ICHWC NATIONAL BOARD 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. What is one characteristic of the Positive principle in AI?

A. Focusing on problems

B. Emphasizing strengths

C. Highlighting weaknesses

D. Ignoring challenges

2. What is the average risk HDL level for women?

A. Less than 40 mg/dl

B. 40-49 mg/dl

C. 50-59 mg/dl

D. 60-69 mg/dl

3. What is the focus of the SMART framework?

A. Clarifying roles, enhancing communication, and setting guidelines

B. Setting clear objectives that are Specific, Measurable, Achievable, Realistic, and Timely

C. Identifying needs, creating strategies, and evaluating progress

D. Developing relationships, encouraging feedback, and enforcing standards

4. What is generally regarded as an outcome of counseling combined with medication for tobacco cessation?

A. Less likelihood of relapse

B. Increased side effects

C. Greater usage of tobacco

D. Lower motivation to quit

5. What is the most common mental illness affecting the adult population in the US?

A. Anxiety

B. Schizophrenia

C. Depression

D. ADHD

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6. According to the AI Positive Principle, where do positive actions and outcomes stem from?

A. Positive actions and outcomes stem from negative energy

B. Positive actions and outcomes stem from confusion

C. Positive actions and outcomes stem from positive energy and emotion

D. Positive actions and outcomes stem from external motivation

7. What fasting blood sugar level is classified as diabetes?

A. Less than 100 mg/dl

B. 100-125 mg/dl

C. 126 mg/dl or higher

D. 140 mg/dl or higher

8. How is a fasting blood sugar measurement taken?

A. Post-meal testing

B. Fasting overnight for 8 hours

C. After consuming a high-sugar meal

D. During random times of the day

9. What OGTT reading indicates prediabetes?

A. Less than 140 mg/dl

B. 140-199 mg/dl

C. 200 mg/dl or higher

D. 100-139 mg/dl

10. What is the optimal total cholesterol level?

A. Less than 200 mg/dl

B. Less than 240 mg/dl

C. Less than 180 mg/dl

D. Less than 250 mg/dl

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Answers

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

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Explanations

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1. What is one characteristic of the Positive principle in AI?

A. Focusing on problems

B. Emphasizing strengths

C. Highlighting weaknesses

D. Ignoring challenges

The Positive principle in Appreciative Inquiry (AI) emphasizes strengths, which is fundamental to the entire approach. This principle is about identifying and building upon what is already working well within an individual or organization rather than concentrating primarily on problems or deficiencies. By highlighting strengths, AI fosters an environment that encourages collaboration, exploration, and innovation, allowing individuals or groups to envision a more positive future based on their existing capabilities and successes. Focusing on problems or highlighting weaknesses would counter the essence of AI, which seeks to inspire positive change through the recognition of existing strengths. Ignoring challenges does not align with the practice of AI either, as challenges can still be acknowledged but approached from a strength-based perspective. This approach helps to cultivate resilience and a constructive mindset, enabling individuals and teams to overcome obstacles by leveraging their inherent talents and successes.

2. What is the average risk HDL level for women?

A. Less than 40 mg/dl

B. 40-49 mg/dl

C. 50-59 mg/dl

D. 60-69 mg/dl

The average risk HDL level for women is identified as 50-59 mg/dl. High-density lipoprotein (HDL) is often referred to as "good" cholesterol because it helps to remove other forms of cholesterol from the bloodstream. Generally, higher levels of HDL cholesterol are associated with a lower risk of heart disease. For women, an HDL level below 50 mg/dl is considered a risk factor for heart disease, while levels of 50-59 mg/dl are viewed as acceptable or average, indicating a moderate risk. Levels of 60 mg/dl and above are generally deemed protective against heart disease. Thus, the 50-59 mg/dl range reflects a more average risk for women, aligning with current medical guidelines regarding cardiovascular health. Understanding these ranges is crucial for assessing individual cholesterol health and providing appropriate recommendations as part of preventive care.

3. What is the focus of the SMART framework?

A. Clarifying roles, enhancing communication, and setting guidelines

B. Setting clear objectives that are Specific, Measurable, Achievable, Realistic, and Timely

C. Identifying needs, creating strategies, and evaluating progress

D. Developing relationships, encouraging feedback, and enforcing standards

The SMART framework is fundamentally centered on the development of clear and actionable objectives that adhere to specific criteria. Each component of the acronym—Specific, Measurable, Achievable, Realistic, and Timely—serves a unique purpose in ensuring that goals are well-defined and attainable. Being "Specific" allows individuals to clearly understand what is expected and minimizes ambiguity. "Measurable" provides a way to track progress and success, ensuring that the objectives can be quantified or assessed in some manner. The element of "Achievable" emphasizes that goals should be realistic and attainable to avoid setting individuals up for failure. "Realistic" ensures that the goals are relevant and aligned with broader aims or capabilities, while "Timely" emphasizes the importance of having a clear timeframe in which the goals should be accomplished. The focus on these components allows individuals and teams to set effective goals, guiding their actions and ensuring clarity in what needs to be accomplished. Utilizing the SMART framework, participants can navigate the goal-setting process much more effectively, leading to improved outcomes.

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4. What is generally regarded as an outcome of counseling combined with medication for tobacco cessation?

A. Less likelihood of relapse

B. Increased side effects

C. Greater usage of tobacco

D. Lower motivation to quit

The outcome of counseling combined with medication for tobacco cessation that is acknowledged as most effective is the reduced likelihood of relapse. This is based on extensive research indicating that integrating behavioral support with pharmacotherapy not only enhances the chances of successfully quitting but also helps individuals maintain their cessation over the long term. Counseling provides individuals with the necessary skills to manage triggers, cope with cravings, and develop a robust support system, which contributes significantly to sustaining a tobacco-free lifestyle. When combined with medication that assists in reducing withdrawal symptoms and cravings, the synergy between the two approaches creates a stronger foundation for lasting change. As a result, individuals who participate in counseling while using cessation medications typically report higher success rates in remaining tobacco-free, demonstrating a decreased likelihood of returning to tobacco use. The other options reflect outcomes that do not align with the established benefits of combining these two methods. Increased side effects might occur from certain medications, but they are not an intended or beneficial outcome of integrating counseling with medication. Greater usage of tobacco and lower motivation to quit are contrary to the goals of cessation programs and are not supported by evidence showing the positive impact of both counseling and medication.

5. What is the most common mental illness affecting the adult population in the US?

A. Anxiety

B. Schizophrenia

C. Depression

D. ADHD

The most common mental illness affecting the adult population in the US is indeed depression. This condition has a significant impact on many individuals, characterized by persistent feelings of sadness, loss of interest, and a decrease in functioning in daily life. Major depressive disorder can affect people's ability to work, interact socially, and maintain relationships, leading to a substantial burden on both individuals and society as a whole. Statistically, depression affects millions of adults annually, making it more prevalent than other mental health disorders listed. Whereas anxiety disorders also represent a significant portion of mental health issues, they generally encompass a wide range of conditions including generalized anxiety disorder, panic disorder, and social anxiety disorder, which, while common, do not surpass the prevalence of depression as a singular diagnosis. Schizophrenia, while serious, affects a smaller percentage of the population. ADHD, primarily considered in children and adolescents, tends to have a lesser focus on adult prevalence. Understanding the widespread nature of depression highlights the importance of mental health awareness and informed strategies for prevention, intervention, and support in populations most affected.

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6. According to the AI Positive Principle, where do positive actions and outcomes stem from?

A. Positive actions and outcomes stem from negative energy

B. Positive actions and outcomes stem from confusion

C. Positive actions and outcomes stem from positive energy and emotion

D. Positive actions and outcomes stem from external motivation

The AI Positive Principle emphasizes that positive actions and outcomes are rooted in positive energy and emotions. This concept suggests that when individuals cultivate a mindset filled with optimism, hope, and constructive emotions, it significantly influences their behaviors and decisions, contributing to beneficial outcomes. Positive energy fosters an environment where individuals are more likely to engage in proactive behaviors, collaborate effectively, and pursue their goals with enthusiasm and resilience. Engaging with positive emotions not only enhances personal motivation but also encourages a supportive atmosphere that can impact others positively. This principle underscores the interconnectedness of emotional states and behaviors, indicating that fostering positivity can lead to constructive actions and favorable results in various aspects of life. Other options present perspectives that do not align with the core tenets of the AI Positive Principle. Negative energy, confusion, and reliance on external motivation do not inherently generate positive outcomes; instead, they can often hinder progress and create obstacles. Therefore, focusing on cultivating positive energy and emotion is integral to fostering a thriving environment conducive to success and satisfaction.

7. What fasting blood sugar level is classified as diabetes?

A. Less than 100 mg/dl

B. 100-125 mg/dl

C. 126 mg/dl or higher

D. 140 mg/dl or higher

A fasting blood sugar level of 126 mg/dl or higher is classified as diabetes. This threshold is established by health organizations such as the American Diabetes Association and other medical guidelines. It indicates that the body is not managing blood sugar levels effectively, which is a hallmark of diabetes. When testing for diabetes, fasting blood sugar levels are used to assess how well the body is able to utilize glucose. A level of 126 mg/dl corresponds to a state of hyperglycemia, where the concentration of glucose in the bloodstream is significantly elevated, suggesting the possibility of either type 1 or type 2 diabetes. Understanding these classifications is crucial for early diagnosis and intervention to manage the condition and help prevent complications that can arise from uncontrolled blood sugar levels.

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8. How is a fasting blood sugar measurement taken?

A. Post-meal testing

B. Fasting overnight for 8 hours

C. After consuming a high-sugar meal

D. During random times of the day

A fasting blood sugar measurement is taken after an individual has not eaten for a specified period, typically overnight for at least 8 hours. This practice ensures that the blood sugar level reflects the body's baseline state without the influence of food intake, allowing for a more accurate assessment of blood glucose levels. The reasoning behind requiring fasting is rooted in the physiological responses of the body to food consumption. When food is ingested, particularly carbohydrates and sugars, the body releases insulin to manage the increase in glucose in the bloodstream. If testing occurs after eating or during random times of the day, blood sugar measurements can fluctuate significantly, potentially leading to misleading results concerning a person's typical glucose control. In the context of blood sugar monitoring and diabetes management, understanding fasting levels is crucial as it aids healthcare providers in diagnosing conditions like diabetes or prediabetes and in making appropriate treatment decisions.

9. What OGTT reading indicates prediabetes?

A. Less than 140 mg/dl

B. 140-199 mg/dl

C. 200 mg/dl or higher

D. 100-139 mg/dl

A reading of 140-199 mg/dl on an Oral Glucose Tolerance Test (OGTT) indicates prediabetes. This range reflects impaired glucose tolerance, which is a precursor to developing type 2 diabetes. It signifies that while blood sugar levels are not high enough to meet the criteria for diabetes, they are elevated compared to healthy, normal levels. In the context of glucose metabolism, a reading above normal but below the threshold for diabetes (which starts at 200 mg/dl) serves as a warning signal for individuals who may be at risk of progressing to diabetes if lifestyle changes are not implemented. Tailoring diet, increasing physical activity, and monitoring health can be critical interventions at this stage. The other options reflect normal or diabetic glucose levels. Less than 140 mg/dl is considered normal glucose tolerance, while a reading of 200 mg/dl or higher confirms a diagnosis of diabetes. The range of 100-139 mg/dl is indicative of impaired fasting glucose, which does not correspond directly to the OGTT criteria for prediabetes. Understanding these thresholds is essential for both prevention and management of diabetes.

10. What is the optimal total cholesterol level?

A. Less than 200 mg/dl

B. Less than 240 mg/dl

C. Less than 180 mg/dl

D. Less than 250 mg/dl

The optimal total cholesterol level is considered to be less than 200 mg/dl. This threshold is widely recognized as a standard for good health, indicating a lower risk for heart disease and related conditions. Maintaining cholesterol levels below this figure is important because higher cholesterol levels can lead to the buildup of plaque in the arteries, increasing the risk for cardiovascular issues such as heart attacks and strokes. Levels above 200 mg/dl are categorized as borderline high or high, which means there is an increased concern for health complications. Therefore, aiming for a total cholesterol level below 200 mg/dl is actively encouraged to promote better cardiovascular health and overall well-being.

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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://ichwcnatlboard.examzify.com

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

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