Holistic Exam 4 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

1. Bronchovesicular breath sounds are best heard in which location and with which pattern?

A. Heard in the peripheral lung fields; inspiration is louder than expiration.

B. Heard in the trachea; inspiration is quieter than expiration.

C. Heard in the lower lobes; inspiration is equal to expiration.

D. Heard in the upper sternum; inspiration is equal to expiration.

2. Which age group has the normal respiratory rate of 15-20 breaths per minute?

A. Newborn

B. Infants

C. Adolescents

D. Older adults

3. Which statement best describes the lymphatic system's overall role?

A. It maintains fluid balance and participates in immune defense.

B. It transports bile from the liver.

C. It regulates body temperature.

D. It carries carbon dioxide in the blood.

4. Atherosclerosis is best defined as?

A. Hardening of the arteries

B. Inflammation of arteries

C. Dilation of arteries

D. Fatty plaque buildup inside arterial walls

5. Ejection clicks are described as which type of heart sound?

A. An abnormal heart sound

B. A normal heart sound

C. A benign rhythm

D. A heart murmur

6. Pursed lips during expiration is a sign of what?

- **A. Pursed lips**
- **B. Tripod position**
- **C. Nasal flaring**
- **D. Sitting upright**

7. Kussmaul breathing is best described as which pattern?

- **A. Fruity acetone breath**
- **B. Cycle of shallow then deep breathing**
- **C. Apnea followed by fast breathing**
- **D. Fast, even breathing**

8. What is the function of the ventricles during systole?

- **A. Ventricles contract and pump blood**
- **B. Atria contract**
- **C. Ventricles fill with blood**
- **D. Valves open**

9. Mean arterial pressure is defined as which of the following?

- **A. The peak arterial pressure during systole.**
- **B. The pressure in the veins during relaxation.**
- **C. The average arterial pressure across the cardiac cycle.**
- **D. The pressure forcing blood into tissues averaged over the cardiac cycle.**

10. Which heart sound marks the end of systole?

- **A. S2 is heard**
- **B. S1 is heard**
- **C. S3 is heard**
- **D. S4 is heard**

Answers

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

Explanations

1. Bronchovesicular breath sounds are best heard in which location and with which pattern?

A. Heard in the peripheral lung fields; inspiration is louder than expiration.

B. Heard in the trachea; inspiration is quieter than expiration.

C. Heard in the lower lobes; inspiration is equal to expiration.

D. Heard in the upper sternum; inspiration is equal to expiration.

Bronchovesicular breath sounds come from the central airways and have a middle-ground quality: the inspiratory and expiratory phases are about equal in length and intensity. This makes them best heard over the central chest where the trachea and main bronchi lie, specifically around the upper sternum anteriorly and, posteriorly, between the scapulae. So, the best match is hearing them near the upper sternum with equal inspiration and expiration. This differs from vesicular sounds, which are heard in the peripheral lungs with longer inspiration, and from bronchial sounds, which are louder and often have expiratory emphasis and are typically heard over the trachea.

2. Which age group has the normal respiratory rate of 15-20 breaths per minute?

A. Newborn

B. Infants

C. Adolescents

D. Older adults

Understanding normal respiratory rates by age is the main point here. As people age, resting breathing rate tends to settle into a mid-teens range for many older adults. That makes 15–20 breaths per minute a typical resting rate for older adults, which is why this option fits best. Newborns and infants breathe much faster at rest (often 30–60 breaths per minute) due to their higher metabolic needs. Adolescents usually have lower resting rates, commonly around the low to mid-teens, sometimes up to about 20, but the explicit 15–20 range is most consistently associated with older adults in clinical references.

3. Which statement best describes the lymphatic system's overall role?

A. It maintains fluid balance and participates in immune defense.

B. It transports bile from the liver.

C. It regulates body temperature.

D. It carries carbon dioxide in the blood.

The main idea here is that the lymphatic system both maintains fluid balance in the body and actively participates in immune defense. It collects excess interstitial fluid from tissues and returns it to the bloodstream, preventing edema, and it transports immune cells and filters pathogens through lymph nodes, the spleen, and other lymphoid tissues. This dual role—fluid return and immune surveillance—captures how the system supports tissue health and protects against infection. This isn't about transporting bile, which is a function of the liver and biliary system, nor about regulating body temperature, which involves the hypothalamus, skin, and metabolic rate, or about carrying carbon dioxide in the blood, which is a job of the circulatory system with red blood cells and bicarbonate. So describing the lymphatic system as maintaining fluid balance and participating in immune defense best reflects its overall role.

4. Atherosclerosis is best defined as?

A. Hardening of the arteries

B. Inflammation of arteries

C. Dilation of arteries

D. Fatty plaque buildup inside arterial walls

Atherosclerosis is about the buildup of fatty plaques inside the inner lining of arteries, which gradually narrows and stiffens the vessel. These plaques form from lipid deposits along with inflammatory cells and connective tissue in the intima, and they can calcify over time. This combination reduces flow and can lead to blockages or downstream complications like heart attack or stroke. Hardening of the arteries describes the broader idea of stiffening (arteriosclerosis) and isn't specific to the lipid-filled plaques that define atherosclerosis. Inflammation is a component of the process, but inflammation alone doesn't capture the defining feature, which is the fatty plaque buildup inside the arterial walls. Dilation means widening, which is the opposite of what occurs in atherosclerosis.

5. Ejection clicks are described as which type of heart sound?

A. An abnormal heart sound

B. A normal heart sound

C. A benign rhythm

D. A heart murmur

Ejection clicks are brief, high-frequency sounds heard early in systole when a semilunar valve suddenly opens, typically due to stenosis of the aortic or pulmonary valve. This mechanical event reflects structural valve pathology, so it is classified as an abnormal heart sound rather than a normal sound. Unlike a murmur, which is produced by turbulent blood flow, the click is a crisp opening sound from the valve itself. Therefore, ejection clicks point to valve disease and are not part of normal heart sounds.

6. Pursed lips during expiration is a sign of what?

A. Pursed lips

B. Tripod position

C. Nasal flaring

D. Sitting upright

Pursed-lip breathing during expiration signals an obstructive airway problem, such as COPD, where the airways tend to collapse as you breathe out. By exhaling through pursed lips, the person creates a small amount of positive pressure at the end of expiration. This helps keep the airways open longer, reduces airway resistance, and makes exhalation easier, which lowers the work of breathing and improves ventilation. Seeing this pattern means the patient is actively compensating for airway obstruction and breathing difficulty. Other signs like a tripod posture, nasal flaring, or simply sitting upright describe different responses to distress rather than the specific expiratory technique. The tripod position uses accessory muscles to assist breathing but isn't the expiratory strategy itself; nasal flaring indicates increased work of breathing more generally, and sitting upright is a general posture and not a distinctive sign of obstructive airway management.

7. Kussmaul breathing is best described as which pattern?

A. Fruity acetone breath

B. Cycle of shallow then deep breathing

C. Apnea followed by fast breathing

D. Fast, even breathing

Kussmaul breathing is a compensatory hyperventilation pattern due to metabolic acidosis, where breathing is rapid and notably deep and labored in an ongoing, rhythmic way to blow off CO_2. Among the options, the description that mentions a cycle involving shallow breaths followed by deep breaths best conveys the idea of markedly increased breath depth as the body tries to correct the acidosis. The other choices describe unrelated signs or breathing patterns: a fruity acetone breath is an odor, not a pattern; apnea followed by fast breathing describes Cheyne-Stokes respiration; and fast, even breathing describes tachypnea with little depth.

8. What is the function of the ventricles during systole?

A. Ventricles contract and pump blood

B. Atria contract

C. Ventricles fill with blood

D. Valves open

During systole the ventricles contract and pump blood into the pulmonary artery and the aorta. This contraction raises ventricular pressure, opening the semilunar valves to eject blood while the atrioventricular valves close to prevent backflow. The other options describe processes that occur at different times or aren't the ventricles' primary action in this phase: atrial contraction happens during atrial systole, ventricular filling occurs during diastole, and simply "valves open" doesn't capture the ventricles' main pumping function.

9. Mean arterial pressure is defined as which of the following?

A. The peak arterial pressure during systole.

B. The pressure in the veins during relaxation.

C. The average arterial pressure across the cardiac cycle.

D. The pressure forcing blood into tissues averaged over the cardiac cycle.

Mean arterial pressure reflects the average arterial pressure that drives blood through tissues over an entire heartbeat. It's not just the peak pressure during contraction, and it isn't the pressure in the veins. What matters is the pressure forcing blood into tissues, averaged over the cardiac cycle, because that perfusion pressure determines how well organs receive blood. In practice, MAP can be estimated as diastolic pressure plus about one third of the pulse pressure, combining the time spent at higher pressures with the baseline diastolic pressure. This emphasis on the perfusion-driving pressure over time is why the description focusing on the average pressure that pushes blood into tissues is the best way to define mean arterial pressure. Organ perfusion tends to be sufficient when MAP stays above a minimum threshold (roughly around 60 mmHg in many cases).

10. Which heart sound marks the end of systole?

A. S2 is heard

B. S1 is heard

C. S3 is heard

D. S4 is heard

End of systole is marked by the second heart sound, which comes from the closure of the aortic and pulmonary (semilunar) valves as the heart transitions from contraction to relaxation. S1 signals the start of systole with the closure of the mitral and tricuspid valves, while S3 and S4 are additional sounds that occur during diastole: S3 during rapid ventricular filling in early diastole, and S4 during atrial contraction against a stiff ventricle late in diastole. So the second heart sound best indicates the end of systole.

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://holistic4.examzify.com

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