

HEALTH CBE PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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. 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

- 2. When is a tourniquet appropriate?**
 - A. To treat a nosebleed.
 - B. Only in a life-threatening emergency when all other ways to control bleeding have failed.
 - C. For minor cuts.
 - D. As a routine first aid measure for bruises.

- 3. If a person stops smoking and remains abstinent for five years, their cancer risk relative to a current smoker is best described as what?**
 - A. Higher
 - B. The same
 - C. Slightly higher
 - D. Significantly lower

- 4. What causes infectious diseases?**
 - A. Hormones
 - B. Diet
 - C. Genetics
 - D. Microorganisms

- 5. What is a key outcome of effective risk communication in healthcare?**
 - A. Improved consent and adherence to treatment.
 - B. Increased patient confusion.
 - C. Reduced patient autonomy.
 - D. Elimination of all risk.

- 6. What is the normal adult resting heart rate range?**
- A. 50-90 beats per minute
 - B. 70-110 beats per minute
 - C. 60-100 beats per minute
 - D. 40-80 beats per minute
- 7. What is the primary role of epidemiology in clinical practice?**
- A. Cure diseases quickly
 - B. Identify disease patterns, risk factors, and outcomes to guide prevention and health policy
 - C. Schedule hospital staffing
 - D. Prescribe antibiotics appropriately
- 8. Which of the following options correctly identifies a list commonly considered as club drugs?**
- A. LSD
 - B. Nicotine
 - C. GHB, ketamine, and ecstasy
 - D. Ibuprofen
- 9. Why is alcohol considered a dangerous drug?**
- A. It can change the way the body functions
 - B. It has no effect on the nervous system
 - C. It always improves judgment
 - D. It only harms the liver
- 10. Having satisfying relationships is a good example of which type of health?**
- A. Emotional health
 - B. Physical health
 - C. Social health
 - D. Mental health

Answers

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

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Explanations

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1. 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.

2. When is a tourniquet appropriate?

- A. To treat a nosebleed.
- B. Only in a life-threatening emergency when all other ways to control bleeding have failed.**
- C. For minor cuts.
- D. As a routine first aid measure for bruises.

Tourniquets are a last-resort tool for stopping life-threatening bleeding from a limb when direct pressure cannot control the bleed or when rapid blood loss threatens the person's life. They're not used for routine or minor bleeds, such as nosebleeds, small cuts, or bruises, because these injuries can usually be managed with simpler methods and carry less risk of complications. A tourniquet carries its own risks, including tissue and nerve damage, so it's reserved for severe cases and should be applied by someone with appropriate training. In this context, the best choice describes using a tourniquet only in a life-threatening emergency when all other ways to control bleeding have failed.

3. If a person stops smoking and remains abstinent for five years, their cancer risk relative to a current smoker is best described as what?

- A. Higher
- B. The same
- C. Slightly higher
- D. Significantly lower**

Stopping smoking and remaining abstinent for five years lowers cancer risk compared with continuing to smoke. When exposure to tobacco carcinogens ends, the body begins repairing damage and the ongoing promotion of cancerous changes slows. For many cancer types (such as those of the mouth, throat, esophagus, bladder, kidney, and pancreas), risk drops considerably within a few years of quitting, and by five years the relative risk is notably lower than that of someone who continues to smoke. It's important to note that while the risk for some cancers, including lung cancer, remains higher than in never-smokers, it is still significantly reduced compared with ongoing smoking. So, five years after quitting, the overall cancer risk is best described as significantly lower than that of a current smoker.

4. What causes infectious diseases?

- A. Hormones
- B. Diet
- C. Genetics
- D. Microorganisms**

Infectious diseases are caused by microorganisms such as bacteria, viruses, fungi, and parasites that invade the body and multiply, producing illness. These agents are the direct culprits behind infection, which is why the disease occurs when a pathogen enters and replicates in our tissues, triggering symptoms and an immune response. For example, a virus like influenza causes illness because it infects respiratory cells, a bacterium like *Streptococcus* can cause strep throat, a fungus like *Candida* can lead to candidiasis, and a malaria parasite infects red blood cells. Hormones, diet, and genetics can influence how we respond to infections or how severe they are, or how easily we become infected, but they are not the actual cause of infectious diseases. Hormonal changes can alter immune function, nutritional status can affect immune resilience, and genetic factors can shape susceptibility, yet the root cause remains the presence and activity of microorganisms.

5. What is a key outcome of effective risk communication in healthcare?

- A. Improved consent and adherence to treatment.**
- B. Increased patient confusion.
- C. Reduced patient autonomy.
- D. Elimination of all risk.

Effective risk communication is about helping patients understand the chances and implications of potential outcomes so they can make informed choices about their care. When patients truly grasp the risks, benefits, and alternatives, they can give informed consent and are more likely to follow through with the chosen treatment plan, leading to better adherence. This approach also strengthens trust and engagement, which supports ongoing participation in care. It wouldn't increase confusion; clear, patient-friendly explanations reduce misunderstanding. It also respects autonomy because patients are making decisions based on a clear understanding of risks and options. And it cannot eliminate all risk—risk is inherent in medical care, though its impact can be clarified and managed.

6. What is the normal adult resting heart rate range?

- A. 50-90 beats per minute
- B. 70-110 beats per minute
- C. 60-100 beats per minute**
- D. 40-80 beats per minute

Resting heart rate is the number of times your heart beats per minute when you're at rest. For healthy adults, the normal resting range is about 60 to 100 beats per minute. This range reflects typical autonomic nervous system control: the parasympathetic system lowers the rate while the sympathetic system can raise it. Highly trained athletes often have resting rates below 60 due to a stronger, more efficient heart, while rates consistently above 100 at rest can indicate tachycardia and may warrant evaluation if accompanied by other symptoms. To measure accurately, rest quietly for several minutes in a calm environment and avoid recent caffeine or nicotine.

7. What is the primary role of epidemiology in clinical practice?

- A. Cure diseases quickly
- B. Identify disease patterns, risk factors, and outcomes to guide prevention and health policy**
- C. Schedule hospital staffing
- D. Prescribe antibiotics appropriately

Understanding how diseases occur and spread in populations helps clinicians see who is at risk, what outcomes are likely, and which factors influence those outcomes. This population-level view guides prevention efforts, screening decisions, vaccination strategies, and health policy, shaping how resources are allocated and which interventions are prioritized. That's why identifying disease patterns, risk factors, and outcomes to guide prevention and health policy is the best fit. Curing diseases quickly is driven by treatment, hospital staffing falls under operations, and prescribing antibiotics is about individual patient management and therapeutics—areas that, while informed by epidemiology, are not the primary role of epidemiology itself.

8. Which of the following options correctly identifies a list commonly considered as club drugs?

- A. LSD
- B. Nicotine
- C. GHB, ketamine, and ecstasy**
- D. Ibuprofen

Club drugs are substances commonly used in nightlife settings to alter mood and perception. GHB, ketamine, and ecstasy (MDMA) fit this category because they are well-known for their popularity in clubs and their effects that many seek in party environments—MDMA often increases energy, sociability, and empathy; ketamine can produce dissociative, perceptual, and out-of-body sensations; and GHB acts as a depressant with sedative and euphoric effects. In contrast, LSD is primarily a hallucinogen, nicotine is a stimulant tied to tobacco use rather than nightlife culture, and ibuprofen is a plain pain reliever, not a recreational drug. So the cluster of GHB, ketamine, and ecstasy is the list most commonly associated with club drugs, reflecting their distinct roles in nightlife.

9. Why is alcohol considered a dangerous drug?

- A. It can change the way the body functions
- B. It has no effect on the nervous system
- C. It always improves judgment**
- D. It only harms the liver

Alcohol is a depressant that changes how the brain and body work. It directly affects the nervous system, impairing thinking, reaction time, balance, and decision-making. That's why it can be dangerous: even small amounts can lead to poorer judgments and slower responses, increasing the risk of accidents and harm. The idea that it has no effect on the nervous system is incorrect, and the notion that it always improves judgment is false. Saying it only harms the liver misses all the other ways alcohol can affect the brain and other organs. In short, alcohol changes how the body functions, especially brain function, which explains its potential danger.

10. Having satisfying relationships is a good example of which type of health?

A. Emotional health

B. Physical health

C. Social health

D. Mental health

The idea being tested is how emotional well-being is shaped by our relationships. Satisfying relationships contribute to emotional health because they provide emotional support, reduce stress, and boost mood and self-worth. When you feel connected, trusted, and understood, you're better able to express your feelings, cope with challenges, and maintain a stable mood—all hallmarks of strong emotional health. So, the best match is emotional health since the positive emotional state and resilience that come from supportive relationships reflect how well you manage and experience emotions. While good relationships can also enhance social functioning, the emphasis here is on the emotional experience and well-being they foster.

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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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