

DHO Health Science 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 type of deposit is also known as tartar on the teeth?**
 - A. Biofilm
 - B. Calculus
 - C. Stone
 - D. Mineral deposit
- 2. What term describes the isolation technique used to protect patients from infections, allowing only essential healthcare personnel in?**
 - A. Reverse isolation
 - B. Protective isolation
 - C. Standard precautions
 - D. Universal precautions
- 3. What is the name for a parasitic worm, such as a tapeworm or leech?**
 - A. Protozoa
 - B. Helminths
 - C. Bacteria
 - D. Fungi
- 4. Which of the following is NOT a characteristic of Alzheimer's disease?**
 - A. Memory loss
 - B. Extreme fatigue
 - C. Disorientation
 - D. Deterioration of intellectual function
- 5. What are the 32 teeth known as that make up the second, or permanent, set of teeth?**
 - A. Deciduous teeth
 - B. Temporary teeth
 - C. Permanent (succedaneous) teeth
 - D. Supernumerary teeth

- 6. What defines a virus in the context of microorganisms?**
- A. A large single-celled organism
 - B. A group of microorganisms, many of which cause disease
 - C. A type of bacteria resistant to antibiotics
 - D. A harmless microorganism in the body
- 7. How is an agnostic person defined?**
- A. A person who firmly believes in a deity
 - B. A person who doubts the existence of any gods
 - C. A person who believes the existence of God cannot be proved or disproved
 - D. A person who rejects all religious belief
- 8. Which term describes something that is above or higher than something else?**
- A. Inferior
 - B. Superior
 - C. Adjacent
 - D. Parallel
- 9. What term is commonly used to describe bad breath?**
- A. Halitosis
 - B. Stomatitis
 - C. Odontitis
 - D. Gingivitis
- 10. What type of diet is characterized by low or limited amounts of sodium?**
- A. Sodium-restricted diet
 - B. Soft diet
 - C. High-protein diet
 - D. Ketogenic diet

Answers

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

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Explanations

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1. Which type of deposit is also known as tartar on the teeth?

- A. Biofilm
- B. Calculus**
- C. Stone
- D. Mineral deposit

Calculus is the correct choice, as it specifically refers to the hardened form of dental plaque that has mineralized over time. This mineralization occurs due to the accumulation of calcium and phosphate from saliva and can strongly adhere to the tooth surface. The presence of calculus can contribute to dental issues such as gum disease, cavities, and bad breath if not properly managed through regular dental hygiene practices. In terms of definitions, biofilm refers to a collection of microorganisms that adhere to surfaces, often within a matrix of secreted polymers. While dental plaque starts as a biofilm, it is the calcification of this plaque that leads to the formation of calculus. The term "stone" typically refers to larger, more solid formations in various bodily contexts, not dental deposits. Mineral deposits also encompass a broader range of substances and are not specific to dental health, making it less accurate in this context. Thus, calculus is the precise terminology used to describe the build-up of tartar on teeth.

2. What term describes the isolation technique used to protect patients from infections, allowing only essential healthcare personnel in?

- A. Reverse isolation
- B. Protective isolation**
- C. Standard precautions
- D. Universal precautions

Protective isolation refers specifically to measures taken to safeguard patients who are particularly vulnerable to infections, such as those with weakened immune systems. This isolation technique restricts access to only essential healthcare personnel to minimize exposure to pathogens. It is designed to prevent healthcare-associated infections by controlling the environment and limiting contact with individuals who may carry infectious agents. In contrast, reverse isolation, which is often used in similar contexts, emphasizes the protection of a patient by minimizing their exposure to pathogens from the environment or other people. While both terms are related to patient protection, protective isolation is more focused on the enhancement of the environment to protect patients from external infections. Standard precautions and universal precautions are broader terms that refer to the basic infection control practices used with all patients, regardless of their infection status. They focus on preventing the spread of infection but do not specifically address the isolation of vulnerable patients in the same way that protective isolation does.

3. What is the name for a parasitic worm, such as a tapeworm or leech?

- A. Protozoa
- B. Helminths**
- C. Bacteria
- D. Fungi

The term "helminths" specifically refers to parasitic worms, including organisms like tapeworms and leeches. Helminths are a diverse group of invertebrate animals that often cause diseases in their hosts. These organisms can be classified into three main groups: trematodes (flukes), cestodes (tapeworms), and nematodes (roundworms). In this context, tapeworms belong to the cestodes category, while leeches, although primarily known for their blood-feeding behavior, can also be classified as a type of annelid worm that can act as a parasite. Understanding helminths is important in health science because they can significantly impact human health, leading to malnutrition, digestive problems, and various other health issues. The other options listed refer to different types of organisms. Protozoa are single-celled organisms, bacteria are unicellular microorganisms that can be beneficial or pathogenic, and fungi are a separate kingdom of organisms that include yeasts and molds. Each of these categories has distinct characteristics and implications in health science but do not include the parasitic worms defined as helminths.

4. Which of the following is NOT a characteristic of Alzheimer's disease?

- A. Memory loss
- B. Extreme fatigue**
- C. Disorientation
- D. Deterioration of intellectual function

Extreme fatigue is not a characteristic of Alzheimer's disease. Alzheimer's primarily affects cognitive functions, which include memory loss, disorientation, and deterioration of intellectual capabilities. Patients typically experience difficulties in remembering recent events, confusion about the time and place, and challenges in reasoning and problem-solving. Extreme fatigue, however, is generally associated with other conditions and is not a direct symptom or characteristic of Alzheimer's. This distinction is important because it helps in accurately identifying and diagnosing the disease, ensuring that those affected receive appropriate care and support for the cognitive impairments that are hallmarks of Alzheimer's.

5. What are the 32 teeth known as that make up the second, or permanent, set of teeth?

- A. Deciduous teeth
- B. Temporary teeth
- C. Permanent (succedaneous) teeth**
- D. Supernumerary teeth

The 32 teeth that comprise the second, or permanent, set of teeth are referred to as permanent (succedaneous) teeth. This terminology highlights that these teeth replace the primary teeth, also known as deciduous teeth. The term "succedaneous" specifically indicates that they are set to succeed or come after the temporary teeth in a person's development. Understanding that the permanent teeth are integral to both a functional bite and overall oral health is essential. They typically begin to emerge around the age of six and continue to replace the older, deciduous teeth until the late teenage years or early twenties, when the third molars, or wisdom teeth, may come in, bringing the total to 32. In contrast, deciduous or temporary teeth refer to the first set of teeth that eventually fall out to be replaced by these permanent teeth. Supernumerary teeth are additional teeth that are not part of the normal dentition and can occur in some individuals.

6. What defines a virus in the context of microorganisms?

- A. A large single-celled organism
- B. A group of microorganisms, many of which cause disease**
- C. A type of bacteria resistant to antibiotics
- D. A harmless microorganism in the body

A virus is defined as a microscopic infectious agent that can only replicate inside the living cells of an organism. Unlike larger single-celled organisms, such as bacteria, viruses do not have a cellular structure and cannot carry out metabolic processes on their own. They are distinct from other microorganisms because they hijack the host's cellular machinery to reproduce, which often leads to disease. The option describing a group of microorganisms accurately captures the essence of what a virus is, particularly within the context of how some viruses are indeed pathogenic and can cause various diseases in humans, animals, and plants. Understanding viruses as a subset of microorganisms helps clarify their unique position in the microbial world, especially given that their modes of transmission, symptoms they cause, and treatment options often differ significantly from other types of microorganisms like bacteria or fungi.

7. How is an agnostic person defined?

- A. A person who firmly believes in a deity
- B. A person who doubts the existence of any gods
- C. A person who believes the existence of God cannot be proved or disproved**
- D. A person who rejects all religious belief

An agnostic person is defined as someone who maintains that the existence or non-existence of a deity is unknown or, more specifically, that it cannot be definitively proven or disproven. This stance reflects a position of uncertainty and skepticism regarding religious and metaphysical claims. Agnostics do not commit to believing in a god or gods nor do they entirely dismiss the possibility; instead, they acknowledge the limitations of human knowledge and understanding when it comes to such existential questions. In contrast, the other definitions provided do not align with the agnostic perspective. For instance, someone who firmly believes in a deity is categorized as a theist, while a person who doubts the existence of any gods would be more accurately described as an atheist or skeptic. Additionally, rejecting all religious beliefs does not encompass the agnostic viewpoint, as agnostics neither accept nor reject the possibility of deities but rather remain noncommittal about definitive knowledge on the subject. Thus, the definition of an agnostic as someone who believes that the existence of God cannot be proved or disproved captures the essence of their perspective perfectly.

8. Which term describes something that is above or higher than something else?

- A. Inferior
- B. Superior**
- C. Adjacent
- D. Parallel

The term that describes something that is above or higher than something else is "superior." In anatomical and directional terminology, "superior" is often used to refer to structures that are located higher up in the body relative to another structure. For example, the head is superior to the neck. This term is pivotal in health science as it helps professionals accurately describe the location of body parts in relation to each other. In contrast, "inferior" denotes something that is situated lower than another structure, while "adjacent" refers to being next to or adjoining something else, without implying any vertical orientation. The term "parallel" indicates that two structures run alongside each other but does not indicate any height or elevation. Understanding these terms is essential in health science for clear communication regarding anatomy and physiological relationships.

9. What term is commonly used to describe bad breath?

- A. Halitosis**
- B. Stomatitis
- C. Odontitis
- D. Gingivitis

Halitosis is the medical term that specifically refers to bad breath. It encompasses any unpleasant odor that originates from the mouth, which can be caused by a variety of factors such as poor oral hygiene, certain foods, dry mouth, or underlying health conditions. Proper oral care, including regular brushing, flossing, and dental check-ups, can help prevent halitosis. The other terms relate to different oral health conditions. Stomatitis refers to inflammation of the mucous membrane in the mouth, which can manifest with discomfort and ulceration but is not synonymous with bad breath. Odontitis is typically not a commonly used term in dental health—conditions affecting the teeth are usually referred to with other specific terms. Gingivitis describes inflammation of the gums, which could contribute to bad breath but does not define it. Therefore, halitosis is the correct term directly linked to the issue of bad breath.

10. What type of diet is characterized by low or limited amounts of sodium?

- A. Sodium-restricted diet**
- B. Soft diet
- C. High-protein diet
- D. Ketogenic diet

A sodium-restricted diet is specifically designed to limit the intake of sodium, which is crucial for individuals who need to manage conditions such as high blood pressure, heart disease, or certain kidney problems. This type of diet focuses on minimizing salty foods and processed items that often contain high levels of sodium, while encouraging the selection of fresh fruits, vegetables, and wholesome foods that naturally contain lower sodium levels. In contrast, the other dietary options serve different purposes. For instance, a soft diet is intended for individuals who have difficulty chewing or swallowing and emphasizes softer food textures rather than sodium content. A high-protein diet focuses on increasing protein intake, often for weight loss or muscle building goals, without specific limitations on sodium. Lastly, a ketogenic diet is high in fats and low in carbohydrates, primarily aimed at inducing ketosis for energy, but it does not automatically restrict sodium. Thus, the sodium-restricted diet is the only choice that directly addresses the need to limit sodium intake.

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!

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