

# Dunphy Primary Care Exam 3 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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**SAMPLE**

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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. Which statement by the patient indicates understanding of the education provided post wound closure?**
  - A. I can shower right away.**
  - B. Red streaks or drainage may mean an infection.**
  - C. I can expect severe pain as the wound heals.**
  - D. Vitamin E will help my wound heal.**
- 2. What vaccines are recommended for seniors?**
  - A. Measles and mumps vaccines**
  - B. Pneumococcal and influenza vaccines**
  - C. Tetanus and diphtheria vaccines**
  - D. COVID-19 vaccine only**
- 3. How is chronic sinusitis commonly treated?**
  - A. Antibiotics and bed rest**
  - B. Saline nasal irrigation and nasal corticosteroids**
  - C. Over-the-counter pain relievers and decongestants**
  - D. Warm compresses and cough syrup**
- 4. A delayed serum sickness-type reaction from multiple insect stings can be managed with what medication?**
  - A. A corticosteroid such as prednisone, tapered over 2 weeks**
  - B. 1 mL of 1:10,000 solution epinephrine in normal saline**
  - C. An H2 blocker such as cimetidine, for 1 week**
  - D. An oral antihistamine, such as hydroxyzine, for 2 weeks**
- 5. How is asthma diagnosis typically confirmed?**
  - A. Chest x-ray**
  - B. Physical examination**
  - C. Pulmonary function tests**
  - D. Allergic testing**



- 6. Which lab test is crucial for evaluating suspected thyroid dysfunction?**
- A. Hematocrit**
  - B. TSH (Thyroid Stimulating Hormone)**
  - C. CBC (Complete Blood Count)**
  - D. Lipid panel**
- 7. Which of the following is a common sign that may indicate a developing infection post-surgery?**
- A. Pain exceeding previous levels**
  - B. Swelling around the incision**
  - C. Red streaks or drainage**
  - D. All of the above**
- 8. Which statement regarding necrotizing fasciitis is TRUE?**
- A. Once the border of the infection is established, it does not spread.**
  - B. This is a medical emergency and gangrene can develop.**
  - C. The lesion is most dangerous because it is painless.**
  - D. The hallmark of this infection is its slow and steady progression.**
- 9. A patient with asthma should be prescribed a medication that serves as a rescue inhaler. Which of the following medications is typically used for this purpose?**
- A. Long-acting beta agonist**
  - B. Leukotriene receptor antagonist**
  - C. Short-acting beta agonist**
  - D. Inhaled corticosteroid**
- 10. Which side effect should be monitored closely in a patient undergoing chemotherapy?**
- A. Elevated blood pressure**
  - B. Persistent pain**
  - C. Severe fatigue**
  - D. Increased hair growth**

## **Answers**

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

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## **Explanations**

**1. Which statement by the patient indicates understanding of the education provided post wound closure?**

**A. I can shower right away.**

**B. Red streaks or drainage may mean an infection.**

**C. I can expect severe pain as the wound heals.**

**D. Vitamin E will help my wound heal.**

The statement indicating understanding of the education provided post wound closure is that red streaks or drainage may mean an infection. This reflects an important aspect of wound care education that emphasizes the need for patients to be aware of signs of infection. Recognizing symptoms like redness, increased drainage, or the presence of red streaks extending from the wound can prompt patients to seek timely medical attention, thereby preventing complications. Understanding these signs not only empowers the patient to monitor their own healing process but also reinforces the importance of follow-up care. Education on infection control is crucial, as infections can significantly delay healing and lead to more serious outcomes if not addressed promptly. The other statements do not align with safe wound care practices. It is not appropriate to shower immediately after wound closure without proper instructions, as this can compromise the healing process. Expecting severe pain may lead to unnecessary anxiety, as discomfort can vary widely and does not always indicate a problem. Lastly, the use of Vitamin E for wound healing remains controversial, with some studies suggesting minimal benefit; hence, patients should be cautious and consult healthcare providers before using such products.

**2. What vaccines are recommended for seniors?**

**A. Measles and mumps vaccines**

**B. Pneumococcal and influenza vaccines**

**C. Tetanus and diphtheria vaccines**

**D. COVID-19 vaccine only**

Vaccines that are particularly recommended for seniors include pneumococcal and influenza vaccines due to the increased risk of severe complications from these illnesses in older adults. Pneumococcal vaccine protects against pneumonia, meningitis, and bloodstream infections caused by *Streptococcus pneumoniae*, which can be particularly severe in seniors whose immune systems may be weaker. The influenza vaccine is critical each year as the flu can lead to serious health issues, including hospitalization or death, in the elderly population. Annual vaccination helps reduce these risks. While other vaccines mentioned may be important for certain populations or under specific circumstances, they are not prioritized for seniors in the same way as pneumococcal and influenza vaccines. For instance, while the tetanus and diphtheria vaccines are important, they often primarily focus on protection at different life stages or for certain injuries. Measles and mumps vaccines are typically more relevant to the younger population. The COVID-19 vaccine is crucial but often discussed alongside broader preventive measures rather than standing alone as the only recommended vaccination for seniors. Thus, the focus on the pneumococcal and influenza vaccines highlights both their importance and specific consideration for the senior demographic.

### 3. How is chronic sinusitis commonly treated?

- A. Antibiotics and bed rest
- B. Saline nasal irrigation and nasal corticosteroids**
- C. Over-the-counter pain relievers and decongestants
- D. Warm compresses and cough syrup

Chronic sinusitis is often treated using a combination of saline nasal irrigation and nasal corticosteroids, making this approach particularly effective. Saline nasal irrigation helps flush out mucus, allergens, and pathogens, facilitating better drainage of the sinuses. This gentle cleansing can improve nasal function and alleviate symptoms. In conjunction with this, nasal corticosteroids are prescribed to reduce inflammation within the nasal passages, which is a primary factor in chronic sinusitis. By decreasing swelling and irritation, these corticosteroids enhance airflow and promote healing in the sinuses. Other options, while potentially providing some level of symptom relief, do not address the root causes of chronic sinusitis as effectively. Antibiotics may be used if a bacterial infection is suspected, but they are not generally the mainstay for chronic sinusitis, especially since a significant proportion of cases is viral or due to non-infectious causes. Over-the-counter pain relievers and decongestants can help alleviate symptoms but do not target the underlying inflamed tissue. Similarly, warm compresses and cough syrup might provide temporary comfort but do not contribute to the long-term management or resolution of chronic sinusitis. Thus, saline nasal irrigation and nasal corticosteroids represent a more comprehensive and effective treatment strategy.

### 4. A delayed serum sickness-type reaction from multiple insect stings can be managed with what medication?

- A. A corticosteroid such as prednisone, tapered over 2 weeks**
- B. 1 mL of 1:10,000 solution epinephrine in normal saline
- C. An H2 blocker such as cimetidine, for 1 week
- D. An oral antihistamine, such as hydroxyzine, for 2 weeks

A delayed serum sickness-type reaction is characterized by symptoms such as fever, rash, and arthralgia that occur days to weeks after exposure, such as from multiple insect stings. The management of such reactions often involves addressing the underlying inflammation and immune response. Corticosteroids like prednisone are effective because they have potent anti-inflammatory and immunosuppressive properties. By using a tapered course of corticosteroids, the inflammatory response can be controlled progressively, minimizing potential withdrawal effects while alleviating symptoms of the reaction. This method is particularly important in managing delayed hypersensitivity reactions, where the goal is to reduce inflammation and symptomatic relief. For other treatment alternatives, options that might target immediate allergic responses, like epinephrine or antihistamines, are not appropriate for delayed serum sickness as they are designed for acute reactions rather than for managing an immune response that has already taken place. Thus, a corticosteroid is the most suitable choice for managing the delayed symptoms associated with multiple insect stings in this context.

## 5. How is asthma diagnosis typically confirmed?

- A. Chest x-ray
- B. Physical examination
- C. Pulmonary function tests**
- D. Allergic testing

Pulmonary function tests are fundamental in confirming a diagnosis of asthma because they objectively measure lung function and the degree of airway obstruction. These tests typically assess how much air a person can exhale after taking a deep breath and how quickly they can do so. In asthma, these tests often reveal reversible airflow obstruction, which means that lung function improves after the administration of bronchodilators. Regular physical examinations and chest x-rays can help rule out other conditions or complications associated with breathing issues, but they do not provide the specific information needed to diagnose asthma itself. Allergic testing can identify potential triggers for asthma symptoms, but it does not confirm the diagnosis. Therefore, pulmonary function tests are clearly the most direct and effective means of establishing asthma as a diagnosis based on physiological evidence of airway responsiveness.

## 6. Which lab test is crucial for evaluating suspected thyroid dysfunction?

- A. Hematocrit
- B. TSH (Thyroid Stimulating Hormone)**
- C. CBC (Complete Blood Count)
- D. Lipid panel

The evaluation of thyroid dysfunction primarily revolves around the measurement of Thyroid Stimulating Hormone (TSH). TSH is produced by the anterior pituitary gland and plays a pivotal role in regulating the production of thyroid hormones—namely thyroxine (T4) and triiodothyronine (T3)—from the thyroid gland. When there is an imbalance in thyroid hormone levels, TSH levels adjust accordingly: elevated TSH indicates hypothyroidism (underactive thyroid), while suppressed TSH levels suggest hyperthyroidism (overactive thyroid). Therefore, measuring TSH provides clinicians with crucial information to diagnose and manage thyroid disorders effectively. Other tests mentioned, like hematocrit, CBC, and lipid panels, do not specifically evaluate thyroid function. Hematocrit focuses on the proportion of red blood cells in the blood; CBC assesses overall blood health, including red and white blood cells and platelets; and lipid panels measure cholesterol and triglyceride levels. While these may provide useful information about overall health, they do not directly assess thyroid activity, which is why TSH testing is the cornerstone for evaluating thyroid dysfunction.

**7. Which of the following is a common sign that may indicate a developing infection post-surgery?**

- A. Pain exceeding previous levels**
- B. Swelling around the incision**
- C. Red streaks or drainage**
- D. All of the above**

All of the options provided are significant indicators that could suggest a developing infection after surgery. Pain exceeding previous levels can be a sign that something is amiss, particularly if it escalates beyond what is expected during the healing process. Increased pain could signal inflammation or the body's response to an infection. Swelling around the incision site is also a common post-surgical occurrence; however, if the swelling continues to grow or is accompanied by other symptoms, it may indicate a problem, including infection. The presence of swelling can often be linked to fluid accumulation or inflammation, which may occur in an infected area. Red streaks or drainage coming from the surgical site are particularly telling signs of an infection. The appearance of red streaks is often indicative of lymphatic spread of infection, and drainage can suggest that the wound has become infected, potentially leading to further complications. Because each of these signs individually can point to an infection, recognizing any of them is crucial for timely intervention, making the selection of all of the above as the correct answer appropriate in this context.

**8. Which statement regarding necrotizing fasciitis is TRUE?**

- A. Once the border of the infection is established, it does not spread.**
- B. This is a medical emergency and gangrene can develop.**
- C. The lesion is most dangerous because it is painless.**
- D. The hallmark of this infection is its slow and steady progression.**

Necrotizing fasciitis is indeed a medical emergency characterized by the rapid progression of tissue destruction and significant morbidity. The potential for systemic involvement and gangrene is a major concern, as the condition can lead to septic shock and has a high mortality rate if not treated promptly and aggressively. This infection typically manifests as swelling, pain, and erythema, but can advance rapidly, leading to the necrosis of the involved tissues. The presence of gangrene indicates severe tissue death which can occur if the infection is not addressed quickly. Early identification and intervention are crucial to manage necrotizing fasciitis effectively. The other options do not accurately describe the nature of necrotizing fasciitis. For instance, the idea that the infection does not spread once the border is established is misleading, as this type of infection can aggressively expand beyond its initial site. Furthermore, while some individuals might not experience significant pain initially, describing the lesion as most dangerous because it is painless overlooks the complex signs and symptoms that accompany necrotizing fasciitis. Lastly, this infection does not exhibit a slow and steady progression; rather, it can advance rapidly, making early recognition and treatment vital.



**9. A patient with asthma should be prescribed a medication that serves as a rescue inhaler. Which of the following medications is typically used for this purpose?**

- A. Long-acting beta agonist**
- B. Leukotriene receptor antagonist**
- C. Short-acting beta agonist**
- D. Inhaled corticosteroid**

The medication that is typically used as a rescue inhaler for patients with asthma is a short-acting beta agonist (SABA). SABAs work by providing quick relief from acute asthma symptoms by rapidly relaxing the muscles around the airways, allowing for easier airflow and immediate alleviation of wheezing, shortness of breath, and chest tightness. In contrast, long-acting beta agonists (LABAs), while beneficial for long-term control of asthma, are not suitable for immediate relief due to their slower onset of action. Leukotriene receptor antagonists are also used for long-term management of asthma symptoms but do not act quickly enough to be effective in acute situations. Inhaled corticosteroids are essential for controlling chronic inflammation associated with asthma, but again, they do not have the rapid bronchodilatory effect required during an asthma attack. Thus, for immediate relief during acute asthma episodes, short-acting beta agonists are the preferred choice.

**10. Which side effect should be monitored closely in a patient undergoing chemotherapy?**

- A. Elevated blood pressure**
- B. Persistent pain**
- C. Severe fatigue**
- D. Increased hair growth**

Severe fatigue is a common and significant side effect experienced by patients undergoing chemotherapy. This fatigue is often multifactorial, resulting from the direct effects of chemotherapy on rapidly dividing cells, including those in the bone marrow, as well as the physiological and psychological stressors associated with the cancer diagnosis and treatment. Monitoring for severe fatigue is crucial for several reasons. First, it can greatly affect a patient's quality of life and their ability to engage in daily activities. Second, understanding the severity and impact of fatigue can guide healthcare providers in adjusting treatment plans, including scheduling rest periods or modifying doses of chemotherapy. Lastly, severe fatigue can indicate other underlying issues, such as anemia or nutritional deficiencies, which may require intervention. While elevated blood pressure, persistent pain, or increased hair growth are also noteworthy concerns in a chemotherapy setting, they do not represent the same level of systemic concern as fatigue, which directly influences both physical and mental well-being during treatment.

## 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://dunphyprimarycare3.examzify.com>**

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