

DUNPHY PRIMARY CARE EXAM 2 PRACTICE (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. 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
- 2. In the case of conjunctivitis, what type of conjunctivitis is indicated by the presence of mucopurulent discharge?**
 - A. Viral conjunctivitis
 - B. Keratoconjunctivitis
 - C. Bacterial conjunctivitis
 - D. Allergic conjunctivitis
- 3. What do you suspect when you see something translucent and colorless under the microscope during an examination for an intravaginal infection?**
 - A. A piece of hair or a thread
 - B. Leukocytes
 - C. Hyphae
 - D. Spores
- 4. What is the characteristic feature of jock itch?**
 - A. Red, itchy rash in the groin area
 - B. Pearly white papules
 - C. Blistering rash on the feet
 - D. Dry, flaky patches on the scalp
- 5. Which heart sound indicates increased left atrial pressure often due to heart failure?**
 - A. S1
 - B. S2
 - C. S3
 - D. S4

- 6. A Delta wave on the ECG may indicate which condition?**
- A. Prinzmetal's angina
 - B. Bundle Branch Block
 - C. Wolff-Parkinson-White syndrome
 - D. Aortic stenosis
- 7. What is a common outcome of effective health promotion?**
- A. Improved patient compliance
 - B. Increased hospital visits
 - C. Worsening of chronic diseases
 - D. Elevated healthcare costs
- 8. Identify the primary prevention strategies for cardiovascular disease.**
- A. Lifestyle modifications like diet changes, physical activity, and smoking cessation
 - B. Medication management and regular health screenings
 - C. Genetic testing and early detection through imaging
 - D. Surgical interventions and blood pressure control
- 9. What is the primary role of a nurse practitioner in primary care?**
- A. To provide specialized surgical care
 - B. To offer comprehensive healthcare services
 - C. To conduct advanced laboratory testing
 - D. To manage hospital admissions and discharges
- 10. For thrombolytic therapy to be most effective after a myocardial infarction (MI), it should ideally be administered within how many hours?**
- A. 3 hours
 - B. 6 hours
 - C. 8 hours
 - D. 12 hours

Answers

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

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Explanations

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1. 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.

2. In the case of conjunctivitis, what type of conjunctivitis is indicated by the presence of mucopurulent discharge?

- A. Viral conjunctivitis
- B. Keratoconjunctivitis
- C. Bacterial conjunctivitis**
- D. Allergic conjunctivitis

Mucopurulent discharge is a key characteristic of bacterial conjunctivitis. This type of discharge typically appears yellow or greenish in color and is thicker than the discharge often seen in viral or allergic conjunctivitis. In bacterial conjunctivitis, the conjunctiva becomes inflamed due to a bacterial infection, which leads to the formation of purulent or pus-like material as the body responds to the infection. Viral conjunctivitis generally presents with a watery discharge and is often associated with other symptoms like tearing, redness, and possible preauricular lymphadenopathy. Allergic conjunctivitis, on the other hand, results in a watery or stringy discharge along with itching and redness, typically triggered by allergens. Keratoconjunctivitis can encompass various causes and symptoms, but mucopurulent discharge specifically indicates a bacterial etiology rather than keratoconjunctivitis itself. In summary, the presence of mucopurulent discharge strongly supports the diagnosis of bacterial conjunctivitis, as it is a diagnostic hallmark of this condition.

3. What do you suspect when you see something translucent and colorless under the microscope during an examination for an intravaginal infection?

- A. A piece of hair or a thread
- B. Leukocytes
- C. Hyphae**
- D. Spores

When observing something that is translucent and colorless under the microscope during an examination for an intravaginal infection, the presence of hyphae is a significant finding, particularly in the context of a fungal infection such as candidiasis. Hyphae are the filamentous structures of fungi and can appear as thread-like elements that may be translucent and devoid of color. In infections caused by fungi, especially Candida species, identifying hyphae is crucial for diagnosis. They can be seen branching and can vary in length. Their presence in a specimen can confirm a fungal etiology for the vaginal infection, guiding appropriate treatment. Other options may present similarly under a microscope but do not match the specific characteristics associated with fungal infections. For instance, while leukocytes (white blood cells) may be observed during infections, they typically have an identifiable shape and are not translucent. Spores refer to the reproductive units of fungi, which, while may appear in some cases, are often distinct and vary in morphology. A piece of hair or thread would not be expected in the context of an infection and would not be associated with the diagnostic criteria for intravaginal infections. Therefore, identifying translucent and colorless structures that resemble hyphae under the microscope strongly suggests a fungal infection

4. What is the characteristic feature of jock itch?

- A. Red, itchy rash in the groin area**
- B. Pearly white papules
- C. Blistering rash on the feet
- D. Dry, flaky patches on the scalp

Jock itch, also known as tinea cruris, is a fungal infection that typically affects the groin area. Its characteristic feature is a red, itchy rash that often appears in the folds of the skin in the groin, inner thighs, and buttocks. The rash can present with raised edges and may be accompanied by a burning sensation. This type of rash is usually exacerbated by moisture and friction, which is common in the groin area due to sweating and tight clothing. The other options describe conditions that are not related to jock itch. Pearly white papules are more indicative of conditions like molluscum contagiosum or even certain types of acne. A blistering rash on the feet could suggest athlete's foot or contact dermatitis, neither of which are jock itch. Dry, flaky patches on the scalp are typically associated with conditions like dandruff or psoriasis and are not representative of jock itch, which primarily affects the groin area. Thus, the red, itchy rash in the groin area is a distinct and defining feature of jock itch.

5. Which heart sound indicates increased left atrial pressure often due to heart failure?

- A. S1
- B. S2
- C. S3**
- D. S4

The correct answer is S3. The S3 heart sound, often referred to as a "ventricular gallop," is associated with the rapid filling of the ventricles that occurs when there is an increased volume of blood returning to the heart, which can happen when left atrial pressure is elevated. This is frequently seen in conditions such as heart failure, where the heart's ability to pump effectively is compromised, leading to fluid accumulation and higher pressures in the atria. The presence of S3 can indicate that the left ventricle is overfilled, and when fluid backs up, it elevates pressures in the left atrium and pulmonary circulation. This is particularly indicative of heart failure, especially in cases of heart failure with preserved ejection fraction (HFpEF), where the left ventricular filling pressures are often elevated. In contrast, the other heart sounds serve different purposes in cardiac evaluation. S1 marks the onset of ventricular systole and is related to the closure of the mitral and tricuspid valves. S2 represents the closure of the aortic and pulmonary valves and indicates the end of systole. S4, on the other hand, is associated with atrial contraction and suggests a stiff or hypertrophied ventricle,

6. A Delta wave on the ECG may indicate which condition?

- A. Prinzmetal's angina
- B. Bundle Branch Block
- C. Wolff-Parkinson-White syndrome**
- D. Aortic stenosis

A Delta wave on an electrocardiogram (ECG) is primarily associated with Wolff-Parkinson-White (WPW) syndrome. This condition is characterized by the presence of an accessory conduction pathway, known as the Bundle of Kent, which facilitates electrical conduction from the atria to the ventricles that bypasses the normal route through the AV node. This alternative conduction pathway leads to a rapid ventricular response and can cause a characteristic pattern on the ECG, including the Delta wave. The Delta wave appears as a slurred upstroke in the QRS complex and indicates pre-excitation of the ventricles due to this accessory pathway. This is a key feature of WPW syndrome, distinguishing it from other conditions listed. In contrast, conditions like Prinzmetal's angina or aortic stenosis do not typically present with Delta waves on an ECG. Prinzmetal's angina is associated with transient ST segment elevation due to coronary artery vasospasm, while aortic stenosis leads to a variety of findings, including left ventricular hypertrophy, but not Delta waves. Bundle branch block can alter the shape of the QRS complex but does not create the characteristic Delta wave seen in WPW syndrome. Thus, when identifying conditions tied to

7. What is a common outcome of effective health promotion?

- A. Improved patient compliance
- B. Increased hospital visits
- C. Worsening of chronic diseases
- D. Elevated healthcare costs

Effective health promotion is primarily focused on empowering individuals to take charge of their own health and well-being. One of the most significant outcomes of successful health promotion efforts is improved patient compliance with recommended health practices. This involves patients adhering to treatment regimens, participating in preventive measures, and making lifestyle changes that contribute to better overall health. When patients are educated about their health conditions, receive support, and understand the importance of following medical advice, they are more likely to engage actively in their own care. This heightened sense of involvement and commitment significantly enhances their likelihood of complying with healthcare recommendations, leading to better health outcomes. On the other hand, options like increased hospital visits or elevated healthcare costs do not directly stem from effective health promotion. Instead, they may indicate a lack of engagement in health-promoting behaviors or complications arising from poor management of health conditions. Worsening of chronic diseases would also be a sign of ineffective health promotion, as successful strategies should ideally help manage or prevent such conditions from deteriorating.

8. Identify the primary prevention strategies for cardiovascular disease.

- A. Lifestyle modifications like diet changes, physical activity, and smoking cessation
- B. Medication management and regular health screenings
- C. Genetic testing and early detection through imaging
- D. Surgical interventions and blood pressure control

Lifestyle modifications focusing on diet changes, physical activity, and smoking cessation are foundational components of primary prevention strategies for cardiovascular disease. These strategies aim to reduce the overall risk of developing cardiovascular conditions by addressing the modifiable risk factors that contribute to them. Diet changes encourage the intake of heart-healthy foods, such as fruits, vegetables, whole grains, and healthy fats while reducing saturated fats, sugars, and salt. Regular physical activity helps maintain a healthy weight, lowers blood pressure, and can improve cholesterol levels. Smoking cessation is crucial, as tobacco use is a significant risk factor for cardiovascular disease. By promoting these lifestyle changes, primary prevention efforts can effectively reduce the incidence of cardiovascular disease before it occurs. Other options involve strategies related to secondary or tertiary prevention, which focus more on managing existing conditions, identifying risk factors through screenings, and employing medical interventions rather than preventing the onset of disease in the first place. This distinction clarifies why option A is the most appropriate choice for primary prevention strategies in cardiovascular health.

9. What is the primary role of a nurse practitioner in primary care?

- A. To provide specialized surgical care
- B. To offer comprehensive healthcare services**
- C. To conduct advanced laboratory testing
- D. To manage hospital admissions and discharges

The primary role of a nurse practitioner (NP) in primary care is to offer comprehensive healthcare services. NPs are trained to assess, diagnose, treat, and manage various health conditions across the lifespan. They provide holistic care that encompasses disease prevention, health promotion, and management of chronic and acute illnesses. This comprehensive approach allows NPs to build strong patient relationships, ensuring continuity of care and addressing both physical and mental health needs. While specialized surgical care, advanced laboratory testing, and managing hospital admissions and discharges are important roles in the healthcare system, they are not the primary focus of nurse practitioners in primary care settings. Instead, NPs play a critical role in delivering accessible, patient-centered care that emphasizes overall wellness and preventive measures, making them vital to the primary healthcare team.

10. For thrombolytic therapy to be most effective after a myocardial infarction (MI), it should ideally be administered within how many hours?

- A. 3 hours**
- B. 6 hours
- C. 8 hours
- D. 12 hours

Thrombolytic therapy is most effective when administered within the first few hours after the onset of myocardial infarction (MI) symptoms. The goal of this treatment is to quickly dissolve the blood clot that is obstructing blood flow to the heart muscle, thereby limiting the extent of damage and preserving heart function. Research indicates that administering thrombolytics within 3 hours of the onset of symptoms significantly improves outcomes, with patients experiencing a greater chance of survival and reduced complications. The benefits of thrombolysis diminish as time elapses, making the 3-hour window critical for maximizing the treatment's efficacy. As time extends beyond this period, the likelihood of myocardial tissue damage increases, and the potential for successful reperfusion declines.

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:

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

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