

FOUNDATIONS OF PROFESSIONALISM AND CIVILITY PRACTICE TEST (SAMPLE) STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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

<https://foundofprofessionalismcivility.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	15

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. Which level is defined as providing intermediate follow-up care to restore health, such as home health care or rehab centers?**
 - A. Primary health care
 - B. Preventive health care
 - C. Restorative health care
 - D. Continuing health care
- 2. A physician publishes a false report about a colleague that harms the colleague's reputation. Which term applies?**
 - A. Defamation of Character
 - B. Negligence
 - C. Breach of Confidentiality
 - D. Ethics
- 3. Which description defines restorative health care?**
 - A. Long-term care in clinics
 - B. Intermediate follow-up care for restoring health; home health care, rehab centers, and skilled nursing facilities
 - C. Acute hospital inpatient care
 - D. Immunization programs
- 4. A patient is confined against their will for several hours without a valid justification. Which term applies?**
 - A. False Imprisonment
 - B. Assault
 - C. Battery
 - D. Negligence
- 5. Which healthcare approach prioritizes the needs and preferences of patients in decision-making?**
 - A. Evidence-based practice
 - B. Patient-centered care
 - C. HIPPA
 - D. PSDA

- 6. Which level includes office or clinic visits and scheduled screenings such as vision and hearing?**
- A. Preventive health care
 - B. Primary health care
 - C. Secondary health care
 - D. Tertiary health care
- 7. Which step involves applying the chosen decision to the dilemma and evaluating the outcomes?**
- A. Apply this decision to the dilemma, and evaluate the outcomes
 - B. Gather information
 - C. Reflect on values
 - D. List and analyze options
- 8. Who can work at every level of care according to the material?**
- A. Only licensed health care personnel
 - B. Licensed and unlicensed health care personnel
 - C. Only physicians
 - D. Hospital administrators
- 9. What describes healthcare practice that integrates the best available evidence with clinical expertise and patient values?**
- A. Evidence-based practice
 - B. ADA
 - C. MHPA
 - D. PSDA
- 10. Consent forms should include which items?**
- A. Nature of illness or injury; Procedure or treatment consented to; Purpose of proposed treatment; Risks & probable consequences; Signatures of the patient, physician, & witnesses; Date the consent is signed
 - B. Patient's medical history and insurance details
 - C. Only the procedure to be performed
 - D. The nurse's notes and preferences

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. Which level is defined as providing intermediate follow-up care to restore health, such as home health care or rehab centers?

- A. Primary health care
- B. Preventive health care
- C. Restorative health care**
- D. Continuing health care

Restorative health care focuses on restoring health and function after illness or injury, providing intermediate follow-up care that helps a patient regain independence. It targets returning the person to the highest possible level of function and mobility, often through services like physical therapy, occupational therapy, speech therapy, skilled nursing, wound care, and home health or rehab-center programs. This stage sits after the acute treatment phase and before long-term, ongoing support. Primary health care is the initial point of contact and ongoing general care; preventive health care emphasizes preventing disease through screenings and vaccinations; continuing health care involves long-term, ongoing support for chronic conditions or disabilities. The restorative level is the one centered on recovery and regaining abilities, which is why it fits best with home health care or rehab settings.

2. A physician publishes a false report about a colleague that harms the colleague's reputation. Which term applies?

- A. Defamation of Character**
- B. Negligence
- C. Breach of Confidentiality
- D. Ethics

Defamation of character is the right concept here. It covers making a false statement about someone that harms that person's reputation and then publishing it so others see it. Writing a report about a colleague that is false and harms how others view them fits as defamation, and since it's in writing, it's the libel form of defamation. The crucial elements are a false statement presented as fact, publication to others, and harm to reputation; truth would be a defense, which isn't the case in this scenario. Negligence would involve careless actions that cause harm but not a false reputational claim. Breach of confidentiality involves sharing private information without permission, not making false statements about a person. Ethics is a broad term for moral principles, but the specific act described best aligns with defamation of character.

3. Which description defines restorative health care?

- A. Long-term care in clinics
- B. Intermediate follow-up care for restoring health; home health care, rehab centers, and skilled nursing facilities**
- C. Acute hospital inpatient care
- D. Immunization programs

Restorative health care focuses on returning a patient to their prior level of function after illness or injury. It follows the acute treatment phase and aims to rebuild strength, independence, and daily living skills through therapies and coordinated care in settings like home health visits, rehabilitation centers, or skilled nursing facilities. That emphasis on intermediate follow-up care designed to restore health and function is what makes this description the best fit. The other options describe activities that aren't about restoring function after illness. Long-term care in clinics generally centers on ongoing chronic disease management rather than rehabilitation after an acute event. Acute hospital inpatient care targets immediate treatment of severe conditions, not the recovery and functional restoration that follows. Immunization programs are preventive, aiming to prevent illness rather than restore health after it occurs.

4. A patient is confined against their will for several hours without a valid justification. Which term applies?

A. False Imprisonment

B. Assault

C. Battery

D. Negligence

Unlawful restraint of a person's freedom of movement is false imprisonment. Here, the patient is kept confined against their will for several hours without a legitimate justification or authorization, which means the person's autonomy was restricted without proper grounds. The defining idea is the intentional act of restraint without consent or lawful authority. By contrast, assault involves a threat of harm or an attempt to cause harmful contact, and battery is actual harmful contact, neither of which describe simply limiting someone's movement. Negligence refers to failing to exercise reasonable care, which is about care standards and harm, not about unlawful confinement. In healthcare, restraints or confinement should only occur with appropriate justification, consent, and safeguards; otherwise, it can expose the provider to legal and ethical violations.

5. Which healthcare approach prioritizes the needs and preferences of patients in decision-making?

A. Evidence-based practice

B. Patient-centered care

C. HIPPA

D. PSDA

The idea being tested is patient-centered care. This approach puts the patient's needs, values, and preferences at the heart of all decisions about their treatment. It means clinicians listen carefully, share information in understandable ways, and collaborate with patients to set goals and choose options that fit the individual's life and priorities. This active involvement and tailoring of care to the person is what makes it distinct.

Evidence-based practice, while it includes patient values, centers on integrating the best available research with clinical expertise. HIPAA focuses on protecting the privacy of health information, not on how decisions are made with the patient. PSDA (the Patient Self-Determination Act) supports patient autonomy and advance directives from a legal/policy angle, not the everyday practice of prioritizing patient preferences in decision-making.

6. Which level includes office or clinic visits and scheduled screenings such as vision and hearing?

A. Preventive health care

B. Primary health care

C. Secondary health care

D. Tertiary health care

Regular office visits and routine screenings like vision and hearing tests are hallmarks of primary health care. This level is built around first contact, ongoing and comprehensive care for individuals and families. It covers regular checkups, management of common illnesses, and preventive services that keep people healthy and catch problems early. Secondary health care involves specialist services after a referral and is more about targeted care for a specific condition, usually in a hospital or specialty setting. Tertiary health care is highly specialized, advanced treatment for complex diseases. Preventive health care refers to activities aimed at preventing illness, which can be delivered in primary care but the scenario described—routine visits and scheduled screenings as part of ongoing care—best fits primary health care.

7. Which step involves applying the chosen decision to the dilemma and evaluating the outcomes?

- A. Apply this decision to the dilemma, and evaluate the outcomes**
- B. Gather information
- C. Reflect on values
- D. List and analyze options

The main idea is putting the chosen course of action into practice and checking what happens. After gathering information, reflecting on values, and listing or weighing options, you reach the execution stage: you apply the selected decision to the dilemma and then evaluate the outcomes. This evaluation looks at whether the action achieved the desired effect, what unintended consequences might have occurred, and whether any adjustments are needed. This feedback loop is essential for accountability and for learning how to handle similar situations better in the future. The other steps focus on preparation—understanding the situation, grounding the choice in values, and exploring alternatives—so they precede action rather than involve implementing and assessing its impact.

8. Who can work at every level of care according to the material?

- A. Only licensed health care personnel
- B. Licensed and unlicensed health care personnel**
- C. Only physicians
- D. Hospital administrators

In healthcare, care at every level relies on a team approach where tasks are assigned according to scope of practice and supervision. Licensed health care personnel have formal credentials and take on the tasks that require specialized clinical judgment and skills. Unlicensed personnel assist across levels by handling routine, nonclinical tasks and basic patient support under supervision. This combination ensures that every level of care is covered: licensed clinicians address complex needs, while unlicensed staff provide essential everyday help, observation, and coordination, enabling efficient and safe care. The other possibilities don't fit because care can't be limited to licensed professionals alone, and physicians aren't the only ones involved in all levels of care. Hospital administrators aren't typically responsible for direct patient care across levels.

9. What describes healthcare practice that integrates the best available evidence with clinical expertise and patient values?

- A. Evidence-based practice**
- B. ADA
- C. MHPA
- D. PSDA

Evidence-based practice describes healthcare that integrates the best available research evidence with clinical expertise and the patient's values and preferences. This means decisions are guided by high-quality studies and data, but also consider what the clinician knows from experience and what matters most to the patient in their specific situation. This approach helps ensure care is scientifically sound while being patient-centered and tailored to individual goals. The other terms refer to different concepts not about combining evidence with clinician judgment and patient preferences. For example, the Americans with Disabilities Act protects civil rights for people with disabilities, the Mental Health Parity and Addiction Equity Act addresses parity in mental health benefits, and the Patient Self-Determination Act focuses on informing patients about advance directives.

10. Consent forms should include which items?

- A. Nature of illness or injury; Procedure or treatment consented to; Purpose of proposed treatment; Risks & probable consequences; Signatures of the patient, physician, & witnesses; Date the consent is signed
- B. Patient's medical history and insurance details
- C. Only the procedure to be performed
- D. The nurse's notes and preferences

Informed consent centers on the patient understanding what will be done, why it's proposed, and what could happen as a result, so they can voluntarily agree or refuse. The best answer captures the essential elements that must be documented to show that understanding and agreement occurred: the nature of the illness or injury prompting treatment, the specific procedure or treatment being consented to, the purpose of that treatment (why it's being recommended), the risks and probable consequences (what could go wrong or expected outcomes), and the signatures of the patient, the physician, and witnesses with the date the consent is signed. These items together create a verifiable record that the patient was informed and gave voluntary consent, which protects both patient autonomy and the provider. Other options miss important parts of this process. Medical history and insurance details belong in the patient's chart for care planning and billing, not in the consent form. Including only the procedure to be performed leaves out the purpose, risks, and the patient's agreement. Nurse notes and preferences aren't part of documenting consent and don't establish the patient's informed authorization.

SAMPLE

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!

SAMPLE