

Dunphy Primary Care Exam 2 Practice (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. In terms of time after a myocardial infarction, thrombolytics can still be beneficial beyond what duration?**
 - A. 2 hours**
 - B. 8 hours**
 - C. 10 hours**
 - D. 12 hours**

- 2. What are two key components of patient-centered care?**
 - A. Cost reduction and enhanced treatment**
 - B. Active patient involvement and collaborative treatment planning**
 - C. Rapid diagnosis and medication adherence**
 - D. Healthcare provider authority and patient compliance**

- 3. What is usually the first sign of herpes zoster?**
 - A. A stabbing type of pain on one small area of the body**
 - B. A vesicular skin lesion on one side of the body**
 - C. A pain that is worse upon awakening**
 - D. A lesion on the exterior ear canal**

- 4. What role does patient engagement play in health promotion?**
 - A. It is not relevant**
 - B. It enhances motivation for behavior change**
 - C. It complicates the healthcare process**
 - D. It reduces the need for follow-up visits**

- 5. Which aspect is crucial when documenting a patient's medical history?**
 - A. Avoiding sensitive topics**
 - B. Inclusion of all medications**
 - C. Patient's mood**
 - D. Family dynamics**

- 6. What is the normal range for intraocular pressure?**
- A. 0 to 7 mm Hg**
 - B. 8 to 21 mm Hg**
 - C. 22 to 40 mm Hg**
 - D. 40 to 80 mm Hg**
- 7. Name a common side effect of SSRIs (Selective Serotonin Reuptake Inhibitors).**
- A. Weight loss**
 - B. Sexual dysfunction**
 - C. Increased energy levels**
 - D. Improved sleep quality**
- 8. What is the purpose of a follow-up appointment?**
- A. To initiate new treatment only**
 - B. To monitor progress**
 - C. To conduct diagnostic tests**
 - D. To refer to specialists**
- 9. What is a common treatment recommended before attempting surgical interventions for a wart?**
- A. Salicylic acid therapy**
 - B. Electrosurgery**
 - C. Freezing with cryotherapy**
 - D. Topical antibiotics**
- 10. For a patient in her second trimester of pregnancy with a yeast infection, which treatment is usually prescribed for nonpregnant patients but is a Pregnancy category C?**
- A. Cleocin vaginal cream**
 - B. Monistat combination pack**
 - C. Terazol 3 vaginal cream**
 - D. Diflucan 150 mg**

Answers

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

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Explanations

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- 1. In terms of time after a myocardial infarction, thrombolytics can still be beneficial beyond what duration?**
- A. 2 hours**
 - B. 8 hours**
 - C. 10 hours**
 - D. 12 hours**

Thrombolytics are agents used to dissolve blood clots that can block blood flow to the heart muscle during a myocardial infarction (MI). Their efficacy diminishes over time, but they can still be beneficial beyond 12 hours in certain scenarios. Research has shown that while the greatest benefits from thrombolytics are observed when administered within the first few hours following an MI, there may still be improved outcomes even if treatment is given beyond 12 hours for select patients who present with ongoing ischemia or left ventricular dysfunction. This is particularly relevant in circumstances where the patient may not have received timely treatment due to late presentation or diagnostic delays. By the time the 12-hour mark is reached, the likelihood of myocardial salvage decreases but does not become negligible. Hence, thrombolytics can still provide some benefit in terms of reperfusion and reducing mortality risk, especially in specific cases. The understanding of this time window helps to guide treatment decisions in a clinical setting, emphasizing the importance of evaluating each patient's individual situation.

- 2. What are two key components of patient-centered care?**
- A. Cost reduction and enhanced treatment**
 - B. Active patient involvement and collaborative treatment planning**
 - C. Rapid diagnosis and medication adherence**
 - D. Healthcare provider authority and patient compliance**

The choice emphasizing active patient involvement and collaborative treatment planning is central to the philosophy of patient-centered care. This approach prioritizes the patient as an integral part of the healthcare process, recognizing their unique preferences, needs, and values. By actively involving patients, healthcare providers ensure that treatment plans are tailored to individual circumstances, which can improve health outcomes and enhance patient satisfaction. Collaborative treatment planning involves the healthcare provider and the patient working together to make informed decisions about care options. This partnership fosters open communication, allowing patients to express their concerns and preferences while being educated about their conditions and treatment alternatives. As a result, patients are more likely to engage in their care, adhere to treatment plans, and experience a greater sense of ownership over their health. In contrast, the other options focus on elements that may not prioritize the patient's active role in their care. Choices involving cost reduction or rapid diagnosis may not necessarily enhance the quality of care from the patient's perspective. Similarly, focusing solely on the authority of healthcare providers and patient compliance neglects the importance of collaboration and communication, which are essential for fostering a supportive and effective healthcare environment.

3. What is usually the first sign of herpes zoster?

- A. A stabbing type of pain on one small area of the body**
- B. A vesicular skin lesion on one side of the body**
- C. A pain that is worse upon awakening**
- D. A lesion on the exterior ear canal**

The first sign of herpes zoster, commonly known as shingles, is typically a stabbing or burning type of pain localized to a specific area of the body. This pain is often described as intense and can precede other symptoms, such as the characteristic vesicular rash, by several days. The pain is usually unilateral, following a dermatomal distribution, which is key in diagnosing herpes zoster. When considering the other options, the vesicular skin lesions do occur in herpes zoster but they appear after the initial pain. The pain becoming worse upon awakening is not specific to herpes zoster and can occur in various conditions, making it less indicative of the diagnosis. Finally, lesions in the exterior ear canal, though they may be relevant in certain cases like Ramsey Hunt syndrome, do not represent the typical first sign of herpes zoster overall. The initial sharp pain signaling the condition is crucial for timely recognition and management.

4. What role does patient engagement play in health promotion?

- A. It is not relevant**
- B. It enhances motivation for behavior change**
- C. It complicates the healthcare process**
- D. It reduces the need for follow-up visits**

Patient engagement plays a crucial role in health promotion as it significantly enhances a patient's motivation for behavior change. When patients are actively engaged in their health care, they are more likely to understand their health conditions, adhere to treatment protocols, and commit to making lifestyle changes necessary for improving their health outcomes. Engaged patients are generally more informed, leading to increased confidence in managing their health. This motivation is vital for adopting healthier behaviors, whether it be improving diet, increasing physical activity, or adhering to medication regimens. The relationship built between healthcare providers and patients during this engagement leads to better communication, which supports the necessary lifestyle modifications central to health promotion efforts. In comparison, the options that suggest patient engagement is not relevant or complicates the healthcare process overlook the benefits of informed, cooperative patient-provider interactions that lead to improved health outcomes. Similarly, the assumption that engagement reduces the need for follow-up visits fails to recognize that engaged patients may require ongoing support and care to maintain and further their health improvements. Hence, the strength of patient engagement lies in its capacity to inspire and sustain motivation for behavior change, which is key in health promotion.

5. Which aspect is crucial when documenting a patient's medical history?

A. Avoiding sensitive topics

B. Inclusion of all medications

C. Patient's mood

D. Family dynamics

The inclusion of all medications in a patient's medical history is crucial for several reasons. Medications can significantly impact a patient's current health status, treatment decisions, and potential interactions with new medications that may be prescribed. A comprehensive list of current and past medications allows healthcare providers to assess the patient's adherence to treatment, monitor for side effects, and evaluate the effectiveness of ongoing therapies. Furthermore, understanding the patient's medication history provides insight into pre-existing conditions and the overall management of chronic illnesses. This information is vital in ensuring safe and effective patient care, as it helps to avoid adverse drug interactions and complications. It is also essential for medication reconciliation during healthcare transitions, ensuring continuity of care and minimizing the risk of errors. While avoiding sensitive topics, assessing the patient's mood, and considering family dynamics can all play important roles in comprehensive patient care, the direct impact of medication history on treatment management underscores its crucial nature in documenting a patient's medical history.

6. What is the normal range for intraocular pressure?

A. 0 to 7 mm Hg

B. 8 to 21 mm Hg

C. 22 to 40 mm Hg

D. 40 to 80 mm Hg

The normal range for intraocular pressure (IOP) is from 8 to 21 mm Hg. This range is established based on clinical observations and research that indicate pressures within this interval are generally considered healthy for the eyes. Elevated intraocular pressure can indicate the risk of glaucoma, a condition that can lead to vision loss if left untreated. Values below 8 mm Hg may suggest conditions such as ocular hypotony, which can occur after surgery or as a result of eye disease, while pressures above 21 mm Hg may warrant further investigation to rule out glaucoma or other ocular issues. Understanding this normal range is critical for healthcare providers in assessing eye health and making informed decisions regarding patient care.

7. Name a common side effect of SSRIs (Selective Serotonin Reuptake Inhibitors).

- A. Weight loss**
- B. Sexual dysfunction**
- C. Increased energy levels**
- D. Improved sleep quality**

Selective Serotonin Reuptake Inhibitors (SSRIs) are commonly prescribed antidepressants that primarily work by increasing levels of serotonin in the brain. While they effectively alleviate symptoms of depression and anxiety, a notable side effect associated with SSRIs is sexual dysfunction. This can manifest in various ways, such as decreased libido, delayed orgasm, or difficulty achieving orgasm. Research indicates that sexual side effects can affect a significant percentage of individuals taking SSRIs, which can impact adherence to treatment and overall quality of life. It is important for healthcare providers to discuss this potential side effect with patients, as well as possible strategies to manage it. Other options, such as weight loss or increased energy levels, are less commonly tied to SSRIs. In fact, many patients may experience weight gain or sedation instead. Improved sleep quality might also not be universally applicable, as some individuals may have disturbances in their sleep patterns when using SSRIs. Therefore, the distinction of sexual dysfunction as a prevalent side effect highlights a critical aspect of prescribing SSRIs and managing patient care effectively.

8. What is the purpose of a follow-up appointment?

- A. To initiate new treatment only**
- B. To monitor progress**
- C. To conduct diagnostic tests**
- D. To refer to specialists**

A follow-up appointment primarily serves the purpose of monitoring the patient's progress after a diagnosis or treatment has been initiated. It allows healthcare providers to assess how well a patient is responding to treatment, determine if the treatment is effective, and make any necessary adjustments to the management plan. During follow-ups, clinicians can evaluate symptoms, side effects, and overall well-being, ensuring that the treatment aligns with the patient's needs. While initiating new treatments, conducting diagnostic tests, or referring to specialists may be components of patient care, they are not the primary focus of a follow-up appointment. Follow-ups are fundamentally about continuity of care, enabling clinicians to provide ongoing support and optimize health outcomes.

9. What is a common treatment recommended before attempting surgical interventions for a wart?

- A. Salicylic acid therapy**
- B. Electrosurgery**
- C. Freezing with cryotherapy**
- D. Topical antibiotics**

Salicylic acid therapy is a common first-line treatment for warts due to its effectiveness in gradually removing the wart tissue. This over-the-counter treatment works by softening the wart and promoting peeling of the infected skin. Salicylic acid is a keratolytic agent, meaning it helps to break down the protein (keratin) that makes up the wart and the thick skin surrounding it, allowing for easier removal. This approach is non-invasive and can often lead to significant improvements or complete resolution of the wart before considering more invasive options, such as surgical interventions. Other treatments mentioned, like electrosurgery and cryotherapy, are typically used after initial therapies have failed, as they are more invasive and carry a higher risk. Topical antibiotics are not relevant for treating warts, as warts are caused by a virus and not a bacterial infection. Thus, salicylic acid therapy serves as an effective and recommended starting point before proceeding to surgical options.

10. For a patient in her second trimester of pregnancy with a yeast infection, which treatment is usually prescribed for nonpregnant patients but is a Pregnancy category C?

- A. Cleocin vaginal cream**
- B. Monistat combination pack**
- C. Terazol 3 vaginal cream**
- D. Diflucan 150 mg**

The treatment that is typically prescribed for yeast infections in nonpregnant patients but is classified as a Pregnancy Category C drug is Diflucan (fluconazole) 150 mg. This classification indicates that animal reproduction studies have shown an adverse effect on the fetus, and there are no adequate and well-controlled studies in humans. Therefore, while it may be used in some cases of complicated or severe fungal infections in pregnant patients, its use is approached with caution. In clinical practice, monotherapy with a topical antifungal like Monistat (miconazole) or Terazol 3 (terconazole) is preferred in pregnant patients because these medications have established safety profiles and are indicated for use during pregnancy. Cleocin vaginal cream (clindamycin) is used for bacterial infections rather than yeast infections and also has special considerations regarding its use in pregnancy. Thus, while they might be effective in treating yeast infections, Diflucan is not the first-line recommendation during pregnancy due to its classification, making it essential to balance the treatment's efficacy with potential risks to the developing fetus.

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://dunphyprimarycare2.examzify.com>

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

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