

Foundations of Professionalism and Civility 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 signatures are required on consent forms?**
 - A. Patient only**
 - B. Patient and physician**
 - C. Patient, physician, and witnesses**
 - D. Patient and nurse**

- 2. Which term best fits 'intermediate follow-up care aimed at restoring health and promoting self-care'?**
 - A. Tertiary health care**
 - B. Restorative health care**
 - C. Continuing health**
 - D. Evidence-based practice**

- 3. What should nurses do to keep the care team informed about a patient's advance directives?**
 - A. Inform All Health Care Team Members**
 - B. Limit Information to the Physician**
 - C. Post in the Patient Room Only**
 - D. Notify Only the Next of Kin**

- 4. How many categories are there in the Social Determinants of Health framework described?**
 - A. Five**
 - B. Six**
 - C. Seven**
 - D. Four**

- 5. Which setting is listed as a place where healthcare delivery can occur?**
 - A. Hospitals**
 - B. Movie theaters**
 - C. Sports stadiums**
 - D. Shopping malls**

- 6. Which term is a commitment to do no harm?**
- A. Nonmaleficence**
 - B. Beneficence**
 - C. Fidelity**
 - D. Autonomy**
- 7. Advanced practice nurses are best described as:**
- A. Nurses with advanced qualifications who are trained to provide expert healthcare services for specific populations.**
 - B. Licensed nurses who provide basic care under supervision.**
 - C. Healthcare professionals who specialize in diagnosing and treating oral health issues.**
 - D. Hospices that care for terminally ill patients.**
- 8. Which concept concerns healthcare providers with diminished abilities endangering patient safety?**
- A. Advance Directives**
 - B. Impaired Coworkers**
 - C. Licensure**
 - D. Standards of Care**
- 9. Which statement is correct about informed consent guidelines?**
- A. Clients must consent to all care**
 - B. Implied consent is adequate for most aspects**
 - C. Written consent is never required**
 - D. Nurses are not responsible for laws**
- 10. Primary prevention focuses on:**
- A. Educating and equipping individuals to reduce risk factors for disease.**
 - B. Diagnosing acute illnesses.**
 - C. Treating chronic conditions.**
 - D. Providing hospice care.**

Answers

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

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Explanations

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1. Which signatures are required on consent forms?

- A. Patient only
- B. Patient and physician
- C. Patient, physician, and witnesses**
- D. Patient and nurse

The main idea here is that informed consent is a process that needs verification by all parties involved. The patient signs to show they agree after receiving the necessary information. The physician signs to confirm that the discussion occurred, risks and alternatives were explained, and that consent was obtained. A witness signs to attest that the process happened properly and that the patient wasn't pressured or misled. While nurses may document or witness in some settings, the formal requirement usually includes the patient, the physician, and a witness to provide independent verification and support in case the consent is ever questioned. That combination best ensures the consent is valid, voluntary, and well-documented, which is why it's the most appropriate choice.

2. Which term best fits 'intermediate follow-up care aimed at restoring health and promoting self-care'?

- A. Tertiary health care
- B. Restorative health care**
- C. Continuing health
- D. Evidence-based practice

The central idea here is care that comes after an acute illness or injury and concentrates on restoring function and teaching the patient to care for themselves. Restorative health care focuses precisely on returning the person to their prior level of ability through follow-up, rehabilitation, and patient education that fosters self-care. This makes it the best fit for the description of intermediate follow-up aimed at health restoration and promoting self-management. Tertiary health care involves highly specialized, advanced medical services for complex conditions, which goes beyond the intermediate follow-up and rehabilitation focus. Continuing health refers to ongoing, long-term or maintenance care rather than active restoration of function. Evidence-based practice is about applying current research to care decisions, not a type of care aimed at function restoration.

3. What should nurses do to keep the care team informed about a patient's advance directives?

- A. Inform All Health Care Team Members**
- B. Limit Information to the Physician**
- C. Post in the Patient Room Only**
- D. Notify Only the Next of Kin**

Clear, team-wide communication of a patient's advance directives is essential. Advance directives express the patient's preferences for life-sustaining treatments and must be known by every clinician involved in care so decisions can reflect the patient's wishes across shifts and different settings. When nurses inform all health care team members—physicians, nurses, social workers, case managers, and others—the care plan can align with the patient's values consistently, reducing confusion during emergencies or transitions. This approach also supports patient autonomy and helps ensure that interventions offered or withheld match what the patient would want, rather than relying on a single clinician's memory or on family members alone. The directives should be documented clearly in the medical record and communicated through standard handoffs and team rounds, not left in only one place or shared with only one person. While involving the family is important in many contexts, the priority is that the entire care team is aware of the directives so care decisions reflect the patient's documented wishes.

4. How many categories are there in the Social Determinants of Health framework described?

- A. Five**
- B. Six**
- C. Seven**
- D. Four**

The main idea here is that health is shaped by a range of social factors organized into six domains. Those domains are economic stability, education, health and health care, neighborhood and built environment, social and community context, and food security. Economic stability covers income and financial security that affect whether people can access basics like housing and medical care. Education includes literacy and access to quality schooling that influence health choices and opportunities. Health and health care involves access to affordable, quality medical services and preventive care. Neighborhood and built environment looks at housing quality, safety, access to clean air and water, transportation, and safe spaces. Social and community context includes relationships, social support, experiences of discrimination, and community engagement, all of which shape stress and resilience. Food security focuses on reliable access to enough nutritious food, a fundamental driver of health outcomes. In this description, food security is treated as its own category, bringing the total to six. Some frameworks combine nutrition-related factors into other domains, which would yield fewer categories, but the six-domain view emphasizes nutrition as a distinct determinant affecting health.

5. Which setting is listed as a place where healthcare delivery can occur?

- A. Hospitals**
- B. Movie theaters**
- C. Sports stadiums**
- D. Shopping malls**

Healthcare delivery is provided in settings equipped for medical care, with trained staff, appropriate space, and the necessary equipment. Hospitals exemplify this, offering inpatient beds, operating rooms, diagnostic imaging, labs, and a full healthcare team available around the clock. This comprehensive capacity makes hospitals the most recognizable place where a wide range of medical treatment is delivered. Other places listed are not typical sites for ongoing medical care. Movie theaters, sports stadiums, and shopping malls are primarily venues for entertainment or commerce; they may have basic first aid as a temporary aid during emergencies, but they lack the infrastructure and staffing for routine or complex medical treatment. In those settings, patients are generally transported to a proper clinical facility like a hospital for care.

6. Which term is a commitment to do no harm?

- A. Nonmaleficence**
- B. Beneficence**
- C. Fidelity**
- D. Autonomy**

In professional ethics, not causing harm is the guiding obligation, captured by nonmaleficence. This principle centers on avoiding actions that could injure patients, minimizing risk, and choosing safer options even when benefits might be possible with riskier paths. It's the commitment behind saying interventions should not harm more than they help. Beneficence, while related, is about actively doing good and helping others. Fidelity focuses on trust and keeping promises, and autonomy is about respecting individuals' right to make their own decisions. So nonmaleficence best matches the idea of a commitment to do no harm.

7. Advanced practice nurses are best described as:

- A. Nurses with advanced qualifications who are trained to provide expert healthcare services for specific populations.**
- B. Licensed nurses who provide basic care under supervision.**
- C. Healthcare professionals who specialize in diagnosing and treating oral health issues.**
- D. Hospices that care for terminally ill patients.**

Advanced practice nurses are nurses who have pursued education and clinical training beyond the entry level, equipping them to deliver specialized, expert healthcare to particular patient populations. They typically hold master's or doctoral degrees and include roles such as nurse practitioners, clinical nurse specialists, nurse anesthetists, and nurse-midwives. This advanced preparation enables them to assess patients, diagnose conditions, order and interpret tests, develop treatment plans, and, in many places, prescribe medications. That combination of higher qualification and focused scope is why this description fits best. The other descriptions refer to general licensed nurses, dental professionals, or hospice care providers, none of whom universally carry the same level of advanced training or the same scope of independent practice.

8. Which concept concerns healthcare providers with diminished abilities endangering patient safety?

- A. Advance Directives**
- B. Impaired Coworkers**
- C. Licensure**
- D. Standards of Care**

The key idea here is recognizing and responding to a healthcare provider whose diminished abilities could put patients at risk. When a clinician is impaired—whether by illness, fatigue, medications, or substance use—the quality and safety of patient care can be compromised. The appropriate response focuses on protecting patients and guiding the colleague toward help, which may involve reporting and following established impairment-intervention procedures so the provider gets evaluated and treated and patients are kept safe. This centers on safety and accountability within professional practice. Advance directives, by contrast, relate to patient choices about future medical treatment. Licensure concerns whether a person is legally allowed to practice medicine. Standards of care describe how patients should be treated but don't specifically address how to handle an impaired coworker.

9. Which statement is correct about informed consent guidelines?

- A. Clients must consent to all care
- B. Implied consent is adequate for most aspects**
- C. Written consent is never required
- D. Nurses are not responsible for laws

Consent in healthcare hinges on patient autonomy and the level of risk involved in the planned care. In many routine, noninvasive situations, simply being present and cooperative signals agreement, which is known as implied consent. This is generally adequate for most aspects of ordinary care, where the actions are standard and unlikely to cause harm beyond what the patient expects. For invasive or high-risk procedures, explicit informed consent is required after the clinician explains the risks, benefits, and alternatives; this is typically obtained in writing and documented. The belief that a patient must consent to every single piece of care is too rigid, because emergencies and routine care can be covered by implied consent when the patient is able to participate. Written consent is not never required; certain procedures and research or highly risky interventions require a formal written record. Nurses are not exempt from laws governing consent; they have a responsibility to ensure capacity, provide information, obtain or confirm consent when appropriate, and document the process.

10. Primary prevention focuses on:

- A. Educating and equipping individuals to reduce risk factors for disease.**
- B. Diagnosing acute illnesses.
- C. Treating chronic conditions.
- D. Providing hospice care.

Primary prevention aims to prevent disease before it starts by reducing exposure to risk factors and promoting protective behaviors. Educating and equipping individuals to reduce risk factors for disease captures this idea because it focuses on stopping illness before it occurs, through actions like vaccination, health education, and lifestyle changes that lower the likelihood of developing disease. Diagnosing acute illnesses involves identifying a condition once it has begun, which is not prevention. Treating chronic conditions centers on managing diseases after they have developed, not preventing them. Providing hospice care focuses on comfort at the end of life, not preventing disease in the first place. Examples of primary prevention include immunizations, smoking cessation counseling, promoting physical activity, and safe food and environmental practices.

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://foundofprofessionalismcivility.examzify.com>

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

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