

FOUNDATIONS OF HEALTH SCIENCE PRACTICE TEST (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. In a patient's progress notes, which entry would be considered a subjective observation?**
 - A. Blood pressure is 120/80
 - B. Patient complains of feeling dizzy
 - C. WBC count is elevated
 - D. X-ray shows pneumonia

- 2. Five teaspoons would be written as:**
 - A. 5 ts
 - B. 5 tspn
 - C. 5 tsp
 - D. 5 tps

- 3. Which ancient Indian practice is used to categorize a person's predominant body type?**
 - A. Feng shui
 - B. Ayurveda
 - C. Allopathy
 - D. Homeopathy

- 4. The acronym OSHA stands for:**
 - A. Occupational Standards and Health Association
 - B. Occupational Safety and Health Administration
 - C. Organization for Safety and Health Advocacy
 - D. Official System of Health Awards

- 5. Which term describes the surgical removal of the uterus?**
 - A. Hysterectomy
 - B. Gastrectomy
 - C. Mastectomy
 - D. Resection

- 6. What type of long-term care facility functions as a bridge between hospital and home?**
- A. Skilled nursing facility
 - B. Assisted living facility
 - C. Hospice
 - D. Extended care facility
- 7. In medical shorthand, what does 'D/C' stand for?**
- A. Discontinue
 - B. Do Not Continue
 - C. Direct Charge
 - D. Daily Care
- 8. Which factor can interfere with effective communication when a patient is anxious or distressed?**
- A. The walls are bright and cheerful
 - B. The air is clean
 - C. The time of day
 - D. The patient's behavior could distract the listener and interfere with communication
- 9. Which discovery enabled physicians to view internal aspects of the body?**
- A. X-rays
 - B. Endoscopy
 - C. Fluoroscopy
 - D. Ultrasound
- 10. Trephining in primitive times was used to treat which conditions, sometimes prompting the remark 'You have a hole in your head'?**
- A. Broken bones
 - B. Fever and cough
 - C. Insanity, epilepsy, and headaches
 - D. Digestive disorders

Answers

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

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Explanations

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1. In a patient's progress notes, which entry would be considered a subjective observation?

- A. Blood pressure is 120/80
- B. Patient complains of feeling dizzy**
- C. WBC count is elevated
- D. X-ray shows pneumonia

The main concept is telling apart subjective versus objective information in progress notes. Subjective observations are what the patient reports about their symptoms or feelings—things only the patient can describe. "Patient complains of feeling dizzy" fits this, because dizziness is an experience reported by the patient and not directly measured by the clinician. The other entries are objective data: blood pressure is a measured vital sign, WBC count is a lab value, and an X-ray finding is an imaging result. These are observable or quantifiable facts obtained without relying on the patient's description. Documenting both types of data is important for a complete clinical picture and guides assessment and plan.

2. Five teaspoons would be written as:

- A. 5 ts
- B. 5 tspn
- C. 5 tsp**
- D. 5 tps

Using the standard unit for a teaspoon and proper spacing is key. The common abbreviation for teaspoon is tsp, and we write a space between the number and the unit, so five teaspoons should be written as "5 tsp." The other forms aren't standard: "ts" isn't a recognized abbreviation for teaspoon, "tspn" is an alternative but not the widely accepted form, and "tps" isn't used for teaspoon. Keeping to "5 tsp" helps ensure clear, consistent dosing in health contexts.

3. Which ancient Indian practice is used to categorize a person's predominant body type?

- A. Feng shui
- B. Ayurveda**
- C. Allopathy
- D. Homeopathy

In Ayurveda, a person's predominant body type is understood through the concept of prakriti, determined by three doshas—Vata, Pitta, and Kapha. Everyone has a unique balance of these doshas, which shapes physical traits, temperament, energy, and metabolic tendencies. By assessing which dosha is dominant, Ayurveda guides personalized diet, daily routines, and treatments to keep the body's energies in harmony and reduce illness. The other options come from different traditions: Feng shui is a Chinese practice about arranging spaces to balance environmental energy, not about an individual's constitution; Allopathy refers to conventional Western medicine; Homeopathy is a separate system based on highly diluted remedies. Hence, the ancient Indian practice used to categorize a person's predominant body type is Ayurveda.

4. The acronym OSHA stands for:

- A. Occupational Standards and Health Association
- B. Occupational Safety and Health Administration**
- C. Organization for Safety and Health Advocacy
- D. Official System of Health Awards

Knowing the actual name behind the OSHA acronym helps you connect it to workplace safety in the United States. OSHA stands for Occupational Safety and Health Administration, a federal agency within the Department of Labor. It was created by the Occupational Safety and Health Act of 1970 to promote safe and healthful working conditions by setting and enforcing standards, conducting inspections, and providing training and outreach to employers and workers. The other choices do not reflect the real agency or its established name.

5. Which term describes the surgical removal of the uterus?

- A. Hysterectomy**
- B. Gastrectomy
- C. Mastectomy
- D. Resection

The term for surgically removing the uterus is built from roots that denote the organ and the action. "Hystero-" refers to the uterus, and "-ectomy" means surgical removal. Put together, hysterectomy literally means removing the uterus, so it directly matches what the procedure does. The other terms describe different surgeries: gastrectomy removes the stomach, mastectomy removes breast tissue, and resection is a general term for removing part of an organ without specifying the uterus.

6. What type of long-term care facility functions as a bridge between hospital and home?

- A. Skilled nursing facility
- B. Assisted living facility
- C. Hospice
- D. Extended care facility**

Think of the transition from hospital care to daily life at home as needing a supportive stepping-stone. An extended care facility provides that bridge by offering ongoing medical supervision, nursing care, rehabilitation services, and assistance with daily activities over an extended period. This setup helps patients recover from acute care, receive the necessary therapies, and stabilize enough to resume living at home or with community supports. It's broader than a purely short-term post-acute setting, which is why it best fits the idea of bridging hospital and home. Assisted living centers focus more on independence with help, hospice centers prioritize comfort at the end of life, and a skilled nursing facility is usually tied to short- to mid-term post-acute care rather than the longer transition imagined by the term extended care facility.

7. In medical shorthand, what does 'D/C' stand for?

- A. Discontinue**
- B. Do Not Continue
- C. Direct Charge
- D. Daily Care

In medical shorthand, D/C is used to indicate that something should be stopped, specifically to discontinue a medication, therapy, or plan. This is why the best answer is discontinue: clinicians write D/C to signal the team to halt that drug or treatment. The other options don't fit standard clinical usage: Do Not Continue isn't a common brief form in orders, Direct Charge isn't a medical term used in patient care, and Daily Care isn't a designated abbreviation for stopping a regimen. Note that some contexts use DC to mean discharge, but when you see D/C in charting or orders, it most often means discontinue.

8. Which factor can interfere with effective communication when a patient is anxious or distressed?

- A. The walls are bright and cheerful
- B. The air is clean
- C. The time of day
- D. The patient's behavior could distract the listener and interfere with communication**

When someone is anxious or distressed, their own behavior can grab the listener's attention and pull focus away from what they're trying to convey. If the patient fidgets, talks rapidly, or interrupts, those actions become the signal the listener responds to, rather than the actual message. As a result, important details can be missed, questions may go unanswered, and the overall understanding suffers. To keep communication effective, it helps to acknowledge the anxiety, slow the pace, use clear, concise language, and periodically check for understanding. Environmental factors like bright walls or clean air don't inherently distract in the same direct way, and the time of day, while it can affect energy levels, isn't a direct source of distraction from the patient's communication in this context.

9. Which discovery enabled physicians to view internal aspects of the body?

- A. X-rays**
- B. Endoscopy
- C. Fluoroscopy
- D. Ultrasound

Viewing internal aspects of the body without surgery began with X-rays. When Wilhelm Röntgen discovered X-rays in 1895, he showed these invisible rays could pass through the body and create images on film. This breakthrough let clinicians see bones and later soft tissues, enabling many diagnoses from fractures to abnormalities in the chest and beyond. The underlying idea is that different tissues absorb X-rays to varying degrees, producing contrast on the image. Other options rely on different approaches. Endoscopy involves inserting a scope to view internal surfaces directly, but it requires a passage into the body and is limited to exposed surfaces. Fluoroscopy uses the same X-ray principle but provides continuous, real-time imaging rather than a single snapshot. Ultrasound uses sound waves to visualize tissues and organs without radiation, offering dynamic images but based on a different physical principle. The foundational discovery that first made internal visualization possible across many body regions is X-rays.

10. Trephining in primitive times was used to treat which conditions, sometimes prompting the remark 'You have a hole in your head'?

- A. Broken bones
- B. Fever and cough
- C. Insanity, epilepsy, and headaches
- D. Digestive disorders

Trephination is an ancient procedure that involved removing a circular piece of the skull to create an opening. Healers believed this could relieve intracranial pressure or release malevolent influences thought to cause certain symptoms. In many primitive cultures, insanity, epilepsy, and chronic headaches were among the conditions attributed to spiritual or bodily imbalance, so making a hole in the head was seen as a way to restore harmony. That's why this procedure is associated with treating insanity, epilepsy, and headaches, and not with treating broken bones, fever and cough, or digestive disorders.

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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://foundationsofhealthscience.examzify.com>

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

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