

HISTORY AND PHYSICAL (H&P) EXAM 1 PRACTICE (SAMPLE)

STUDY GUIDE



Prepare with structure. Pass with confidence



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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. PSHx stands for which concept?**
 - A. Past surgical history
 - B. Present surgical history
 - C. Personal surgical history
 - D. Procedure status history
- 2. The 'Setting in which it occurs' attribute refers to which of the following?**
 - A. Time of day
 - B. Environment or situation in which the symptom occurs
 - C. Location
 - D. Severity
- 3. What is the number one thing to prevent infection transmission?**
 - A. Vaccination
 - B. Isolation
 - C. Handwashing
 - D. Antibiotics
- 4. Paternalism in medical care refers to?**
 - A. Shared decision making
 - B. Where the provider calls all the shots
 - C. Ignoring patient concerns
 - D. Patient-physician collaboration
- 5. Pyrexia refers to what condition?**
 - A. Fever, elevated body temperature
 - B. Hypothermia
 - C. No fever present
 - D. Normal body temperature
- 6. Which BMI category corresponds to a BMI less than 18.5?**
 - A. Underweight
 - B. Normal BMI
 - C. Overweight BMI
 - D. Obese 1 BMI

- 7. Which cranial nerve would be most affected if eye movement commands were impaired and pupil constriction was affected?**
- A. Abducens nerve (CN VI)
 - B. Trigeminal nerve (CN V)
 - C. Trochlear nerve (CN IV)
 - D. Oculomotor nerve (CN III)
- 8. Which of the following is an example of a patch?**
- A. Cafe au lait
 - B. Freckle
 - C. Nevus
 - D. Blister
- 9. Which statement is true about the canal of Schlemm?**
- A. It stores tears
 - B. It is the drainage pathway for aqueous humor
 - C. It produces aqueous humor
 - D. It filters blood to nourish the retina
- 10. Which statement accurately describes the submental lymph node location?**
- A. Submental lymph nodes are located in the midline a few centimeters behind the tip of the mandible
 - B. Submental lymph nodes are located midway between the angle and the tip of the mandible
 - C. Submental lymph nodes are located near the ear
 - D. Submental lymph nodes are located along the sternocleidomastoid

Answers

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

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Explanations

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1. PSHx stands for which concept?

- A. Past surgical history**
- B. Present surgical history
- C. Personal surgical history
- D. Procedure status history

In medical documentation, PSHx denotes Past Surgical History. It records surgeries the patient has had in the past and is part of the patient's past medical history that helps clinicians assess risks for anesthesia, potential complications, and how prior surgeries might affect current treatment or recovery. This term specifically refers to previous operations rather than anything happening now, and it is distinct from terms that aren't standard or defined as surgical history in the past. The other options don't fit standard usage: present surgical history isn't a recognized category in typical notes, personal surgical history and procedure status history aren't commonly used terms for this field.

2. The 'Setting in which it occurs' attribute refers to which of the following?

- A. Time of day
- B. Environment or situation in which the symptom occurs**
- C. Location
- D. Severity

The setting in which it occurs means the environment or situation surrounding the symptom—the context of what's happening when it appears. It captures where, when, and under what circumstances the symptom shows up, such as during activity, at rest, indoors versus outdoors, or with certain triggers. This context helps distinguish conditions that can feel similar but arise in different circumstances. For example, chest pain that begins with exertion and improves with rest points toward a cardiac ischemic process, while pain that occurs after meals might suggest a GI cause. The other attributes are different: time of day refers to when within the day it happens, location indicates where in the body the symptom is felt, and severity describes how intense the symptom is.

3. What is the number one thing to prevent infection transmission?

- A. Vaccination
- B. Isolation
- C. Handwashing**
- D. Antibiotics

Hand hygiene is the most effective way to prevent infection transmission. When you wash your hands with soap and water or use an alcohol-based hand sanitizer, you remove or kill the pathogens on your hands, which are the main vehicle for spreading germs between people, surfaces, and mucous membranes. This simple, quick action interrupts the chain of transmission in almost all settings and for many different pathogens, making it the single best preventive measure. Vaccination helps reduce disease and transmission at the population level, but it does not stop every transmission scenario for every pathogen, and it relies on vaccination coverage and vaccine effectiveness. Isolation is important for controlling outbreaks and protecting others, but it requires proper implementation and isn't a daily, universal habit like handwashing. Antibiotics treat infections but do not prevent spread and, if overused, can drive resistance.

4. Paternalism in medical care refers to?

- A. Shared decision making
- B. Where the provider calls all the shots**
- C. Ignoring patient concerns
- D. Patient-physician collaboration

Paternalism in medical care means the clinician makes the medical decisions for the patient, assuming what's best and limiting the patient's input or autonomy. It's the idea that the provider's judgment should "call the shots" without—or with minimal—patient involvement. This view reflects a protective stance, but it can override the patient's values and preferences. In modern practice, emphasis is on autonomy and informed consent, with shared decision making that involves discussing options, risks, and benefits and incorporating the patient's goals. The description that best fits paternalism is the one where the provider calls all the shots, since it centers decision-making authority with the clinician rather than the patient.

5. Pyrexia refers to what condition?

- A. Fever, elevated body temperature**
- B. Hypothermia
- C. No fever present
- D. Normal body temperature

Pyrexia refers to fever, an elevation of the body's core temperature in response to infection or inflammation. This happens when pyrogens raise the hypothalamic set point, prompting the body to generate and conserve heat to reach a higher temperature. Fever helps the immune system fight pathogens. It's different from hypothermia (low body temperature) and from a normal, afebrile state. Clinically, fever is typically defined as a temperature above the normal range (commonly about 38°C or 100.4°F), depending on measurement method.

6. Which BMI category corresponds to a BMI less than 18.5?

- A. Underweight**
- B. Normal BMI
- C. Overweight BMI
- D. Obese 1 BMI

BMI categories classify body mass based on height and weight. A BMI under 18.5 is categorized as underweight. This threshold comes from the standard ranges used to identify people who may have insufficient body mass relative to height, which can be a signal of nutritional risk or underlying health issues. The calculation is BMI = weight in kilograms divided by height in meters squared. Normal weight falls from 18.5 to 24.9, overweight from 25 to 29.9, and obesity begins at 30 and higher. So a BMI of less than 18.5 fits best with underweight because it lies below the normal lower limit.

7. Which cranial nerve would be most affected if eye movement commands were impaired and pupil constriction was affected?

- A. Abducens nerve (CN VI)
- B. Trigeminal nerve (CN V)
- C. Trochlear nerve (CN IV)
- D. Oculomotor nerve (CN III)**

Eye movement and pupil constriction rely on the same nerve: the one that supplies most of the extraocular muscles and carries parasympathetic fibers to the pupil. This nerve not only moves the eye but also controls the sphincter pupillae, which constricts the pupil, and the ciliary muscle, which adjusts lens shape for accommodation. When this nerve is impaired, you expect a combination of limited eye movements and a pupil that cannot constrict properly (often dilated and poorly reactive). The other nerves don't provide both motor control of most eye movements and pupil constriction: one moves only the lateral rectus, another moves only the superior oblique, and the trigeminal is mainly sensory (and jaw/mastication muscles), not controlling pupil size. Thus, the nerve that best fits both deficits is the oculomotor nerve.

8. Which of the following is an example of a patch?

- A. Cafe au lait**
- B. Freckle
- C. Nevus
- D. Blister

A patch is a flat, non-palpable color change in the skin that is at least 1 cm in diameter. Cafe-au-lait spots fit this definition because they are flat, uniformly pigmented areas that are typically larger than 1 cm and present from birth or early childhood. Freckles are small pigmented spots usually under 1 cm, classified as macules. A nevus (mole) is typically raised, though some flat types exist, but the common teaching emphasizes a raised lesion. A blister is a raised, fluid-filled lesion, not a color change. So cafe-au-lait is the example that matches a patch.

9. Which statement is true about the canal of Schlemm?

- A. It stores tears
- B. It is the drainage pathway for aqueous humor**
- C. It produces aqueous humor
- D. It filters blood to nourish the retina

Schlemm's canal is part of the eye's aqueous humor outflow pathway. Aqueous humor is produced by the ciliary body, flows into the posterior chamber, through the pupil into the anterior chamber, and exits mainly by passing through the trabecular meshwork into Schlemm's canal. From there, it drains into collector channels and the scleral venous sinus/episcleral veins, helping regulate intraocular pressure. Tears and their drainage involve the lacrimal apparatus, not Schlemm's canal, and the retina is nourished by its own retinal and choroidal blood supply, not by Schlemm's canal.

10. Which statement accurately describes the submental lymph node location?

- A. Submental lymph nodes are located in the midline a few centimeters behind the tip of the mandible
- B. Submental lymph nodes are located midway between the angle and the tip of the mandible
- C. Submental lymph nodes are located near the ear
- D. Submental lymph nodes are located along the sternocleidomastoid

Submental lymph nodes sit in the midline under the chin, in the submental triangle between the anterior bellies of the digastric muscles. They're a few centimeters behind the tip of the mandible, which places them at the chin's midline rather than off to the sides or higher up in the neck. This location makes them the first-order drainage for areas like the lower lip, floor of the mouth, tongue tip, and chin. This helps explain why the other descriptions don't fit: being midway between the angle and tip of the mandible refers to the submandibular group, which runs along the lower border of the mandible; near the ear points to preauricular/parotid regions; along the sternocleidomastoid points to other cervical groups.

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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://historyandphysical1.examzify.com>

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

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