

DUNPHY PRIMARY CARE EXAM 3 PRACTICE (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

**VISIT US ONLINE FOR
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 is a common cause of pneumothorax?**
 - A. Spontaneous cause
 - B. Well-controlled diabetes
 - C. Chronic lung disease
 - D. Environmental factors
- 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. At what age should adults be screened for diabetes if they are overweight and have risk factors?**
 - A. Age 30
 - B. Age 40
 - C. Age 45
 - D. Age 50
- 4. What is considered the most effective approach for achieving smoking cessation?**
 - A. Counseling only
 - B. Combination pharmacotherapy and counseling
 - C. Nicotine patches alone
 - D. Cold turkey method
- 5. Which is the primary symptom of scabies?**
 - A. Red, swollen areas
 - B. Itching
 - C. Dry skin patches
 - D. Heat rash

- 6. What lab markers are typically elevated in the case of acute myocardial infarction?**
- A. Albumin and bilirubin
 - B. Troponin and CK-MB
 - C. Glucose and cholesterol
 - D. B-type natriuretic peptide and troponin
- 7. Tori is on systemic antifungal for tinea infection. You are aware that the antifungals may cause:**
- A. Skin discoloration
 - B. Breathing difficulties
 - C. Hepatotoxicity
 - D. Renal failure
- 8. What should be a part of a wellness check for adolescents?**
- A. Vaccination updates
 - B. Assessment of diet and exercise
 - C. Complete physical examination
 - D. All of the above
- 9. For which condition is Permethrin (Elimite) the preferred treatment when applied overnight from the neck down?**
- A. Eczema
 - B. Scabies
 - C. Herpes simplex
 - D. Psoriasis
- 10. In which condition is the use of corticosteroids most critical for management?**
- A. Asthma exacerbation
 - B. Hypertension
 - C. Type 2 diabetes
 - D. Osteoporosis

Answers

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

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Explanations

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1. What is a common cause of pneumothorax?

- A. Spontaneous cause**
- B. Well-controlled diabetes
- C. Chronic lung disease
- D. Environmental factors

A common cause of pneumothorax is a spontaneous cause. This type of pneumothorax typically occurs without any obvious reason or injury and is more frequently seen in young, tall males or individuals with certain underlying lung abnormalities. Spontaneous pneumothorax can happen when a weak area in the lung tissue ruptures, allowing air from the lung to enter the pleural space, which can lead to a collapse of the lung on the affected side. In contrast, well-controlled diabetes does not have a direct causal relationship with pneumothorax. While chronic lung disease can contribute to the risk of developing pneumothorax due to compromised lung structure and function, it is not as commonly recognized as a spontaneous cause. Environmental factors may contribute to cases of pneumothorax, but they are generally less significant compared to spontaneous events. Understanding that spontaneous occurrences are the most common reflects the need for awareness regarding underlying lung conditions and the demographic factors that may predispose individuals to this condition.

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. At what age should adults be screened for diabetes if they are overweight and have risk factors?

- A. Age 30
- B. Age 40
- C. Age 45**
- D. Age 50

The recommendation to begin screening for diabetes in adults who are overweight and have additional risk factors starts at age 45. This is based on guidelines from organizations such as the American Diabetes Association. Adults at this age commonly begin to experience increased risk for type 2 diabetes due to factors like age-related changes in body composition and metabolic processes. The rationale for starting screening at age 45 is that many individuals may not exhibit symptoms of diabetes during the early stages of the disease. By screening at this age, it allows for early detection and intervention, which can significantly improve long-term health outcomes. The factors that should prompt screening include being overweight (having a body mass index of 25 or higher), having a family history of diabetes, being physically inactive, belonging to a high-risk ethnic group, having a history of gestational diabetes, or having hypertension and abnormal cholesterol levels. These risk factors, combined with being 45 years or older, lead to a high prevalence of undiagnosed diabetes, making early detection crucial. Younger adults—such as those at age 30 or 40—may not generally be encouraged to screen unless they have a higher risk profile or present additional compelling risk factors, as diabetes is considerably less prevalent in this age group without such factors

4. What is considered the most effective approach for achieving smoking cessation?

- A. Counseling only
- B. Combination pharmacotherapy and counseling**
- C. Nicotine patches alone
- D. Cold turkey method

The most effective approach for achieving smoking cessation is combination pharmacotherapy and counseling. This method is supported by a significant body of evidence demonstrating that using both medications and behavioral support maximizes a person's chances of successfully quitting smoking. Pharmacotherapy typically includes nicotine replacement therapies (like patches, lozenges, or gum) and other medications such as bupropion or varenicline, which help alleviate withdrawal symptoms and reduce cravings. These medications work alongside counseling, which provides essential behavioral support, addressing triggers, developing coping strategies, and enhancing motivation. Studies have shown that combining pharmacotherapy with counseling leads to higher quit rates than either intervention alone. Counseling can include personal sessions, group therapy, or telephone support, all of which can reinforce the commitment to quitting and offer necessary encouragement. While counseling only is beneficial, it may not address the physiological aspects of nicotine addiction effectively. Nicotine patches can help manage withdrawal symptoms but may not provide adequate support for behavioral changes. The cold turkey method, while effective for some, often lacks the structured support that can aid most individuals in making lasting behavioral changes. Therefore, the integration of both pharmacological aids and counseling is the most robust and well-rounded strategy for achieving smoking cessation.

5. Which is the primary symptom of scabies?

- A. Red, swollen areas
- B. Itching**
- C. Dry skin patches
- D. Heat rash

*Itching is the primary symptom of scabies, primarily due to the body's allergic reaction to the mites, their eggs, and their waste. Scabies is caused by the *Sarcoptes scabiei* mite, which burrows into the skin. This burrowing action triggers a strong immune response that leads to intense itching, which often worsens at night or after a hot shower. The itch can be so severe that it results in scratching, leading to secondary infections or skin damage. While red, swollen areas and dry skin patches can occur with scabies due to scratching and inflammation, they are not the hallmark symptom. Heat rash generally results from blocked sweat glands, which is unrelated to scabies. Itching, therefore, is the most significant and defining characteristic of this condition, facilitating its diagnosis and highlighting the need for treatment to alleviate the discomfort.*

6. What lab markers are typically elevated in the case of acute myocardial infarction?

- A. Albumin and bilirubin
- B. Troponin and CK-MB**
- C. Glucose and cholesterol
- D. B-type natriuretic peptide and troponin

In the context of acute myocardial infarction (AMI), the most relevant lab markers are troponin and CK-MB. Troponin is a protein found in heart muscle and is released into the bloodstream when heart muscle cells are damaged, which occurs during an MI. The elevation of troponin levels is highly specific for myocardial injury and is often used as a key diagnostic tool in the assessment of acute coronary syndromes. CK-MB, or creatine kinase-MB, is an enzyme found predominantly in heart muscle, and its levels also rise in the event of myocardial injury. While troponin is the preferred marker due to its specificity and sensitivity, CK-MB can provide additional information, especially in the setting of recurrent chest pain or to determine reinfarction. The other options include markers that are not relevant or lack specificity in the diagnosis of acute myocardial infarction. Albumin and bilirubin are commonly associated with liver function and other non-cardiac conditions, while glucose and cholesterol levels do not directly indicate myocardial injury. B-type natriuretic peptide (BNP) is useful in diagnosing heart failure but is not specific to acute myocardial infarction. Therefore, the choice of troponin and CK-MB is accurate for diagnosing

7. Tori is on systemic antifungal for tinea infection. You are aware that the antifungals may cause:

- A. Skin discoloration
- B. Breathing difficulties
- C. Hepatotoxicity**
- D. Renal failure

The correct choice highlights hepatotoxicity as a potential adverse effect of systemic antifungals, which is critical to consider in the management of patients treated for fungal infections. Many systemic antifungals, such as azoles (like fluconazole and itraconazole) and allylamines (like terbinafine), can lead to liver enzyme elevation and hepatotoxicity. This is particularly important to monitor, as liver dysfunction may not present with noticeable symptoms until significant damage has occurred. Patients on systemic antifungal therapy should undergo regular liver function tests during treatment to ensure that any signs of hepatotoxicity are detected early. Understanding this side effect is essential for safe prescribing and for ensuring patient safety throughout the treatment process. Other options do present potential issues in different contexts. For instance, while skin discoloration can occur with some topical treatments, it is not a common or direct consequence of systemic antifungals. Breathing difficulties are generally more associated with allergic reactions or anaphylaxis related to medication but are not a primary concern with antifungals. Similarly, renal failure is not typically a common side effect of systemic antifungal agents, although some specific antifungals may require caution in patients with pre-existing renal issues. Thus, focusing on the hepatotoxicity

8. What should be a part of a wellness check for adolescents?

- A. Vaccination updates
- B. Assessment of diet and exercise
- C. Complete physical examination
- D. All of the above**

A wellness check for adolescents is comprehensive and aims to address multiple aspects of their health and development. Including vaccination updates is crucial as it ensures that adolescents are protected against preventable diseases that can have serious consequences. This aspect is often part of routine health care and aligns with guidelines that recommend specific vaccines during these years. Assessing diet and exercise is essential to promote a healthy lifestyle and prevent issues such as obesity, diabetes, and other related conditions. Adolescence is a critical time for establishing healthy habits that can last into adulthood, making this assessment a vital component of wellness checks. Conducting a complete physical examination allows healthcare providers to evaluate the adolescent's general health, growth, and development, identifying any potential medical concerns early. This comprehensive approach reassures parents and guardians about their child's well-being and provides an opportunity for health education tailored to the adolescent's needs. All of these elements work together to provide a holistic approach to adolescent health, ensuring that physical, preventive, and lifestyle factors are addressed during a wellness check. Therefore, the correct answer emphasizes the importance of a well-rounded examination and care strategy for adolescents.

9. For which condition is Permethrin (Elimite) the preferred treatment when applied overnight from the neck down?

- A. Eczema
- B. Scabies**
- C. Herpes simplex
- D. Psoriasis

Permethrin, commonly known under the brand name Elimite, is a topical insecticide that is specifically approved for the treatment of scabies, a skin condition caused by infestation with the Sarcoptes scabiei mite. The preferred method of application involves applying it all over the body from the neck down and leaving it on overnight to effectively kill the mites and their eggs. Scabies is characterized by intense itching and a rash, and it often requires a treatment that can penetrate the skin where the mites burrow. Permethrin works by disrupting the nervous system of the mites, leading to their eventual death. In contrast, eczema, herpes simplex, and psoriasis are different dermatological conditions that do not respond to permethrin. Eczema is more appropriately managed with topical corticosteroids or moisturizers, herpes simplex is treated with antiviral medications, and psoriasis is typically managed with a range of therapies, including topical agents, phototherapy, or systemic medications rather than insecticides. Thus, the use of permethrin is specifically indicated for scabies, making it the correct choice in this scenario.

10. In which condition is the use of corticosteroids most critical for management?

- A. Asthma exacerbation**
- B. Hypertension
- C. Type 2 diabetes
- D. Osteoporosis

Corticosteroids play a crucial role in the management of asthma exacerbations due to their powerful anti-inflammatory properties. During an asthma attack, the airways become inflamed and narrowed, leading to difficulty in breathing. Corticosteroids, when administered during an exacerbation, help reduce this inflammation, allowing for dilatation of the airways and improved airflow, thus alleviating the acute symptoms. In contrast, while corticosteroids can be used in chronic management of conditions like hypertension, type 2 diabetes, and osteoporosis, their use is not as critical in those situations as it is in managing acute asthma exacerbations. In hypertension, lifestyle changes and other medications are typically prioritized. In type 2 diabetes, insulin or oral hypoglycemic agents are preferred for blood sugar control. For osteoporosis, bisphosphonates and other agents are commonly utilized to manage bone density rather than corticosteroids. Thus, corticosteroids are most important in acute asthma situations to effectively control and alleviate symptoms promptly.

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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