HOSA CULTURAL DIVERSITIES AND DISPARITIES 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. What percentage of American adults have used a dietary supplement other than vitamins or minerals?

A. 10.3%

B. 17.7%

C. 25%

D. 33.3%

2. Which demographic aspect significantly influences cultural understanding in healthcare?

A. Age distribution

B. Race and ethnicity

C. Education levels

D. All of the above

3. What is the purpose of the Healthy People series?

A. To analyze health data

B. To set science-based national health objectives

C. To promote health insurance

D. To provide financial aid for health services

4. In the "four humors" theory, which humor is classified as hot and wet?

A. Black bile

B. Blood

C. Phlegm

D. Yellow bile

5. When are the yin seasons typically observed?

A. Spring and summer

B. Summer and fall

C. Winter and spring

D. Fall and winter

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6. What is chicken soup commonly known to treat?

A. Cough and cold

B. Diarrhea and vomiting

C. Fever

D. Headaches

7. What natural remedy do Native Americans commonly use to treat colds?

A. Comfrey and elderberry

B. Witch hazel and sweet flag

C. Dandelion and sage

D. Tansy and thistle

8. Which treatment involves manipulation to eliminate subluxations to restore normal mental impulses?

A. Ayuvedic

B. Chiropractic

C. Qi gong

D. Cuanderismo

9. What does the yin yang philosophy illustrate about health?

A. Health is only a physical condition

B. Health depends on animal spirits

C. Balance between opposing forces is vital

D. Health is unrelated to the environment

10. In which phase does a person adjust to the social aspects of being ill?

A. Onset

B. Patient status

C. Recovery

D. Diagnosis

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Answers

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

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Explanations

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1. What percentage of American adults have used a dietary supplement other than vitamins or minerals?

A. 10.3%

B. 17.7%

C. 25%

D. 33.3%

The correct response reflects research findings indicating that approximately 17.7% of American adults have utilized dietary supplements beyond conventional vitamins and minerals. This statistic highlights a growing trend among the population seeking alternative health solutions, such as herbal products, probiotics, and other specialized nutritional aids. Understanding this percentage is crucial for recognizing the widespread perception of dietary supplements as components of health and wellness routines. The higher percentages presented in the other options do not align with survey data that effectively capture consumer behavior regarding dietary supplements. It is important to rely on accurate statistics in this context to better assess the prevalence and public interest in various dietary interventions.

2. Which demographic aspect significantly influences cultural understanding in healthcare?

A. Age distribution

B. Race and ethnicity

C. Education levels

D. All of the above

Cultural understanding in healthcare is significantly influenced by a variety of demographic aspects, and the inclusion of all these factors is vital. Each aspect—age distribution, race and ethnicity, and education levels—plays an important role in shaping patient beliefs, behaviors, and communication styles, thereby impacting healthcare delivery and outcomes. Age distribution affects how individuals perceive health, wellness, and medical interventions. Different age groups may have varying levels of health literacy, attitudes toward healthcare providers, and responses to treatment. Understanding these age-related perspectives can lead to more effective communication and care strategies. Race and ethnicity are critical as they often encompass unique cultural beliefs, practices, and values surrounding health and illness. These factors can influence health behaviors, such as dietary practices and adherence to medical advice, and can also affect how patients relate to healthcare providers. Recognizing these differences allows healthcare professionals to provide more culturally competent care. Education levels further contribute, as they can affect an individual's understanding of health information and the healthcare system. Higher education levels often correlate with better health literacy, which is essential for informed decision-making and effective participation in one's own care. Given that each of these demographic aspects—age, race and ethnicity, and education—interlinks to create a fuller picture of a patient's background

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3. What is the purpose of the Healthy People series?

A. To analyze health data

B. To set science-based national health objectives

C. To promote health insurance

D. To provide financial aid for health services

The Healthy People series aims to set science-based national health objectives with the intention of improving the health of the population over a specified time frame. It provides a framework for addressing public health issues and establishing measurable goals and objectives, which help guide national health policies and programs. By identifying key health priorities, the series encourages various stakeholders, including government agencies, healthcare providers, and community organizations, to collaborate and implement strategies aimed at improving health outcomes. This long-term vision fosters an environment of accountability and continuous progress in public health initiatives across the nation. While analyzing health data may be a component of the series, it is primarily a means to achieve the broader goal of setting health objectives. Similarly, promoting health insurance and providing financial aid for health services are outside the primary focus of the Healthy People initiative, which concentrates on the identification and setting of health improvement targets.

4. In the "four humors" theory, which humor is classified as hot and wet?

A. Black bile

B. Blood

C. Phlegm

D. Yellow bile

The theory of the "four humors," which dates back to ancient Greek medicine, suggests that human health is governed by four bodily fluids: blood, black bile, yellow bile, and phlegm. Each of these humors is associated with specific characteristics, such as temperature (hot or cold) and moisture (wet or dry). Blood is classified as hot and wet. This association reflects the belief that blood contributes to vitality and warmth in the body. It was considered essential for maintaining a balanced and healthy state, as it was thought to bring life and energy. In contrast, the other humors have different classifications. For example, black bile is known to be dry and cold, while yellow bile is characterized as hot and dry. Phlegm is viewed as cold and wet. Understanding these classifications helps in grasping how ancient medical practices interpreted health and illness, and emphasizes the historical context in which these ideas developed.

5. When are the yin seasons typically observed?

A. Spring and summer

B. Summer and fall

C. Winter and spring

D. Fall and winter

The yin seasons are typically associated with winter and spring in traditional Chinese philosophy and medicine. This classification stems from the concept of yin and yang, where yin represents qualities such as cold, passive, and dark, while yang symbolizes warmth, activity, and brightness. Winter embodies these yin qualities as it is cold and often a time of rest and introspection. As winter transitions into spring, the energy begins to shift gradually, but spring also maintains some aspects of yin, particularly in its early phase, where there is still a sense of coolness and a budding, yet tentative, resurgence of life and energy. In contrast, options referencing spring and summer, summer and fall, or fall and winter are connected to yang seasons, which emphasize growth, activity, and warmth. Hence, the association of winter and spring distinctly captures the essence of the yin seasons within the context of Chinese cultural philosophy.

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6. What is chicken soup commonly known to treat?

A. Cough and cold

B. Diarrhea and vomiting

C. Fever

D. Headaches

The common understanding of chicken soup in relation to health is primarily linked to its comforting properties during times of illness, especially in the treatment of cough and cold symptoms. Chicken soup is often associated with providing relief from upper respiratory tract infections, as it may help to clear nasal congestion, soothe a sore throat, and provide hydration. Chicken soup is rich in nutrients and has been traditionally believed to support the immune system, aiding in recovery from illnesses often associated with cold symptoms. The warm liquid can also be soothing and increase comfort during a time of sickness. In some cases, the steam from the soup can help alleviate nasal congestion. While chicken soup can be nourishing during times of gastrointestinal distress like diarrhea and vomiting, it is not specifically known as a treatment for those conditions. It is also less often associated with treating fevers or headaches directly. Thus, the cultural association of chicken soup with treating cough and cold underscores its role as a comforting remedy during respiratory illnesses.

7. What natural remedy do Native Americans commonly use to treat colds?

A. Comfrey and elderberry

B. Witch hazel and sweet flag

C. Dandelion and sage

D. Tansy and thistle

The choice of witch hazel and sweet flag reflects a traditional understanding of natural remedies used by Native Americans to treat various ailments, including colds. Witch hazel is known for its anti-inflammatory properties and is often used in traditional medicine to help with congestion and soothe irritations, while sweet flag, which has medicinal qualities, has been utilized in various indigenous practices for respiratory and digestive issues. Together, these plants highlight a holistic approach to health that incorporates both physical healing and the cultural significance of plants in Native American traditions. The other combinations feature plant remedies that may not be as commonly associated with treating colds within Native American healing practices. For example, comfrey and elderberry may have specific uses, but they are not universally recognized as primary treatments for colds within this cultural context. Additionally, dandelion and sage, although beneficial for different health purposes, do not typically dominate discussions of cold remedies among Native American medicinal traditions. Tansy and thistle also lack the prominence in traditional practices specifically aimed at cold treatment. Thus, witch hazel and sweet flag represent a more accurate pairing of natural remedies within the cultural context of Native American healthcare.

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8. Which treatment involves manipulation to eliminate subluxations to restore normal mental impulses?

A. Ayuvedic

B. Chiropractic

C. Qi gong

D. Cuanderismo

The treatment that involves manipulation to eliminate subluxations and restore normal mental impulses is chiropractic care. Chiropractic practice is based on the premise that misalignments in the spine, referred to as subluxations, can affect the nervous system and overall health. Chiropractors use various manual techniques to adjust the spine and other joints, aiming to improve alignment, which is believed to support the body's ability to heal itself and to allow for better communication between the nervous system and the rest of the body. This manipulation is central to chiropractic theory and practice, as it is thought to improve both physical function and mental well-being by ensuring that the body's systems are well-coordinated and functioning properly. Other options, while they involve different forms of treatment and healing practices, do not focus specifically on spinal manipulation or the concept of subluxations affecting mental impulses in the same way that chiropractic care does. For example, Ayurvedic medicine relies on a holistic approach using herbs, diet, and lifestyle changes. Qi gong focuses on the movement of energy within the body through specific physical exercises and breathing techniques, and curanderismo is a traditional healing practice from Latin American cultures that combines various healing modalities, such as herbal remedies and spiritual healing. Each of these options has its own unique

9. What does the yin yang philosophy illustrate about health?

A. Health is only a physical condition

B. Health depends on animal spirits

C. Balance between opposing forces is vital

D. Health is unrelated to the environment

The yin yang philosophy emphasizes the concept of balance between opposing forces, which is fundamental to understanding health in various cultural contexts. This philosophy originates from ancient Chinese thought, where yin and yang represent complementary forces that are interconnected and interdependent. In the context of health, this suggests that well-being arises from a harmonious balance of these forces within the body and between individuals and their environment. For instance, in traditional Chinese medicine, health is thought to be achieved when there is an equilibrium between yin (often associated with qualities such as coolness, darkness, and passivity) and yang (associated with heat, light, and activity). Disruption of this balance can lead to illness or discomfort, highlighting the importance of both physical and emotional well-being in overall health. The other options do not capture the essence of this philosophy accurately. For example, the notion that health is only a physical condition fails to consider the comprehensive approach that the yin yang philosophy promotes, which includes mental, emotional, and environmental aspects. Similarly, the idea that health depends solely on animal spirits does not align with the yin yang framework, as it oversimplifies health-related phenomena. Lastly, stating that health is unrelated to the environment contradicts the deeply interwoven connection between individuals and their surroundings emphasized

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10. In which phase does a person adjust to the social aspects of being ill?

A. Onset

B. Patient status

C. Recovery

D. Diagnosis

The phase in which a person adjusts to the social aspects of being ill is the stage referred to as "patient status." During this phase, individuals not only cope with the physical aspects of their condition but also navigate the social implications that come with being ill. This includes changes in their roles within their family, at work, and within their social circles. They may experience shifts in how they interact with others, the support they receive, and the expectations placed upon them, all of which contribute to their overall adjustment and emotional wellbeing. In contrast, the onset phase primarily focuses on the initial recognition of symptoms and the beginning of the illness experience. The diagnosis phase involves the confirmation of the illness through medical assessment, which can be a critical time but does not specifically address social adjustments. The recovery phase, while important for regaining health, often emphasizes physical healing and rehabilitation rather than the social dynamics of illness. Thus, patient status is the most accurate representation of the adjustment to the social facets of being ill.

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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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