

Dunphy Primary Care Practice Test (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. Which of the following is considered a nephrotoxic agent that should be avoided in clients with chronic renal failure (CRF)?**
 - A. Nonsteroidal anti-inflammatory drugs (NSAIDs)**
 - B. Kayexalate**
 - C. Calcium carbonate**
 - D. Erythropoietin**

- 2. As a nurse practitioner, which of the following would not be an example of primary health promotion?**
 - A. Posting health articles on your social media account.**
 - B. Speaking to patients at each visit about strategies for maintaining/attaining a healthy life.**
 - C. Lecturing at local community centers about diabetes.**
 - D. Organizing a 5K running event for the patients in your practice.**

- 3. What distinguishing characteristic can help differentiate between conjunctivitis and iritis?**
 - A. Eye discomfort**
 - B. Slow progression**
 - C. A ciliary flush**
 - D. No change in or slightly blurred vision**

- 4. What is the essential information to teach clients about using steroid inhalers for asthma or COPD?**
 - A. Keep the inhaler in the refrigerator**
 - B. Do not use another inhaler for 10 minutes after the steroid inhaler**
 - C. Rinse your mouth after using the inhaler**
 - D. Be careful not to shake the container before using**

- 5. Which diagnostic method is commonly used to visualize kidney stones?**
 - A. Renal ultrasound**
 - B. Computed tomography**
 - C. A kidney, ureter, and bladder (KUB) film**
 - D. Blood tests**

- 6. Which of the following is not one of the generalized patterns of nursing care included in the Circle of Caring model?**
- A. Intelligence.**
 - B. Patience.**
 - C. Advocacy.**
 - D. Courage.**
- 7. What is an important follow-up for patients with chronic obstructive pulmonary disease (COPD)?**
- A. Lung cancer screening**
 - B. Routine sputum tests**
 - C. Vaccination against influenza**
 - D. Regular use of bronchodilators**
- 8. Laura, age 36, presents with dyspnea and other concerning symptoms. What do you suspect?**
- A. Asthma.**
 - B. Bronchitis.**
 - C. Pulmonary embolism.**
 - D. Pneumothorax.**
- 9. In which circumstance is the reticulocyte count typically elevated?**
- A. Aplastic anemia**
 - B. Iron deficiency anemia**
 - C. Acute blood loss**
 - D. Poisoning**
- 10. What symptom is least likely associated with a diagnosis of allergic rhinitis?**
- A. Nasal congestion**
 - B. Clear mucus discharge**
 - C. Painful sinuses**
 - D. Itchy eyes**

Answers

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

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Explanations

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1. Which of the following is considered a nephrotoxic agent that should be avoided in clients with chronic renal failure (CRF)?

A. Nonsteroidal anti-inflammatory drugs (NSAIDs)

B. Kayexalate

C. Calcium carbonate

D. Erythropoietin

Nonsteroidal anti-inflammatory drugs (NSAIDs) are recognized as nephrotoxic agents, particularly in clients with chronic renal failure (CRF). These medications can lead to renal impairment by inhibiting the production of prostaglandins, which are crucial for maintaining renal blood flow, especially in states of compromised kidney function. In patients with CRF, the kidneys may already have diminished capacity to filter and excrete substances, and the use of NSAIDs can exacerbate this situation, leading to further renal damage, fluid retention, and potential acute kidney injury. In contrast, the other options provided—Kayexalate, calcium carbonate, and erythropoietin—serve different purposes and are generally utilized in the management of patients with renal issues. Kayexalate is used to manage hyperkalemia, calcium carbonate is a phosphate binder often used in patients with chronic kidney disease to manage phosphate levels, and erythropoietin helps in treating anemia associated with chronic renal failure by stimulating red blood cell production. Therefore, while NSAIDs pose a direct risk to kidney health in patients with CRF, the other options play supportive roles in the management of conditions stemming from renal impairment.

2. As a nurse practitioner, which of the following would not be an example of primary health promotion?

A. Posting health articles on your social media account.

B. Speaking to patients at each visit about strategies for maintaining/attaining a healthy life.

C. Lecturing at local community centers about diabetes.

D. Organizing a 5K running event for the patients in your practice.

The correct answer is that posting health articles on your social media account would not be considered a direct example of primary health promotion. Primary health promotion involves proactive efforts aimed at improving health and preventing disease at a community or individual level through direct interaction and engagement. When nurses and healthcare providers engage with patients in person or at events, as seen in the other options, they are actively promoting health through education and community involvement. This direct approach not only fosters a stronger rapport with patients but also addresses health concerns in a tangible and actionable way. Speaking to patients about maintaining a healthy lifestyle offers personalized strategies that can be directly implemented into their lives, making it an effective way to promote health. Additionally, lecturing at community centers brings awareness to specific health issues like diabetes, engaging large groups and providing essential information that can lead to healthier choices in the community. Organizing a 5K running event further embodies primary health promotion by encouraging physical activity in a fun and social environment, which can lead to improved community health outcomes. On the other hand, posting health articles on social media, while informative, lacks the interactive and engaging factors inherent in primary health promotion. It does not facilitate direct communication or community involvement in the same way as the other activities outlined. Therefore,

3. What distinguishing characteristic can help differentiate between conjunctivitis and iritis?

- A. Eye discomfort**
- B. Slow progression**
- C. A ciliary flush**
- D. No change in or slightly blurred vision**

The distinguishing characteristic that helps differentiate between conjunctivitis and iritis is a ciliary flush. Ciliary flush refers to the redness that occurs around the cornea and is typically a sign of inflammation in the anterior segment of the eye. This phenomenon is more pronounced in iritis, where there is inflammation of the iris itself, indicating involvement of deeper ocular structures. In contrast, conjunctivitis generally presents with a more diffuse redness that is more uniform across the conjunctiva and does not typically involve the ciliary vessels, which are primarily affected in iritis. The presence of a ciliary flush in a patient thus strongly suggests iritis rather than conjunctivitis. Other factors, such as eye discomfort, slow progression, and changes in vision, may overlap in both conditions but do not serve as reliable distinguishing factors. For instance, eye discomfort can be present in both cases, and while iritis may progress slowly, conjunctivitis can also have variable progression based on its cause. Changes in vision can occur in both conditions as well, but significant vision changes are more common in iritis due to the deeper involvement of the eye's structures. Hence, the presence of a ciliary flush is the most definitive characteristic for differentiating iritis from conjunctivitis.

4. What is the essential information to teach clients about using steroid inhalers for asthma or COPD?

- A. Keep the inhaler in the refrigerator**
- B. Do not use another inhaler for 10 minutes after the steroid inhaler**
- C. Rinse your mouth after using the inhaler**
- D. Be careful not to shake the container before using**

Rinsing the mouth after using a steroid inhaler is essential because it helps to reduce the risk of developing oral thrush, a fungal infection that can occur due to the deposition of steroids in the mouth and throat. Steroid inhalers deliver medication directly to the lungs for the management of conditions like asthma and chronic obstructive pulmonary disease (COPD), but residual medication can remain in the mucosal surfaces of the oral cavity. By rinsing the mouth after use, patients can remove any remaining medication, thereby minimizing the potential for side effects such as oral thrush, hoarseness, or sore throat. Teaching clients this important practice promotes better oral health and ensures effective use of their inhalers, enhancing treatment efficacy while reducing associated risks.

5. Which diagnostic method is commonly used to visualize kidney stones?

- A. Renal ultrasound**
- B. Computed tomography**
- C. A kidney, ureter, and bladder (KUB) film**
- D. Blood tests**

The commonly used diagnostic method to visualize kidney stones is a kidney, ureter, and bladder (KUB) film. This type of X-ray specifically focuses on the abdominal area, allowing healthcare professionals to see the outlines of the kidneys, ureters, and bladder. In many cases, KUB films can detect certain types of kidney stones, particularly those that are calcified, which appear radiopaque on the imaging. KUB films are a straightforward, efficient initial imaging tool and are often used in conjunction with other diagnostic procedures to confirm the presence of kidney stones. While this method is valuable, it has some limitations, particularly in visualizing non-calcified stones or stones in certain anatomical positions. In contrast, renal ultrasound can also detect kidney stones but is more limited in its ability to visualize them compared to KUB or CT scans. Blood tests are not designed to visualize kidney stones; they can indicate metabolic issues or dehydration that may contribute to stone formation, but they won't show the stones directly. Computed tomography is a highly effective method for detecting kidney stones due to its ability to provide detailed cross-sectional images, but in the context of this question, KUB films are a standard initial diagnostic approach.

6. Which of the following is not one of the generalized patterns of nursing care included in the Circle of Caring model?

- A. Intelligence.**
- B. Patience.**
- C. Advocacy.**
- D. Courage.**

In the Circle of Caring model, the generalized patterns of nursing care focus on the fundamental attributes that enhance the nurse-patient relationship and the overall quality of care provided. Intelligence, while unquestionably valuable in nursing, is not specifically highlighted as one of the generalized patterns within this model. The Circle of Caring emphasizes the importance of characteristics such as patience, advocacy, and courage, which are essential in creating a supportive and empathetic environment for patients. Patience reflects the ability to understand and accommodate the complexities of a patient's needs, advocacy involves standing up for a patient's rights and needs, and courage allows nurses to confront challenging situations and make difficult decisions for the benefit of their patients. These elements are critical for fostering trust, effective communication, and ultimately delivering compassionate care, which are all central tenets of the Circle of Caring model. Intelligence, though significant in the context of clinical decision-making and problem-solving, does not represent an inherent characteristic or generalized pattern of care in this specific framework.

7. What is an important follow-up for patients with chronic obstructive pulmonary disease (COPD)?

- A. Lung cancer screening**
- B. Routine sputum tests**
- C. Vaccination against influenza**
- D. Regular use of bronchodilators**

Vaccination against influenza is particularly important for patients with chronic obstructive pulmonary disease (COPD) because these individuals are at a higher risk of severe complications from respiratory infections. Flu viruses can exacerbate COPD symptoms and lead to acute exacerbations, which may necessitate hospitalization and can significantly impact overall health. Influenza infections can also lead to pneumonia, further compromising lung function in patients with pre-existing respiratory conditions. Routine vaccination not only helps in minimizing the risk of the flu itself but also reduces the incidence of hospitalizations and improves the quality of life for individuals managing COPD. Therefore, ensuring that COPD patients receive their annual flu vaccine is a critical aspect of their ongoing care plan. While other options such as lung cancer screening, routine sputum tests, and regular use of bronchodilators are relevant considerations in the management of COPD, they do not hold the same importance as regular vaccination against influenza in preventing acute exacerbations and improving patient outcomes.

8. Laura, age 36, presents with dyspnea and other concerning symptoms. What do you suspect?

- A. Asthma.**
- B. Bronchitis.**
- C. Pulmonary embolism.**
- D. Pneumothorax.**

In the context of Laura's presentation with dyspnea—a condition characterized by shortness of breath—considering pulmonary embolism is highly relevant due to its potential severity and acute onset. Pulmonary embolism occurs when a blood clot travels to the lungs, causing blockage of the pulmonary arteries. This condition can produce sudden and intense shortness of breath, possibly accompanied by chest pain, rapid heart rate, or cough that may produce blood-tinged sputum. The age of Laura, combined with her symptoms, aligns with risk factors typically associated with pulmonary embolism, such as a history of deep vein thrombosis, long periods of immobility, or recent surgery. It is crucial to differentiate pulmonary embolism from other conditions with similar symptoms, as they may not carry the same level of urgency or require immediate intervention. In this instance, recognizing the acute and potentially life-threatening nature of pulmonary embolism provides the rationale for prioritizing it in the differential diagnosis among other respiratory conditions like asthma, bronchitis, or pneumothorax, which may present with dyspnea but generally have distinct clinical features and management approaches.

9. In which circumstance is the reticulocyte count typically elevated?

- A. Aplastic anemia**
- B. Iron deficiency anemia**
- C. Acute blood loss**
- D. Poisoning**

An elevated reticulocyte count is typically observed in the context of acute blood loss because the body responds to a sudden decrease in red blood cells by stimulating the bone marrow to produce more red blood cells. This response is a natural compensatory mechanism, as reticulocytes are immature red blood cells released from the bone marrow into the bloodstream in response to increased demand. In cases of acute blood loss, such as from trauma or a significant surgical procedure, the body quickly mobilizes its resources, including increasing the production of reticulocytes. This helps to replace the lost red blood cells and maintain adequate oxygen-carrying capacity. The other choices reflect conditions where a reticulocyte count may not exhibit the same level of elevation. In aplastic anemia, for example, the bone marrow fails to produce sufficient blood cells, leading to a low reticulocyte count. Similarly, in iron deficiency anemia, the ability of the bone marrow to produce red blood cells is hindered due to lack of iron, and the reticulocyte count may be low or within normal limits. Poisoning could lead to various hematological effects, but it does not typically result in a straightforward increase in reticulocytes as seen with acute blood loss.

10. What symptom is least likely associated with a diagnosis of allergic rhinitis?

- A. Nasal congestion**
- B. Clear mucus discharge**
- C. Painful sinuses**
- D. Itchy eyes**

The symptom that is least likely associated with a diagnosis of allergic rhinitis is painful sinuses. Allergic rhinitis, commonly known as hay fever, primarily presents with symptoms related to nasal passages and eyes due to the body's response to allergens. Common symptoms include nasal congestion, clear mucus discharge, and itchy eyes, all of which stem from inflammation and irritation in the nasal mucosa and conjunctiva. Painful sinuses, on the other hand, are more typically associated with sinusitis, which is an infection or inflammation of the sinuses that can occur as a complication following allergic rhinitis but is not a direct symptom of it. While people with allergic rhinitis can experience sinus discomfort secondary to congestion, it does not manifest as 'painful sinuses' as a primary symptom. Therefore, this makes it the least likely symptom to be directly linked to allergic rhinitis itself.

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://dunphyprimarycare.examzify.com>

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

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