

# Healthcare Academy Practice Exam (Sample)

## Study Guide



**Everything you need from our exam experts!**

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# Table of Contents

|                                    |           |
|------------------------------------|-----------|
| <b>Copyright</b> .....             | <b>1</b>  |
| <b>Table of Contents</b> .....     | <b>2</b>  |
| <b>Introduction</b> .....          | <b>3</b>  |
| <b>How to Use This Guide</b> ..... | <b>4</b>  |
| <b>Questions</b> .....             | <b>5</b>  |
| <b>Answers</b> .....               | <b>8</b>  |
| <b>Explanations</b> .....          | <b>10</b> |
| <b>Next Steps</b> .....            | <b>16</b> |

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

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- 1. What is the impact of adequate protein on wound healing?**
  - A. Adequate protein supports tissue repair and immune function; malnutrition impairs healing**
  - B. Protein has no effect on wound healing**
  - C. High protein intake delays healing**
  - D. Protein only affects immune function, not tissue repair**
  
- 2. What does medical coding involve?**
  - A. Codes used for diagnoses AND procedures given to a patient**
  - B. Codes used for medications only**
  - C. Billing codes only**
  - D. Lab tests only**
  
- 3. Which of the following are types of transmission-based precautions?**
  - A. Contact precautions**
  - B. Droplet precautions**
  - C. Airborne precautions**
  - D. All of the above**
  
- 4. Which device is most appropriate for delivering low to moderate oxygen concentration with monitoring and prescription?**
  - A. Nasal cannula**
  - B. Non-rebreather mask**
  - C. Simple face mask**
  - D. Venturi mask**
  
- 5. What best describes isotonic fluid and when is it typically used?**
  - A. Fluid with higher osmolality than plasma used to draw water from cells.**
  - B. Fluid with the same osmolality as plasma (e.g., normal saline) used to expand extracellular fluid volume.**
  - C. Fluid with lower osmolality than plasma used to hydrate cells intravenously.**
  - D. Fluid that contains no electrolytes and is hypotonic.**

- 6. What percentage of lesions were calcified in Confirm I?**
- A. 92%**
  - B. 97%**
  - C. 85%**
  - D. 99%**
- 7. Which statement about signs of postoperative infection at the surgical site is most accurate?**
- A. Shortness of breath and chest pain.**
  - B. Increased appetite and fatigue without fever.**
  - C. Redness, warmth, drainage, and fever.**
  - D. Cough and nasal congestion.**
- 8. Which statement about PPE usage is least accurate?**
- A. PPE is designed to protect the wearer from exposure.**
  - B. PPE should be disposed of after use according to protocol.**
  - C. PPE should be removed in a way that minimizes contamination.**
  - D. PPE should be reused across patients without decontamination.**
- 9. What are the essential steps of performing CPR on an adult?**
- A. Check responsiveness, call for help, start chest compressions at a rate of 100-120 per minute and depth about 2 inches, provide rescue breaths if trained, use an AED as soon as available**
  - B. Check responsiveness, call for help, pause for breathing assessment, then call EMS**
  - C. Check pulse for a minute, then start chest compressions**
  - D. Start chest compressions immediately without calling for help**
- 10. What is the purpose of sterile technique in wound care?**
- A. To prevent infection by eliminating microorganisms from the environment, equipment, and hands.**
  - B. To speed wound healing by immobilizing the patient.**
  - C. To ensure patient comfort during dressing changes.**
  - D. To sterilize internal body tissues.**

## **Answers**

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

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## **Explanations**

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## 1. What is the impact of adequate protein on wound healing?

- A. Adequate protein supports tissue repair and immune function; malnutrition impairs healing
- B. Protein has no effect on wound healing**
- C. High protein intake delays healing
- D. Protein only affects immune function, not tissue repair

Adequate protein is essential for wound healing because it provides the building blocks for tissue repair and supports immune defense. Healing requires collagen synthesis, new tissue formation, and immune cells to prevent infection; all of these processes depend on a steady supply of amino acids from protein. When protein intake is sufficient, nitrogen balance is positive, supporting robust collagen deposition, granulation tissue, and stronger wound tensile strength. Conversely, protein malnutrition causes negative nitrogen balance, impaired collagen formation, delayed wound contraction, and higher infection risk, all slowing healing. So the best answer reflects that adequate protein promotes tissue repair and that malnutrition impairs healing. A statement claiming no effect or that high protein delays healing contradicts well-established physiology and clinical observations.

## 2. What does medical coding involve?

- A. Codes used for diagnoses AND procedures given to a patient**
- B. Codes used for medications only
- C. Billing codes only
- D. Lab tests only

Medical coding is the process of turning what happened during a patient encounter into standardized codes used in health records, billing, and data analysis. It encompasses codes for both diagnoses and procedures—the diagnosis codes (ICD-10-CM) describe what conditions the patient has, and the procedure codes (CPT/HCPCS) describe the services or interventions performed. This dual scope is what makes the correct choice best: it reflects the full range of coding needed to represent patient care, not just medications, billing codes, or lab tests treated in isolation. Medications, billing-specific codes, and lab test identifiers exist in related systems, but the central task of medical coding is to capture both diagnosed conditions and the procedures or services provided.

**3. Which of the following are types of transmission-based precautions?**

- A. Contact precautions**
- B. Droplet precautions**
- C. Airborne precautions**
- D. All of the above**

Transmission-based precautions come in three main forms, each targeting a different path your patient's infection might take. These are contact precautions, droplet precautions, and airborne precautions. Because infections can spread by direct or indirect contact, by larger respiratory droplets, or by smaller airborne particles, you apply the specific precaution that matches the transmission route. If a pathogen spreads by contact, you use contact precautions (gloves and gown). If it spreads by droplets, you use droplet precautions (mask within close range, plus eye protection as needed). If it spreads by airborne particles, you use airborne precautions (N95 respirator or higher, and a negative-pressure room). Since all three categories exist, the correct choice is all of the above.

**4. Which device is most appropriate for delivering low to moderate oxygen concentration with monitoring and prescription?**

- A. Nasal cannula**
- B. Non-rebreather mask**
- C. Simple face mask**
- D. Venturi mask**

When the goal is to deliver a low to moderate amount of oxygen with the ability to monitor and adjust based on a prescription, a nasal cannula is the best fit. It allows oxygen to be delivered at low flow rates, typically 1-6 L/min, which translates to roughly 24-40% FiO<sub>2</sub> depending on the flow and the patient's breathing pattern. This setup is easy to titrate to the prescribed target, enabling ongoing adjustments as the patient's needs change, while remaining comfortable and nonrestrictive so the patient can speak, eat, and move as needed. The other options are less ideal for this scenario. A non-rebreather mask can supply very high FiO<sub>2</sub> but requires a good seal and is not suited for precise, gradual titration at lower concentrations. A simple face mask provides a moderate and somewhat unpredictable FiO<sub>2</sub> and can risk CO<sub>2</sub> buildup at lower flows. A Venturi mask offers precise FiO<sub>2</sub> control, but it's more specialized and typically used when exact concentrations are required, not just low-to-moderate, ongoing oxygen therapy.

5. What best describes isotonic fluid and when is it typically used?
- A. Fluid with higher osmolality than plasma used to draw water from cells.
  - B. Fluid with the same osmolality as plasma (e.g., normal saline) used to expand extracellular fluid volume.**
  - C. Fluid with lower osmolality than plasma used to hydrate cells intravenously.
  - D. Fluid that contains no electrolytes and is hypotonic.

Isotonic fluids have osmolality similar to that of plasma, so they do not cause water to move into or out of cells. Because of this balance, they stay mainly in the extracellular space, especially the intravascular compartment, and effectively expand extracellular fluid volume. Normal saline is the classic example. This makes isotonic fluids ideal for volume resuscitation and for maintaining circulating volume in dehydration, blood loss, or shock without causing cellular swelling or shrinking. In contrast, fluids with higher osmolality draw water out of cells, while those with lower osmolality draw water into cells; a hypotonic solution with no electrolytes is not isotonic and does not reliably expand the intravascular volume.

6. What percentage of lesions were calcified in Confirm I?
- A. 92%
  - B. 97%**
  - C. 85%
  - D. 99%

The key idea here is that the percentage tells you what portion of all lesions showed calcification. You get this by dividing the number of calcified lesions by the total number of lesions and multiplying by 100. In Confirm I, calcification occurs in almost every case, so the correct choice is the one that represents a very high percentage—nearly universal calcification across lesions. The other numbers indicate much lower rates and don't align with that pattern. Remember the simple formula: (calcified lesions ÷ total lesions) × 100.

7. Which statement about signs of postoperative infection at the surgical site is most accurate?

- A. Shortness of breath and chest pain.
- B. Increased appetite and fatigue without fever.
- C. Redness, warmth, drainage, and fever.**
- D. Cough and nasal congestion.

Recognizing infection at a surgical site comes from noticing both local inflammatory signs and a systemic response. Redness and warmth around the wound show increased blood flow and inflammation at the area. Drainage, especially if it's purulent, suggests bacterial involvement in the wound. Fever indicates the body's systemic response to infection. When these elements appear together, they point to a postoperative wound infection. The other options don't fit this pattern: shortness of breath and chest pain are not wound-specific signs and point to cardiopulmonary issues or embolism. Increased appetite with fatigue is not typical of infection, which usually brings reduced appetite and fever. Cough and nasal congestion are respiratory symptoms unrelated to wound infection.

8. Which statement about PPE usage is least accurate?

- A. PPE is designed to protect the wearer from exposure.
- B. PPE should be disposed of after use according to protocol.
- C. PPE should be removed in a way that minimizes contamination.
- D. PPE should be reused across patients without decontamination.**

PPE is a barrier that protects the wearer from exposure to infectious agents. After each patient encounter, PPE should be disposed of according to protocol or properly decontaminated if it is a reusable item, and you must remove it in a way that minimizes contamination. Reusing PPE across patients without decontamination contradicts infection-control fundamentals, because it would carry pathogens from one patient to the next and defeat the purpose of the protective barrier. In practice, most PPE is single-use, and any reusable items must be decontaminated between patients following approved procedures. That makes the statement about reusing across patients without decontamination the least accurate.

**9. What are the essential steps of performing CPR on an adult?**

- A. Check responsiveness, call for help, start chest compressions at a rate of 100-120 per minute and depth about 2 inches, provide rescue breaths if trained, use an AED as soon as available**
- B. Check responsiveness, call for help, pause for breathing assessment, then call EMS**
- C. Check pulse for a minute, then start chest compressions**
- D. Start chest compressions immediately without calling for help**

Performing CPR on an adult hinges on quickly assessing the situation, summoning help, and delivering high-quality chest compressions while using an AED as soon as it's available. The best sequence starts with checking responsiveness, calling for help, and getting an AED. Then begin chest compressions right away at a rate of 100-120 per minute and a depth of about 2 inches (5 cm), allowing the chest to recoil fully between pushes. If you're trained, provide rescue breaths to go with the compressions, typically a 30:2 ratio, though hands-only CPR is acceptable for bystanders who aren't trained or are uncomfortable giving breaths. As soon as an AED arrives, apply it and follow the prompts. Other options don't fit because pausing to assess breathing can delay meaningful action, checking a pulse for a full minute is unreliable and slows response, and starting compressions without calling for help (or without using an AED) delays lifesaving defibrillation.

**10. What is the purpose of sterile technique in wound care?**

- A. To prevent infection by eliminating microorganisms from the environment, equipment, and hands.**
- B. To speed wound healing by immobilizing the patient.**
- C. To ensure patient comfort during dressing changes.**
- D. To sterilize internal body tissues.**

Sterile technique in wound care aims to prevent infection by keeping the wound and surrounding field free of microorganisms. By using sterile gloves, instruments, dressings, and maintaining a clean environment, health care providers minimize the chance that pathogens are introduced into the wound during dressing changes or other manipulations. This protective approach is essential because infection can impair healing, increase discomfort, and lead to more serious complications if bacteria invade deeper tissues. Therefore, the purpose is to prevent infection by eliminating microorganisms from the environment, equipment, and hands. Sterile technique does not speed healing by immobilizing the patient, does not directly improve comfort during dressings, and cannot sterilize internal body tissues.

## 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](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://healthcareacademy.examzify.com>**

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

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