JONES & BARTLETT LEARNING (JBL) MODULE 4B 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 the evidence hierarchy used for clinical decision-making, which statement correctly identifies the highest level of evidence?

A. Expert opinion

B. Systematic reviews and randomized controlled trials at the top

C. Case reports

D. Animal studies

2. Urticaria is the medical term for which condition?

A. swelling

B. a wheal

C. burning

D. hives

3. Which term describes pain felt at distant site such as shoulder?

A. Radiating pain

B. Visceral pain

C. Remote pain

D. Referred pain

4. During your assessment of a 19-year-old male, you are told that he is being treated with factor VIII. This indicates that:

A. he has hemophilia A

B. he has a thrombosis

C. he has thrombophilia

D. his blood clots too quickly

5. Which organ is primarily responsible for filtering blood and does not participate in digestion?

A. Liver

B. Spleen

C. Stomach

D. Pancreas

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6. What is the recommended method for removing a honeybee stinger embedded in the skin?

A. Squeezing and pulling

B. Removing with a pin

C. Scraping away from the skin

D. Irrigating with hot water

7. Following diving-related decompression sickness symptoms, what is the most appropriate transport destination?

A. Closest emergency department

B. General hospital with hyperbaric capability

C. Private clinic with no hyperbaric capability

D. Home

8. When a foreign substance invades the body, which statement best describes the body's response?

A. protect itself

B. go on alert

C. attempt to inactivate the foreign substance

D. All of these answers are correct

9. Which sign is more characteristic of hypoglycemia?

A. Hypotension

B. Pale, cool, and clammy skin

C. Deep, slow respirations

D. Warm, dry skin

10. Rocky Mountain spotted fever is commonly associated with flu-like symptoms and which rash?

A. Lyme disease

B. Rocky Mountain spotted fever

C. Mononucleosis

D. Malaria

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Answers

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

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Explanations

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1. In the evidence hierarchy used for clinical decision-making, which statement correctly identifies the highest level of evidence?

A. Expert opinion

B. Systematic reviews and randomized controlled trials at the top

C. Case reports

D. Animal studies

The strongest evidence in guiding clinical decisions comes from systematic reviews that synthesize results from multiple randomized controlled trials. Systematic reviews, especially when paired with meta-analyses, evaluate all relevant high-quality studies, assess how consistent the findings are, examine potential biases, and provide a pooled estimate that increases precision and generalizability. Randomized controlled trials are already high-quality evidence because randomization minimizes selection bias and blinding reduces bias in outcome assessment. But a single trial can be limited by small sample size, specific populations, or methodological quirks. When many RCTs are brought together in a systematic review, these limitations are mitigated, giving the most reliable overall conclusion. Explain why the other sources fit lower in the hierarchy: expert opinion reflects individual judgment without systematic synthesis; case reports describe isolated instances that don't generalize; and animal studies offer preclinical data that may not translate directly to human patients.

2. Urticaria is the medical term for which condition?

A. swelling

B. a wheal

C. burning

D. hives

Urticaria describes hives, a reaction pattern presenting as itchy, raised welts on the skin. Each raised spot is called a wheal, but the overall condition is known as urticaria or hives. Saying "a wheal" would refer to an individual lesion, not the entire condition. "Swelling" refers to edema that can accompany urticaria (and angioedema) but isn't the name of the condition. "Burning" describes a sensation, not the diagnosis. So the best answer is hives.

3. Which term describes pain felt at distant site such as shoulder?

A. Radiating pain

B. Visceral pain

C. Remote pain

D. Referred pain

Referred pain is pain perceived at a location distant from the actual source of the problem. This happens because nerves from internal organs and those from the body's surface connect to the same spinal cord neurons, so the brain misinterprets the source and the pain is felt in a place like the shoulder. It's different from radiating pain, which travels along a specific nerve pathway from the origin to other areas. Therefore, the term for pain felt at a distant site such as the shoulder is referred pain.

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4. During your assessment of a 19-year-old male, you are told that he is being treated with factor VIII. This indicates that:

A. he has hemophilia A

B. he has a thrombosis

C. he has thrombophilia

D. his blood clots too quickly

Factor VIII is a key clotting protein in the intrinsic pathway. If someone is being treated with factor VIII, it means they are lacking functional factor VIII, which is the hallmark of Hemophilia A. Replacing the missing factor VIII helps restore the body's ability to form a stable clot and stop bleeding. In contrast, conditions like thrombosis or thrombophilia involve too much clotting, not a deficiency of VIII, so they're not treated with factor VIII. Hemophilia A is more common in males and is inherited in an X-linked pattern, which fits a 19-year-old male scenario.

5. Which organ is primarily responsible for filtering blood and does not participate in digestion?

A. Liver

B. Spleen

C. Stomach

D. Pancreas

Understanding how organs handle blood versus digestion helps here. The spleen is the organ that filters blood—removing old or damaged red blood cells and helping mount immune responses—without producing digestive fluids or participating in the digestion process. The liver also filters blood, but it also plays a key role in digestion by producing bile that aids fat digestion, so it isn't the right pick for a purely non-digestive blood filter. The stomach is a primary digestive organ, breaking down food, so it's not the correct choice. The pancreas releases digestive enzymes into the small intestine, which is another clear digestive function. Therefore, the organ that fits the description best is the spleen.

6. What is the recommended method for removing a honeybee stinger embedded in the skin?

A. Squeezing and pulling

B. Removing with a pin

C. Scraping away from the skin

D. Irrigating with hot water

Removing the stinger quickly and gently without squeezing the venom sac is the key idea. The stinger can continue to inject venom while it's being removed, and squeezing or pulling can push more venom into the skin. Using a flat edge to scrape the skin in one smooth motion lifts the stinger out without squeezing the venom sac. Pins or picking tools can tear or press the sac and worsen the amount of venom delivered, and hot water doesn't help with removal and may irritate the skin. After the stinger is out, wash the area and apply a cold pack if needed, then watch for signs of a reaction.

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7. Following diving-related decompression sickness symptoms, what is the most appropriate transport destination?

A. Closest emergency department

B. General hospital with hyperbaric capability

C. Private clinic with no hyperbaric capability

D. Home

Decompression sickness requires recompression therapy delivered in a hyperbaric chamber, along with high-flow oxygen, to shrink the nitrogen bubbles and restore tissue oxygenation. Transporting the patient to a general hospital that has hyperbaric capability ensures they can receive definitive treatment promptly, which improves outcomes. Sending them to a facility without a hyperbaric chamber or to home would delay or miss the needed therapy and could be dangerous. If possible, provide 100% oxygen during transport and avoid flight or elevation increases until evaluated for hyperbaric treatment.

8. When a foreign substance invades the body, which statement best describes the body's response?

A. protect itself

B. go on alert

C. attempt to inactivate the foreign substance

D. All of these answers are correct

When a foreign substance enters, the body mounts a coordinated defense that includes protection, alert, and neutralization. Protection comes from barriers like skin and mucous membranes and from ready innate defenses that respond quickly. The body also goes on alert, using signaling molecules to summon immune cells and trigger inflammation and fever to contain the threat. It then attempts to inactivate the invader through mechanisms such as phagocytosis by immune cells and antibodies that neutralize or destroy pathogens. Because all of these elements work together, describing the response as encompassing protection, alert, and inactivation best captures what's happening.

9. Which sign is more characteristic of hypoglycemia?

A. Hypotension

B. Pale, cool, and clammy skin

C. Deep, slow respirations

D. Warm, dry skin

When blood glucose drops, the body activates the autonomic response to raise it, producing signs like sweating and pallor. The skin becoming pale, cool, and clammy is the most characteristic clue because epinephrine causes skin vasoconstriction and sweating. This cool, clammy appearance is a classic sign of hypoglycemia. In contrast, deep, slow respirations suggest other problems like metabolic acidosis, and warm, dry skin is more typical of fever, dehydration, or hyperglycemia, not hypoglycemia.

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10. Rocky Mountain spotted fever is commonly associated with flu-like symptoms and which rash?

A. Lyme disease

B. Rocky Mountain spotted fever

C. Mononucleosis

D. Malaria

Rocky Mountain spotted fever has a distinctive rash that comes with flu like symptoms. The rash is typically petechial—tiny red or purple spots caused by tiny bleedings under the skin. It often starts on the wrists and ankles and then spreads toward the trunk, and it may appear a bit later in the illness or be subtle early on. This pattern helps set it apart from other illnesses with different rash types: Lyme disease shows a bull's eye erythema migrans at the bite site, mononucleosis can sometimes have a non-specific rash (often if antibiotics are given), and malaria usually lacks a characteristic rash. So the rash linked with Rocky Mountain spotted fever is a petechial, spread-out pattern that accompanies the flu-like syndrome.

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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://jblmodule4b.examzify.com

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

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