

CARL R. DARNALL ARMY MEDICAL CENTER (CRDAMC) HQ PROMOTION BOARD 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.

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!

Questions

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- 1. What type of sexual harassment involves physical contact?**
 - A. Verbal
 - B. Nonverbal
 - C. Physical Contact
 - D. Emotional
- 2. How is 'capillary bleeding' typically characterized?**
 - A. Bright red blood flowing steadily
 - B. Slow ooze of blood from small vessels
 - C. Dark red blood with clots
 - D. Rapid outflow of blood
- 3. Which of the following is NOT a type of bleeding?**
 - A. Capillary
 - B. Vascular
 - C. Venous
 - D. Arterial
- 4. What form is used for an Article 15?**
 - A. DA Form 2627
 - B. DA Form 2166-9
 - C. DA Form 4980-14
 - D. DA Form 67-10
- 5. Which statement best describes the relationship between health and performance?**
 - A. Good health does not influence performance
 - B. Poor health can enhance performance
 - C. Health is irrelevant in a work environment
 - D. Good health typically supports better performance
- 6. What types of wars did Richard Cavazos serve in?**
 - A. World War II and the Gulf War
 - B. Korean War and Vietnam War
 - C. Afghanistan and Iraq Wars
 - D. Balkan conflicts

7. How is palatable water best described?

- A. Water that is perfectly safe to drink
- B. Water that is clear and odorless
- C. Water that looks, smells, and tastes good but may not be safe
- D. Water that has been chemically treated

8. What is NOT a right when interacting with the media?

- A. You control the length of the interview
- B. You must answer all questions
- C. You don't have to answer all questions
- D. You check the IDs of the media

9. Whose kit is utilized when treating a casualty?

- A. The medic's
- B. The commander's
- C. The casualty's
- D. The unit's

10. How long does a sponsor have to contact a soldier after notification?

- A. 5 days
- B. 10 days
- C. 15 days
- D. 20 days

Answers

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

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Explanations

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1. What type of sexual harassment involves physical contact?

- A. Verbal
- B. Nonverbal
- C. Physical Contact**
- D. Emotional

The type of sexual harassment that involves physical contact is indeed characterized as physical contact. This form of harassment encompasses any unwelcome physical behavior of a sexual nature, which can include actions such as touching, groping, or any other form of direct physical interaction that is inappropriate and violates an individual's personal boundaries. Physical contact is distinct from other forms of harassment, such as verbal, which pertains to unwelcome comments or jokes of a sexual nature; nonverbal, which includes gestures or displays that suggest sexual content without physical interaction; and emotional, which involves manipulation or abuse that impacts someone's emotional well-being but does not necessarily involve any physical or sexual advances. Recognizing the characteristics of physical contact as sexual harassment is crucial for understanding broader definitions and implications of workplace behavior and maintaining a safe environment.

2. How is 'capillary bleeding' typically characterized?

- A. Bright red blood flowing steadily
- B. Slow ooze of blood from small vessels**
- C. Dark red blood with clots
- D. Rapid outflow of blood

Capillary bleeding is typically characterized by a slow ooze of blood from small vessels. This type of bleeding occurs when capillaries, the smallest blood vessels in the body, are damaged. As these vessels are responsible for delivering blood to the tissues, the bleeding tends to be less forceful compared to arterial or venous bleeding. The blood is usually a bright red due to its oxygen content, but the key feature is the steady, gradual oozing rather than a rapid or profuse flow. This contrasts with other types of bleeding, such as arterial bleeding, which is characterized by bright red blood that flows in a steady stream due to high pressure, or venous bleeding, which involves darker red blood that may flow more steadily than capillary bleeding but is not as rapid as arterial bleeding. Additionally, clotted blood indicates a different stage of bleeding, often associated with more severe injuries, making it distinct from the slow, ongoing nature of capillary bleeding.

3. Which of the following is NOT a type of bleeding?

- A. Capillary
- B. Vascular**
- C. Venous
- D. Arterial

The correct answer is B, as "vascular" is not classified as a type of bleeding in the same way that capillary, venous, and arterial are. Bleeding is typically categorized based on the type of blood vessel from which the blood is lost. Capillary bleeding involves the smallest blood vessels, or capillaries, and is often characterized by a slow, oozing flow of blood. Venous bleeding occurs from a vein and tends to be a steady flow of dark red blood. Arterial bleeding originates from an artery and is characterized by bright red blood that can spurt in rhythm with the heartbeat, making it the most serious type of bleeding. The term "vascular" generally refers to anything related to blood vessels but does not specify a particular type of bleeding. Therefore, it does not fit into the commonly recognized categories of bleeding and is the correct answer to the question.

4. What form is used for an Article 15?

- A. DA Form 2627**
- B. DA Form 2166-9
- C. DA Form 4980-14
- D. DA Form 67-10

The correct choice is the DA Form 2627, which is specifically used for processing Article 15 actions within the Army. An Article 15 is a form of non-judicial punishment that allows commanding officers to maintain discipline without resorting to a court-martial. This form details the nature of the offense, the evidence, and the punishment being imposed, providing a formal record of the proceedings. The DA Form 2166-9 pertains to the NCO (Non-Commissioned Officer) evaluation process, which evaluates a soldier's performance and potential. The DA Form 4980-14 is used for the Army Achievement Medal and not related to non-judicial punishment. Similarly, the DA Form 67-10 is primarily used for officer evaluations and does not apply to Article 15 actions. Thus, DA Form 2627 is the appropriate documentation for recording and processing non-judicial punishment under the Uniform Code of Military Justice.

5. Which statement best describes the relationship between health and performance?

- A. Good health does not influence performance
- B. Poor health can enhance performance
- C. Health is irrelevant in a work environment
- D. Good health typically supports better performance**

The statement that good health typically supports better performance is rooted in well-established research that connects physical and mental well-being with the effectiveness of individuals in various environments, including the workplace. When an individual maintains good health—both physically and mentally—they are likely to exhibit higher levels of energy, improved concentration, and greater resilience to stress. This often translates to increased productivity, creativity, and a more positive attitude towards work tasks. Conversely, when health declines, whether due to illness, physical conditions, or mental health issues, individuals may experience reduced capabilities in their roles, leading to decreased performance. This connection illustrates the importance of health as a foundational element for achieving optimal performance across various tasks and responsibilities. In professional settings, organizations that prioritize the health of their workforce often see benefits in terms of efficiency, employee satisfaction, and overall morale, reinforcing the idea that good health is a critical asset in enhancing performance.

6. What types of wars did Richard Cavazos serve in?

- A. World War II and the Gulf War
- B. Korean War and Vietnam War**
- C. Afghanistan and Iraq Wars
- D. Balkan conflicts

Richard Cavazos served in the Korean War and the Vietnam War, playing significant roles in both conflicts. The Korean War, which took place from 1950 to 1953, was a critical moment in U.S. military history, marking the first armed conflict of the Cold War between North Korea, supported by China and the Soviet Union, and South Korea, backed by United Nations forces led by the United States. Following this, Cavazos also served during the Vietnam War, which spanned from the late 1950s to the mid-1970s and was marked by complex political and military challenges. His experiences in these two significant wars shaped not only his military career but also contributed to his understanding of combat and leadership in diverse and challenging environments. The other conflicts listed, such as World War II, the Gulf War, the wars in Afghanistan and Iraq, as well as the Balkan conflicts, occurred outside of his active service time, making the Korean and Vietnam Wars the correct context for his military service history.

7. How is palatable water best described?

- A. Water that is perfectly safe to drink
- B. Water that is clear and odorless
- C. Water that looks, smells, and tastes good but may not be safe**
- D. Water that has been chemically treated

Palatable water is best described as water that looks, smells, and tastes good but may not necessarily be safe for consumption. This definition captures the essence of palatability, which is primarily concerned with the sensory qualities of water that make it appealing to drink. While the water might meet certain aesthetic criteria—such as being clear and odorless—these attributes do not guarantee safety. The focus on taste and smell is significant because water can be free of visible impurities and have no offensive odors while still harboring harmful contaminants that render it dangerous. In contrast to other choices, the definition emphasizes the discrepancy between palatability and safety. For example, water that is perfectly safe to drink may not always appeal to everyone's senses, and water that has been chemically treated does not inherently imply that it tastes good and is pleasing to drink. Therefore, option C accurately reflects the complexities associated with palatable water, highlighting that sensory appeal does not equate to safety.

8. What is NOT a right when interacting with the media?

- A. You control the length of the interview
- B. You must answer all questions**
- C. You don't have to answer all questions
- D. You check the IDs of the media

When interacting with the media, one of the core principles is the acknowledgment of the voluntary nature of participation in interviews. This underscores the importance of understanding that individuals are not obligated to respond to every inquiry posed by reporters. The notion that one must answer all questions contradicts the principle of controlling the direction and content of the conversation, allowing the individual to maintain agency over their responses. By asserting that not answering questions is acceptable, a person can steer the interview to ensure that the information shared is appropriate and aligns with their intended message. This is especially critical in sensitive situations where the context may involve privacy concerns or operational security. Recognizing that individuals can decline to answer certain questions promotes a balanced interaction with the media, ensuring that communication remains within comfortable and ethical boundaries. This directive empowers those being interviewed to prioritize their interests and confidentiality while maintaining professionalism during media relations.

9. Whose kit is utilized when treating a casualty?

- A. The medic's
- B. The commander's
- C. The casualty's**
- D. The unit's

The most appropriate kit utilized when treating a casualty is typically the casualty's own kit. In a medical emergency, it is vital to access any personal medical supplies that a casualty may have on hand, such as medications for chronic conditions, allergy information, and any specific medical history that could inform treatment. This kit can provide crucial information and resources that can significantly affect the care provided. While the medic's kit, the commander's resources, and the unit's supplies are essential in a broader context, they are not tailored to the specific needs of the casualty in question. The casualty's kit can contain personalized items that are critical in ensuring effective and appropriate treatment, making it the first point of reference for immediate care.

10. How long does a sponsor have to contact a soldier after notification?

- A. 5 days
- B. 10 days**
- C. 15 days
- D. 20 days

The correct choice indicates that a sponsor has 10 days to contact a soldier after notification. This timeframe is established to ensure that the communication process is timely and effective, facilitating a smoother transition and support system for the soldier. A prompt contact is crucial for addressing any immediate concerns the soldier may have regarding their assignment, housing, or other transition-related issues. By adhering to this 10-day guideline, sponsors can provide the necessary assistance and resources to support the soldier in their new environment. This not only fosters a sense of belonging and readiness but also reinforces the military's commitment to ensuring that service members receive the support they need upon relocation.

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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