

# Dunphy Primary Care Exam 2 Practice (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

- 1. At what age is it recommended to begin screening for colorectal cancer?**
  - A. Age 50**
  - B. Age 60**
  - C. Age 45**
  - D. Age 55**
- 2. Which behavior is primarily encouraged by health promotion efforts?**
  - A. Increased medication compliance**
  - B. Lifestyle modification**
  - C. Frequent health check-ups**
  - D. Immediate treatment seeking**
- 3. Which of the following is an example of ecchymosis?**
  - A. A hematoma.**
  - B. A keloid.**
  - C. A bruise.**
  - D. A patch.**
- 4. What condition is characterized by high blood pressure?**
  - A. Hypotension**
  - B. Hypertension**
  - C. Bradycardia**
  - D. Hyperglycemia**
- 5. What do you suspect they are if you see a cluster of small and oval to round shapes under the microscope during a diagnosis of an intravaginal infection?**
  - A. Spores**
  - B. Leukocytes**
  - C. Pseudohyphae**
  - D. Epithelial cells**



- 6. What is the primary goal of the Hemoglobin A1c test?**
- A. To diagnose hypertension**
  - B. To monitor diabetes control**
  - C. To evaluate kidney function**
  - D. To assess cholesterol levels**
- 7. Once opened, how many months can nitroglycerine tablets be used before they must be discarded?**
- A. 1 month**
  - B. 3 months**
  - C. 6 months**
  - D. They last forever in their special bottle**
- 8. What is the significance of vital signs in primary care?**
- A. They are unnecessary for routine check-ups**
  - B. They provide essential information about a patient's overall health status and help guide clinical decision-making**
  - C. They solely determine the presence of infection**
  - D. They only measure cardiac function**
- 9. Which method is effective for assessing abdominal pain?**
- A. ABCDE method.**
  - B. OPQRST method.**
  - C. BIOPSY method.**
  - D. SOAP method.**
- 10. The presence of hairy leukoplakia without other symptoms of immune suppression is suggestive of which infection?**
- A. HSV Type 2**
  - B. HIV**
  - C. Pneumonia**
  - D. Syphilis**

## **Answers**

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

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## **Explanations**

**1. At what age is it recommended to begin screening for colorectal cancer?**

- A. Age 50**
- B. Age 60**
- C. Age 45**
- D. Age 55**

Screening for colorectal cancer is recommended to begin at age 45 for average-risk individuals. This guideline was updated by several health organizations, including the American Cancer Society, to reflect increasing rates of colorectal cancer in younger populations. Starting screening at 45 allows for earlier detection and intervention, potentially improving outcomes for those who may develop the disease. The shift in guidelines has been particularly important as data have shown a concerning trend where younger adults are being diagnosed with colorectal cancer. Therefore, the recommendation to start screening at age 45 is aligned with current evidence and aims to enhance early diagnosis and treatment in at-risk populations.

**2. Which behavior is primarily encouraged by health promotion efforts?**

- A. Increased medication compliance**
- B. Lifestyle modification**
- C. Frequent health check-ups**
- D. Immediate treatment seeking**

Health promotion efforts are fundamentally aimed at encouraging individuals to adopt healthier lifestyles that can prevent illness and improve overall well-being. Lifestyle modification includes changes in diet, exercise, smoking cessation, and other behaviors that contribute to better health outcomes. By focusing on lifestyle modifications, health promotion seeks to empower individuals to take control of their health and make choices that can lead to long-term benefits, such as reducing the risk of chronic diseases like diabetes, heart disease, and certain cancers. This proactive approach is key in public health strategies and is supported by evidence showing that such modifications often lead to improved health status and quality of life. While increased medication compliance, frequent health check-ups, and immediate treatment seeking are important components of healthcare, they are typically more reactive measures that address health issues after they have arisen. In contrast, lifestyle modifications are about prevention and overall health enhancement, making this a primary goal in health promotion initiatives.

**3. Which of the following is an example of ecchymosis?**

- A. A hematoma.**
- B. A keloid.**
- C. A bruise.**
- D. A patch.**

Ecchymosis refers to the discoloration of the skin resulting from bleeding underneath, typically caused by trauma, leading to a bruise. It is characterized by a blue, purple, or black mark that changes color as it heals. This phenomenon is distinct from other skin manifestations such as hematomas, which are larger localized collections of blood outside blood vessels, usually raised and firm. Keloids are raised scars that result from abnormal healing of the skin after an injury, while patches are non-raised areas of discoloration typically linked to dermatological conditions. Understanding ecchymosis as a type of bruise helps appreciate its role in injury assessment and the body's responses. The color changes of a bruise throughout the healing process also provide insights into the underlying physiological mechanisms involved in tissue repair.

**4. What condition is characterized by high blood pressure?**

- A. Hypotension**
- B. Hypertension**
- C. Bradycardia**
- D. Hyperglycemia**

The condition characterized by high blood pressure is hypertension. Hypertension is defined as having consistently elevated blood pressure readings, typically above 130/80 mmHg. It is a common cardiovascular condition that can lead to severe health complications if left untreated, including heart disease, stroke, and kidney damage. Understanding hypertension is critical in primary care, as it often presents with no obvious symptoms, which is why it is sometimes referred to as the "silent killer." Regular screening and monitoring are essential to manage and reduce the risk of complications associated with this condition. Awareness of lifestyle factors, such as diet, exercise, and stress management, also plays a crucial role in its prevention and treatment. The other options represent different medical conditions that do not relate to high blood pressure. For instance, hypotension refers to low blood pressure, bradycardia is characterized by a slower than normal heart rate, and hyperglycemia pertains to elevated blood sugar levels. None of these conditions are associated with high blood pressure, making hypertension the correct answer.

**5. What do you suspect they are if you see a cluster of small and oval to round shapes under the microscope during a diagnosis of an intravaginal infection?**

**A. Spores**

**B. Leukocytes**

**C. Pseudohyphae**

**D. Epithelial cells**

In the context of examining a sample from an intravaginal infection, small and oval to round shapes observed under the microscope are indicative of yeast forms, especially if they resemble *Candida* species. Spores are reproductive units of fungi, and in the case of vaginal candidiasis, the presence of these structures suggests an infection caused by *Candida*. *Candida* can be found in various forms, and when viewed under a microscope, the spores can appear oval to round, providing a key diagnostic feature. The identification of spores is crucial, particularly in distinguishing between different types of infections and guiding appropriate treatment options. In cases where fungus is suspected, identifying these spores helps reinforce the diagnosis of a fungal infection as opposed to a bacterial or viral infection, which would present differently under microscopic examination.

**6. What is the primary goal of the Hemoglobin A1c test?**

**A. To diagnose hypertension**

**B. To monitor diabetes control**

**C. To evaluate kidney function**

**D. To assess cholesterol levels**

The primary goal of the Hemoglobin A1c test is to monitor diabetes control. This blood test provides an average of a person's blood glucose levels over the past two to three months, reflecting how well their diabetes management plan is working. It helps healthcare providers determine whether a patient's blood sugar levels are within the target range or if adjustments to their treatment plan are necessary. By tracking these levels, the A1c test supports ongoing diabetes management and helps to prevent complications associated with the condition, such as heart disease, kidney damage, and nerve pain. In contrast, the other options are not related to the purpose of the Hemoglobin A1c test; for instance, diagnosing hypertension involves measuring blood pressure, evaluating kidney function typically requires tests like creatinine levels or urine analysis, and assessing cholesterol levels involves lipid panel tests. Each of these tests serves distinct purposes unrelated to monitoring blood glucose levels, which is why they are not the correct focus for the A1c test.

**7. Once opened, how many months can nitroglycerine tablets be used before they must be discarded?**

- A. 1 month**
- B. 3 months**
- C. 6 months**
- D. They last forever in their special bottle**

Nitroglycerin tablets, once opened, typically have a shelf life of about six months before they lose their potency and must be discarded. This is due to the fact that nitroglycerin is a volatile compound that can degrade when exposed to light, air, or moisture. The special bottle in which these tablets are stored is designed to protect them from environmental factors, but once opened, the effectiveness decreases over time. It is essential for patients using nitroglycerin to be aware of this timeframe to ensure they are using effective medication for the management of angina or other relevant conditions. The other options suggest shorter durations or imply indefinite usability, which does not align with the established guidelines for the storage and effectiveness of nitroglycerin tablets.

**8. What is the significance of vital signs in primary care?**

- A. They are unnecessary for routine check-ups**
- B. They provide essential information about a patient's overall health status and help guide clinical decision-making**
- C. They solely determine the presence of infection**
- D. They only measure cardiac function**

Vital signs play a crucial role in primary care as they provide essential information that reflects a patient's overall health status. These measurements typically include body temperature, heart rate, blood pressure, and respiratory rate. Each of these indicators can reveal important insights into a patient's physiological state. For example, an elevated temperature might indicate an infection, while abnormal blood pressure readings can signal cardiovascular issues. By assessing these vital signs, healthcare providers can identify potential health problems early on, monitor ongoing conditions, and evaluate the effectiveness of treatment plans. This information helps guide clinical decision-making and is foundational in establishing a baseline for the patient's health during routine check-ups and comprehensive evaluations. Other options do not capture the full scope of the importance of vital signs. They are certainly not unnecessary for routine check-ups, as they provide valuable data that can directly impact patient management. Similarly, while vital signs can indicate the presence of an infection or relate to cardiac function, they encompass much more than that and are integral to assessing a variety of health conditions.



**9. Which method is effective for assessing abdominal pain?**

- A. ABCDE method.
- B. OPQRST method.**
- C. BIOPSY method.
- D. SOAP method.

The OPQRST method is an effective way to assess abdominal pain because it provides a structured approach to understanding the patient's symptoms. This method focuses on the characteristics of the pain, helping to gather detailed information about the experience. Each letter in OPQRST stands for a specific aspect of the pain: - **O**nsset: When did the pain begin? Was it sudden or gradual? - **P**rovocation/Palliation: What makes the pain worse or better? - **Q**uality: How would the patient describe the pain (sharp, dull, stabbing, etc.)? - **R**egion/Radiation: Where is the pain located? Does it radiate to other areas of the body? - **S**everity: On a scale of 1 to 10, how would the patient rate their pain? This comprehensive approach facilitates a better understanding of the pain and aids in differential diagnosis. In contrast, the other methods listed do not specifically address the interrogation of abdominal pain symptoms in a detailed manner. The ABCDE method is typically used in trauma assessment; the BIOPSY method pertains to tissue sampling for diagnostic purposes, which is not appropriate for initial pain assessment; and the SOAP method is more

**10. The presence of hairy leukoplakia without other symptoms of immune suppression is suggestive of which infection?**

- A. HSV Type 2
- B. HIV**
- C. Pneumonia
- D. Syphilis

Hairy leukoplakia is a condition characterized by white patches on the tongue or oral mucosa that have a "hairy" appearance. This condition is most commonly associated with Epstein-Barr Virus (EBV) and is considered a marker of immunosuppression, most notably seen in individuals with HIV. In the context of someone who does not exhibit additional symptoms of immune suppression, the presence of hairy leukoplakia strongly suggests an underlying HIV infection. HIV compromises the immune system, increasing the risk of opportunistic infections and conditions such as hairy leukoplakia. While other infections may cause various oral lesions, they do not typically present as hairy leukoplakia in the absence of immunosuppression. For instance, HSV Type 2 primarily causes genital lesions and can lead to oral herpes but not specifically hairy leukoplakia. Pneumonia and syphilis do not present with this specific oral manifestation, making the association with HIV the most relevant in this scenario. Therefore, the identification of hairy leukoplakia without other signs of immune compromise serves as an important clinical indicator of potential HIV infection, emphasizing the need for further evaluation and testing for the virus.

## 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://dunphyprimarycare2.examzify.com>**

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