HEALTH CBE 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. In health equity practice, which approach best addresses disparities?

A. Distributing resources equally regardless of need.

B. Assuming everyone has equal health needs.

C. Ensuring fair opportunities to achieve optimal health by addressing social determinants.

D. Prioritizing efficiency over equity.

2. List the primary kidney functions relevant to health assessment.

A. Regulation of blood calcium only

B. Filtration of waste

C. Production of insulin

D. Storage of bile

3. Which term best describes using alcohol to cope with personal problems, such as family conflicts and academic stress?

A. Self-medication

B. Peer pressure

C. Underage drinking

D. Experimentation

4. Which statement about illegal drug use is NOT true?

A. Some illegal drugs are more dangerous than others

B. Illegal drugs can be addictive

C. Using illegal drugs can harm health

D. Some illegal drugs are not addictive

5. Tetanus is usually spread by contact with which?

A. Contaminated water

B. Contaminated soil

C. Contaminated food

D. Contaminated air

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6. What are the four critical areas of the body, regarding burns?

A. Arms, legs, torso, and head
B. Hands, feet, arms, and ears
C. Hands, feet, face, and genitals
D. Eyes, ears, mouth, and nose

7. Why is alcohol considered a dangerous drug?

A. It can change the way the body functions
B. It has no effect on the nervous system
C. It always improves judgment
D. It only harms the liver

8. In response to distress, you can:

A. Calm down
B. Feel frightened
C. Ignore distress
D. Listen to music

9. A refusal skill

A. is something that can practiced
B. is a strategy to say no or resist pressure
C. is a sign of weakness
D. a method to persuade others

10. Which is true about HIV?

A. It can be in a person's blood before it causes health problems
B. It can be cured with antibiotics
C. It is transmitted only through blood transfusions
D. It cannot be detected in blood

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Answers

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

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Explanations

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1. In health equity practice, which approach best addresses disparities?

A. Distributing resources equally regardless of need.

B. Assuming everyone has equal health needs.

C. Ensuring fair opportunities to achieve optimal health by addressing social determinants.

D. Prioritizing efficiency over equity.

Health equity is about creating fair opportunities for everyone to reach their best possible health by addressing the social determinants that shape health outcomes—things like income, education, housing, employment, discrimination, and access to care. When resources are distributed equally without regard to differing needs, the gaps persist because some groups face more barriers than others. If we assume everyone has the same health needs, we miss those real differences in risk and access, so disparities aren't reduced. Prioritizing efficiency over equity can save resources in the short term but at the expense of fairness and long-term health outcomes for disadvantaged groups. The approach that best addresses disparities is ensuring fair opportunities to achieve optimal health by tackling the social determinants that create and sustain those inequities.

2. List the primary kidney functions relevant to health assessment.

A. Regulation of blood calcium only

B. Filtration of waste

C. Production of insulin

D. Storage of bile

The kidneys' main role relevant to health assessment is filtering waste from the blood to form urine, while also helping regulate fluid, electrolyte, and acid-base balance. In health checks, this function is what clinicians evaluate, using measures like glomerular filtration rate (GFR) and waste markers such as creatinine and blood urea nitrogen (BUN), along with urine output and analysis, to gauge how well filtration is occurring. This is why filtering waste is the best fit: it directly reflects the kidneys' core job in removing metabolic byproducts and toxins from the body. The other options don't fit because insulin production comes from the pancreas, bile storage comes from the liver/gallbladder, and regulation of blood calcium involves broader calcium metabolism (including hormones and vitamin D) rather than the kidneys' primary, defining function.

3. Which term best describes using alcohol to cope with personal problems, such as family conflicts and academic stress?

A. Self-medication

B. Peer pressure

C. Underage drinking

D. Experimentation

Using alcohol to deal with personal problems is self-medication. The idea is that the drink is used primarily to soothe emotional distress from issues like family conflicts or academic stress, rather than for social reasons or curiosity. This approach often provides only temporary relief and can mask underlying issues, increasing the risk of dependence and other harms. In contrast, peer pressure refers to being influenced by friends to drink, underage drinking focuses on the legality aspect of drinking while underage, and experimentation is about trying alcohol out of curiosity.

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4. Which statement about illegal drug use is NOT true?

A. Some illegal drugs are more dangerous than others

B. Illegal drugs can be addictive

C. Using illegal drugs can harm health

D. Some illegal drugs are not addictive

Addiction potential varies, but illegal drugs can be addictive and pose health risks. The claim that some illegal drugs are not addictive isn't accurate because many illegal substances can lead to dependence or compulsive use, and they often carry health harms even if their withdrawal effects aren't as strong as others. Recognizing that addiction and harm can occur with illegal drug use is why this option isn't true. The other statements align with well-established realities: some illegal drugs are more dangerous than others, illegal drugs can be addictive, and using illegal drugs can harm health.

5. Tetanus is usually spread by contact with which?

A. Contaminated water

B. Contaminated soil

C. Contaminated food

D. Contaminated air

Tetanus comes from spores of Clostridium tetani that are common in soil, dust, and animal feces. These spores can get into the body through a wound or broken skin, especially if the wound is dirty or deep, and in the anaerobic environment of a wound they produce toxin that causes the characteristic muscle stiffness and spasms. It isn't spread from person to person and isn't transmitted by water, food, or air. Because soil is the usual reservoir of these spores, contact with contaminated soil through a wound is the most typical source of tetanus exposure. Wound cleaning and vaccination are key preventive measures.

6. What are the four critical areas of the body, regarding burns?

A. Arms, legs, torso, and head

B. Hands, feet, arms, and ears

C. Hands, feet, face, and genitals

D. Eyes, ears, mouth, and nose

The four critical areas are prioritized because they have the greatest impact on function, appearance, and risk of serious complications after a burn. Burns to the hands or feet can seriously impair daily tasks and mobility, and they often need early intervention and rehab to prevent contractures and loss of function. Burns to the face are crucial because swelling can affect the airway, and there are important cosmetic and protective considerations for the eyes, mouth, and facial tissues. Burns to the genitals carry a high infection risk and can affect healing and, later, sexual function and comfort. Other areas can be serious too, but these four are singled out because damage here most directly threatens essential abilities and carries significant cosmetic and functional consequences if not managed promptly.

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7. Why is alcohol considered a dangerous drug?

A. It can change the way the body functions

B. It has no effect on the nervous system

C. It always improves judgment

D. It only harms the liver

Alcohol is a depressant that changes how the brain and body work. It directly affects the nervous system, impairing thinking, reaction time, balance, and decision-making. That's why it can be dangerous: even small amounts can lead to poorer judgments and slower responses, increasing the risk of accidents and harm. The idea that it has no effect on the nervous system is incorrect, and the notion that it always improves judgment is false. Saying it only harms the liver misses all the other ways alcohol can affect the brain and other organs. In short, alcohol changes how the body functions, especially brain function, which explains its potential danger.

8. In response to distress, you can:

A. Calm down

B. Feel frightened

C. Ignore distress

D. Listen to music

When distress occurs, an honest initial response is to notice and experience your emotional state. Feeling frightened is a natural, immediate signal that distress is present. Acknowledging that fear helps you process what's happening and prepares you to take constructive steps rather than suppressing the emotion. Calming down and listening to music can be helpful later as coping strategies, but they're actions you take after you've recognized the feeling. Ignoring distress is avoidance and tends to prolong the experience. So, the best immediate response is to acknowledge and feel the fear.

9. A refusal skill

A. is something that can practiced

B. is a strategy to say no or resist pressure

C. is a sign of weakness

D. a method to persuade others

Refusal skills are the tools you use to decline offers or push back when someone tries to pressure you, framed as an assertive yet respectful way to say no and protect your boundaries. They're practiced so you can respond confidently in real situations rather than giving in to pressure or risk. While you can indeed practice them, that doesn't define what they are—the core idea is the strategy to say no or resist pressure. They aren't a sign of weakness; they're healthy, proactive ways to assert your choices. And they aren't about persuading others; they're about resisting unwanted pressure and keeping yourself safe or aligned with your values.

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10. Which is true about HIV?

A. It can be in a person's blood before it causes health problems

B. It can be cured with antibiotics

C. It is transmitted only through blood transfusions

D. It cannot be detected in blood

HIV can be present in the blood long before health problems appear. The virus may replicate and gradually weaken the immune system while a person feels fine, so someone can test positive before any symptoms show. Modern testing can detect HIV early, using methods that look for the virus itself or for the body's immune response after seroconversion. This is why presence in blood does not always coincide with illness yet. Antibiotics don't cure HIV because they target bacteria, not viruses; HIV is managed with antiretroviral therapy to control the virus, but it isn't curable with antibiotics. HIV isn't transmitted only through blood transfusions; it can spread through unprotected sex, sharing needles, and from mother to child, among other routes, although blood screening has reduced transfusion-related risk. And yes, HIV can be detected in blood with the appropriate tests.

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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://healthcbe.examzify.com

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

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