

DHO Health Science Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

This is a sample study guide. To access the full version with hundreds of 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. Don't worry about getting everything right, 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, and take breaks to retain information better.

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.

7. Use Other Tools

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!

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Questions

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- 1. What is an important role of licensed practical/vocational nurses (LPNs/LVNs)?**
 - A. To perform surgeries**
 - B. To supervise other healthcare workers**
 - C. To provide basic patient care**
 - D. To provide diagnostics**

- 2. What is the medical condition called that results from an excessively high level of glucose and ketones in the bloodstream for a person with diabetes?**
 - A. Diabetes Insipidus**
 - B. Hypoglycemic Shock**
 - C. Diabetic Coma**
 - D. Diabetic Ketoacidosis**

- 3. Which of the following best describes a technician's role in the healthcare field?**
 - A. Leadership in hospital management**
 - B. Direct patient care and diagnosis**
 - C. Supportive role with technical skills**
 - D. Research and development**

- 4. Which system was used for weighing drugs and solutions during the colonial period in the United States?**
 - A. Metric system**
 - B. Imperial system**
 - C. Apothecary system**
 - D. Customary system**

- 5. Which of the following are vital signs?**
 - A. Heart rate only**
 - B. Skin temperature and moisture**
 - C. Determinations including temperature, pulse, respirations, and blood pressure**
 - D. Responses to stimuli**

- 6. Who are the individuals that study human behavior and utilize this knowledge to help patients cope with everyday problems?**
- A. Psychiatrists**
 - B. Clinical Researchers**
 - C. Psychologists**
 - D. Sociologists**
- 7. What term refers to the remedial treatment of a disease or disorder?**
- A. Diagnosis**
 - B. Intervention**
 - C. Therapy**
 - D. Assessment**
- 8. What is the term for the inflammation of the urinary bladder?**
- A. Cystitis**
 - B. Nephritis**
 - C. Urethritis**
 - D. Pyelonephritis**
- 9. What term describes a person who does not believe in any deity?**
- A. Theist**
 - B. Agnostic**
 - C. Atheist**
 - D. Humanist**
- 10. The structure in a cell that is essential for cell reproduction and activities is called what?**
- A. Cytoplasm**
 - B. Nucleus**
 - C. Mitochondria**
 - D. Endoplasmic reticulum**

Answers

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

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Explanations

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1. What is an important role of licensed practical/vocational nurses (LPNs/LVNs)?

- A. To perform surgeries**
- B. To supervise other healthcare workers**
- C. To provide basic patient care**
- D. To provide diagnostics**

Licensed practical nurses (LPNs) and licensed vocational nurses (LVNs) serve a vital role in the healthcare system primarily through providing basic patient care. This includes a wide range of responsibilities that are essential for maintaining the comfort and well-being of patients. They assist with daily activities such as bathing, dressing, feeding, and monitoring vital signs, ensuring that patients receive the care they need in various settings such as hospitals, nursing homes, and clinics. The scope of practice for LPNs/LVNs is focused on hands-on clinical care, which allows them to build strong relationships with patients and be instrumental in the care team. By performing critical tasks such as administering medications and coordinating care under the supervision of registered nurses or doctors, they contribute significantly to the overall functioning of healthcare facilities. Their role is centered on providing support and fundamental medical care, making them an indispensable part of patient care teams.

2. What is the medical condition called that results from an excessively high level of glucose and ketones in the bloodstream for a person with diabetes?

- A. Diabetes Insipidus**
- B. Hypoglycemic Shock**
- C. Diabetic Coma**
- D. Diabetic Ketoacidosis**

The medical condition that arises from an excessively high level of glucose and ketones in the bloodstream for a person with diabetes is known as Diabetic Ketoacidosis. This condition occurs primarily in individuals with type 1 diabetes, though it can also happen in type 2 diabetes under certain circumstances, typically during periods of illness or when insulin levels are inadequate. In Diabetic Ketoacidosis, the lack of insulin leads to elevated blood sugar levels. Consequently, the body's cells cannot utilize glucose for energy, prompting the liver to break down fatty acids instead. This process produces ketones, which can accumulate and lead to a dangerously acidic state in the bloodstream. The combination of high glucose and high ketone levels results in significant metabolic disturbance and can lead to serious health complications if not addressed promptly. The term "Diabetic Coma" usually refers to a state of unresponsiveness due to severe blood sugar imbalances, which may result from either excessively high or low blood sugar. It does not specifically indicate the presence of ketones. Other options, like Diabetes Insipidus and Hypoglycemic Shock, describe different conditions associated with diabetes but do not relate to the high levels of glucose and ketones characteristic of Diabetic Ketoacidosis.

3. Which of the following best describes a technician's role in the healthcare field?

- A. Leadership in hospital management**
- B. Direct patient care and diagnosis**
- C. Supportive role with technical skills**
- D. Research and development**

The role of a technician in the healthcare field is best described as a supportive role with technical skills. Technicians are often skilled professionals who operate and maintain medical equipment, conduct tests, and assist in various procedures. They are essential in facilitating the work of healthcare providers by ensuring that the technical aspects of patient care are managed effectively. Technicians may work in various specialized areas, such as lab technicians who conduct diagnostic tests or radiology technicians who perform imaging procedures. Their expertise allows for the smooth operation of healthcare services, ensuring that high-quality care is delivered to patients. This supportive function is crucial in contributing to effective diagnosis, treatment, and overall patient management in a healthcare environment. Other options such as leadership in hospital management, direct patient care and diagnosis, or research and development are more aligned with different roles within the healthcare field, including administrators, physicians, or researchers, rather than the specific responsibilities of a technician.

4. Which system was used for weighing drugs and solutions during the colonial period in the United States?

- A. Metric system**
- B. Imperial system**
- C. Apothecary system**
- D. Customary system**

The apothecary system was the primary system used for weighing drugs and solutions during the colonial period in the United States. This historical system was specifically designed for use in pharmacies and medicine and it employs unique units of measure, such as grains, scruples, and drams, which were commonly used to denote quantities of medications and substances. The apothecary system is notable for its focus on precision that is particularly critical in medicinal contexts, where accurate dosing can significantly impact patient health outcomes. This system not only included measures for weight but also volume, which were essential to the preparation and dispensing of medications in colonial apothecary practice. While the metric and imperial systems have their own uses in modern settings, and the customary system refers to general measurement standards used in daily life, they were not the primary conventions employed by pharmacists or apothecaries in the colonial era for the measurement of drugs and solutions. Thus, the apothecary system stands out as the correct answer in this context.

5. Which of the following are vital signs?

- A. Heart rate only
- B. Skin temperature and moisture
- C. Determinations including temperature, pulse, respirations, and blood pressure**
- D. Responses to stimuli

Vital signs are critical indicators of a person's essential bodily functions and overall health status. The key components typically included in vital signs are temperature, pulse (heart rate), respiration rate (breathing), and blood pressure. These measurements provide vital information about the body's physiological state and can help identify the presence or progression of a medical condition. Each of these components plays a specific role: - Temperature reflects the body's thermoregulation. - Pulse indicates the heart's activity and rhythm. - Respiratory rate gives insight into lung function and oxygenation. - Blood pressure conveys information about the force of blood against the artery walls, which is crucial for understanding cardiovascular health. Therefore, the determination of vital signs encompasses all these elements, making them essential in healthcare for monitoring patient stability and making clinical decisions. Other options focus on slender aspects of health but do not capture the full spectrum of vital signs as defined in the healthcare context.

6. Who are the individuals that study human behavior and utilize this knowledge to help patients cope with everyday problems?

- A. Psychiatrists
- B. Clinical Researchers
- C. Psychologists**
- D. Sociologists

Psychologists are professionals who study human behavior and mental processes. They apply their understanding of psychological principles to help individuals cope with various everyday challenges. This can include providing therapy for mental health issues, developing strategies for behavioral change, and assisting patients in managing stress, anxiety, and other emotional difficulties. Their training includes a deep understanding of cognitive, emotional, and social processes, allowing them to address problems ranging from personal relationships to mental health disorders. This focus on practical application of psychological knowledge to improve patients' lives distinctly positions psychologists as key figures in promoting mental wellness and coping strategies. The other professions mentioned have different primary focuses. Psychiatrists primarily diagnose and treat mental health conditions through medical approaches, including medication. Clinical researchers conduct studies to understand health issues and treatments, without directly intervening with patients. Sociologists focus on social behavior and structures, analyzing societal impacts rather than providing direct support to individuals. Thus, psychologists are specifically trained to aid individuals in coping with everyday situations, making them the correct choice in this context.

7. What term refers to the remedial treatment of a disease or disorder?

- A. Diagnosis**
- B. Intervention**
- C. Therapy**
- D. Assessment**

The term that refers to the remedial treatment of a disease or disorder is therapy. Therapy encompasses a wide range of treatments designed to alleviate symptoms, heal ailments, and improve patients' well-being. It can include various methods, such as medication, physical rehabilitation, psychological counseling, and other interventions tailored to address specific health issues. By focusing on therapy, healthcare professionals aim to not only treat the underlying causes of diseases but also support the overall recovery and improvement in the quality of life for patients. This distinguishes it from other terms in the options, which pertain to different aspects of the healthcare process. For instance, diagnosis is the identification of a disease based on symptoms and tests, while intervention often refers to actions taken to improve a situation, which may or may not involve direct treatment. Assessment pertains to the evaluation of a patient's condition to inform care decisions, rather than the treatment itself.

8. What is the term for the inflammation of the urinary bladder?

- A. Cystitis**
- B. Nephritis**
- C. Urethritis**
- D. Pyelonephritis**

The term for inflammation of the urinary bladder is cystitis. Cystitis is a common condition that typically arises due to infection, irritation, or injury to the bladder's lining. Symptoms often include frequent urination, urgency to urinate, and pelvic discomfort. Understanding cystitis is important in the field of health science, as it can often be indicative of underlying urinary tract issues and may require medical intervention. Other terms related to urinary conditions highlight different parts or types of inflammation. Nephritis refers to inflammation of the kidneys, urethritis pertains to inflammation of the urethra, and pyelonephritis describes inflammation of the kidney and its pelvis, often resulting from a urinary tract infection that has risen from the bladder. Each of these conditions affects different structures within the urinary system, distinguishing cystitis as specifically related to the bladder itself.

9. What term describes a person who does not believe in any deity?

- A. Theist**
- B. Agnostic**
- C. Atheist**
- D. Humanist**

The correct term for a person who does not believe in any deity is "atheist." An atheist holds the view that there is no god or gods, differing significantly from individuals who might believe in one or more deities. Understanding the other terms provides further context. A theist is someone who believes in one or more gods, while an agnostic is a person who remains unsure or claims that the existence of a deity is unknown or unknowable. Humanism, on the other hand, is a philosophical stance that emphasizes human value and agency, often without a focus on religious beliefs, but it does not specifically address belief in deities. Thus, "atheist" is the appropriate term as it directly specifies a lack of belief in any god, distinguishing it from the other concepts that either represent belief or uncertainty about deity existence.

10. The structure in a cell that is essential for cell reproduction and activities is called what?

- A. Cytoplasm**
- B. Nucleus**
- C. Mitochondria**
- D. Endoplasmic reticulum**

The nucleus is a critical structure within a cell, as it contains the genetic material (DNA) that dictates cellular functions and is essential for reproduction. During cell division, the nucleus plays a vital role in replicating the DNA so that each new cell receives a complete set of genetic instructions. Additionally, the nucleus regulates gene expression, which is necessary for the cell to perform its specific functions and respond to environmental signals. Other cellular structures, such as the cytoplasm, mitochondria, and endoplasmic reticulum, have important roles in cellular metabolism, energy production, and protein synthesis, respectively, but they do not directly govern the process of cell division or the management of genetic information in the same way that the nucleus does.

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://dhohealthscience.examzify.com>

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