PRINCIPLES OF MEDICAL LABORATORY SCIENCE (PMLS) 1 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. **Which country enacted the Act on Prevention of Infectious Diseases in 2005?**

   A. South Korea

   B. Singapore

   C. Canada

   D. Japan

2. **The Certificate in Public Health program opened in June 1927 to train the Philippine Health Service's medical officers. At which institution was this program formally started?**

   A. University of Santo Tomas College of Medicine

   B. Manila College of Public Health

   C. University of the Philippines College of Public Health

   D. Philippine Women's University School of Public Health

3. **Which term is described as systematic and organized, explicitly states outcomes, and includes a planned process of measurement and evaluation to gauge student learning?**

   A. Syllabus

   B. Lesson Plan

   C. Curriculum

   D. Assessment Plan

4. **What halted the full maximization of the First Reserve Hospital's diagnostic laboratory when it first became operational?**

   A. The director contracted typhoid fever

   B. Shortage of staff

   C. Lack of funding

   D. War bombardment

5. **Who is known as the father of microbiology for his work on improving the microscope?**

   A. Louis Pasteur

   B. Antonie van Leeuwenhoek

   C. Joseph Lister

   D. Edward Jenner

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6. Which of the following reflects a core professional obligation for medical technology professionals?

A. Disclose patient information freely

B. Uphold Confidentiality

C. Fabricate results

D. Ignore professional ethics

7. Which laboratory at the University of Pennsylvania opened to highlight the service role of clinical laboratories?

A. University of Pennsylvania's William Pepper Laboratory of Clinical Medicine

B. Johns Hopkins Laboratory

C. Mayo Clinic Laboratory

D. Harvard Medical School Laboratory

8. Which course focuses on life cycle, epidemiology, and identification of ova and adult worms?

A. Mycology and Virology

B. Histopathologic Techniques with Cytology

C. Medical Technology Laws and Bioethics

D. Clinical Parasitology

9. Which school of ethics states that the rightness or wrongness of actions is determined by their consequences?

A. Deontology

B. Ethical Relativism

C. Ethical Pragmatism

D. Ethical Utilitarianism

10. CHED is the government agency under which office?

A. Office of the President

B. Department of Education

C. Senate

D. Supreme Court

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Answers

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

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Explanations

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1. Which country enacted the Act on Prevention of Infectious Diseases in 2005?

A. South Korea

B. Singapore

C. Canada

D. Japan

Understanding how countries regulate infectious diseases helps you connect laws to public health action. In 2005, South Korea enacted the Act on Prevention of Infectious Diseases. This law creates the framework for identifying, reporting, and controlling infectious diseases nationwide. It specifies the duties of healthcare providers to notify authorities about cases, outlines the responsibilities of public health agencies to monitor and respond to outbreaks, and sets procedures for isolation, quarantine, and outbreak management. It also covers vaccination strategies and other preventive measures, and it defines enforcement and penalties to ensure compliance. Because the question targets which country enacted this specific 2005 act, South Korea is the correct association. Other countries have their own infectious disease laws with different names and enactment dates, so they don't match the 2005 act in the same way.

2. The Certificate in Public Health program opened in June 1927 to train the Philippine Health Service's medical officers. At which institution was this program formally started?

A. University of Santo Tomas College of Medicine

B. Manila College of Public Health

C. University of the Philippines College of Public Health

D. Philippine Women's University School of Public Health

The program was established to create a formal pathway for training the medical officers of the Philippine Health Service, and it began at the University of the Philippines College of Public Health. This institution was the main national center for public health education in that era, aligning government health service needs with an academic program. The other institutions did not initiate this particular certificate program at that time, as they were not the formal launching site for the Certificate in Public Health.

3. Which term is described as systematic and organized, explicitly states outcomes, and includes a planned process of measurement and evaluation to gauge student learning?

A. Syllabus

B. Lesson Plan

C. Curriculum

D. Assessment Plan

A curriculum is a systematic, organized framework that defines what students are expected to learn across a program and ties together the content, instructional activities, and assessments. It explicitly states the outcomes or competencies to be achieved and includes a planned process of measurement and evaluation to gauge learning over time, ensuring that teaching and assessment are aligned with those goals. While a syllabus outlines a course's topics and schedule, a lesson plan details activities for a single class, and an assessment plan focuses on how to measure learning, only the curriculum integrates content, targets, and ongoing evaluation into one cohesive structure.

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4. What halted the full maximization of the First Reserve Hospital's diagnostic laboratory when it first became operational?

A. The director contracted typhoid fever

B. Shortage of staff

C. Lack of funding

D. War bombardment

When a diagnostic laboratory is just getting started, steady leadership is essential to set up workflows, train staff, implement quality controls, and push the project toward full capacity. If the director contracts typhoid fever, that leadership is suddenly incapacitated, which directly disrupts oversight, decisions, and day-to-day management. The lab can have the equipment and personnel ready, but without the director to supervise, coordinate testing priorities, approve procedures, and address issues, the expansion and full utilization cannot proceed as planned. The illness of the person in charge effectively stalls progress at a critical early stage, making it the most immediate cause of not reaching full operation. Other potential problems—like a shortage of staff, lack of funding, or external threats such as war bombardment—would also hinder operations, but they don't explain the abrupt halt in maximizing capacity due to an incapacitated leadership figure at the moment the lab first became operational.

5. Who is known as the father of microbiology for his work on improving the microscope?

A. Louis Pasteur

B. Antonie van Leeuwenhoek

C. Joseph Lister

D. Edward Jenner

Advances in the microscope opened a whole unseen world, making it possible to observe microscopic life for the first time. Antonie van Leeuwenhoek is credited as the father of microbiology because he built powerful single-lens microscopes and used them to describe living microorganisms—bacteria, protozoa, sperm cells, and more—during the 1670s and 1680s. His meticulous observations and correspondence with the Royal Society established that there are unseen forms of life, forming the foundation of microbiology as a science. Louis Pasteur made landmark contributions to germ theory, vaccines, and sterilization, but not primarily by improving the microscope. Joseph Lister pioneered antiseptic surgery, and Edward Jenner developed the smallpox vaccine. Their achievements are monumental in medicine, but the question's focus on instrumentation and early discovery points to van Leeuwenhoek.

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6. Which of the following reflects a core professional obligation for medical technology professionals?

A. Disclose patient information freely

B. Uphold Confidentiality

C. Fabricate results

D. Ignore professional ethics

Maintaining patient privacy is a fundamental obligation for medical laboratory professionals. Handling sensitive health information is part of daily practice, and trust in the lab depends on keeping that information confidential. The option that emphasizes upholding confidentiality is the best because it directly requires protecting patient privacy, sharing information only with authorized team members who need to know for care, and complying with legal and professional standards. This duty helps prevent harm, protects rights, and supports accurate, ethical patient care. Disclosing patient information freely violates privacy and can lead to harm or discrimination. Fabricating results is fraudulent and undermines patient safety and trust in the laboratory. Ignoring professional ethics violates the standards that guide safe, responsible practice.

7. Which laboratory at the University of Pennsylvania opened to highlight the service role of clinical laboratories?

A. University of Pennsylvania's William Pepper Laboratory of Clinical Medicine

B. Johns Hopkins Laboratory

C. Mayo Clinic Laboratory

D. Harvard Medical School Laboratory

The idea being tested is how clinical laboratories were established to serve patient care and become an active part of the clinical team. The William Pepper Laboratory of Clinical Medicine at the University of Pennsylvania was created specifically to demonstrate and emphasize this service role, positioning the lab as a hands-on partner in diagnosing and guiding treatment for patients. It embodies the shift from labs as mere research spaces to facilities that actively support clinicians with timely, practical diagnostic information. The other institutions listed did not originate with this particular aim of foregrounding the service function of the clinical laboratory, so they don't fit this milestone.

8. Which course focuses on life cycle, epidemiology, and identification of ova and adult worms?

A. Mycology and Virology

B. Histopathologic Techniques with Cytology

C. Medical Technology Laws and Bioethics

D. Clinical Parasitology

Life cycles, epidemiology, and identifying ova and adult worms are central to clinical parasitology. This course teaches how parasites progress through their life stages, how they spread in populations, and how to recognize them in patient samples by morphology—eggs in stool, and adult worms in tissues or fluids. That focus makes it the best fit for topics about parasite life cycles and identification. The other options cover fungi and viruses, tissue and cytology techniques, or legal and ethical aspects of medical technology, none of which center on parasites and their diagnostic identification.

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9. Which school of ethics states that the rightness or wrongness of actions is determined by their consequences?

A. Deontology

B. Ethical Relativism

C. Ethical Pragmatism

D. Ethical Utilitarianism

The idea being tested is that morality is judged by the outcomes of actions: rightness or wrongness is determined by the consequences. This is utilitarianism. In utilitarian thought, an action is right if it maximizes overall utility, typically defined as happiness, welfare, or well-being for the greatest number of people. The focus is on the net effects of what you do, weighing benefits and harms to produce the best possible balance. This stands in contrast to deontology, which says actions are right if they conform to certain duties or rules, regardless of the outcome. Ethical relativism argues that moral judgments depend on cultural norms rather than universal standards. Ethical pragmatism evaluates beliefs and policies by their practical usefulness and workable consequences, but utilitarianism specifically grounds rightness in maximizing overall good. For a concrete sense: choosing a policy that yields the greatest overall good—even if it involves trade-offs for some individuals—fits the utilitarian idea, whereas the other approaches would assess the action through rules, cultural norms, or practical feasibility rather than solely on the balance of good versus bad outcomes.

10. CHED is the government agency under which office?

A. Office of the President

B. Department of Education

C. Senate

D. Supreme Court

CHED, the Commission on Higher Education, is the government agency that handles higher education policies, standards, and quality across colleges and universities in the Philippines. It is placed as an attached agency under the Office of the President, not under the Department of Education, which focuses on basic education. The Senate and the Supreme Court are branches of government and not the office that oversees higher education. Therefore, the correct home for CHED is the Office of the President.

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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://pmls1.examzify.com

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

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