

FAU ADVANCED HEALTH ASSESSMENT PRACTICE TEST (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

**VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE**

<https://fau-advancedhealth.examzify.com>



Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

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

SAMPLE

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

SAMPLE

- 1. What is the Apgar score for a male infant at 1 minute showing pink coloration, grimacing, flexing limbs, and a heart rate of 110?**
 - A. 6
 - B. 8
 - C. 10
 - D. 7

- 2. What is a normal finding in a pregnant woman presenting for a prenatal visit regarding urine tests?**
 - A. Presence of glucose
 - B. Presence of protein
 - C. No protein or glucose
 - D. High leukocyte levels

- 3. What is a significant risk associated with increased intracranial pressure?**
 - A. Severe dehydration
 - B. Neurological deterioration
 - C. Muscle loss
 - D. Cardiovascular disease

- 4. Which abnormality can present as an isolated elevation of diastolic blood pressure?**
 - A. Chronic kidney disease
 - B. Isolated systolic hypertension
 - C. Isolated diastolic hypertension
 - D. Pseudohypertension

- 5. What is an abnormal swelled condition of the scrotal area called?**
 - A. Scrotal hernia
 - B. Scrotal edema
 - C. Genital herpes
 - D. Syphilitic chancre

- 6. What does the term "menarche" signify?**
- A. A young girl's first menstrual period
 - B. The average menstrual cycle length
 - C. The cessation of menstruation
 - D. Heavy menstrual bleeding
- 7. In which scenario is it most critical to assess gait and balance for elderly patients?**
- A. After a routine check-up
 - B. Following a fall
 - C. Before a medication review
 - D. During a wellness exam
- 8. What milestone is typically expected at 12 months of age in terms of mobility?**
- A. Crawling
 - B. Pulling to stand
 - C. Walking independently
 - D. Walking with assistance
- 9. What hormonal change is most likely contributing to morning and evening acid reflux in a pregnant woman?**
- A. Increased estrogen
 - B. Increasing progesterone
 - C. Decreased gastric acid secretion
 - D. Elevated hCG levels
- 10. 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

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. What is the Apgar score for a male infant at 1 minute showing pink coloration, grimacing, flexing limbs, and a heart rate of 110?

- A. 6
- B. 8**
- C. 10
- D. 7

The Apgar score is a quick assessment tool used to evaluate the health of a newborn immediately after birth. It assesses five criteria: Appearance (skin color), Pulse (heart rate), Grimace response (reflexes), Activity (muscle tone), and Respiration (breathing effort). Each category is scored on a scale from 0 to 2, with a maximum possible score of 10. In this scenario, the infant is showing: - Pink coloration, which indicates good oxygenation (score of 2 for Appearance). - Grimacing, reflecting a response to stimuli (score of 1 for Grimace response). - Flexing limbs indicates some activity but not fully active movements, so this would be scored as 1 for Activity. - A heart rate of 110 beats per minute is within the normal range for a newborn, which scores 2 for Pulse. - The description does not specify the infant's breathing effort, so it's assumed to be normal and awarded a score of 2 for Respiration. When you add these scores together: - Appearance: 2 - Pulse: 2 - Grimace: 1 - Activity: 1 - Respiration: 2 This gives a total Ap

2. What is a normal finding in a pregnant woman presenting for a prenatal visit regarding urine tests?

- A. Presence of glucose
- B. Presence of protein
- C. No protein or glucose**
- D. High leukocyte levels

In the context of prenatal care, a normal finding during urine tests in a pregnant woman is the absence of both protein and glucose. In healthy pregnant women, the kidneys are generally functioning without excessive leakage of proteins into the urine, which indicates proper kidney function and absence of conditions like preeclampsia. The presence of glucose in urine can suggest gestational diabetes or other metabolic disorders, while proteinuria can be indicative of renal impairment or preeclampsia, both of which can pose risks during pregnancy. High leukocyte levels may suggest a urinary tract infection, which is not considered a normal finding and could require further assessment and intervention. Thus, finding no protein or glucose in the urine is an expected and reassuring result during routine prenatal care.

3. What is a significant risk associated with increased intracranial pressure?

- A. Severe dehydration
- B. Neurological deterioration**
- C. Muscle loss
- D. Cardiovascular disease

Increased intracranial pressure (ICP) can significantly impact brain function and overall neurological status, making neurological deterioration a notable risk. When ICP rises, it can lead to reduced blood flow and oxygen supply to the brain tissues, resulting in cellular injury, potential brain herniation, and impaired neurological function. As the pressure continues to escalate, symptoms such as altered consciousness, seizures, and motor deficits can occur, reflecting a clear and direct correlation between elevated ICP and the worsening of neurological conditions. While severe dehydration, muscle loss, and cardiovascular disease are important health considerations, they do not directly relate to the acute implications of increased ICP in the way that neurological deterioration does. The primary concern in scenarios of elevated intracranial pressure is the protection of brain tissue from injury and maintaining adequate cerebral perfusion, underscoring why neurological deterioration stands out as a significant risk factor in this context.

4. Which abnormality can present as an isolated elevation of diastolic blood pressure?

- A. Chronic kidney disease
- B. Isolated systolic hypertension
- C. Isolated diastolic hypertension**
- D. Pseudohypertension

Isolated diastolic hypertension refers to a condition in which only the diastolic blood pressure is elevated while the systolic pressure remains within a normal range. This abnormality can occur for various reasons, such as increased vascular resistance or altered vascular compliance, often seen in younger populations or specific clinical scenarios. In this case, when considering the possibility of elevated diastolic blood pressure, it's crucial to recognize that isolated diastolic hypertension is characterized by this specific abnormality, distinguishing it from conditions where both diastolic and systolic pressures are typically affected or where only systolic pressure is elevated. Chronic kidney disease, isolated systolic hypertension, and pseudohypertension involve other dynamics of blood pressure regulation and would not present solely as an elevated diastolic reading. Chronic kidney disease can lead to increased blood pressure readings overall, often affecting both systolic and diastolic pressures. Isolated systolic hypertension reflects an increase in the systolic value while keeping diastolic pressure unchanged. Pseudohypertension occurs when there are falsely elevated readings due to issues such as atherosclerosis or poor arterial compliance, rather than a true increase in diastolic blood pressure alone. Therefore, the correct choice highlights the specific and isolated nature of the

5. What is an abnormal swelled condition of the scrotal area called?

- A. Scrotal hernia
- B. Scrotal edema**
- C. Genital herpes
- D. Syphilitic chancre

The term used to describe an abnormal swelling in the scrotal area is scrotal edema. This condition refers to the accumulation of fluid in the scrotum, leading to noticeable swelling. Scrotal edema can occur due to various reasons, such as inflammation, trauma, or systemic fluid overload. Recognizing scrotal edema is essential in the context of advanced health assessment because it can signal underlying health issues, including heart failure, liver disease, or infections. Understanding the causes and implications of scrotal edema helps practitioners assess the patient's overall health and determine appropriate next steps in management. In contrast, the other options pertain to different medical conditions. A scrotal hernia involves a protrusion of tissue through the inguinal canal and is characterized by a mass rather than fluid accumulation. Genital herpes is a sexually transmitted infection that typically presents with sores and does not specifically cause swelling of the scrotum. A syphilitic chancre refers to a specific ulcerative lesion due to syphilis, not a generalized swelling of the scrotum. Hence, scrotal edema is the most accurate term for an abnormal swelling of the scrotal area.

6. What does the term "menarche" signify?

- A. A young girl's first menstrual period**
- B. The average menstrual cycle length
- C. The cessation of menstruation
- D. Heavy menstrual bleeding

The term "menarche" specifically refers to a young girl's first menstrual period, marking a crucial milestone in the transition from childhood to adolescent reproductive capability. It typically occurs between the ages of 9 and 16, signaling the onset of menstruation and indicating the body's readiness for potential reproduction. This event is significant not only biologically but also socially and psychologically, as it often marks the beginning of a young woman's sexual maturation. The other options present different concepts related to menstruation but do not define menarche. The average menstrual cycle length pertains to the regularity and duration of menstrual cycles that occur after menarche has taken place. The cessation of menstruation refers to menopause, which occurs much later in life, while heavy menstrual bleeding describes a condition that can occur during or after menstruation but is unrelated to the term menarche itself. Understanding the definition of menarche is important for recognizing normal developmental milestones in female adolescents.

7. In which scenario is it most critical to assess gait and balance for elderly patients?

- A. After a routine check-up
- B. Following a fall**
- C. Before a medication review
- D. During a wellness exam

Assessing gait and balance following a fall is essential because falls are a significant risk factor for morbidity and mortality among elderly patients. After a fall, the immediate concern is to identify any injuries that may not be visibly apparent, such as fractures or head injuries. Additionally, understanding the circumstances of the fall and the patient's current gait and balance can provide insight into underlying issues, such as muscle weakness, vestibular problems, or neurological conditions. Effective assessment after a fall can inform treatment plans to prevent future incidents, addressing environmental hazards, and guiding rehabilitation efforts. This timely evaluation is crucial for improving patient safety and overall health outcomes for elderly individuals. In contrast, the other scenarios may involve other health considerations, but they do not carry the same immediate implications for fall-related injuries and long-term stability and health of elderly patients.

8. What milestone is typically expected at 12 months of age in terms of mobility?

- A. Crawling
- B. Pulling to stand
- C. Walking independently
- D. Walking with assistance**

At 12 months of age, a common milestone related to mobility is walking with assistance. At this stage, many infants show significant progress in their ability to move around and may pull themselves up to stand while holding onto furniture or a caregiver for support. This behavior indicates that they are developing the strength and balance necessary for more independent movement. Walking with assistance is a natural progression from previously learned skills such as crawling and pulling to stand. Infants typically begin to crawl around 6 to 10 months and can be seen pulling themselves up to a standing position between 8 and 10 months. By 12 months, while some children may begin taking a few steps independently, many will still prefer walking with a caregiver or holding onto furniture. The other options reflect different ability levels that are either earlier or later than what is expected at this age. While crawling and pulling to stand are earlier achievements, independent walking may not yet be established for many children at the 12-month mark. Therefore, walking with assistance accurately represents the mobility milestone often seen by the end of the first year.

9. What hormonal change is most likely contributing to morning and evening acid reflux in a pregnant woman?

- A. Increased estrogen
- B. Increasing progesterone**
- C. Decreased gastric acid secretion
- D. Elevated hCG levels

During pregnancy, the levels of progesterone increase significantly. Progesterone is a hormone that plays various roles in maintaining pregnancy, but one of its effects is smooth muscle relaxation throughout the body, including the gastrointestinal (GI) tract. This relaxation can lead to a decrease in the tone of the lower esophageal sphincter (LES), which normally prevents stomach acid from refluxing into the esophagus. As the LES tone decreases, especially later in pregnancy when the uterus enlarges significantly, there is a greater likelihood of acid reflux. Pregnant women often experience this condition due to the hormonal changes affecting smooth muscle function and the physical pressure from the growing uterus on the stomach. The other choices do not directly contribute to morning and evening acid reflux in the same way. Increased estrogen might have some effects, but it is progesterone's role in relaxing smooth muscles that is most directly linked to the reflux symptoms experienced by pregnant women. Decreased gastric acid secretion is not a typical change seen during pregnancy; rather, gastric acid production may remain stable or even increase. Elevated hCG levels are primarily associated with early pregnancy changes and do not directly influence acid reflux mechanisms.

10. 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.

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!

SAMPLE