

Health CBE Practice Exam (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 of the following is generally NOT considered a club drug?**
 - A. GHB**
 - B. Marijuana**
 - C. Ecstasy**
 - D. Ketamine**

- 2. A child is choking. What should you do?**
 - A. Give back blows**
 - B. Give abdominal thrusts until the object is dislodged or the child becomes unresponsive**
 - C. Start chest compressions**
 - D. Call 911**

- 3. Which of the following is an infectious disease caused by a virus for which there is no vaccine?**
 - A. Flu**
 - B. Measles**
 - C. Cold**
 - D. Chickenpox**

- 4. The life skill 'Using Community Resources' means?**
 - A. finding the services that provide the six components of health**
 - B. memorizing emergency numbers**
 - C. diagnosing illnesses**
 - D. ignoring community services**

- 5. What type of influence is Amanda exerting on Manuel by trying to get him to cheat?**
 - A. Positive influence**
 - B. Negative influence by pressuring him into cheating**
 - C. Advice from a friend**
 - D. Neutral influence**

- 6. Which life skill emphasizes the importance of using analytical skills when reading the newspaper?**
- A. Reading the News Headlines**
 - B. Using Community Resources**
 - C. Making Great Decisions**
 - D. Evaluating Media Messages**
- 7. Leukemia is cancer that affects tissues that produce blood. Which cancer type does this describe?**
- A. Lymphoma**
 - B. Carcinoma**
 - C. Leukemia**
 - D. Sarcoma**
- 8. What does CVD stand for?**
- A. Cardiovascular disease**
 - B. Cerebrovascular disease**
 - C. Chronic vascular disease**
 - D. Cancer and vascular disease**
- 9. On an adult, where do you find the carotid pulse?**
- A. In the temple**
 - B. In the groove at the side of the neck**
 - C. In the wrist**
 - D. In the groin**
- 10. What is the term for the smoke that rises from the lit end of a tobacco pipe?**
- A. Mainstream smoke**
 - B. Sidestream smoke**
 - C. Secondhand smoke**
 - D. Thirdhand smoke**

Answers

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

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Explanations

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1. Which of the following is generally NOT considered a club drug?

A. GHB

B. Marijuana

C. Ecstasy

D. Ketamine

Club drugs are substances commonly used in nightlife to boost energy, sociability, and euphoria, often with rapid onset and a short-lived high. Ecstasy (MDMA), GHB, and ketamine all fit this pattern because they're frequently sought in party and club environments to enhance social connection, mood, or dissociation in a way that aligns with the club scene. Marijuana, however, is not typically categorized as a club drug. Its effects develop more slowly, tend to last longer, and its use is widespread beyond the club context, not tied as closely to the fast-paced, high-energy party experience. For that reason, marijuana is generally not considered a club drug.

2. A child is choking. What should you do?

A. Give back blows

B. Give abdominal thrusts until the object is dislodged or the child becomes unresponsive

C. Start chest compressions

D. Call 911

When a child is conscious and choking, the priority is to quickly relieve the airway obstruction by applying abdominal thrusts. This maneuver uses a quick upward pressure below the diaphragm to raise chest pressure and push the object out of the airway. You continue these thrusts until the object is dislodged or the child becomes unresponsive. If the child becomes unresponsive, you immediately begin CPR, check the mouth for the object as you open the airway, and continue with rescue breaths and chest compressions. The aim is to restore breathing as soon as possible by clearing the obstruction with abdominal thrusts.

3. Which of the following is an infectious disease caused by a virus for which there is no vaccine?

A. Flu

B. Measles

C. Cold

D. Chickenpox

The concept here is that vaccines exist for some viral infections but not for all. The common cold is caused by many different viruses—primarily rhinoviruses, but also coronaviruses and others. Because there are so many distinct viruses and they vary a lot, creating a single vaccine that protects against all of them isn't feasible. That's why there's no vaccine for the common cold. In contrast, diseases like influenza, measles, and chickenpox are each caused by more specific viruses for which vaccines have been developed and implemented. Influenza vaccines target circulating flu strains each season, measles has an effective measles vaccine as part of the MMR vaccination, and chickenpox has a vaccine against varicella-zoster virus.

4. The life skill 'Using Community Resources' means?

- A. finding the services that provide the six components of health**
- B. memorizing emergency numbers**
- C. diagnosing illnesses**
- D. ignoring community services**

Using Community Resources means knowing what help is available in your community and how to access it to support all parts of health. It involves locating services that address physical, mental, social, emotional, environmental, and other health needs. The option that describes finding services that provide the six components of health best captures this idea. Memorizing emergency numbers, diagnosing illnesses, or ignoring community services aren't about using resources to support health in the broader sense.

5. What type of influence is Amanda exerting on Manuel by trying to get him to cheat?

- A. Positive influence**
- B. Negative influence by pressuring him into cheating**
- C. Advice from a friend**
- D. Neutral influence**

Influence can be positive, negative, or neutral. In this case, Amanda's actions push Manuel toward cheating, which is negative influence. She's not just sharing a thought or offering harmless advice; she's applying pressure to get him to do something dishonest. That coercive aspect undermines his ability to make a free, ethical choice and promotes harm to integrity and trust. If she were encouraging him to act honestly or simply sharing information without urging him to cheat, it would be a different kind of influence—positive or neutral, depending on the context.

6. Which life skill emphasizes the importance of using analytical skills when reading the newspaper?

- A. Reading the News Headlines**
- B. Using Community Resources**
- C. Making Great Decisions**
- D. Evaluating Media Messages**

Evaluating media messages is about applying analytical thinking to what you read in the news. It involves looking beyond the surface, examining how information is framed, identifying sources, checking for bias or sensationalism, and deciding what is credible based on evidence. This skill helps you discern facts from opinions and understand how presentation can influence your perception, which is essential when reading newspapers. Reading headlines alone tends to be quick and can mislead because headlines are designed to grab attention, not convey full context. Using community resources is about finding help or services, not about analyzing the content of media. Making great decisions is broad and includes many skills, but it isn't specifically focused on critically evaluating media messages. Therefore, evaluating media messages best captures the goal of using analytical skills when reading the newspaper.

7. Leukemia is cancer that affects tissues that produce blood. Which cancer type does this describe?

- A. Lymphoma**
- B. Carcinoma**
- C. Leukemia**
- D. Sarcoma**

Cancer types are named by where they originate. Leukemia is cancer that starts in the tissues that produce blood, mainly the bone marrow, and involves abnormal production of blood cells. That makes it the one that matches the description of a cancer affecting blood-forming tissues. The other major types involve different tissues: lymphoma arises in lymphatic tissue like lymph nodes, carcinoma starts in epithelial surfaces, and sarcoma arises from connective tissues such as bone or muscle.

8. What does CVD stand for?

- A. Cardiovascular disease**
- B. Cerebrovascular disease**
- C. Chronic vascular disease**
- D. Cancer and vascular disease**

CVD stands for cardiovascular disease, a broad label for conditions that affect the heart and the blood vessels. It's the standard expansion used in medical and public health contexts, encompassing disorders like coronary artery disease, heart failure, and various vascular problems. Cerebrovascular disease specifically refers to the brain's blood vessels and related conditions such as stroke, which is related but not the usual meaning of CVD. Chronic vascular disease and the phrase cancer and vascular disease aren't standard terms. So the best, most widely used interpretation is cardiovascular disease.

9. On an adult, where do you find the carotid pulse?

- A. In the temple**
- B. In the groove at the side of the neck**
- C. In the wrist**
- D. In the groin**

The carotid pulse is felt in the groove on the side of the neck because the common carotid artery runs up the neck there, just beneath the skin and beside the trachea, near the edge of the sternocleidomastoid muscle. This makes it the most accessible place to palpate a strong, reliable pulse in adults. The temple pulse comes from the temporal artery, the wrist pulse is the radial artery, and the groin pulse is the femoral artery, so those areas correspond to different arteries.

10. What is the term for the smoke that rises from the lit end of a tobacco pipe?

- A. Mainstream smoke**
- B. Sidestream smoke**
- C. Secondhand smoke**
- D. Thirdhand smoke**

Smoke rising from the lit end of a burning pipe is sidestream smoke. It's the portion produced directly by the burning tobacco as it combusts, entering the surrounding air without being inhaled by the smoker. Mainstream smoke is what the smoker inhales through the mouth and then exhales, while secondhand smoke is the overall exposure to others from both exhaled mainstream smoke and sidestream smoke. Thirdhand smoke refers to residues left on surfaces and dust after smoking. So the term for the smoke coming off the lit end is sidestream smoke.

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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://healthcbe.examzify.com>

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

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