

# 68W Limited Primary Care (LPC) Practice Exam (Sample)

## Study Guide



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**SAMPLE**

## **Questions**

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- 1. Which of the following is a symptom of pruritus?**
  - A. Swollen watery itchy eyes**
  - B. Increased heart rate**
  - C. Fever**
  - D. Nausea**
- 2. Which of the following is a key component of a patient assessment?**
  - A. Physical therapy exercises**
  - B. Patient history and physical examination findings**
  - C. Only laboratory results**
  - D. Referrals to specialists**
- 3. When can a patient perform military duties while on bed rest?**
  - A. Only during emergencies**
  - B. When cleared by a physician**
  - C. They cannot perform any military duties**
  - D. While attending physical therapy sessions**
- 4. What is the American Heart Association's recommended amount of exercise for adults each week?**
  - A. At least 30 minutes of exercise per week**
  - B. 150 minutes of moderate-intensity or 75 minutes of vigorous-intensity exercise**
  - C. 300 minutes of low-intensity exercise**
  - D. Unlimited high-intensity exercise**
- 5. What role do balanced meals play in diabetes management?**
  - A. They eliminate the need for medications**
  - B. They provide necessary nutrients**
  - C. They reduce psychological stress**
  - D. They are irrelevant to blood sugar levels**

- 6. What is the purpose of triage in a primary care setting?**
- A. To document patient histories**
  - B. To provide medical education to staff**
  - C. To prioritize patient care based on condition severity**
  - D. To schedule follow-up appointments**
- 7. What is one method to improve a patient's understanding of their diabetes management?**
- A. Focus on medication costs**
  - B. Educate them on carbohydrate counting**
  - C. Decrease their appointments**
  - D. Avoid discussing food choices**
- 8. What should be included in a wellness exam for chronic disease prevention?**
- A. A quick visual examination only**
  - B. Vital signs and patient health education**
  - C. A thorough history, vital signs, risk assessments, screenings**
  - D. Only screenings for hypertension**
- 9. What is the goal of providing patient health education during a wellness exam?**
- A. To fill out insurance forms**
  - B. To encourage healthy lifestyle choices**
  - C. To comply with regulations**
  - D. To decrease appointment times**
- 10. Who is allowed access to medical information?**
- A. Only hospital administration**
  - B. The patient and authorized personnel**
  - C. Insurance representatives only**
  - D. Visitors of the patient**

## **Answers**

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

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## **Explanations**

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**1. Which of the following is a symptom of pruritus?**

**A. Swollen watery itchy eyes**

**B. Increased heart rate**

**C. Fever**

**D. Nausea**

Pruritus, commonly known as itching, is often associated with various conditions, including allergies, skin disorders, and systemic diseases. The key characteristic of pruritus is the sensation that leads to the desire to scratch or rub the affected area. The correct answer highlights swollen, watery, itchy eyes, which is a common presentation in allergic reactions that can lead to pruritus in the ocular region. The presence of watery and itchy eyes indicates an inflammatory response, possibly due to allergens like pollen or pet dander, which not only causes the sensation of itching but may also lead to visible signs such as swelling. This aligns directly with the defined symptoms of pruritus, illustrating how irritation and inflammation manifest in this way. In contrast, increased heart rate, fever, and nausea are not primary symptoms of pruritus. While they can occur in various medical scenarios, they do not signify the itching sensation or the corresponding desire to scratch, which is the essence of pruritus.

**2. Which of the following is a key component of a patient assessment?**

**A. Physical therapy exercises**

**B. Patient history and physical examination findings**

**C. Only laboratory results**

**D. Referrals to specialists**

The identification of patient history and physical examination findings as a key component of patient assessment is fundamental to effective healthcare delivery. This process allows a healthcare professional to gather critical information about the patient's current health status, past medical history, and any underlying conditions. It helps in forming a comprehensive understanding of the patient's unique situation. The patient history provides insights into the patient's medical background, including previous illnesses, surgeries, allergies, medications, and family health history. Meanwhile, physical examination findings give objective data about the patient's physical status, helping to ascertain the presence or absence of illnesses or injuries. Together, they create a foundational understanding that informs diagnosis and treatment planning. The other components mentioned, such as physical therapy exercises, laboratory results, and referrals to specialists, serve specific roles in the overall management of a patient's health but do not constitute the core elements of an initial patient assessment. Physical therapy exercises can be part of a treatment plan but are not part of the assessment itself. Laboratory results provide additional data but should be interpreted in light of the patient history and physical examination findings. Referrals to specialists are often based on the conclusions drawn from a thorough assessment but are not primary components of that assessment.

**3. When can a patient perform military duties while on bed rest?**

- A. Only during emergencies**
- B. When cleared by a physician**
- C. They cannot perform any military duties**
- D. While attending physical therapy sessions**

The correct understanding of the scenario surrounding a patient on bed rest is that they cannot perform any military duties. Bed rest generally indicates that a patient is in a state where their physical activity is limited due to health concerns, recovery needs, or rehabilitation requirements. Engaging in military duties while on bed rest would be counterproductive to their recovery and could potentially exacerbate their condition. In contexts concerning military personnel, prioritizing health and recovery is critical. Allowing someone on bed rest to perform duties would not align with medical advice aimed at ensuring the patient can heal adequately. This approach protects both the individual's health and the operational readiness of the unit. Other options, such as performing duties only during emergencies, being cleared by a physician, or attending physical therapy sessions, do not adequately hold up against the primary directive of bed rest, which necessitates a full focus on recovery without the strain of military obligations.

**4. What is the American Heart Association's recommended amount of exercise for adults each week?**

- A. At least 30 minutes of exercise per week**
- B. 150 minutes of moderate-intensity or 75 minutes of vigorous-intensity exercise**
- C. 300 minutes of low-intensity exercise**
- D. Unlimited high-intensity exercise**

The American Heart Association (AHA) recommends that adults engage in at least 150 minutes of moderate-intensity aerobic exercise per week, or 75 minutes of vigorous-intensity exercise, or a combination of both. This guideline is established to promote cardiovascular health and overall bodily function, contributing to disease prevention and improved quality of life. Moderate-intensity activities include brisk walking, swimming, or cycling at a gentle pace, whereas vigorous-intensity activities might consist of running, aerobic dancing, or competitive sports. The structured recommendation ensures that individuals can tailor their exercise routines to their level of fitness and preferences while still achieving health benefits. This recommendation is well-supported by research that indicates a correlation between regular physical activity and a lower risk of various health conditions, such as heart disease, diabetes, and obesity. Furthermore, the guidelines emphasize that exercise should be spread over the week to allow for recovery and to enhance sustainability of the fitness routine, instead of being focused into a single session. The alternative choices do not align with the AHA guidelines; they either suggest inadequate amounts of exercise or impractical levels of high-intensity exercises that could lead to injury if not approached carefully. Thus, the recommendation for 150 minutes of moderate-intensity or 75 minutes of

**5. What role do balanced meals play in diabetes management?**

- A. They eliminate the need for medications**
- B. They provide necessary nutrients**
- C. They reduce psychological stress**
- D. They are irrelevant to blood sugar levels**

Balanced meals play a crucial role in diabetes management primarily by providing necessary nutrients. They typically include a proper mix of carbohydrates, proteins, and fats, which helps stabilize blood sugar levels and ensures that the body receives essential vitamins and minerals. This nutrient balance is critical for those managing diabetes, as it helps to regulate glucose absorption and maintain energy levels throughout the day. When individuals with diabetes consume balanced meals, they can better manage their hunger and avoid spikes in blood sugar, as the nutrients digest at different rates. This not only aids in controlling glucose levels but also contributes to overall health and well-being. A diet that lacks balance may lead to inadequate nutrient intake and negatively impact blood glucose control, which is essential for preventing complications associated with diabetes. In contrast, while meals can influence psychological well-being and medication needs, the fundamental benefit of balanced nutrition lies in its direct impact on providing nutrients that support the body's functions, particularly in the context of managing diabetes.

**6. What is the purpose of triage in a primary care setting?**

- A. To document patient histories**
- B. To provide medical education to staff**
- C. To prioritize patient care based on condition severity**
- D. To schedule follow-up appointments**

In a primary care setting, triage serves a critical function in managing patient flow and ensuring that individuals receive appropriate care based on the urgency and severity of their conditions. The process involves assessing patients to determine the priority for treatment. Those with more severe or life-threatening conditions are seen before those with less urgent needs. Prioritization enables healthcare providers to allocate resources effectively, ensuring that patients who require immediate attention get it promptly. This is particularly crucial in a busy primary care environment where multiple patients may present with various complaints simultaneously. By focusing on the severity of conditions, triage enhances overall patient outcomes and optimizes the use of healthcare services, ultimately leading to better management of both acute and chronic health issues.

**7. What is one method to improve a patient's understanding of their diabetes management?**

- A. Focus on medication costs**
- B. Educate them on carbohydrate counting**
- C. Decrease their appointments**
- D. Avoid discussing food choices**

Educating a patient on carbohydrate counting is a highly effective method for improving their understanding of diabetes management. Carbohydrate counting allows individuals with diabetes to understand how different foods impact their blood sugar levels. By learning how to count carbohydrates, patients can make informed decisions about their meal planning, portion sizes, and insulin dosing if they are using insulin therapy. This skill empowers patients to take control over their dietary choices and helps them maintain better glycemic control, reducing the risk of diabetes-related complications. This approach not only enhances their knowledge but also fosters a sense of independence and confidence in managing their condition. When patients understand how to balance their carbohydrate intake with their medication and activity levels, they are more likely to adhere to their treatment plans and improve their overall health.

**8. What should be included in a wellness exam for chronic disease prevention?**

- A. A quick visual examination only**
- B. Vital signs and patient health education**
- C. A thorough history, vital signs, risk assessments, screenings**
- D. Only screenings for hypertension**

The inclusion of a thorough history, vital signs, risk assessments, and screenings in a wellness exam for chronic disease prevention is essential because it addresses multiple facets of a patient's health. A comprehensive history allows the healthcare provider to understand the patient's past medical conditions, family history, and lifestyle choices, which are crucial in identifying risks for chronic diseases. Monitoring vital signs, which include blood pressure, heart rate, and weight, provides immediate and actionable data about the patient's health status. Risk assessments are critical for determining the likelihood of developing chronic diseases and can include evaluations of factors such as smoking status, physical activity levels, and dietary habits. Furthermore, screenings for conditions such as diabetes, hypertension, and high cholesterol help in early detection and management, significantly improving patient outcomes. Collectively, these components ensure a holistic approach to wellness that aims to prevent the onset of chronic illnesses rather than just addressing them reactively. This proactive strategy is foundational in primary care settings for promoting long-term health and well-being.

**9. What is the goal of providing patient health education during a wellness exam?**

- A. To fill out insurance forms**
- B. To encourage healthy lifestyle choices**
- C. To comply with regulations**
- D. To decrease appointment times**

The primary goal of providing patient health education during a wellness exam is to encourage healthy lifestyle choices. This is essential as wellness exams serve as an opportunity for healthcare providers to assess a patient's overall health and well-being, including lifestyle factors that can influence long-term health outcomes. By educating patients about nutrition, physical activity, preventive measures, and self-care strategies, clinicians can empower individuals to take charge of their health. This proactive approach aims to reduce the risk of chronic diseases, promote better health management, and enhance the overall quality of life. Health education during wellness exams can lead to informed decision-making and motivate patients to incorporate healthier habits into their everyday lives. The other options do not align with the primary purpose of health education during these exams. Filling out insurance forms is a logistical task that does not directly contribute to the patient's health outcomes. Compliance with regulations, while important, is more about fulfilling legal or procedural obligations rather than focusing on patient education. Decreasing appointment times is not a goal of health education; in fact, thorough patient education may require additional time to ensure that patients fully understand the information presented to them.

**10. Who is allowed access to medical information?**

- A. Only hospital administration**
- B. The patient and authorized personnel**
- C. Insurance representatives only**
- D. Visitors of the patient**

Access to medical information is primarily granted to the patient and authorized personnel involved in the patient's care or the administration of their healthcare. This means that patients have the right to access their own medical records, understand their health information, and make informed decisions regarding their treatment. Authorized personnel can include healthcare providers, support staff involved in the patient's treatment, and others who have a legitimate need to know the information for purposes such as treatment, payment, or healthcare operations. This access is governed by regulations such as the Health Insurance Portability and Accountability Act (HIPAA) in the United States, which aims to protect patient privacy while ensuring that necessary healthcare services can be provided efficiently. In contrast, restricting access to only specified groups, such as hospital administration, insurance representatives, or visitors, would limit patient autonomy and violate privacy rights. Therefore, the correct approach respects the privacy of the patient while allowing necessary access to those who are directly involved in their care.