

# DHO Careers in Healthcare Practice Test (Sample)

## Study Guide



**Everything you need from our exam experts!**

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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 statement distinguishes implied consent from explicit consent?**
  - A. Implied consent is inferred from actions in emergencies; explicit consent is clearly stated or written.**
  - B. Implied consent is written; explicit consent is verbal.**
  - C. Implied consent requires a physician present; explicit consent does not.**
  - D. Implied consent is only for research; explicit consent is for treatment.**
  
- 2. Which role is described as working under the supervision of RNs or LPNs/LVNs and performing patient care tasks?**
  - A. PCT**
  - B. RN**
  - C. LPN/LVN**
  - D. Nurse Assistant**
  
- 3. How is a radial pulse correctly assessed?**
  - A. Place index and middle fingers on the radial artery at the wrist (thumb side), count beats for 30 seconds and multiply by 2.**
  - B. Place fingertips on the carotid artery in the neck and count for 60 seconds.**
  - C. Use a pulse oximeter to read oxygen saturation.**
  - D. Auscultate the heart with a stethoscope for 15 seconds.**
  
- 4. In clinical measurements, what does BP stand for?**
  - A. Blood volume**
  - B. Circulatory pressure**
  - C. Pulse rate**
  - D. Blood pressure**
  
- 5. Which outcome best describes health science technology education programs?**
  - A. They prepare for immediate employment or additional education after graduation.**
  - B. They prepare only for immediate employment.**
  - C. They prepare only for further education.**
  - D. They do not lead to employment**

- 6. Which professional can take medical history, perform routine physical exams, and make preliminary diagnostics under a physician's supervision?**
- A. Physician's Assistant (PA)**
  - B. Medical Assistants (CMAs)**
  - C. Psychiatrists**
  - D. Paramedic**
- 7. Which degree is typically pursued after earning a Bachelor's degree and may involve advanced coursework and research?**
- A. Doctorate**
  - B. Bachelor's**
  - C. Associate's**
  - D. Master's**
- 8. What does aseptic technique aim to prevent?**
- A. dehydration by maintaining fluids**
  - B. incorrect blood typing**
  - C. infection by excluding all pathogens from unbroken sterile fields**
  - D. incorrect dosage calculations**
- 9. Which profession educates individuals about inherited conditions and genetic risks?**
- A. Genetic Counselor**
  - B. Social Worker**
  - C. Psychologist**
  - D. Funeral Director**
- 10. Which practice supports patient privacy in health information management?**
- A. Publishing medical records publicly.**
  - B. Keeping records only on paper and not backing up.**
  - C. Limiting unauthorized access to records.**
  - D. Allowing all staff to view all records.**

## Answers

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

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## **Explanations**

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1. Which statement distinguishes implied consent from explicit consent?
- A. Implied consent is inferred from actions in emergencies; explicit consent is clearly stated or written.**
  - B. Implied consent is written; explicit consent is verbal.**
  - C. Implied consent requires a physician present; explicit consent does not.**
  - D. Implied consent is only for research; explicit consent is for treatment.**

Consent in healthcare can be communicated in two main ways: explicit consent, where the patient or their representative gives a clear agreement after being informed, typically in writing or as a clearly stated verbal agreement; and implied consent, where permission is inferred from the patient's actions or the clinical circumstances, especially in emergencies when the patient cannot communicate. In emergencies, acting quickly is essential to prevent harm, and the patient's actions or the situation itself signals permission to proceed. This is why the best statement is that implied consent is inferred from actions in emergencies, whereas explicit consent is clearly stated or written. The other descriptions don't fit because implied consent isn't defined as written, and explicit consent isn't limited to verbal communication alone; consent can be written or verbal in explicit form. Also, consent isn't determined by whether a physician is present, and implied consent isn't restricted to research—it applies to treatment as well when appropriate.

2. Which role is described as working under the supervision of RNs or LPNs/LVNs and performing patient care tasks?
- A. PCT**
  - B. RN**
  - C. LPN/LVN**
  - D. Nurse Assistant**

A role that performs direct patient care tasks under the supervision of registered nurses or licensed practical nurses is the Patient Care Technician. This position is trained to support the care team by hands-on tasks like helping with activities of daily living, taking and recording vital signs, assisting with mobility and hygiene, and transporting or positioning patients, all under supervision. Because they operate under supervision and do not hold independent licensure, they fit the description described in the question. Other roles on the care team hold licensure and have broader or different scopes of practice, so they don't fit this specific supervision-and-task combination as neatly.

### 3. How is a radial pulse correctly assessed?

- A. Place index and middle fingers on the radial artery at the wrist (thumb side), count beats for 30 seconds and multiply by 2.**
- B. Place fingertips on the carotid artery in the neck and count for 60 seconds.**
- C. Use a pulse oximeter to read oxygen saturation.**
- D. Auscultate the heart with a stethoscope for 15 seconds.**

Assessing a radial pulse is about feeling the heart rate by palpating a peripheral artery at the wrist and converting what you feel into beats per minute. Place the index and middle fingers on the radial artery at the inside of the wrist, just below the base of the thumb, and press gently to feel the beats. For a regular rhythm, count the beats for 30 seconds and multiply by 2 to obtain the heart rate. If the rhythm is irregular, count for a full 60 seconds to ensure accuracy. The other methods described don't measure the radial pulse in the same way: palpating the carotid artery is a different site and is not the standard method for assessing the radial pulse; a pulse oximeter reads oxygen saturation and provides a pulse rate only as an indirect measure, not the manual palpation of the wrist artery; auscultating the heart with a stethoscope checks heart sounds, not the wrist pulse.

### 4. In clinical measurements, what does BP stand for?

- A. Blood volume**
- B. Circulatory pressure**
- C. Pulse rate**
- D. Blood pressure**

Blood pressure is the force that circulating blood exerts on the walls of arteries. It is a key vital sign used to assess cardiovascular health and is recorded as two numbers representing systolic pressure (when the heart contracts) over diastolic pressure (when the heart relaxes), measured in millimeters of mercury (mmHg). This pressure results from the heart's pumping action (cardiac output) and the resistance in the arteries (systemic vascular resistance). Clinically, it's measured with a cuff and either a stethoscope or an automatic device, and a normal reading is around 120/80 mmHg. Blood volume refers to how much blood is in the circulatory system, which is not the measurement described by BP. Circulatory pressure isn't a standard single clinical term for a measurement. Pulse rate is the number of heartbeats per minute, not the pressure exerted by the blood.

**5. Which outcome best describes health science technology education programs?**

**A. They prepare for immediate employment or additional education after graduation.**

**B. They prepare only for immediate employment.**

**C. They prepare only for further education.**

**D. They do not lead to employment**

Health science technology education programs are designed to equip students with practical, job-ready skills while also keeping pathways open for advanced study. The best outcome reflects both parts of that goal: graduates can go straight into entry-level health care positions and, at the same time, have the option to continue education to pursue higher credentials or more specialized roles. This dual pathway is why the program is described as preparing for immediate employment or additional education after graduation. Thinking about the alternatives helps reinforce the point. If a program only prepared for immediate employment, it would miss the continuing-education option that many students use to advance in health care. If it prepared only for further education, it would overlook the real-world entry-level opportunities that get students started in the field. And if it didn't lead to employment at all, it wouldn't align with the typical goals of health science technology training.

**6. Which professional can take medical history, perform routine physical exams, and make preliminary diagnostics under a physician's supervision?**

**A. Physician's Assistant (PA)**

**B. Medical Assistants (CMAs)**

**C. Psychiatrists**

**D. Paramedic**

Understanding professional scope of practice and supervision in medical teams: a physician's assistant is trained to take patient history, perform routine physical exams, and develop preliminary diagnostic impressions under the supervision or collaboration with a physician. This arrangement lets PAs conduct essential assessments and begin management while the physician provides oversight, expanding patient access to care and helping clinics handle higher patient volume. Medical assistants typically handle administrative duties and assist with basic clinical tasks, but they don't routinely perform full physical examinations or establish preliminary diagnoses on their own under physician supervision. Psychiatrists are physicians who diagnose and treat mental health conditions; they operate as licensed doctors rather than as supervised assistants. Paramedics provide emergency care in prehospital settings and follow protocols in the field, not typically performing routine physicals or producing preliminary diagnoses under a physician's ongoing supervision. The professional described is the physician's assistant.

**7. Which degree is typically pursued after earning a Bachelor's degree and may involve advanced coursework and research?**

- A. Doctorate**
- B. Bachelor's**
- C. Associate's**
- D. Master's**

After completing a Bachelor's degree, the typical next step is a Master's program. This path involves graduate-level coursework that goes deeper into a specific field and usually includes a research component, such as a thesis, capstone project, or substantial study. The Master's degree builds on undergraduate foundations and provides advanced knowledge and skills, which can open doors to higher-level professional roles or prepare you for doctoral study. In contrast, an Associate's is a shorter credential earned earlier in the educational journey, and a Doctorate represents the highest level of study with a strong emphasis on original research and a lengthy dissertation.

**8. What does aseptic technique aim to prevent?**

- A. dehydration by maintaining fluids**
- B. incorrect blood typing**
- C. infection by excluding all pathogens from unbroken sterile fields**
- D. incorrect dosage calculations**

Aseptic technique is about preventing infection by keeping a sterile field free from microorganisms. This means practices like proper hand hygiene, using sterile gloves and instruments, and arranging the work area so that nothing non-sterile touches the sterile surfaces. The goal is to minimize any chance that pathogens can enter a wound or a sterile space during procedures, thereby reducing infections such as surgical site infections or contamination of injections. This focus on preventing infection by excluding pathogens from unbroken sterile fields is what sets aseptic technique apart. It isn't about fluids balance, blood compatibility, or dosing accuracy—those are different areas of care. Dehydration management concerns fluids, incorrect blood typing relates to transfusion safety, and incorrect dosage calculations deal with pharmacology and patient dosing.

**9. Which profession educates individuals about inherited conditions and genetic risks?**

- A. Genetic Counselor**
- B. Social Worker**
- C. Psychologist**
- D. Funeral Director**

Genetic counselors educate individuals and families about inherited conditions and genetic risks. They gather detailed family histories, interpret genetic test results, and translate complex information into clear, personalized risk assessments. They guide decisions about testing options, prenatal or carrier testing, and how results might affect medical management and family planning. They also discuss ethical, legal, and social implications, such as privacy and potential discrimination, and provide emotional support as people navigate worry or stress related to genetic information. Other professions may touch on related areas—social workers assist with resources and support for everyday needs; psychologists focus on mental health and coping strategies; funeral directors handle end-of-life arrangements. None center their work on educating about inherited conditions and genetic risk as a primary role the way genetic counselors do.

**10. Which practice supports patient privacy in health information management?**

- A. Publishing medical records publicly.**
- B. Keeping records only on paper and not backing up.**
- C. Limiting unauthorized access to records.**
- D. Allowing all staff to view all records.**

Protecting patient privacy in health information management hinges on restricting access to personal health data to those who need it for their role. When access is limited to authorized personnel, it reduces the chance of accidental or intentional disclosure and helps meet legal and professional standards such as HIPAA. The practice of limiting unauthorized access to records reflects this approach by enforcing access controls, proper authentication, and the principle of least privilege, often with audit trails to monitor who sees what. Publishing records publicly would reveal sensitive information and violate privacy, keeping records only on paper and not backing them up introduces risk of loss or uncontrolled access, and letting all staff view all records completely breaches confidentiality and undermines trust. In short, restricting access is the key way to protect patient privacy.

## 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](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://dhocareersinhealthcare.examzify.com>**

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

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