HOSPITAL CORPSMAN (HM) PERSONNEL QUALIFICATION STANDARDS (PQS) 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 is a recommended immediate intervention for suspected heat stress in the workplace?

A. Immediately resume strenuous activity

B. Ignore symptoms and continue work

C. Move the worker to shade and hydrate

D. Administer epinephrine

2. In massive hemorrhage management, which is one of the four D's?

A. Detect

B. Direct pressure

C. Devices

D. Do not dilute

3. Which step is essential in both medical and surgical aseptic technique?

A. Wearing Gloves Only When Patient Is Infectious

B. Reusing Sterile Equipment After Cleaning

C. Hand Hygiene Is Optional

D. Use Sterile Technique And Maintain Aseptic Fields For All Procedures

4. Hypothermia falls under which environmental injury category?

A. Heat

B. Cold

C. Water

D. Bites and stings

5. After desertion, what happens to the medical/dental records?

A. Forwarded to the member's family.

B. Archived at NPRC.

C. Delivered to the CO for inclusion in the member's service record and kept for 180 days.

D. Destroyed after 180 days.

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6. Which OLDCARTS element asks what makes the pain better or worse?

A. Onset

B. Provocation

C. Quality

D. Region

7. Which health and wellness topic focuses on reducing stress and managing anger?

A. Stress/Anger management

B. Nutrition

C. Physical Activity

D. Mental Wellness

8. NAVMED 6150/2 is used to record what?

A. Record of physical qualifications and special training for special duty (aviation, submarine, diving)

B. Dental readiness only

C. Immunization history

D. Periodic health assessment

9. Which items are included under administrative tools for AHLTA and CHCS?

A. Screening: hearing, hearing aid, dental, dental readiness, medical assessment.

B. Screening: hearing, hearing aid, dental readiness, patient satisfaction surveys

C. Qualifications: credentialing and privileging

D. Clinical decision support: coding guidelines

10. How should sharps containers be prepared for transport to treatment or storage areas?

A. Transport sharps in a cart.

B. Place sharps containers in a second container (plastic bag or rigid box) that is labeled and/or color coded.

C. Use unlabelled containers without color coding.

D. Place sharps containers directly on the floor for easy access.

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Answers

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

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Explanations

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1. What is a recommended immediate intervention for suspected heat stress in the workplace?

A. Immediately resume strenuous activity

B. Ignore symptoms and continue work

C. Move the worker to shade and hydrate

D. Administer epinephrine

The immediate action for suspected heat stress is to move the worker to shade and start hydration. Shading reduces radiant heat exposure, while fluids help restore circulating volume and electrolytes lost in sweat, which supports cardiovascular stability and helps prevent progression to heat exhaustion or heat stroke. This approach tackles the two most urgent factors—overheating and dehydration—and can be started right away in the work environment. Resuming strenuous activity or ignoring symptoms would only aggravate the condition, and epinephrine is not a treatment for heat stress. If symptoms worsen or new signs like confusion, dizziness, fainting, vomiting, or very high body temperature appear, seek urgent medical care and continue cooling measures.

2. In massive hemorrhage management, which is one of the four D's?

A. Detect

B. Direct pressure

C. Devices

D. Do not dilute

Direct pressure is the fundamental step in stopping massive external bleeding. By pressing firmly on the wound with clean gauze or cloth, you mechanically compress the damaged vessels, helping the blood to clot faster and reducing ongoing blood loss. This simple action buys critical time to move on to more advanced measures if needed, such as applying a tourniquet for limb injuries or packing a wound with hemostatic material. It's fast, it doesn't require special equipment, and it works across many types of bleeds, making it one of the four D's of hemorrhage management. The other options don't represent a primary hemorrhage-control action in this framework.

3. Which step is essential in both medical and surgical aseptic technique?

A. Wearing Gloves Only When Patient Is Infectious

B. Reusing Sterile Equipment After Cleaning

C. Hand Hygiene Is Optional

D. Use Sterile Technique And Maintain Aseptic Fields For All Procedures

Asepsis in practice means preventing any transfer of microorganisms to the patient. The essential step is to use sterile technique and maintain an aseptic field for every procedure. By keeping instruments, gloves, drapes, and the surrounding area sterile and by not allowing non-sterile items to touch the sterile field, you create a controlled environment that minimizes infection risk in both medical and surgical settings. Hand hygiene supports this goal and is not optional; gloves are part of maintaining sterility, not a standalone replacement for proper technique. Reusing sterile equipment after cleaning is not acceptable because sterility cannot be guaranteed after use. Wearing gloves only when the patient is infectious ignores the need to protect all patients and procedures from contamination. So, the step that best fits both medical and surgical asepsis is the consistent use of sterile technique and maintenance of aseptic fields for all procedures.

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4. Hypothermia falls under which environmental injury category?

A. Heat

B. Cold

C. Water

D. Bites and stings

Hypothermia happens when the body loses heat faster than it can produce it, causing the core temperature to drop due to cold exposure. Because the injury results from cold environmental conditions, it belongs in the cold category of environmental injuries. It isn't caused by overheating (heat injuries), nor is it primarily a water hazard (water-related injuries), and it isn't related to bites or stings.

5. After desertion, what happens to the medical/dental records?

A. Forwarded to the member's family.

B. Archived at NPRC.

C. Delivered to the CO for inclusion in the member's service record and kept for 180 days.

D. Destroyed after 180 days.

When a member deserts, the medical and dental records don't go to the family or get archived as final, inactive files. They stay with the command so the service record remains complete with any relevant medical history for the investigation and ongoing administrative actions. The commanding officer is responsible for placing those records into the member's official service file and keeping them there for a defined period—180 days—to cover the time needed to complete the desertion process. After that window, the records follow the standard handling procedures for the case, rather than being destroyed or sent elsewhere.

6. Which OLDCARTS element asks what makes the pain better or worse?

A. Onset

B. Provocation

C. Quality

D. Region

Understanding how pain behaves with activities and treatments is essential in a thorough pain history. In OLDCARTS, the element that asks what makes the pain better or worse—what provokes or alleviates it—is the Provocation (often paired with Palliation as factors that worsen or relieve the pain). This part of the interview probes whether actions, movements, or substances increase the pain or provide relief, which helps differentiate possible pain mechanisms and guides management. For example, if the patient reports the pain worsens with movement and improves with rest or heat, that pattern informs the clinician about potential contributing factors and appropriate interventions. The other OLDCARTS elements focus on when the pain started, where it is located, how long it lasts, what it feels like, and related patterns, rather than how the pain responds to different influences.

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7. Which health and wellness topic focuses on reducing stress and managing anger?

A. Stress/Anger management

B. Nutrition

C. Physical Activity

D. Mental Wellness

The main idea here is recognizing a health and wellness approach that targets the ability to stay calm under pressure by handling stress and regulating anger. This topic focuses on identifying what triggers stress and anger, lowering arousal levels, and using practical coping tools to prevent emotional escalations. Techniques you'd learn include deep breathing and relaxation exercises, progressive muscle relaxation, cognitive strategies like reframing thoughts, problem-solving, time management, boundary setting, and using assertive communication or pausing before reacting. These skills help you think clearly, respond appropriately, and maintain performance and safety in demanding or high-stress situations. Nutrition and physical activity contribute to mood and resilience, but they don't specifically center on reducing stress and managing anger. Mental wellness encompasses overall emotional health, while this focused area provides the concrete methods for controlling stress responses and angry outbursts.

8. NAVMED 6150/2 is used to record what?

A. Record of physical qualifications and special training for special duty (aviation, submarine, diving)

B. Dental readiness only

C. Immunization history

D. Periodic health assessment

This form is used to document a service member's medically qualified status for special duties and the specific training required for those roles, such as aviation, submarine service, or diving. Having a centralized record of physical qualifications and any specialized training helps medical and command personnel verify eligibility for assignments that have higher or unique medical standards, ensures safety, and supports timely qualification decisions. Dental readiness is tracked separately in the dental records, not on this form. Immunization history is part of the broader medical record but is recorded on different documents appropriate to vaccines, not on this qualification form. Periodic health assessments are recorded as part of ongoing health status in other health assessment processes, not this particular form.

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9. Which items are included under administrative tools for AHLTA and CHCS?

A. Screening: hearing, hearing aid, dental, dental readiness, medical assessment.

B. Screening: hearing, hearing aid, dental readiness, patient satisfaction surveys

C. Qualifications: credentialing and privileging

D. Clinical decision support: coding guidelines

This question tests understanding of which items are tracked and managed as administrative tools within AHLTA and CHCS. The administrative tools are the data and functions used to monitor readiness and keep non-clinical records organized, such as screening data and readiness statuses. The best choice lists screening data elements that feed administrative oversight: hearing results and hearing aid management, dental screening and dental readiness, and medical assessment information. These items are exactly the kinds of data used to generate readiness reports, track administrative compliance, and support deployment and training decisions. The other options don't fit as administrative tools in these systems. Patient satisfaction surveys are more about quality improvement and service feedback rather than the administrative readiness functions these tools emphasize. Credentialing and privileging cover provider qualifications, not patient readiness data. Clinical decision support like coding guidelines belongs to the clinical and billing decision-support realm, not the administrative tracking of patient readiness data.

10. How should sharps containers be prepared for transport to treatment or storage areas?

A. Transport sharps in a cart.

B. Place sharps containers in a second container (plastic bag or rigid box) that is labeled and/or color coded.

C. Use unlabelled containers without color coding.

D. Place sharps containers directly on the floor for easy access.

Transporting sharps safely relies on providing a secondary layer of containment. Place the sharps container inside a second container, such as a plastic bag or a rigid box, to create an extra barrier that helps prevent leaks or punctures during handling. The secondary container should be clearly labeled and/or color coded so all staff can quickly identify it as sharps waste and follow the correct handling and disposal procedures. This setup protects personnel and surfaces from exposure and supports proper waste management. Choosing not to use secondary containment, or using unlabelled or non–color-coded containers, increases the risk of spills, injuries, and mix-ups. Placing containers directly on the floor also heightens contamination risk and makes transport and disposal less safe.

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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://hmpqs.examzify.com

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

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