregnancy for those who start at a higher body weight.

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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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