

DHO PERSONAL AND PROFESSIONAL CHARACTERISTICS 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. How can you demonstrate accountability at work?**
 - A. Acknowledge mistakes, report them, and take corrective action to prevent recurrence
 - B. Blame others
 - C. Ignore errors
 - D. Complain about schedules
- 2. Which practice best supports resolving a coworker conflict while maintaining professionalism?**
 - A. Ignore the issue and wait for it to disappear.
 - B. Escalate to management only after failing to resolve directly.
 - C. Address the issue professionally with the person involved or escalate to a supervisor if needed.
 - D. Publicly accuse the colleague in a meeting.
- 3. Which of the following is an example of an objective sign?**
 - A. Pain Described by Patient
 - B. Dizziness Reported by Patient
 - C. Visible Swelling
 - D. Tingling Reported by Patient
- 4. Which of the following is NOT a factor contributing to good health?**
 - A. Diet
 - B. Rest
 - C. Exercise
 - D. Reading daily newspapers
- 5. Which step in the four-step plan involves choosing how to deal with it?**
 - A. Stop whatever you are doing
 - B. Breathe slowly and deeply
 - C. Reflect about the problem at hand
 - D. Choose how you want to deal with it

6. What is stress?

- A. A negative feeling with no physical reaction.
- B. Only mental strain with no physical effects.
- C. Body's reaction to stimuli requiring adjustment to a changing environment;
CHANGE INITIATES STRESS.
- D. A permanent state of anxiety.

7. A well-balanced diet should include meals from which of the following?

- A. Meats and grains only
- B. Fruits and vegetables
- C. All five major food groups
- D. Sugary snacks and sweets

8. What is the role of patient privacy in patient trust?

- A. Privacy has no effect on trust.
- B. Privacy is mainly about data storage, not trust.
- C. Privacy is optional for most interactions.
- D. Protecting privacy fosters trust and encourages honest communication.

9. Which action best supports informed consent?

- A. The patient is given vague information about procedures.
- B. The patient is given clear information about procedures, risks, and alternatives and voluntarily agrees.
- C. The patient signs without understanding.
- D. The patient is coerced into consenting.

10. Which of the following is a barrier caused by cultural differences?

- A. Deafness
- B. Language Differences
- C. Eye Contact Norms
- D. Noise Levels

Answers

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

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Explanations

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1. How can you demonstrate accountability at work?

- A. Acknowledge mistakes, report them, and take corrective action to prevent recurrence**
- B. Blame others
- C. Ignore errors
- D. Complain about schedules

Accountability at work means taking responsibility for your actions and their outcomes, including mistakes. Demonstrating it involves openly acknowledging when something goes wrong, reporting the issue to the right people, and taking concrete steps to fix the problem and prevent it from happening again. This shows integrity, earns trust from teammates and supervisors, and helps the team learn and improve rather than hide or deny issues. When you own the mistake, you establish transparency; informing others ensures everyone is aligned and can adjust plans or resources as needed; and implementing corrective actions—instructions, process tweaks, training, or new checks—demonstrates a commitment to quality and to preventing recurrence. Blaming others sidesteps responsibility, ignoring errors allows problems to persist, and complaining about schedules doesn't address the underlying issue or accountability.

2. Which practice best supports resolving a coworker conflict while maintaining professionalism?

- A. Ignore the issue and wait for it to disappear.
- B. Escalate to management only after failing to resolve directly.
- C. Address the issue professionally with the person involved or escalate to a supervisor if needed.**
- D. Publicly accuse the colleague in a meeting.

Resolving coworker conflicts professionally hinges on addressing issues directly with the person involved in a private, respectful conversation. This approach lets you point to specific behavior and its impact, gives the other person a chance to share their perspective, and helps preserve working relationships and trust. If direct dialogue doesn't resolve the situation, bringing in a supervisor or mediator provides a fair, structured path to resolution without compromising professionalism. Publicly accusing someone in a meeting is counterproductive, harming trust and making it harder to fix the underlying issue. Ignoring the problem lets tension grow and typically violates workplace expectations.

3. Which of the following is an example of an objective sign?

- A. Pain Described by Patient
- B. Dizziness Reported by Patient
- C. Visible Swelling**
- D. Tingling Reported by Patient

Objective signs are findings you can observe or measure during a physical exam, independent of what the patient reports. Visible swelling fits this because it's something a clinician can see and often quantify (for example, by inspection, palpation, or measuring limb circumference). The other options are patient-reported experiences, which are signs or symptoms described by the patient rather than observed or measured by the clinician. Pain described by the patient, dizziness reported by the patient, and tingling reported by the patient are all subjective experiences that rely on the patient's description. Therefore, visible swelling is the example of an objective sign.

4. Which of the following is NOT a factor contributing to good health?

- A. Diet
- B. Rest
- C. Exercise
- D. Reading daily newspapers**

Good health comes from everyday habits that directly influence how our body functions. The activity that does not fit as a factor contributing to good health is reading daily newspapers. Diet provides the nutrients the body needs for energy, growth, and repair; rest allows the body to recover and hormones to balance; exercise strengthens the heart, muscles, and circulation and helps maintain a healthy weight. Reading newspapers, while it can be mentally stimulating or helpful for staying informed, does not directly improve these physical health factors. It can be part of a balanced lifestyle if it supports stress relief or learning, but it isn't itself a direct contributor to good health.

5. Which step in the four-step plan involves choosing how to deal with it?

- A. Stop whatever you are doing
- B. Breathe slowly and deeply
- C. Reflect about the problem at hand
- D. Choose how you want to deal with it**

Deciding how you will respond is the step that involves choosing how to deal with it. After pausing to calm down and taking time to reflect, the next move is to pick the approach you want to take. This step turns awareness and analysis into a concrete plan of action, selecting the method you'll use to handle the situation. The other steps focus on stopping the activity, calming your body, or thinking through the problem, but they don't commit you to a specific course of action.

6. What is stress?

- A. A negative feeling with no physical reaction.
- B. Only mental strain with no physical effects.
- C. Body's reaction to stimuli requiring adjustment to a changing environment;
CHANGE INITIATES STRESS.**
- D. A permanent state of anxiety.

Stress is the body's response to stimuli that require adjustment to a changing environment. When something in the environment changes or a demand is placed on you, your body activates physiological systems—hormones like adrenaline and cortisol, quicker heart rate, tense muscles—to prepare you to cope. This makes stress a dynamic process with physical and emotional components, not just a negative feeling. It's not simply mental strain, and it isn't a permanent state; the response diminishes once you adapt or the situation changes.

7. A well-balanced diet should include meals from which of the following?

- A. Meats and grains only
- B. Fruits and vegetables
- C. All five major food groups**
- D. Sugary snacks and sweets

A balanced diet includes meals from all five major food groups to provide a full range of nutrients. Each group contributes something essential: fruits and vegetables supply vitamins, minerals, and fiber; grains give energy-rich carbohydrates and some fiber; protein foods deliver amino acids for growth and tissue repair; dairy provides calcium and protein; and healthy fats support essential fatty acids and overall nutrient absorption. Relying on just meats and grains leaves gaps in vitamins, minerals, and calcium that those other groups provide. Fruits and vegetables alone don't supply enough protein or calcium for many body functions, and sugary snacks add calories without essential nutrients, often displacing healthier choices. Including items from all five groups helps meet daily energy needs while supporting growth, maintenance, and long-term health.

8. What is the role of patient privacy in patient trust?

- A. Privacy has no effect on trust.
- B. Privacy is mainly about data storage, not trust.
- C. Privacy is optional for most interactions.
- D. Protecting privacy fosters trust and encourages honest communication.**

Protecting patient privacy is a fundamental factor in building patient trust. When patients know their information is kept confidential and only shared with proper consent, they feel safer disclosing sensitive details. This sense of safety makes it more likely they will be honest about symptoms, concerns, or personal history, which in turn leads to more accurate diagnoses and better care decisions. Privacy isn't just about storing data securely; it's about controlling who can access information, how it's shared, and how it's used, all of which reinforce respect for autonomy and dignity. Other statements miss this link by suggesting privacy doesn't affect trust, or that it's only about storage, or that it's optional. In reality, protecting privacy fosters trust and encourages open, accurate communication, which is essential for quality care.

9. Which action best supports informed consent?

- A. The patient is given vague information about procedures.
- B. The patient is given clear information about procedures, risks, and alternatives and voluntarily agrees.**
- C. The patient signs without understanding.
- D. The patient is coerced into consenting.

Informed consent is about honoring patient autonomy by ensuring they understand what will happen, what the risks are, and what the alternatives exist before agreeing to treatment. The best choice provides clear information about the procedure, its risks, and the available alternatives, and it requires the patient to agree voluntarily. This combination—clear disclosure plus voluntary agreement after understanding—is what makes consent valid. The other options fall short because they involve vague information, signing without understanding, or coercion, all of which compromise the patient's ability to make a knowledgeable and freely given decision.

10. Which of the following is a barrier caused by cultural differences?

- A. Deafness
- B. Language Differences**
- C. Eye Contact Norms
- D. Noise Levels

Language differences create a barrier because language is the main way we encode and decode messages. When people come from different language backgrounds, nuance can be lost, details can be missed, and understanding often requires translation or interpretation. This barrier directly stems from cultural variation in how language is used. Eye contact norms are another cultural factor that can lead to misunderstandings, since different cultures interpret gaze in different ways, but they affect nonverbal cues rather than the core ability to understand the spoken message. Deafness represents a physical condition rather than a cultural difference, and noise levels are environmental factors, not cultural barriers.

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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://dhopersonalprofcharacteristics.examzify.com>

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

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