NBME FORM 15 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. How is Alport syndrome characterized?

A. Cardiovascular, renal, ocular symptoms

B. Ocular, respiratory, neurological symptoms

C. Ocular, renal, sensorineural hearing loss

D. Respiratory, endocrine, muscular symptoms

2. Diminished carotid upstrokes in an elderly patient may indicate what condition?

A. Aortic stenosis

B. Coronary artery disease

C. Atrial fibrillation

D. Heart failure

3. If parents refuse chemotherapy for their child, what is the appropriate next step for the healthcare provider?

A. Respect the Parents' Decision

B. Consult with a Social Worker

C. Get a Court Order

D. Seek Ethical Committee Intervention

4. A 57-year-old nulliparous woman with high BMI is at increased risk for which type of cancer?

A. Ovarian cancer

B. Cervical cancer

C. Endometrial cancer

D. Breast cancer

5. What condition may be diagnosed in infants who choke during feedings and are at risk of pneumonia?

A. Esophageal Atresia

B. Gastroesophageal Reflux Disease

C. Tracheoesophageal Fistula

D. Congenital Diaphragmatic Hernia

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6. What is a common symptom of silicosis in occupational settings?

A. Night sweats

B. Chronic cough

C. Fever

D. Chest pain

7. What condition might cause a patient to experience significant weight loss and dysphagia?

A. Esophageal stricture

B. Gastritis

C. Esophageal cancer

D. Pyloric stenosis

8. Which condition is commonly associated with a history of being a sandblaster and low oxygen saturation levels?

A. Asbestosis

B. Silicosis

C. Pneumoconiosis

D. Coal Workers' Pneumoconiosis

9. In a patient with anemia, hypercalcemia, and renal dysfunction, which condition should be considered?

A. Multiple Myeloma

B. Chronic Lymphocytic Leukemia

C. Aplastic Anemia

D. Iron Deficiency Anemia

10. What is a commonly recommended treatment for social anxiety, particularly performance anxiety?

A. Exposure Therapy

B. Cognitive Behavioral Therapy or SSRI

C. Group therapy

D. Beta-blockers

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Answers

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

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Explanations

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1. How is Alport syndrome characterized?

A. Cardiovascular, renal, ocular symptoms

B. Ocular, respiratory, neurological symptoms

C. Ocular, renal, sensorineural hearing loss

D. Respiratory, endocrine, muscular symptoms

Alport syndrome is predominantly characterized by a triad of symptoms that includes ocular issues, renal complications, and sensorineural hearing loss. The key aspect of this condition is its impact on the various types of collagens, particularly type IV collagen, which affects the structure and function of the basement membranes in the eyes, kidneys, and ears. In terms of ocular symptoms, individuals may experience lenticonus, retinal flecks, or other eye abnormalities. The renal manifestations typically involve hematuria (blood in urine) and proteinuria, which can progress to end-stage renal disease due to glomerulonephritis. Additionally, sensorineural hearing loss is a common feature of Alport syndrome, which arises due to cochlear damage affecting the auditory pathways. The involvement of these three systems is a defining characteristic of Alport syndrome, making it crucial to recognize these symptoms for proper diagnosis and management.

2. Diminished carotid upstrokes in an elderly patient may indicate what condition?

A. Aortic stenosis

B. Coronary artery disease

C. Atrial fibrillation

D. Heart failure

Diminished carotid upstrokes in an elderly patient are indicative of significant hemodynamic changes, particularly related to the heart's ability to effectively pump blood. Aortic stenosis, a condition characterized by the narrowing of the aortic valve opening, leads to a decrease in cardiac output. As the left ventricle struggles to eject blood through the narrowed valve, this decreased stroke volume causes diminished pulsations in the carotid arteries. Elderly patients are at a higher risk for aortic stenosis due to age-related calcific degeneration of the valve. When the carotid pulse is weak or delayed, it reflects the inability of the heart to maintain an adequate blood flow against the higher resistance created by the narrowed valve. This is often seen in aortic stenosis, especially during exertion when the demand for cardiac output increases. In contrast, coronary artery disease may lead to chest pain due to ischemia, atrial fibrillation could present with an irregular pulse, and heart failure, while it manifests with signs of fluid overload and reduced exercise tolerance, does not specifically correlate with diminished carotid upstrokes in the same manner as aortic stenosis does. Therefore, diminished carotid upstrokes specifically point towards aortic stenosis

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3. If parents refuse chemotherapy for their child, what is the appropriate next step for the healthcare provider?

A. Respect the Parents' Decision

B. Consult with a Social Worker

C. Get a Court Order

D. Seek Ethical Committee Intervention

When parents refuse chemotherapy for their child, the healthcare provider faces a challenging ethical and medical situation. In cases where a child's life is at significant risk due to a serious condition, and parents do not want to pursue a treatment that is deemed essential by medical professionals, obtaining a court order may become necessary. This course of action is justified because the healthcare provider has the responsibility to ensure the best interests of the child are prioritized, particularly in life-threatening situations. If it is determined that the refusal of treatment could lead to severe harm or a preventable death, legal intervention is often viewed as a means to protect the rights of the child. The court can evaluate the situation, consider the opinions of healthcare providers, and make a ruling that may compel the provision of necessary medical treatment. While consulting with a social worker or seeking ethical committee intervention can be valuable steps in understanding the situation and mediating between the parents' wishes and medical advice, these approaches do not address the immediate need to protect the child's health and safety when treatment is critical. Simply respecting the parents' decision would not be appropriate in cases where the child's life is at imminent risk. Thus, seeking a court order is often the necessary and appropriate next step in ensuring that the medical needs of the

4. A 57-year-old nulliparous woman with high BMI is at increased risk for which type of cancer?

A. Ovarian cancer

B. Cervical cancer

C. Endometrial cancer

D. Breast cancer

Nulliparity and a high body mass index (BMI) are significant risk factors for endometrial cancer. Women who have never given birth (nulliparous) have a longer cumulative exposure to estrogen, as pregnancy typically reduces the number of menstrual cycles and thus the duration of estrogen stimulation on the endometrial lining. High BMI is associated with increased estrogen levels due to the aromatization of androgens in adipose tissue. Elevated estrogen levels unopposed by progesterone can lead to excessive growth of the endometrium, increasing the risk of developing endometrial cancer. While other cancers may also have a relationship with BMI and reproductive history, the specific combination of nulliparity and high BMI significantly heightens the risk for endometrial cancer more than the other cancers listed.

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5. What condition may be diagnosed in infants who choke during feedings and are at risk of pneumonia?

A. Esophageal Atresia

B. Gastroesophageal Reflux Disease

C. Tracheoesophageal Fistula

D. Congenital Diaphragmatic Hernia

Infants who experience choking during feedings and are at a heightened risk of pneumonia may be diagnosed with tracheoesophageal fistula (TEF). This condition involves an abnormal connection between the trachea and esophagus, which can lead to the aspiration of food and liquids into the lungs. When infants with TEF attempt to feed, the milk or formula can easily pass into the trachea instead of the esophagus, causing choking episodes and significantly increasing the risk of aspiration pneumonia. In addition to feeding difficulties and the risk of pneumonia, infants with this condition may also exhibit other signs such as coughing, difficulty breathing, and excessive salivation. The diagnosis is often confirmed through imaging studies or direct visualization during an endoscopic procedure. Early recognition and intervention are critical to prevent complications associated with aspiration and to ensure appropriate feeding techniques or surgical correction.

6. What is a common symptom of silicosis in occupational settings?

A. Night sweats

B. Chronic cough

C. Fever

D. Chest pain

In the context of silicosis, a common symptom experienced by individuals exposed to crystalline silica in occupational settings is a chronic cough. Silicosis is a type of pneumoconiosis resulting from the inhalation of silica dust. As this condition progresses, inflammation and scarring of lung tissue occur, leading to a persistent cough as the lungs struggle to clear the particulate matter and engage in normal respiratory activities. The chronic cough associated with silicosis can also be indicative of the body's attempts to clear irritants and secretions from the airways, which becomes increasingly difficult as lung function is compromised over time. In occupational health assessments and clinical evaluations, recognizing this symptom can be crucial for early diagnosis and management of the disease, helping to prevent further pulmonary complications.

7. What condition might cause a patient to experience significant weight loss and dysphagia?

A. Esophageal stricture

B. Gastritis

C. Esophageal cancer

D. Pyloric stenosis

Esophageal cancer is a likely cause of significant weight loss and dysphagia due to the nature of how the disease impacts the esophagus. As tumors grow, they can obstruct the esophagus, leading to difficulty swallowing, which is known as dysphagia. This difficulty can discourage patients from eating, leading to substantial weight loss over time. Esophageal cancer may also progress asymptomatically in its early stages, meaning that patients might not notice trouble until the disease has advanced enough to significantly affect their ability to consume food. The combination of these symptoms—dysphagia and significant weight loss—often prompts further investigation, revealing the underlying malignancy. Early detection and appropriate intervention are critical in managing esophageal cancer and improving outcomes for affected patients.

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8. Which condition is commonly associated with a history of being a sandblaster and low oxygen saturation levels?

A. Asbestosis

B. Silicosis

C. Pneumoconiosis

D. Coal Workers' Pneumoconiosis

Silicosis is a form of pneumoconiosis specifically linked to the inhalation of crystalline silica dust, which is prevalent in industries such as sandblasting. Individuals working as sandblasters are routinely exposed to silica, particularly when they are unprotected while performing their tasks. This exposure can lead to the accumulation of silica in the lungs, resulting in inflammation and fibrosis, which is characteristic of silicosis. The low oxygen saturation levels in patients with silicosis may arise as the lung tissue becomes increasingly fibrotic and less elastic, impairing its ability to transfer oxygen into the bloodstream effectively. As the disease progresses, the lung capacity diminishes, leading to respiratory symptoms and decreased oxygen exchange. While asbestosis and coal workers' pneumoconiosis are also forms of pneumoconiosis, they are associated with different types of exposure; asbestosis arises from asbestos exposure and is not connected to sandblasting, while coal workers' pneumoconiosis is linked specifically to coal dust. Therefore, silicosis is the most fitting condition in this context.

9. In a patient with anemia, hypercalcemia, and renal dysfunction, which condition should be considered?

A. Multiple Myeloma

B. Chronic Lymphocytic Leukemia

C. Aplastic Anemia

D. Iron Deficiency Anemia

In a patient presenting with anemia, hypercalcemia, and renal dysfunction, multiple myeloma should be considered as it is known to cause a triad of symptoms and signs often referred to as "CRAB" – this stands for Calcium levels elevated (hypercalcemia), Renal failure, Anemia, and Bone lesions. Multiple myeloma is a malignancy of plasma cells in the bone marrow. The increased levels of calcium are typically due to bone resorption as myeloma cells produce osteoclast-activating factors that lead to bone destruction. This process contributes to the patient's hypercalcemia. Additionally, the proliferation of malignant plasma cells can lead to renal impairment due to various factors, including the deposition of light chains (Bence Jones proteins) in the renal tubules, leading to a condition known as myeloma kidney or cast nephropathy. The combination of these symptoms—anemia resulting from bone marrow infiltration, renal dysfunction due to damage from either the myeloma itself or its metabolic consequences, and hypercalcemia from osteolytic activity—strongly points towards multiple myeloma as the underlying condition. In contrast, conditions like chronic lymphocytic leukemia, aplastic anemia, and iron deficiency anemia

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10. What is a commonly recommended treatment for social anxiety, particularly performance anxiety?

A. Exposure Therapy

B. Cognitive Behavioral Therapy or SSRI

C. Group therapy

D. Beta-blockers

Cognitive Behavioral Therapy (CBT) and selective serotonin reuptake inhibitors (SSRIs) are considered first-line treatments for social anxiety, particularly performance anxiety. CBT is effective in helping individuals identify and change negative thought patterns and behaviors associated with social situations. Through exposure exercises, individuals gradually face their fears, which can significantly reduce anxiety over time. This form of therapy equips patients with coping strategies and skills to manage their anxiety more effectively. SSRIs, on the other hand, are a class of medications that can help alleviate the symptoms of anxiety by increasing serotonin levels in the brain, which is often associated with mood regulation. For many patients, SSRIs can provide relief from the frequency and intensity of anxiety symptoms, enabling them to engage more comfortably in social situations and performance scenarios. Both CBT and SSRIs have a strong evidence base supporting their efficacy in treating social anxiety disorders, making this combination a commonly recommended treatment approach.

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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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