

DHO CAREERS IN HEALTHCARE PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE

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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 option lists the three modes of disease transmission used in infection control?**
 - A. Contact, Droplet, and Airborne transmission
 - B. Bloodborne, Vector-borne, and Fomite transmission
 - C. Direct, Indirect, and Ambient
 - D. Mechanical, Chemical, and Biological
- 2. Which specialty performs root canal treatment?**
 - A. Oral Surgery
 - B. Orthodontics
 - C. Periodontics
 - D. Endodontics
- 3. Which professional is primarily responsible for lens fabrication, including cutting and grinding?**
 - A. Ophthalmic medical technologist
 - B. Opticians
 - C. Ophthalmic laboratory technicians
 - D. Ophthalmic assistants
- 4. What is the difference between standard precautions and transmission-based precautions?**
 - A. Standard precautions apply to all patients; transmission-based precautions are extra measures for specific infections.
 - B. Standard precautions are optional and only used in some settings.
 - C. Standard precautions are used for surgical procedures only.
 - D. Standard precautions apply to all patients who have known infections.
- 5. An Electronic Health Record (EHR) is used to centralize patient information for easier access and coordination.**
 - A. Centralizes patient information for easier access and coordination
 - B. Stores only billing data
 - C. Replaces patient consent forms
 - D. Prevents sharing of data with specialists

- 6. Which term describes a heart rate above normal range?**
- A. Bradycardia
 - B. Hypertension
 - C. Hypotension
 - D. Tachycardia
- 7. If pulse is counted for 30 seconds and doubled, what does that yield?**
- A. Blood pressure per minute
 - B. Heart rate per minute
 - C. Respiratory rate per minute
 - D. Oxygen saturation per minute
- 8. Name three basic first aid steps for a noticeable external bleeding?**
- A. Call a friend, take a photo, and post to social media.
 - B. Apply heat, rub the wound, and ignore it.
 - C. Remove clothing, wash with soap and water, and apply ointment.
 - D. Apply direct pressure with a clean cloth or bandage, elevate the injured limb if possible, and seek medical assistance if bleeding continues.
- 9. The suffix '-itis' denotes inflammation of a body part. Which option best matches this meaning?**
- A. Inflammation of the specified body part.
 - B. A disease caused by infection.
 - C. Injury without inflammation.
 - D. Pain associated with a condition.
- 10. Which dental specialty is primarily concerned with aligning or straightening teeth?**
- A. Endodontics
 - B. Orthodontics
 - C. Prosthodontics
 - D. Periodontics

Answers

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

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Explanations

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1. Which option lists the three modes of disease transmission used in infection control?

- A. Contact, Droplet, and Airborne transmission**
- B. Bloodborne, Vector-borne, and Fomite transmission
- C. Direct, Indirect, and Ambient
- D. Mechanical, Chemical, and Biological

Three modes of disease transmission used in infection control are contact, droplet, and airborne spread. Contact transmission happens when pathogens move through direct person-to-person touch or via contaminated surfaces and objects (fomites). Preventing this relies on thorough hand hygiene, gloves, and regular cleaning and disinfection of the environment. Droplet transmission involves larger respiratory droplets expelled when a person talks, coughs, or sneezes that travel short distances and can infect mucous membranes or the eyes of someone nearby. Controlling it involves wearing masks or eye protection and maintaining some distance between people, along with appropriate patient placement. Airborne transmission involves tiny particles that stay suspended in air and can travel longer distances, especially in inadequately ventilated spaces. Prevention requires specialized respiratory protection, like appropriately fitted respirators, air-flow controls, and negative-pressure rooms to isolate the source. The other groupings mix concepts that aren't the standard trio used to describe how infections spread in healthcare settings, so they don't align with the common framework for infection-control planning.

2. Which specialty performs root canal treatment?

- A. Oral Surgery
- B. Orthodontics
- C. Periodontics
- D. Endodontics**

Root canal treatment targets the inner tissues of a tooth—the pulp and surrounding root tissues—and requires specialized techniques to clean, shape, disinfect, and seal the root canal system. The dental specialty that focuses on diagnosing and managing problems in the pulp and the tissues around the root is endodontics. Endodontists receive advanced training to handle complex root canal cases, retreatments, and related procedures, which is why root canal therapy is the hallmark procedure associated with this field. While general dentists can perform many routine root canals, endodontics is the area dedicated to treating the internal anatomy of teeth and preserving them when the pulp is affected. Other specialties focus on different aspects: oral surgery deals with surgical procedures on teeth and surrounding structures; orthodontics concentrates on aligning and leveling teeth and correcting bite issues; periodontics focuses on the gums and the supporting tissues around teeth.

3. Which professional is primarily responsible for lens fabrication, including cutting and grinding?

- A. Ophthalmic medical technologist
- B. Opticians
- C. Ophthalmic laboratory technicians**
- D. Ophthalmic assistants

Lens fabrication, including cutting and grinding, is done by ophthalmic laboratory technicians. They work in the lens fabrication lab to shape lens blanks to the prescribed curvature, grind and surface the lenses, then edge and finish them so they can be mounted into frames. This role requires precise technique and knowledge of materials, as lenses must meet tight tolerances. Opticians primarily handle frame selection, measurements, and fitting lenses into frames for the patient, while assistants support clinical tasks and ophthalmic medical technologists perform diagnostic testing.

4. What is the difference between standard precautions and transmission-based precautions?

- A. Standard precautions apply to all patients; transmission-based precautions are extra measures for specific infections.
- B. Standard precautions are optional and only used in some settings.
- C. Standard precautions are used for surgical procedures only.
- D. Standard precautions apply to all patients who have known infections.**

The main idea is understanding how infection prevention uses universal measures versus extra measures for specific infections. Standard precautions are the baseline practices used with every patient, every time. They assume that infectious agents can be present in blood, body fluids, secretions, excretions, mucous membranes, or on contaminated surfaces, so you perform thorough hand hygiene, wear gloves when touching bodily fluids, use other PPE as needed by the task, and follow safe needle and sharps handling, plus routine environmental cleaning and respiratory hygiene. These precautions are not optional and do not depend on knowing a patient's infection status. Transmission-based precautions are layered on top of standard precautions when a patient has a known or suspected infection that could spread in a particular way. They're chosen based on how the organism transmits—through contact, droplets, or airborne routes—and they add specific barriers beyond standard precautions. For example, contact precautions involve gloves and a gown; droplet precautions add a mask for close contact; airborne precautions require a fit-tested respirator and a specialized room. The idea is to add targeted protections for specific infections to prevent spread, while standard precautions handle routine, universal safety.

5. An Electronic Health Record (EHR) is used to centralize patient information for easier access and coordination.

A. Centralizes patient information for easier access and coordination

B. Stores only billing data

C. Replaces patient consent forms

D. Prevents sharing of data with specialists

Electronic Health Records centralize patient information so clinicians can access a complete, up-to-date view of a patient's history, medications, lab results, imaging, and care plans in one place, which makes it easier to access information and coordinate care across different providers. Having this centralized data helps the care team stay aligned, reduces duplication, improves safety through better medication reconciliation, and speeds up clinical decisions. The other options don't fit because a system that stores only billing data would miss the clinical details needed for treatment. Replacing patient consent forms would undermine privacy protections, since authorization is still required to share information. And preventing data sharing with specialists goes against the goal of coordinated care; EHRs are designed to enable authorized sharing with clinicians across settings while enforcing privacy controls.

6. Which term describes a heart rate above normal range?

A. Bradycardia

B. Hypertension

C. Hypotension

D. Tachycardia

A heart rate above the normal resting range is called tachycardia. At rest, normal adult heart rates are typically about 60 to 100 beats per minute; when the pulse rises above that range, it's tachycardia. This can occur during exercise or fever, but if it happens at rest or is persistent, it may indicate dehydration, anemia, stress, infection, or a heart rhythm problem. By contrast, bradycardia means a slower-than-normal heart rate, while hypertension and hypotension refer to blood pressure levels, not heart rate. So the term that describes a heart rate above the normal resting range is tachycardia.

7. If pulse is counted for 30 seconds and doubled, what does that yield?

A. Blood pressure per minute

B. Heart rate per minute

C. Respiratory rate per minute

D. Oxygen saturation per minute

Counting the pulse for 30 seconds and doubling gives the heart rate per minute. Each pulse reflects one heartbeat, so doubling the 30 second count estimates how many times the heart would beat in 60 seconds, assuming a regular rhythm. This method specifically measures heart rate, not blood pressure, respiratory rate, or oxygen saturation, which require different measurements and units. If the heartbeat is irregular, counting for a full minute improves accuracy.

8. Name three basic first aid steps for a noticeable external bleeding?

- A. Call a friend, take a photo, and post to social media.
- B. Apply heat, rub the wound, and ignore it.
- C. Remove clothing, wash with soap and water, and apply ointment.
- D. Apply direct pressure with a clean cloth or bandage, elevate the injured limb if possible, and seek medical assistance if bleeding continues.**

Controlling external bleeding quickly is the priority in first aid. The three basic steps that work together are applying direct pressure to the wound, elevating the injured limb if possible, and seeking medical help if the bleeding does not stop. Applying direct pressure with a clean cloth or bandage helps form a clot and slows or stops the blood flow. Elevating the limb reduces blood flow to the area, which can lessen bleeding and swelling. If the bleeding continues after these steps, seek medical assistance promptly, as ongoing bleeding may require professional care. Other options miss the core action needed to stop bleeding and can even make things worse—posting on social media, applying heat or rubbing the wound, or ignoring the injury—because they do not control the bleed or address potential complications.

9. The suffix '-itis' denotes inflammation of a body part. Which option best matches this meaning?

- A. Inflammation of the specified body part.**
- B. A disease caused by infection.
- C. Injury without inflammation.
- D. Pain associated with a condition.

Think of -itis as signaling inflammation of the body part named in the term. When you see this suffix, the condition described is an inflammatory process affecting that specific part, which is why the option stating inflammation of the specified body part fits best. Examples like gastritis (stomach inflammation) or dermatitis (skin inflammation) illustrate how the suffix points directly to an inflammatory state. The other descriptions refer to infection, injury without inflammation, or just pain, which do not capture what -itis means.

10. Which dental specialty is primarily concerned with aligning or straightening teeth?

- A. Endodontics
- B. Orthodontics**
- C. Prosthodontics
- D. Periodontics

Aligning or straightening teeth is the focus of orthodontics, the dental specialty that corrects tooth position and bite. Orthodontists diagnose issues like crowding, spacing, and improper jaw alignment, then create a treatment plan to move teeth into proper positions using braces, wires, elastics, or clear aligners. The aim is to improve how the teeth function together and how they look, making it easier to clean and maintain them and reducing wear over time. Other specialties focus on different problems—endodontics handles tooth pulp and root canals, prosthodontics restores or replaces missing teeth with crowns, bridges, dentures, or implants, and periodontics treats the gums and supporting bone. Because orthodontics centers on aligning teeth and correcting bite, it's the best fit for questions about straightening teeth.

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://dhocareersinhealthcare.examzify.com>

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

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