FOUNDATIONS OF HEALTH SCIENCE 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 culture contributed to Roman sanitation knowledge, leading to public health improvements?

A. Greeks

B. Egyptians

C. Romans

D. Indians

2. What is wrong with asking a 13-year-old girl if she has been NPO since midnight?

A. It is not appropriate to ask a minor

B. The message is not understandable

C. The receiver may not understand the message

D. It is not relevant to preoperative

3. What does DRG stand for in Medicare terminology?

A. Diagnosis-Related Group

B. Doctor-Resident Guild

C. Drug Refill Guarantee

D. Direct Reimbursement Grant

4. The energy concept Chi is most closely associated with which cultural tradition?

A. Greek

B. Arabic

C. Chinese

D. Sanskrit

5. HIPAA standards relate to which of the following?

A. Respect for the private information in medical records.

B. Financial auditing procedures

C. Discharge planning

D. Equipment sterilization

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6. Which root means nose?

A. Cardio

B. Gastro

C. Rhin

D. Thorac

7. Janet's burns require ongoing care and physical therapy; she would be transferred to a (an):

A. Nursing home

B. Acute care hospital

C. Psychiatric hospital

D. Rehabilitation facility

8. In primitive times, which source did witch doctors use for remedies to relieve pain or illness?

A. Chemotherapeutic drugs

B. Vaccines

C. Herbs and plants

D. Synthetic hormones

9. What is the root word for red?

A. Cardio

B. Erythro

C. Rhin

D. Neo

10. Which option correctly expands the abbreviation PO?

A. By mouth

B. By vein

C. Inhalation

D. Topical

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Answers

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

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Explanations

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1. Which culture contributed to Roman sanitation knowledge, leading to public health improvements?

A. Greeks

B. Egyptians

C. Romans

D. Indians

Cross-cultural influence on public health practices is being tested here: Greek ideas about how the environment affects health provided the foundation for Roman sanitation knowledge. Greek thinkers and physicians emphasized that clean water, proper waste disposal, and the overall urban environment matter for health. This way of thinking reached the Romans, who then translated those concepts into practical systems—large-scale engineering for water supply, Cloaca Maxima-style sewers, public baths, and latrines—greatly improving urban sanitation. The other cultures had their own sanitation traditions, but the direct conceptual contribution to Roman public health practice comes from the Greeks.

2. What is wrong with asking a 13-year-old girl if she has been NPO since midnight?

A. It is not appropriate to ask a minor

B. The message is not understandable

C. The receiver may not understand the message

D. It is not relevant to preoperative

Health literacy and plain-language communication are essential in clinical settings, especially with minors. Medical shorthand like "NPO" (nil per os) is a term clinicians use, but it may not be understood by a 13-year-old or by a parent. Asking about being NPO since midnight assumes the patient understands that abbreviation, which can lead to miscommunication about when the last intake occurred and whether it's safe to proceed with anesthesia. A clearer approach uses plain language and directly assesses last intake: "Have you had anything to eat or drink since midnight?" This ensures the information gathered is accurate and understood, which is crucial for patient safety before a procedure. The other options miss the core issue. It isn't inherently inappropriate to ask a minor a preoperative question, and the issue isn't that the message is entirely unhelpful or irrelevant to preoperative care; it's that the wording relies on jargon the receiver may not grasp.

3. What does DRG stand for in Medicare terminology?

A. Diagnosis-Related Group

B. Doctor-Resident Guild

C. Drug Refill Guarantee

D. Direct Reimbursement Grant

Diagnosis-Related Group is the term Medicare uses to classify inpatient hospital stays into groups that are expected to use similar amounts of resources. Each DRG represents a set of diagnoses and procedures that typically require comparable levels of care and cost. In Medicare's prospective payment system, hospitals receive a fixed payment for a patient's stay based on the assigned DRG rather than the actual charges, which helps standardize payments and incentivize efficiency. DRGs are determined from the patient's principal diagnosis, any secondary diagnoses, procedures performed, and discharge status, using standardized coding. The other options aren't Medicare terms related to inpatient payment—doctor-resident guild, drug refill guarantee, and direct reimbursement grant don't describe how Medicare categorizes and reimburses hospital stays.

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4. The energy concept Chi is most closely associated with which cultural tradition?

A. Greek

B. Arabic

C. Chinese

D. Sanskrit

The idea being tested is recognizing Chi as a concept rooted in Chinese culture. Chi, often called qi, is the vital energy described in traditional Chinese philosophy and medicine. It's said to flow through the body along meridians and to balance through practices that cultivate harmony between opposing forces, like yin and yang. This energy concept underpins disciplines such as acupuncture, qigong, and tai chi, making it distinctly associated with Chinese tradition. Other cultures have their own terms for life force—pneuma in Greek thought, prana in Sanskrit traditions, and spiritual notions in Arabic cultures—but the term Chi itself is specifically linked to Chinese culture.

5. HIPAA standards relate to which of the following?

A. Respect for the private information in medical records.

B. Financial auditing procedures

C. Discharge planning

D. Equipment sterilization

HIPAA focuses on protecting the privacy and security of patient health information. It sets rules for how protected health information (PHI) in medical records can be used and disclosed, who may access it, and how it must be safeguarded—including safeguards for electronic PHI and patient rights to access or amend their records. Because of this emphasis on confidentiality and proper handling of private health information, describing HIPAA as respecting the private information in medical records is the best fit. The other options don't address privacy or confidentiality: financial auditing procedures relate to accounting controls, discharge planning is about coordinating care plans, and equipment sterilization concerns infection control.

6. Which root means nose?

A. Cardio

B. Gastro

C. Rhin

D. Thorac

Medical terms use roots to name body parts, and the one that signals the nose is rhin- (rhino- in some spellings). You can see it in words like rhinoplasty, rhinitis, and rhinovirus, all referring to the nose. The other roots point to different areas: cardio means the heart, gastro means the stomach, and thorac means the chest. So rhin is the correct root for nose.

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7. Janet's burns require ongoing care and physical therapy; she would be transferred to a (an):

A. Nursing home

B. Acute care hospital

C. Psychiatric hospital

D. Rehabilitation facility

Choosing the right post-acute setting for a burn patient who needs ongoing care and physical therapy. After initial stabilization, a patient in need of ongoing rehabilitation benefits from a setting focused on restoring function through physical therapy, wound care, and training for daily activities. A rehabilitation facility provides structured therapy programs, a multidisciplinary team, and a clear path toward independence, which fits the described needs. An acute care hospital is geared toward immediate medical stabilization and treatment, not long-term rehab. A nursing home offers long-term custodial care and daily supervision, but typically emphasizes daily living support rather than the specialized, intensive rehabilitation burns patients require. A psychiatric hospital concentrates on mental health treatment rather than physical rehabilitation. Therefore, the rehabilitation facility is the most appropriate choice.

8. In primitive times, which source did witch doctors use for remedies to relieve pain or illness?

A. Chemotherapeutic drugs

B. Vaccines

C. Herbs and plants

D. Synthetic hormones

In primitive healing, remedies were drawn from what was available in the natural environment, especially herbs and plants. Early witch doctors relied on local flora, preparing decoctions, poultices, or other herbal preparations to ease pain and treat illness. Many plants contain active compounds that can reduce fever, relieve pain, or fight infection, so this approach made practical sense and formed the basis of traditional medicine passed down through generations. The other options reflect modern developments that weren't part of primitive practice. Chemotherapeutic drugs and synthetic hormones come from contemporary chemistry and physiology, not from early, field-based healing. Vaccines involve immune knowledge and controlled exposure to pathogens, a concept rooted in modern science. So these do not describe the remedies used by early practitioners.

9. What is the root word for red?

A. Cardio

B. Erythro

C. Rhin

D. Neo

Red in medical terminology is expressed by the combining form erythro-, which comes from the Greek word erythros meaning red. This root appears in terms like erythrocyte (a red blood cell) and erythroderma (red skin), making it the clear indicator of the color red. The other options point to different concepts: cardio- relates to the heart, rhin- to the nose, and neo- means new. So erythro- is the form that specifically conveys red.

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10. Which option correctly expands the abbreviation PO?

A. By mouth

B. By vein

C. Inhalation

D. Topical

PO expands to per os, a Latin term used in prescriptions to indicate the medication should be taken by mouth. This means you swallow the drug in the form of a tablet, capsule, or liquid, and it is absorbed through the gastrointestinal tract. It's different from routes like by vein (intravenous), inhalation, or topical (applied to the skin or mucous membranes). So, the correct interpretation is by mouth.

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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:

https://foundationsofhealthscience.examzify.com

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

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