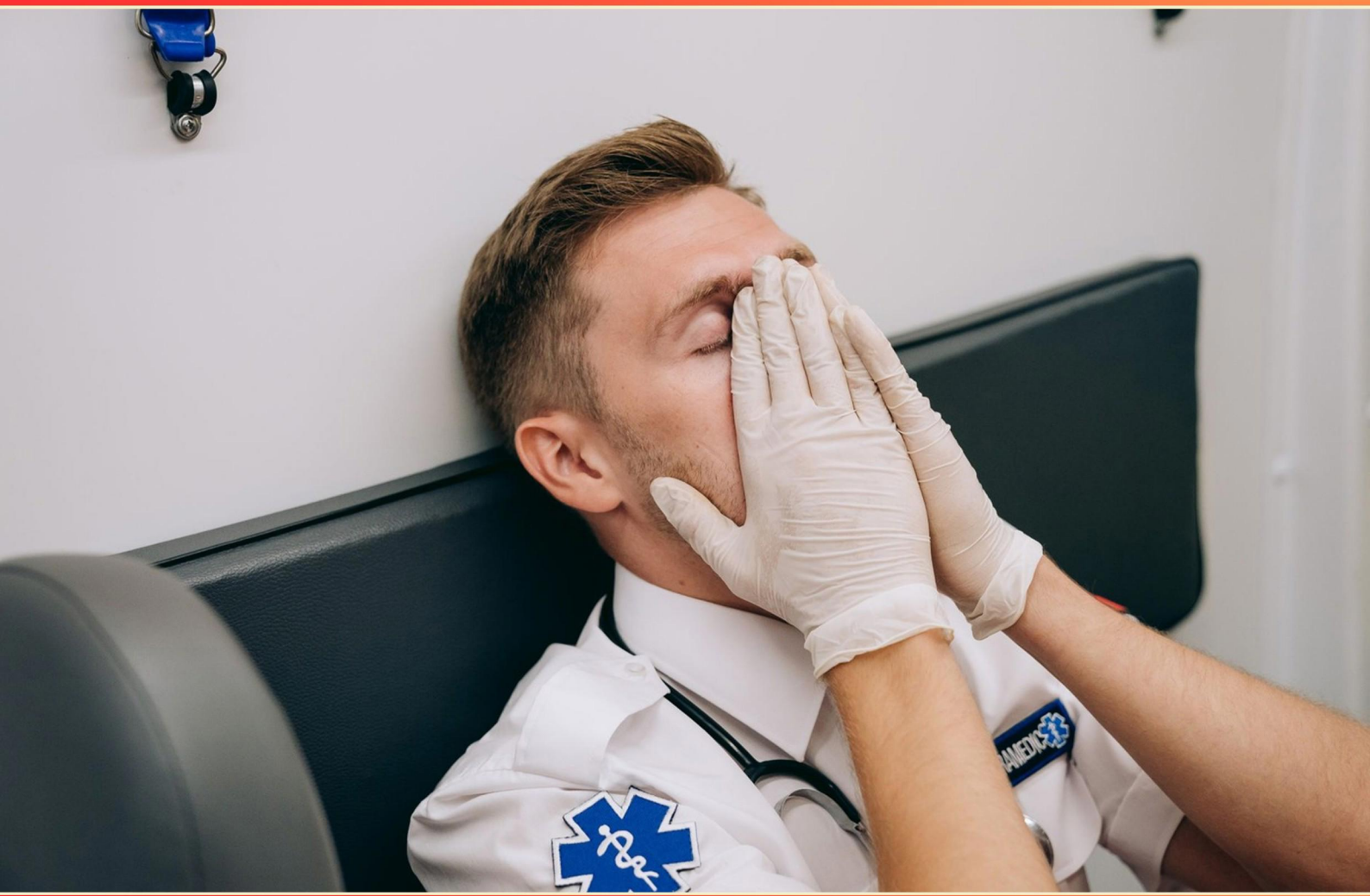
NHS PATHWAYS DISTANCE LEARNING PACKAGE (DLP) PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR THE FULL VERSION STUDY GUIDE

https://nhspathwaysdlp.examzify.com

Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

Table of Contents

Copyright 1

Table of Contents 2

Introduction 3

How to Use This Guide 4

Questions 5

Answers 8

Explanations 10

Next Steps 16

SAMPLE

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.

SAMPLE

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!

SAMPLE

Questions

SAMPLE

1. Which of the following is a factor related to shock?

A. Excessive hydration

B. Heart attack

C. Normal blood sugar

D. Stable hormone levels

2. What should occur if there is doubt about whether a collapsed person is displaying agonal breathing?

A. They should be given oxygen immediately

B. It should be assumed they are not breathing

C. They should be moved to a seated position

D. They should be monitored for signs of recovery

3. Are antibiotics effective against which type of pathogen?

A. Viruses

B. Bacteria

C. Fungi

D. Parasites

4. What is a key indicator that someone may have a complete blockage of their airway?

A. The person is breathing normally

B. The caller becomes unresponsive

C. The caller begins to choke

D. The person is coughing loudly

5. What is a common outcome of insulin deficiency in diabetes?

A. Increased physical endurance

B. Excessive weight gain

C. Elevated blood glucose levels

D. Improved metabolism

SAMPLE

6. Which of the following is a function of insulin?

A. Increases blood sugar levels

B. Helps move glucose into the cells

C. Decreases carbohydrate absorption

D. Stimulates appetite

7. Which of the following injuries is always treated as serious?

A. A minor sprain

B. A bruise

C. A fall from a height

D. An ankle twist

8. What does AED stand for?

A. Automated External Defibrillator

B. Automatic Emergency Device

C. Advanced Emergency Defibrillator

D. Automated Energy Defibrillator

9. Which of these may NOT be a direct result of bleeding in the upper digestive tract?

A. Vomiting bright red blood

B. Vomiting dark brown bits

C. Pain in the lower abdomen

D. Hematemesis

10. What condition can harm both a pregnant woman and her baby?

A. Gestational diabetes

B. Eclampsia

C. Preterm labor

D. Morning sickness

SAMPLE

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. Which of the following is a factor related to shock?

A. Excessive hydration

B. Heart attack

C. Normal blood sugar

D. Stable hormone levels

The correct choice is heart attack because it is a significant medical condition that can lead to shock. Shock is a life-threatening condition that occurs when the body is not getting enough blood flow, which can result in organ failure. A heart attack can impair the heart's ability to pump blood effectively, leading to a decreased circulation volume which can trigger shock. Understanding how a heart attack contributes to shock is crucial, as it can manifest through signs such as low blood pressure, rapid heart rate, and cold, clammy skin—a direct consequence of inadequate blood flow and oxygen delivery to vital organs. In contrast, factors such as excessive hydration, normal blood sugar, and stable hormone levels are generally not associated with causing shock. Excessive hydration may lead to fluid overload but does not typically relate directly to the physiological state of shock. Normal blood sugar and stable hormone levels are indicators of a well-regulated metabolic state and do not contribute to the onset of shock.

2. What should occur if there is doubt about whether a collapsed person is displaying agonal breathing?

A. They should be given oxygen immediately

B. It should be assumed they are not breathing

C. They should be moved to a seated position

D. They should be monitored for signs of recovery

When there is doubt about whether a collapsed person is displaying agonal breathing, it is crucial to proceed with caution and assume the person is not breathing. Agonal breathing can be subtle and may not present as regular or effective breathing, which can lead to crucial delays in responding appropriately. Assuming that the person is not breathing prompts immediate intervention, typically the initiation of CPR if needed. This is vital because a lack of sufficient oxygen can quickly lead to life-threatening consequences. The guideline to assume non-breathing in unclear situations aligns with best practices in emergency response, ensuring that lifesaving measures can be taken without delay. In such scenarios, prioritizing action over uncertainty helps to ensure the best possible outcome for the individual in distress.

3. Are antibiotics effective against which type of pathogen?

A. Viruses

B. Bacteria

C. Fungi

D. Parasites

Antibiotics are specifically designed to combat bacterial infections and are effective against bacteria, making this the correct answer. They work by targeting specific features of bacterial cells, such as their cell wall, protein synthesis, or metabolic pathways, which are not present in human cells or in other types of pathogens. This selective action helps eliminate the bacteria while minimizing harm to the host's cells. In contrast, antibiotics have no effect on viruses, fungi, or parasites. Viruses operate differently, using the host's cellular machinery to replicate, so they require antiviral medications for treatment. Fungi, which are eukaryotic organisms, need antifungal agents, while parasites often require antiparasitic drugs, tailored to the specific type of parasitic infection. Understanding these distinctions is crucial for the effective treatment of infections and the responsible use of antibiotics to prevent the rise of antibiotic-resistant bacteria.

SAMPLE

4. What is a key indicator that someone may have a complete blockage of their airway?

A. The person is breathing normally

B. The caller becomes unresponsive

C. The caller begins to choke

D. The person is coughing loudly

The presence of choking is a significant indicator that someone may have a complete blockage of their airway. When an individual begins to choke, it typically means that an object, food, or some other obstruction has lodged in the throat, making it difficult or impossible for air to pass through. During this state, the person may not be able to cough effectively; coughing would be the body's natural response to expel the obstruction. If they are unable to make any sounds or breathe, this is often an indication of a severe or complete airway blockage. Other scenarios, such as the person breathing normally, the caller becoming unresponsive, or the individual coughing loudly, do not similarly indicate a complete blockage. Normal breathing suggests the airway is clear. If the caller becomes unresponsive, it could imply other medical issues, but it does not specifically isolate the condition of airway obstruction. Loud coughing indicates that the person has some air flow and is likely not experiencing a complete blockage but rather a partial obstruction. Thus, choking serves as the clearest warning sign that immediate attention and possible intervention are required.

5. What is a common outcome of insulin deficiency in diabetes?

A. Increased physical endurance

B. Excessive weight gain

C. Elevated blood glucose levels

D. Improved metabolism

Insulin deficiency in diabetes leads to elevated blood glucose levels because insulin is a crucial hormone for regulating glucose uptake into the cells. When there is not enough insulin, glucose remains in the bloodstream instead of being transported into the cells where it can be used for energy. This results in hyperglycemia (high blood sugar), which is a hallmark of diabetes, especially in type 1 diabetes where insulin production is severely impaired. In contrast, increased physical endurance, excessive weight gain, and improved metabolism are not typical outcomes associated with insulin deficiency. Lack of insulin impairs the body's ability to utilize glucose effectively, which can lead to fatigue rather than increased endurance. Additionally, insulin plays a significant role in fat storage; thus, a deficiency often results in weight loss rather than excessive weight gain, although some individuals may experience weight gain due to compensatory mechanisms in the body. Improved metabolism generally refers to an enhanced ability to process nutrients, which is compromised in the context of insulin deficiency.

SAMPLE

6. Which of the following is a function of insulin?

A. Increases blood sugar levels

B. Helps move glucose into the cells

C. Decreases carbohydrate absorption

D. Stimulates appetite

Insulin plays a crucial role in regulating blood glucose levels by facilitating the movement of glucose into cells, an essential process for maintaining energy balance in the body. When you consume food, especially carbohydrates, glucose levels in the bloodstream increase. Insulin, which is produced by the pancreas, helps cells throughout the body, including muscle and fat cells, absorb glucose from the bloodstream. This not only lowers blood sugar levels but also provides the necessary energy for cellular functions. In addition to its primary role in glucose uptake, insulin also influences various metabolic processes, including the storage of fat and the synthesis of proteins. Its effects extend beyond just glucose management; however, the core function of helping to move glucose into cells is vital for preventing hyperglycemia and ensuring that cells have the energy they require to function properly. Other options do not correctly describe the primary functions of insulin. For instance, increasing blood sugar levels contradicts the fundamental role of insulin. Additionally, while insulin does contribute indirectly to carbohydrate metabolism, it does not directly decrease carbohydrate absorption in the digestive tract. Lastly, stimulating appetite is not a primary function of insulin, as it serves more to regulate energy utilization rather than to encourage food intake directly.

7. Which of the following injuries is always treated as serious?

A. A minor sprain

B. A bruise

C. A fall from a height

D. An ankle twist

A fall from a height is always treated as serious due to the potential for significant injuries that can occur from such an event. The impact from falling from an elevated position can lead to a range of critical conditions, including fractures, head injuries, internal injuries, or even life-threatening complications. In clinical assessment, falls from heights often warrant an immediate and thorough evaluation to rule out severe injuries that may not be immediately apparent, given the high energy associated with such incidents. In contrast, injuries like minor sprains, bruises, and ankle twists are typically classified as less severe since they generally involve soft tissue damage rather than potentially critical conditions. While they can certainly be painful and require treatment, they do not usually carry the immediate risk of severe morbidity or mortality that a fall from a height does. Thus, the classification of a fall from a height as a serious injury is grounded in the need for careful monitoring and possible interventions to ensure the safety and health of the individual involved.

SAMPLE

8. What does AED stand for?

A. Automated External Defibrillator

B. Automatic Emergency Device

C. Advanced Emergency Defibrillator

D. Automated Energy Defibrillator

The term AED stands for Automated External Defibrillator. An AED is a portable electronic device that automatically diagnoses potentially life-threatening cardiac arrhythmias and is able to treat them through defibrillation, which is the application of electrical therapy to restore a normal heartbeat. These devices are designed to be used by laypersons in emergency situations, guiding users through voice prompts and visual cues to ensure effective use. In settings where a person is experiencing sudden cardiac arrest, the AED can analyze the heart's rhythm and determine whether a shock is needed. It plays a crucial role in emergency response by increasing the chances of survival for victims experiencing arrhythmias or cardiac arrest outside of a hospital setting. Training for AED use often emphasizes its accessibility and the importance of immediate action in such life-or-death situations, making it an essential piece of equipment in public spaces as well as medical facilities.

9. Which of these may NOT be a direct result of bleeding in the upper digestive tract?

A. Vomiting bright red blood

B. Vomiting dark brown bits

C. Pain in the lower abdomen

D. Hematemesis

Bleeding in the upper digestive tract can lead to various symptoms, and understanding these can help differentiate the effects of such bleeding. Vomiting bright red blood, often referred to as hematemesis, is a clear and direct symptom, indicating active bleeding from the upper gastrointestinal system. This direct correlation suggests a significant issue within the esophagus, stomach, or duodenum. Likewise, the presence of dark brown bits, often described as "coffee ground" vomit, also indicates that blood has been present in the stomach for some time before being expelled. This occurs because the blood is partially digested, showing that bleeding has occurred higher up in the digestive system. Hematemesis directly pertains to the act of vomiting blood, providing another clear connection to upper gastrointestinal tract bleeding. On the other hand, pain in the lower abdomen typically signifies issues related to the lower digestive tract or reproductive organs rather than any immediate complications associated with bleeding in the upper digestive tract. This symptom does not correlate directly with upper GI bleeding, making it the atypical outcome in this context. Therefore, the correct response reflects that pain in the lower abdomen is not a direct result of upper digestive tract bleeding, while the other symptoms distinctly are linked to such bleeding events.

SAMPLE

10. What condition can harm both a pregnant woman and her baby?

A. Gestational diabetes

B. Eclampsia

C. Preterm labor

D. Morning sickness

Eclampsia is a serious condition that can occur during pregnancy and is characterized by the onset of seizures in a woman who has preeclampsia, which is marked by high blood pressure and often protein in the urine. Eclampsia poses significant risks not only to the mother, including possible loss of consciousness, injury, and even death, but also jeopardizes the health of the unborn baby. It can lead to complications such as oxygen deprivation for the fetus due to decreased blood flow, as well as preterm delivery. In contrast, while gestational diabetes and preterm labor can also affect pregnancy, their immediate risks differ. Gestational diabetes can lead to complications but is typically manageable and often resolves after childbirth. Preterm labor is concerning for the baby, but it is more associated with the timing of delivery rather than a direct harm like that caused by eclampsia. Morning sickness, although physically taxing for the mother, generally does not pose threats to the baby's health and is considered a normal part of many pregnancies. Thus, eclampsia stands out as a condition that can have severe, direct negative consequences for both a pregnant woman and her baby.

SAMPLE

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://nhspathwaysdlp.examzify.com

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

SAMPLE