

FAU ADVANCED HEALTH ASSESSMENT PRACTICE TEST (SAMPLE)

STUDY GUIDE



Prepare with structure. Pass with confidence



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Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	16

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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 examining an 88-year-old patient's dietary habits, what key information would be prioritized?**
 - A. Frequency of meals consumed
 - B. Types of beverages consumed
 - C. Extent of meal preparation
 - D. Time spent eating
- 2. Which sign is indicative of meningeal irritation?**
 - A. Chadwick's sign
 - B. Brudzinski's sign
 - C. McBurney's point
 - D. Heberden's nodes
- 3. What should be included in the monitoring of a child's health who shows various skin eruptions?**
 - A. Screening for allergies
 - B. Skin type assessment
 - C. Inflammatory conditions evaluation
 - D. Immunization status
- 4. What condition might a pregnant woman experience if she feels faint when lying flat on her back?**
 - A. Adrenal insufficiency
 - B. Orthostatic hypotension
 - C. Supine hypotensive syndrome
 - D. Hypoglycemia
- 5. What Tanner Stage is characterized by further enlargement of the breast and areola with no separation of contours?**
 - A. Stage 1
 - B. Stage 2
 - C. Stage 3
 - D. Stage 4

- 6. What is a potential consequence of unintentional weight loss in an elderly patient?**
- A. Increased energy levels
 - B. Improved mobility
 - C. Decreased overall health
 - D. Enhanced mental alertness
- 7. Which of the following is a possible treatment for symptoms of Acanthosis Nigricans?**
- A. Antibiotics
 - B. Topical retinoids
 - C. Surgery
 - D. Laser therapy
- 8. What does the term 'graphesthesia' refer to in a neurological examination?**
- A. Recognizing objects by touch
 - B. Identifying shapes traced on the skin
 - C. Feeling vibrations during testing
 - D. Understanding written language
- 9. Coordination of eye, head, and body movements primarily involves which area of the nervous system?**
- A. Motor system
 - B. Cerebellar system
 - C. Vestibular division
 - D. Sensory system
- 10. In a pregnant woman presenting with left lower quadrant pain and a tender mass on examination, what is the most concerning diagnosis?**
- A. Ovarian cyst
 - B. Appendicitis
 - C. Threatened abortion
 - D. Tubal pregnancy

Answers

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

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Explanations

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1. In examining an 88-year-old patient's dietary habits, what key information would be prioritized?

- A. Frequency of meals consumed**
- B. Types of beverages consumed
- C. Extent of meal preparation
- D. Time spent eating

Prioritizing the frequency of meals consumed in an 88-year-old patient's dietary habits is essential due to several factors that are particularly relevant in older adults. As people age, their nutritional needs may change, and their ability to consume food can be affected by health issues such as dental problems, gastrointestinal changes, or chronic illnesses. Understanding how often a patient eats can provide critical insights into their nutritional intake, energy levels, and overall health. For instance, older adults may benefit from more frequent, smaller meals to help manage their appetite and ensure adequate nutrient intake. Assessing meal frequency also aids in identifying potential risks for malnutrition or dehydration, which are common concerns in the elderly population. While the other options, such as the types of beverages consumed, extent of meal preparation, and time spent eating, hold importance in a comprehensive assessment, meal frequency tends to have a more immediate impact on evaluating the adequacy of the patient's diet and identifying areas that may require intervention or support.

2. Which sign is indicative of meningeal irritation?

- A. Chadwick's sign
- B. Brudzinski's sign**
- C. McBurney's point
- D. Heberden's nodes

Brudzinski's sign is a classic clinical indication of meningeal irritation, which can occur in conditions like meningitis. When a clinician flexes the patient's neck, if the patient involuntarily flexes their knees and hips in response, this is considered a positive Brudzinski's sign. The mechanism behind this response involves the tension placed on the spinal cord and meninges, suggesting inflammation or irritation of the protective membranes surrounding the brain and spinal cord. The other signs mentioned are not related to meningeal irritation. Chadwick's sign refers to a bluish discoloration of the cervix due to pregnancy, McBurney's point is associated with appendicitis, indicating localized pain in the right lower quadrant of the abdomen, and Heberden's nodes are bony growths on the joints at the ends of fingers due to osteoarthritis. Each of these signs pertains to different medical conditions and does not imply the presence of meningeal irritation.

3. What should be included in the monitoring of a child's health who shows various skin eruptions?

- A. Screening for allergies
- B. Skin type assessment
- C. Inflammatory conditions evaluation

D. Immunization status

In monitoring a child's health with various skin eruptions, it's essential to assess immunization status. Many skin conditions can be linked to infectious diseases that vaccinations aim to prevent. For instance, diseases such as measles, rubella, and chickenpox can present with notable skin manifestations. Ensuring that the child is up-to-date on their immunizations helps in both preventing these diseases and informing the overall clinical picture of the child's health status. While screening for allergies, evaluating inflammatory conditions, and assessing skin type are all important components of comprehensive skin health monitoring, the immediate and preventive aspect of immunization gives it a critical role. Ensuring that the child has received appropriate vaccinations can significantly reduce the risk of serious infectious diseases that may cause skin eruptions, thus allowing for a more focused and effective health management approach.

4. What condition might a pregnant woman experience if she feels faint when lying flat on her back?

- A. Adrenal insufficiency
- B. Orthostatic hypotension

C. Supine hypotensive syndrome

D. Hypoglycemia

Feeling faint when lying flat on her back during pregnancy may indicate supine hypotensive syndrome. This condition occurs when the weight of the growing uterus compresses the inferior vena cava, a large vein responsible for returning blood from the lower body to the heart. When the inferior vena cava is compressed, it can lead to decreased venous return, resulting in reduced cardiac output and subsequently causing symptoms such as dizziness, lightheadedness, or fainting. Supine hypotensive syndrome often occurs when a pregnant woman is in a supine position during the later stages of pregnancy. It typically resolves with the woman changing her position, often by lying on her side, which alleviates the pressure on the inferior vena cava and restores normal blood flow. Other conditions mentioned might have overlapping symptoms but are less likely to be the direct cause of feeling faint in this specific scenario. Adrenal insufficiency usually presents with different systemic symptoms such as fatigue, weakness, and hypotension due to a lack of adrenal hormones. Orthostatic hypotension typically occurs when standing up from a seated or supine position, leading to a sudden drop in blood pressure, not specifically due to lying flat. Hypoglycemia is characterized by low blood sugar levels, which can cause dizziness but would not be

5. What Tanner Stage is characterized by further enlargement of the breast and areola with no separation of contours?

- A. Stage 1
- B. Stage 2
- C. Stage 3**
- D. Stage 4

The Tanner stages represent a well-established system for categorizing the physical development of children, particularly regarding sexual maturation. When considering breast development in females, Stage 3 is marked by further enlargement of the breast and areola. At this stage, the contour of the breast and areola remains smooth and is not yet distinctly separated, which is a key characteristic of this developmental phase. The breast volume increases, and the areola expands, but the overall shape has not transitioned to the defined contours seen in Stage 4 or beyond. In contrast, earlier stages, such as Stage 2, show initial breast development with smaller, more bud-like formations, and Stage 4 involves further development where the contours begin to separate. Going into Stage 5, mature breast forms are fully developed with the areola reverting to a more flattened form relative to the breast itself. Thus, Stage 3 accurately describes the specific changes happening in breast development before separation of the contours occurs.

6. What is a potential consequence of unintentional weight loss in an elderly patient?

- A. Increased energy levels
- B. Improved mobility
- C. Decreased overall health**
- D. Enhanced mental alertness

Unintentional weight loss in an elderly patient often leads to a decline in overall health. This loss can result from several factors, such as underlying medical conditions, decreased appetite, or changes in metabolism. When an elderly individual loses weight unintentionally, it may indicate that they are not obtaining enough nutrients, leading to weakened immune function, muscle wasting, and increased frailty. This deterioration can contribute to feelings of fatigue, a higher risk of falls, and an overall decrease in physical functioning. Maintaining a healthy weight is crucial for older adults since it not only supports physical health but also helps in managing chronic diseases. Weight loss in this demographic can exacerbate existing health problems and increase vulnerability to new ones, thereby significantly impacting their quality of life and longevity.

7. Which of the following is a possible treatment for symptoms of Acanthosis Nigricans?

- A. Antibiotics
- B. Topical retinoids**
- C. Surgery
- D. Laser therapy

Topical retinoids are a well-established treatment option for managing symptoms of Acanthosis Nigricans, which is characterized by dark, velvety patches of skin typically found in body folds and creases. These topical agents work by promoting cell turnover and reducing hyperpigmentation, thus improving the texture and appearance of the affected skin. They can also help to diminish the thickness of the skin and potentially alleviate some of the associated symptoms. While other treatments may be beneficial for other skin conditions or symptoms, they do not specifically address the hyperpigmentation or skin changes associated with Acanthosis Nigricans to the same extent as topical retinoids. For instance, antibiotics are generally used for bacterial infections rather than for skin discoloration. Surgery may be considered for other dermatological conditions but is not typically a treatment option for Acanthosis Nigricans. Laser therapy might be used in some cases to help reduce pigmentation but is less common as a primary treatment compared to topical retinoids. Therefore, topical retinoids represent the most relevant and effective option in the management of Acanthosis Nigricans symptoms.

8. What does the term 'graphesthesia' refer to in a neurological examination?

- A. Recognizing objects by touch
- B. Identifying shapes traced on the skin**
- C. Feeling vibrations during testing
- D. Understanding written language

Graphesthesia refers specifically to the ability to recognize and identify shapes, letters, or numbers that are traced on the skin, typically using a blunt instrument or fingertip. This neurological examination technique is designed to assess the sensory pathways and cortical function associated with the somatosensory system. This skill relies on intact sensory neurons transmitting signals to the brain, where processing occurs to determine what is being traced. It helps evaluate the functioning of the parietal lobe where sensory perception is processed and the integration of tactile information takes place. The other options describe different sensory abilities. For instance, recognizing objects by touch relates to stereognosis, feeling vibrations pertains to vibratory sensation testing, and understanding written language involves cognitive processing, not tactile recognition. Each of these is distinct from graphesthesia, which specifically focuses on the recognition of traced shapes on the skin.

9. Coordination of eye, head, and body movements primarily involves which area of the nervous system?

- A. Motor system
- B. Cerebellar system
- C. Vestibular division**
- D. Sensory system

The coordination of eye, head, and body movements is primarily managed by the cerebellar system. This system plays a crucial role in the fine-tuning of motor activities and maintaining balance, ensuring that movements are smooth and coordinated. The cerebellum integrates information from the sensory systems, the spinal cord, and other parts of the brain to help control voluntary movements, posture, and equilibrium. In particular, the cerebellum is responsible for the timing and precision of movements, contributing to how well the eyes, head, and body work together when performing tasks. This integration allows for the adjustment of movements based on sensory feedback, thus enhancing overall coordination and balance. While the vestibular division is involved in balance and spatial orientation, it primarily helps inform the body about head position and motion rather than directly coordinating complex sequences of movement across the entire body. Therefore, while the vestibular system plays a role, it does not encompass the broader coordination functions that the cerebellar system provides. The motor system is responsible for generating movement and performing actions, while the sensory system interprets stimuli, neither of which directly manages the intricate coordination that the cerebellum achieves.

10. In a pregnant woman presenting with left lower quadrant pain and a tender mass on examination, what is the most concerning diagnosis?

- A. Ovarian cyst
- B. Appendicitis
- C. Threatened abortion
- D. Tubal pregnancy**

In the case of a pregnant woman presenting with left lower quadrant pain and a tender mass on examination, the most concerning diagnosis is a tubal pregnancy, also known as an ectopic pregnancy. This condition occurs when a fertilized egg implants outside the uterus, commonly in the fallopian tube. Given that the patient is pregnant and presents with localized pain and a palpable mass, this raises significant concern for a possible rupture of the ectopic pregnancy, which can lead to internal bleeding, severe complications, and even be life-threatening. The clinical presentation aligns with how ectopic pregnancies often present, which typically includes unilateral pain and tenderness, as well as irregular bleeding. Prompt recognition and intervention are crucial in such cases to ensure the safety of the patient. Other conditions listed, while they can also cause similar symptoms, do not carry the same level of immediate urgency as an ectopic pregnancy. Ovarian cysts might also present with pain but are generally less acute unless they rupture. Appendicitis could be a concern depending on the specifics of the case, but in a pregnant patient, especially with unilateral findings, ectopic pregnancy takes precedence. Threatened abortion refers to potential miscarriage without the same risk of acute rupture, making it a less critical concern at that moment compared

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://fau-advancedhealth.examzify.com>

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

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