

DAANCE CERTIFICATION PRACTICE EXAM (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. Which of the following is NOT a desirable attribute of anesthetics?**
 - A. Quick recovery
 - B. Smooth induction
 - C. Prolonged nausea post-operation
 - D. Cost-effective administration

- 2. In the case of emesis with aspiration, which type of intubation is preferred?**
 - A. Tracheostomy
 - B. Endotracheal tube (ETT)
 - C. Oropharyngeal airway
 - D. Nasal cannula

- 3. What does the diastolic phase of the heart indicate?**
 - A. Filling of the heart with blood
 - B. Contraction of ventricles
 - C. Increase in blood pressure
 - D. Decrease in blood flow

- 4. What is the correct description of the metabolic process of amides in the body?**
 - A. Metabolized in liver and eliminated through urine
 - B. Stored in fat and released slowly
 - C. Metabolized in bloodstream
 - D. Excreted unchanged by the kidneys

- 5. Which cranial nerve supplies fibers to many parts of the body including the ears and pharynx?**
 - A. Facial nerve
 - B. Vagus nerve
 - C. Trigeminal nerve
 - D. Olfactory nerve

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

- A. Increases blood sugar levels
- B. Decreases blood sugar levels
- C. Stimulates digestion
- D. Stimulates appetite

7. Which symptom is indicative of left-sided heart failure?

- A. Ascites
- B. Chest pain
- C. Shortness of breath
- D. Muscle cramping

8. Who among the following should receive antibiotic prophylaxis?

- A. Patients recovering from surgery
- B. Patients with prosthetic valves
- C. Patients experiencing chest pain
- D. Patients diagnosed with anxiety

9. What is a common complication of cirrhosis regarding medication?

- A. Increased metabolism of medications
- B. Prolonged effects of medications
- C. No effect on medication
- D. Increased medication sensitivity

10. What is the function of the epiglottis?

- A. Promotes swallowing
- B. Covers the larynx to keep foreign material out of the airways
- C. Regulates airflow in the lungs
- D. Assists in vocalization

Answers

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

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Explanations

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1. Which of the following is NOT a desirable attribute of anesthetics?

- A. Quick recovery
- B. Smooth induction
- C. Prolonged nausea post-operation**
- D. Cost-effective administration

Prolonged nausea post-operation is not a desirable attribute of anesthetics. In anesthesia practice, the goal is to ensure that patients experience minimal discomfort and side effects following a procedure. Quick recovery allows patients to return to their normal activities sooner, and smooth induction facilitates a more comfortable experience as patients transition into anesthesia. Cost-effective administration contributes to the feasibility of using certain anesthetics in practice, making it practical for healthcare providers to offer safe and effective care. In contrast, prolonged nausea can lead to a range of complications, including delayed recovery, increased patient dissatisfaction, and additional medical costs for treating post-operative nausea and vomiting, making it an undesirable characteristic in the selection of anesthetic agents.

2. In the case of emesis with aspiration, which type of intubation is preferred?

- A. Tracheostomy
- B. Endotracheal tube (ETT)**
- C. Oropharyngeal airway
- D. Nasal cannula

In cases of emesis with aspiration, the preferred type of intubation is the endotracheal tube (ETT). This choice is based on the need to secure the airway effectively and immediately to prevent further aspiration of gastric contents into the lungs. An endotracheal tube allows for direct ventilation of the lungs and provides a barrier to protect the airway from any additional aspiration that can occur during or after an episode of vomiting. The ETT can be placed quickly in emergency situations and provides positive pressure ventilation, which is crucial for patients who are unable to maintain their airway due to loss of consciousness or reflexes. Additionally, ETT placement can facilitate the removal of secretions and provides a secure airway for further interventions if necessary. Other options, such as tracheostomy, may not be suitable as immediate interventions in acute scenarios. Tracheostomy is generally reserved for longer-term airway management and is not typically performed in an immediate emergency setting due to the time and expertise required for placement. Oropharyngeal airways and nasal cannulas do not provide adequate control over the airway in the presence of significant risk of aspiration. The oropharyngeal airway primarily maintains airway patency in unconscious patients but does not secure the airway against

3. What does the diastolic phase of the heart indicate?

- A. Filling of the heart with blood**
- B. Contraction of ventricles
- C. Increase in blood pressure
- D. Decrease in blood flow

The diastolic phase of the heart is primarily associated with the filling of the heart with blood. During this phase, the heart muscles relax after contraction, allowing the chambers of the heart—specifically the atria and ventricles—to fill with blood. As the heart enters diastole, the pressure in the ventricles decreases, leading to the opening of the atrioventricular (AV) valves. This permits the blood returning from the body and lungs to flow into the ventricles before the next contraction during systole. This filling phase is crucial for maintaining effective cardiac output, as it ensures that the ventricles have an adequate volume of blood to pump out during the next contraction. While contraction of the ventricles and subsequent blood pressure dynamics are important to heart function, they are characteristic of the systolic phase rather than diastole. The diastolic phase does not indicate a decrease in blood flow, but rather a critical moment for replenishing the heart's chambers with blood.

4. What is the correct description of the metabolic process of amides in the body?

A. Metabolized in liver and eliminated through urine

B. Stored in fat and released slowly

C. Metabolized in bloodstream

D. Excreted unchanged by the kidneys

The metabolism of amides in the body primarily takes place in the liver, where these compounds undergo biotransformation. This involves enzymatic processes that facilitate the breakdown of amides into simpler substances that can be more easily excreted. After metabolism, the metabolites are eliminated from the body through urine. This is a critical aspect of how the body manages and removes nitrogen-containing compounds, helping to maintain metabolic balance and avoid the accumulation of potentially harmful substances. Other options do not accurately reflect the metabolic pathway of amides. For example, the idea that amides are stored in fat and released slowly does not align with their biochemical properties, as amides are typically processed rather than stored in adipose tissue. Additionally, while some substances are metabolized directly in the bloodstream, amides are generally processed in the liver. The notion that amides are excreted unchanged by the kidneys does not fit with the standard metabolic process, as significant metabolic transformation usually occurs prior to renal excretion.

5. Which cranial nerve supplies fibers to many parts of the body including the ears and pharynx?

A. Facial nerve

B. Vagus nerve

C. Trigeminal nerve

D. Olfactory nerve

The vagus nerve is the cranial nerve that supplies fibers to various parts of the body, including the ears and pharynx. It is the longest cranial nerve and is part of the autonomic nervous system. Its extensive distribution allows it to innervate structures in the neck, thorax, and abdomen, providing motor and sensory function to multiple organs. The vagus nerve is particularly important for regulating functions of the heart, lungs, and digestive tract, and it plays a significant role in the sensation and reflex actions of the throat and voice box. Its involvement in the ears includes sensory innervation to the outer ear and contributing to the sensation from the pharynx. This broad range of influence distinguishes it from other cranial nerves, which generally have more localized functions. Understanding the distribution and role of the vagus nerve is essential to grasp how cranial nerves can affect various bodily functions and sensations, leading to its identification as the correct answer to this question.

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

- A. Increases blood sugar levels
- B. Decreases blood sugar levels**
- C. Stimulates digestion
- D. Stimulates appetite

Insulin plays a crucial role in regulating blood glucose levels within the body. When blood sugar levels rise, such as after eating, insulin is secreted by the pancreas. Its primary function is to facilitate the uptake of glucose by the body's cells, allowing them to use glucose for energy or store it for future use, thereby decreasing the amount of glucose circulating in the bloodstream. By promoting the storage of glucose as glycogen in the liver and increasing the uptake of glucose by muscle cells, insulin effectively lowers blood sugar levels. This mechanism is vital for maintaining metabolic homeostasis and ensuring that our bodies have a steady supply of energy. In contrast, the other choices do not align with the primary function of insulin. Increasing blood sugar levels would be contrary to what insulin does. While insulin can have indirect effects on digestion and appetite, its primary and most critical role lies in the regulation of blood glucose levels.

7. Which symptom is indicative of left-sided heart failure?

- A. Ascites
- B. Chest pain
- C. Shortness of breath**
- D. Muscle cramping

Shortness of breath is a hallmark symptom of left-sided heart failure. This condition arises when the left ventricle is unable to pump blood efficiently, leading to increased pressure in the pulmonary veins and fluid accumulation in the lungs, a process known as pulmonary congestion. As fluid builds up, individuals often experience difficulty breathing, especially during exertion or when lying flat. This symptom, known as orthopnea, reflects the compromised ability of the respiratory system to function properly due to the effects of heart failure on lung circulation. In contrast, other symptoms such as ascites are more indicative of right-sided heart failure, as they relate to fluid buildup in the abdominal cavity. Chest pain can occur for various reasons, including coronary artery disease, but it is not a specific symptom of left-sided heart failure. Muscle cramping can be linked to a range of conditions, including electrolyte imbalances or poor circulation, and is not directly associated with left-sided heart failure. Thus, shortness of breath stands out as the most direct indicator of this condition.

8. Who among the following should receive antibiotic prophylaxis?

- A. Patients recovering from surgery
- B. Patients with prosthetic valves**
- C. Patients experiencing chest pain
- D. Patients diagnosed with anxiety

Antibiotic prophylaxis is specifically indicated for patients with certain medical conditions that increase the risk of infective endocarditis, particularly those who have prosthetic valves. This recommendation stems from the understanding that patients with prosthetic heart valves are at heightened risk for developing infections when undergoing procedures that may introduce bacteria into the bloodstream, such as dental work or certain surgical procedures. Therefore, providing antibiotic prophylaxis for these patients helps prevent such infections. In contrast, while patients recovering from surgery may require antibiotics to prevent infection, the scenario does not specifically indicate prophylaxis related to an underlying condition but rather to a surgical recovery process. Patients experiencing chest pain may need urgent medical evaluation and treatment, and those diagnosed with anxiety do not warrant prophylactic antibiotics based on their mental health condition.

9. What is a common complication of cirrhosis regarding medication?

- A. Increased metabolism of medications
- B. Prolonged effects of medications**
- C. No effect on medication
- D. Increased medication sensitivity

Prolonged effects of medications in patients with cirrhosis occur primarily due to the impaired liver function that characterizes this condition. The liver is responsible for metabolizing many drugs, and when it is damaged, as in cirrhosis, this metabolic process is significantly slowed down. This means that medications remain in the bloodstream longer than they would in individuals with normal liver function, resulting in prolonged effects. As the liver's ability to process and eliminate these substances decreases, the risk of adverse reactions and toxicity increases. Patients with cirrhosis often require careful dosing and monitoring of medications to avoid potential complications from their prolonged presence in the body. In contrast, increased metabolism of medications does not occur in cirrhosis; liver impairment typically leads to decreased metabolism. The option concerning no effect on medication overlooks the significant impact that liver dysfunction has on drug metabolism. While increased medication sensitivity can occur in some contexts, especially with certain classes of drugs, it does not universally apply as a common complication related to the overall management of medications in cirrhosis. Therefore, the correct answer emphasizes the need for heightened awareness regarding the prolonged effects that medications can have in individuals with liver disease.

10. What is the function of the epiglottis?

- A. Promotes swallowing
- B. Covers the larynx to keep foreign material out of the airways**
- C. Regulates airflow in the lungs
- D. Assists in vocalization

The function of the epiglottis is primarily to cover the larynx during swallowing, which serves to protect the airway from food and liquids that could enter the respiratory tract. When a person swallows, the epiglottis folds down over the opening of the larynx, effectively preventing any foreign objects from entering the trachea and directing the contents toward the esophagus. This action is vital for maintaining respiratory safety and preventing choking or aspiration into the lungs. In this context, although the epiglottis may support the swallowing process, its critical role lies in shielding the airways. Other options such as regulating airflow in the lungs or assisting in vocalization involve different structures and mechanisms within the respiratory and vocal system, specifically the larynx, trachea, and vocal cords, which do not pertain directly to the epiglottis's main function. Thus, the primary role of the epiglottis in protecting the airway during swallowing is what makes this answer the most accurate choice.

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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