

FELLOWSHIP OF THE HIGHER EDUCATION ACADEMY (FHEA) PRACTICE EXAM (SAMPLE) STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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. How do assessment rubrics contribute to grading consistency?**
 - A. By providing vague criteria for evaluation
 - B. By being used solely for formative assessments
 - C. By offering clear criteria for evaluation, ensuring objectivity in grading
 - D. By allowing subjective interpretation of grades
- 2. What is the key distinguishing factor between a macule and a patch?**
 - A. Configuration
 - B. Disease state
 - C. Size
 - D. Location
- 3. What is the primary mechanism of action of saxagliptin?**
 - A. Increase in hepatic glucose utilization
 - B. Enhanced insulin release
 - C. Facilitation of renal glucose excretion
 - D. Enhancement of insulin receptor site activity
- 4. Which of the following is a professional value established by the UKPSF for higher education educators?**
 - A. Prioritizing research over teaching
 - B. Respecting individual learners and diverse learning communities
 - C. Encouraging competition among students
 - D. Implementing strict grading policies
- 5. What is the primary purpose of the Fellowship of the Higher Education Academy (FHEA)?**
 - A. To enhance research capacities in higher education
 - B. To provide financial support for students
 - C. To recognize and support individuals committed to teaching and learning
 - D. To establish regulations for higher education institutions

6. Mrs. Carson, an 80-year-old woman with stage 4 heart failure, should receive which key cancer screening recommendation?
- A. A mammogram
 - B. A colonoscopy
 - C. A Pap test
 - D. No cervical, breast, or colorectal cancer screening done at this time
7. What is the main risk associated with Metformin in patients with a GFR less than 45 mL/min/1.73 m²?
- A. Hypokalemia
 - B. Worsening renal function
 - C. Lactic acidosis
 - D. Hypocalcemia
8. In early osteoarthritis, radiographic assessment is most likely to show what finding?
- A. Soft tissue swelling
 - B. Osteophyte formation
 - C. Joint space narrowing on X-ray
 - D. Involvement of the metacarpals
9. Which service is covered under Medicare Part A?
- A. Long-term nursing home care
 - B. Home health services
 - C. Preventive health services
 - D. Durable medical equipment
10. What is the most accurate statement regarding roflumilast (Daliresp) in COPD patients?
- A. Acts as a bronchodilator
 - B. Can provide relief of acute bronchospasm
 - C. Can reduce risk of exacerbations in severe COPD
 - D. Should not be used with a LABA

Answers

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

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Explanations

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1. How do assessment rubrics contribute to grading consistency?

- A. By providing vague criteria for evaluation
- B. By being used solely for formative assessments
- C. By offering clear criteria for evaluation, ensuring objectivity in grading**
- D. By allowing subjective interpretation of grades

Assessment rubrics play a crucial role in fostering grading consistency by offering clear criteria for evaluation, which ensures objectivity in the grading process. When educators use rubrics, they establish specific standards and performance levels for each aspect of an assignment or assessment. This clarity helps both instructors and students understand exactly what is expected for different grades. By delineating what constitutes various levels of performance—such as excellent, satisfactory, or unsatisfactory—rubrics minimize ambiguity. This is particularly important in higher education, where subjective interpretations of student work can lead to inconsistencies among different assessors or even within the same instructor's evaluations over time. The use of a well-defined rubric helps mitigate personal biases, making it easier to maintain fairness and transparency throughout the grading process. Furthermore, rubrics can provide students with valuable feedback on their strengths and areas for improvement, enhancing their learning experience. When students know how they will be assessed, they can focus their efforts on the components that matter most in achieving their desired outcomes. Overall, the clarity and objectivity facilitated by rubrics are vital for achieving consistent grading standards across various educational contexts.

2. What is the key distinguishing factor between a macule and a patch?

- A. Configuration
- B. Disease state
- C. Size**
- D. Location

The key distinguishing factor between a macule and a patch is indeed size. A macule is defined as a flat, circumscribed area of skin that is different in color from the surrounding skin and is typically less than 1 centimeter in diameter. In contrast, a patch is similar in nature but measures 1 centimeter or larger across. This distinction is commonly used in dermatology to categorize skin lesions based on their dimensions. While configuration, disease state, and location can influence the interpretation and significance of these skin features, they do not serve as defining criteria for differentiating between a macule and a patch. The explicit focus on size establishes a clear and objective way to classify these lesions within clinical practice.

3. What is the primary mechanism of action of saxagliptin?

- A. Increase in hepatic glucose utilization
- B. Enhanced insulin release**
- C. Facilitation of renal glucose excretion
- D. Enhancement of insulin receptor site activity

The primary mechanism of action of saxagliptin involves enhancing insulin release. Saxagliptin is a DPP-4 (dipeptidyl peptidase-4) inhibitor, which plays a significant role in the incretin pathway. By inhibiting DPP-4, saxagliptin increases levels of incretin hormones such as GLP-1 (glucagon-like peptide-1). These hormones stimulate the pancreas to release more insulin in response to meals, thereby lowering blood glucose levels. Furthermore, saxagliptin also contributes to reduced glucagon secretion from the alpha cells of the pancreas, which further helps in managing blood glucose levels. The focus on enhancing insulin release is essential in understanding how saxagliptin aids patients with type 2 diabetes in effectively controlling their blood sugar levels, particularly postprandially (after meals). Understanding this mechanism is crucial for appreciating how saxagliptin can be utilized in diabetes management, differentiating it from other agents that may work through different pathways, such as increasing glucose utilization or facilitating renal glucose excretion.

4. Which of the following is a professional value established by the UKPSF for higher education educators?

- A. Prioritizing research over teaching
- B. Respecting individual learners and diverse learning communities**
- C. Encouraging competition among students
- D. Implementing strict grading policies

Respecting individual learners and diverse learning communities is a key professional value established by the UK Professional Standards Framework (UKPSF) for higher education educators. This value emphasizes the importance of recognizing and valuing the diverse backgrounds, experiences, and learning needs of all students. By prioritizing respect for individual learners, educators create an inclusive environment that fosters engagement, motivation, and effective learning. Understanding that students come from various ethnic, social, and educational backgrounds allows educators to tailor their approaches and provide support that meets the unique needs of each student, thereby promoting equitable access to education. This principle aligns with the broader objectives of higher education institutions to cultivate a respectful and supportive culture that enhances learning outcomes for all students. The focus on respecting diversity is integral to creating a positive and effective learning environment, encouraging collaboration, and fostering a sense of belonging among all participants in the educational process.

5. What is the primary purpose of the Fellowship of the Higher Education Academy (FHEA)?

- A. To enhance research capacities in higher education
- B. To provide financial support for students
- C. To recognize and support individuals committed to teaching and learning**
- D. To establish regulations for higher education institutions

The primary purpose of the Fellowship of the Higher Education Academy (FHEA) is to recognize and support individuals committed to teaching and learning. This recognition highlights the importance of quality teaching practices in higher education, aiming to improve the student learning experience. By focusing on the professional development of educators and fostering excellence in teaching and learning, FHEA encourages educators to engage in reflective practice, enhance their pedagogical skills, and contribute positively to the learning environment in their institutions. This commitment to teaching and learning is essential for fostering an academic culture that prioritizes student engagement and success, providing a solid framework for personal and professional development in the higher education sector. This focus is distinct from other options that address different aspects of higher education, such as the enhancement of research capacities, financial support for students, or regulatory roles for higher education institutions, which do not align with the specific mission of FHEA.

6. Mrs. Carson, an 80-year-old woman with stage 4 heart failure, should receive which key cancer screening recommendation?

- A. A mammogram
- B. A colonoscopy
- C. A Pap test

D. No cervical, breast, or colorectal cancer screening done at this time

In the context of Mrs. Carson's situation, who is an 80-year-old woman with stage 4 heart failure, the recommendation to forego cervical, breast, or colorectal cancer screenings is grounded in several important clinical considerations. Firstly, patients with advanced chronic illnesses like stage 4 heart failure often have a limited life expectancy and a reduced ability to tolerate aggressive medical interventions. The risks associated with cancer screening procedures, such as the potential for complications and the burden of additional medical appointments, may far outweigh the benefits in this population. Furthermore, guidelines for cancer screenings, such as those for mammograms, colonoscopies, and Pap tests, often take into account life expectancy, health status, and the individual's overall quality of life. Given Mrs. Carson's significant health challenges, the focus of her care is likely more aligned with palliative measures and managing her heart failure rather than pursuing preventive measures for cancers that may not be clinically impactful given her current condition. In summary, the recommendation against conducting cancer screenings for Mrs. Carson is a reflection of a holistic approach to her care, emphasizing the importance of considering both the potential benefits and burdens of medical interventions in the context of her overall health status.

7. What is the main risk associated with Metformin in patients with a GFR less than 45 mL/min/1.73 m²?

- A. Hypokalemia
- B. Worsening renal function
- C. Lactic acidosis**
- D. Hypocalcemia

Lactic acidosis is a significant risk associated with the use of Metformin in patients who have a glomerular filtration rate (GFR) of less than 45 mL/min/1.73 m². Metformin is primarily eliminated by the kidneys, and impaired renal function can lead to an accumulation of the drug in the body. When Metformin levels rise excessively, there is an increased risk of lactic acidosis due to the drug's mechanism of action, which can contribute to lactate production and interfere with lactate clearance. Patients with decreased renal function may have difficulty excreting lactate, further exacerbating the situation. This condition is serious and can be life-threatening, with symptoms that include hyperventilation, abdominal pain, and altered mental status. Due to these risks, it is crucial for healthcare providers to monitor kidney function regularly and to be cautious with Metformin prescription in these populations, often recommending alternative treatments when GFR falls below a certain threshold. In contrast, while worsening renal function, hypokalemia, and hypocalcemia can be concerns in various clinical scenarios, they are not the primary risks directly associated with the use of Metformin at reduced GFR levels.

8. In early osteoarthritis, radiographic assessment is most likely to show what finding?

- A. Soft tissue swelling
- B. Osteophyte formation
- C. Joint space narrowing on X-ray**
- D. Involvement of the metacarpals

In early osteoarthritis, the most characteristic finding visible on radiographic assessment is joint space narrowing. This occurs as the cartilage that cushions the joint begins to degrade, leading to a reduction in the space between the articulating bones. X-rays are particularly useful for visualizing this narrowing, which reflects the early degenerative changes in the joint. While osteophyte formation can be a later sign of osteoarthritis, it typically develops as the disease progresses. Soft tissue swelling might occur but is often better assessed using other imaging methods such as MRI or ultrasound rather than X-ray. The involvement of the metacarpals is not a defining characteristic for early osteoarthritis, as this condition can affect various joints and does not exclusively involve the metacarpals. Therefore, joint space narrowing is a clear and significant indicator of early osteoarthritis when seen in radiographic images.

9. Which service is covered under Medicare Part A?

- A. Long-term nursing home care
- B. Home health services**
- C. Preventive health services
- D. Durable medical equipment

Medicare Part A primarily covers inpatient hospital stays, skilled nursing facility care, hospice care, and some home health services. Home health services, which can include intermittent skilled nursing care, physical therapy, and other rehabilitative therapies, fall under this coverage when they are prescribed by a physician and necessary for recovery from an illness or injury. While other options may appear relevant to healthcare needs, they do not fall under the scope of what Medicare Part A typically covers. For instance, long-term nursing home care usually requires custodial care, which is generally not covered by Part A; preventive health services, which include routine screenings and vaccinations, are covered under Medicare Part B; and durable medical equipment, such as wheelchairs and oxygen equipment, is also part of Medicare Part B rather than Part A. Thus, home health services are correctly identified as covered by Medicare Part A due to their status in assisting with recovery and rehabilitation.

10. What is the most accurate statement regarding roflumilast (Daliresp) in COPD patients?

- A. Acts as a bronchodilator
- B. Can provide relief of acute bronchospasm
- C. Can reduce risk of exacerbations in severe COPD**
- D. Should not be used with a LABA

The most accurate statement regarding roflumilast (Daliresp) in COPD patients is that it can reduce the risk of exacerbations in severe COPD. Roflumilast is a phosphodiesterase-4 (PDE4) inhibitor, which works by reducing inflammation in the lungs. This anti-inflammatory effect is particularly beneficial for patients with severe COPD, as it helps to stabilize their condition and decrease the frequency of exacerbations—sudden worsening of symptoms that can lead to hospitalizations and decreased quality of life. Unlike traditional bronchodilators that are designed specifically to open up the airways and relieve symptoms, roflumilast is not a bronchodilator itself and does not provide immediate relief from acute bronchospasm. This distinguishes it from medications that are used for acute symptom management in COPD. Additionally, despite roflumilast being used in some treatment regimens, it can be safely used in conjunction with Long-Acting Beta Agonists (LABA) for enhanced management of COPD symptoms, contrary to the suggestion that it should not be combined with LABA therapy. Thus, option C reflects the medication's role in long-term disease management and its impact on preventing exacerbations, making it the most

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://fellowshiphigheredacademy.examzify.com>

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

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