

# HOSA AAFP FAMILY MEDICINE PHYSICIANS PRACTICE TEST (SAMPLE)

## STUDY GUIDE



## SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE

<https://hosaaafpfamilymedphysicians.examzify.com>



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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 are the principles of motivational interviewing in family medicine?**
  - A. Engaging patients without any structured approach
  - B. Using coercion to enforce behavior change
  - C. Engaging patients to enhance their motivation for change in health behaviors
  - D. Taking a directive approach without patient input
- 2. What is the primary role of primary care medicine?**
  - A. To provide specialized care for chronic diseases
  - B. To act as the first point of contact for patients
  - C. To manage complex inpatient cases
  - D. To oversee surgical interventions
- 3. Why is continuity of care important in family medicine?**
  - A. It allows for short, one-time consultations
  - B. It enhances trust and leads to better patient outcomes over time
  - C. It limits patient interactions to emergency situations
  - D. It removes the need for follow-up appointments
- 4. What is typically included in the scope of practice for family physicians?**
  - A. Management of acute and chronic illnesses
  - B. Exclusive focus on surgical procedures
  - C. Psychological counseling and therapy
  - D. Only providing preventive care
- 5. What is the primary purpose of Primary Care?**
  - A. To treat chronic diseases with advanced technology.
  - B. To advocate for the patient by coordinating the use of the entire healthcare system to benefit the patient.
  - C. To manage patient records and documentation.
  - D. To provide specialized care based on patient's financial status.
- 6. What is the typical educational pathway for a family medicine physician?**
  - A. High school diploma followed by residency
  - B. Bachelor's degree, medical school, residency
  - C. Medical school only
  - D. Community college followed by online courses

- 7. How much of the Family Medicine Career Test pertains to recognizing the important innovations in healthcare and their impact on primary care?**
- A. 4%
  - B. 6%
  - C. 8%
  - D. 10%
- 8. What are some crucial skills for Family Medicine Physicians?**
- A. Technical expertise only
  - B. Communication skills, diagnostic acumen, professionalism, and humanism
  - C. Financial management and marketing
  - D. Research skills exclusively
- 9. What method do family medicine physicians use to stay informed about current medical guidelines?**
- A. Networking at social events
  - B. Continuing medical education and literature review
  - C. Relying on patient feedback exclusively
  - D. Adhering to outdated practices for consistency
- 10. What is the significance of the patient-centered medical home (PCMH) model?**
- A. It emphasizes solitary care by one physician
  - B. It focuses on reducing patient satisfaction
  - C. It promotes coordinated and patient-centered care
  - D. It is primarily a billing method

## **Answers**

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

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## **Explanations**

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## 1. What are the principles of motivational interviewing in family medicine?

- A. Engaging patients without any structured approach
- B. Using coercion to enforce behavior change
- C. Engaging patients to enhance their motivation for change in health behaviors**
- D. Taking a directive approach without patient input

*The principles of motivational interviewing focus on enhancing a patient's motivation to change health behaviors by engaging them in a collaborative conversation. This approach emphasizes understanding the patient's perspective, exploring their ambivalence toward change, and supporting their autonomy in making informed decisions about their health. Motivational interviewing techniques involve active listening, affirming the patient's feelings, and eliciting reasons for changing behaviors from the patient themselves. This strengthens the patient's commitment to change, as they are more likely to adhere to behaviors they have identified as important and meaningful. The other options suggest methods that lack collaboration and undermine patient autonomy. Engaging patients without a structured approach does not provide the framework necessary to facilitate genuine motivation for behavior change. Coercing patients contradicts the foundational goals of motivational interviewing, which promotes voluntary change rather than imposing external motivation. Taking a directive approach without patient input also goes against the collaborative nature of this technique, as it does not allow the patient to voice their own values and motivations for change. Thus, the correct answer highlights the essence of motivational interviewing as a partnership aimed at fostering a patient's intrinsic motivation for improving health behaviors.*

## 2. What is the primary role of primary care medicine?

- A. To provide specialized care for chronic diseases
- B. To act as the first point of contact for patients**
- C. To manage complex inpatient cases
- D. To oversee surgical interventions

*The primary role of primary care medicine is to act as the first point of contact for patients within the healthcare system. This means that primary care physicians are often the first healthcare professionals that patients consult when they have health concerns. They play a crucial role in diagnosing and treating a wide range of health issues, providing preventive care, and making referrals to specialists when necessary. Primary care focuses on the overall health of the patient rather than concentrating exclusively on specific diseases or conditions. By fostering a long-term relationship with patients, primary care providers are able to monitor health changes over time, counsel on lifestyle choices, and address various medical issues holistically. This accessibility and continuity of care help ensure that patients receive comprehensive management of both acute and chronic conditions, contributing to improved health outcomes. In contrast, other roles mentioned, such as providing specialized care for chronic diseases, managing complex inpatient cases, or overseeing surgical interventions, are typically reserved for specialists or specific healthcare settings rather than primary care.*

### 3. Why is continuity of care important in family medicine?

- A. It allows for short, one-time consultations
- B. It enhances trust and leads to better patient outcomes over time**
- C. It limits patient interactions to emergency situations
- D. It removes the need for follow-up appointments

*Continuity of care is essential in family medicine as it fosters long-term relationships between healthcare providers and patients. By allowing healthcare providers to become familiar with their patients' health histories, preferences, and individual needs, this continuity enhances trust. Patients are more likely to engage in open communication, share concerns, and adhere to treatment plans when they feel a sense of rapport with their physician. Over time, these established relationships can lead to better patient outcomes. For instance, consistent care helps in the early detection of health issues, better management of chronic conditions, and improved overall health as providers are well-acquainted with the historical context of their patients' health behaviors and medical histories. This not only benefits individuals but can also lead to more efficient use of healthcare resources by reducing unnecessary tests and interventions. The other options do not reflect the values and goals of continuity in family medicine. Short, one-time consultations do not allow for the depth of understanding that continuity provides. Limiting interactions to emergency situations undermines preventative care and the management of chronic illnesses. Removing the need for follow-up appointments is contrary to the principles of ongoing monitoring and support that are central to effective long-term family healthcare.*

### 4. What is typically included in the scope of practice for family physicians?

- A. Management of acute and chronic illnesses**
- B. Exclusive focus on surgical procedures
- C. Psychological counseling and therapy
- D. Only providing preventive care

*The scope of practice for family physicians predominantly includes the management of both acute and chronic illnesses. This aspect is foundational to family medicine, as these physicians are trained to treat a wide array of medical conditions that patients may present with during their visits. Family physicians serve as the first point of contact for patients in the healthcare system, and they possess the skills to perform diagnostics, formulate treatment plans, and provide ongoing care management for various health issues. In contrast, an exclusive focus on surgical procedures is not characteristic of family physicians, as their training encompasses a broader range of care beyond surgical interventions. Additionally, while family physicians may perform certain procedures, their primary role is not limited to surgery. Psychological counseling and therapy can be part of a family physician's activities, but it is not typically emphasized as a primary component of their practice compared to their focus on physical health management. Lastly, while providing preventive care is an essential duty for family physicians, it is not their sole function; they also address immediate and ongoing health concerns effectively, making comprehensive care a hallmark of their practice.*

## 5. What is the primary purpose of Primary Care?

- A. To treat chronic diseases with advanced technology.
- B. To advocate for the patient by coordinating the use of the entire healthcare system to benefit the patient.**
- C. To manage patient records and documentation.
- D. To provide specialized care based on patient's financial status.

*The primary purpose of primary care is to advocate for the patient by coordinating the use of the entire healthcare system to benefit the patient. This approach emphasizes the role of primary care providers as gatekeepers to the healthcare system, ensuring that patients receive the necessary resources, referrals, and overall management of their health needs. Primary care focuses on establishing a continuous relationship between the patient and their healthcare provider, which allows for comprehensive management of both acute and chronic conditions, preventive care, and health education. By coordinating care, primary care practitioners can help navigate patients through the complexities of the healthcare system, which often includes specialists, hospitals, and various treatment options. This coordination is crucial for optimizing patient outcomes, reducing unnecessary interventions, and advocating for the best interests of patients in their unique healthcare journeys. Other options, while important aspects of healthcare, do not capture the comprehensive role of primary care. For example, utilizing technology to treat chronic diseases is a more specific function and does not address the broader scope of patient advocacy and system navigation. Managing patient records and documentation is a critical administrative task but does not encompass the proactive and integrative approach of primary care. Furthermore, providing specialized care based on financial status can lead to inequities in healthcare access, which counters the intent of primary*

## 6. What is the typical educational pathway for a family medicine physician?

- A. High school diploma followed by residency
- B. Bachelor's degree, medical school, residency**
- C. Medical school only
- D. Community college followed by online courses

*The pathway to becoming a family medicine physician typically involves several key educational steps, which include obtaining a bachelor's degree, attending medical school, and completing a residency. Firstly, prospective family medicine physicians usually begin with a bachelor's degree, during which they complete required pre-medical courses in subjects like biology, chemistry, and physics. This foundational education is crucial as it prepares students for the rigors of medical school. Once they have earned their undergraduate degree, they move on to medical school, where they receive in-depth training in various aspects of medicine, including clinical skills, diagnostics, and patient care. Medical school typically lasts four years and culminates in obtaining a Doctor of Medicine (MD) or Doctor of Osteopathic Medicine (DO) degree. Finally, after graduating from medical school, these individuals must complete a residency program specifically in family medicine. This residency usually lasts three years and provides hands-on experience in managing a wide range of health conditions and patient populations. This comprehensive educational pathway ensures that family medicine physicians are well-equipped with the knowledge and experience necessary to provide high-quality care to their patients across various age groups and medical issues.*

**7. How much of the Family Medicine Career Test pertains to recognizing the important innovations in healthcare and their impact on primary care?**

- A. 4%
- B. 6%**
- C. 8%
- D. 10%

*The choice indicating that 6% of the Family Medicine Career Test pertains to recognizing important innovations in healthcare and their impact on primary care is correct because this percentage reflects a significant but focused portion of the test. Understanding innovations in healthcare is critical for family medicine practitioners, as they must stay updated on advancements that can improve patient care, treatment options, and healthcare delivery. Innovations in healthcare can include new technology, treatment protocols, or models of care that enhance the effectiveness and efficiency of primary care practice. By acknowledging this proportion of the test, it highlights the necessity for family medicine practitioners to engage with and adapt to these changes, ensuring that they provide the best possible care for their patients. Such knowledge is essential not only for passing the test but also for molding effective and forward-thinking healthcare providers in an ever-evolving medical landscape.*

**8. What are some crucial skills for Family Medicine Physicians?**

- A. Technical expertise only
- B. Communication skills, diagnostic acumen, professionalism, and humanism**
- C. Financial management and marketing
- D. Research skills exclusively

*Family Medicine Physicians require a broad skill set that includes communication skills, diagnostic acumen, professionalism, and humanism. Communication skills are vital for establishing rapport with patients, understanding their concerns, and effectively conveying treatment options. This allows for a collaborative physician-patient relationship, which is essential for successful outcomes in family medicine. Diagnostic acumen refers to the physician's ability to accurately assess a patient's condition, interpret clinical information, and make informed decisions about care. This skill is critical as family medicine often involves managing a wide range of health issues across different demographics. Professionalism encompasses the ethical and moral standards expected of health care providers, including respect for patients, maintaining confidentiality, and upholding integrity in practice. Additionally, humanism reflects the compassionate approach to care that physicians must embody, acknowledging the individual experiences and emotions of patients. Together, these skills form the foundation of effective family practice, enabling physicians to provide holistic and empathetic care. Other options focus narrowly on certain areas that, while important in a broader context, do not encompass the multifaceted skills necessary for family medicine. For instance, technical expertise alone might limit a physician's effectiveness in engaging with patients. Financial management and marketing, while relevant to running a practice, do not directly contribute to the core clinical*

**9. What method do family medicine physicians use to stay informed about current medical guidelines?**

- A. Networking at social events
- B. Continuing medical education and literature review**
- C. Relying on patient feedback exclusively
- D. Adhering to outdated practices for consistency

*Family medicine physicians utilize continuing medical education (CME) and literature review as a fundamental method to stay informed about current medical guidelines. This approach involves actively seeking opportunities to expand their knowledge through various educational programs, workshops, and courses that are designed to keep healthcare providers updated on the latest research findings, guidelines, and best practices in medicine. Additionally, physicians regularly review peer-reviewed scientific literature, which includes journals and studies that can offer valuable insights into emerging trends, clinical updates, and new therapeutic approaches. This continual engagement with educational resources ensures that physicians are practicing medicine based on the most current and evidence-based information, ultimately leading to improved patient care and outcomes. In contrast, other options do not reflect a systematic or effective approach to staying current in the field. Networking at social events may provide informal insights but lacks the depth and rigor of formal educational methods. Relying exclusively on patient feedback is not sufficient, as it may not encompass broader medical advancements or clinical guidelines. Adhering to outdated practices for consistency can hinder patient care and does not align with the imperative of keeping abreast of modern medical knowledge.*

**10. What is the significance of the patient-centered medical home (PCMH) model?**

- A. It emphasizes solitary care by one physician
- B. It focuses on reducing patient satisfaction
- C. It promotes coordinated and patient-centered care**
- D. It is primarily a billing method

*The patient-centered medical home (PCMH) model is significant because it promotes coordinated and patient-centered care, which is fundamental to improving healthcare quality and patient outcomes. This model emphasizes a team-based approach where primary care providers lead a comprehensive care team that includes various specialists, nurses, and other healthcare professionals. The focus on patient-centeredness means that care is tailored to the individual needs and preferences of patients, ensuring they are actively involved in their own healthcare decisions. This coordination facilitates better communication among care providers and between providers and patients, leading to more effective management of chronic diseases and overall health promotion. By addressing the various aspects of a patient's health and ensuring that all care received is well-connected and informed, the PCMH model can ultimately lead to improved patient satisfaction, better health outcomes, and more efficient use of healthcare resources. The other answer choices do not accurately reflect the essence of the PCMH model. Emphasizing solitary care by one physician contradicts the teamwork aspect that is fundamental to the PCMH. Focusing on reducing patient satisfaction is contrary to the model's goals, which aim to enhance satisfaction and engagement. Lastly, describing PCMH primarily as a billing method overlooks its core mission of enhancing care delivery and outcomes for patients, which involves a*

## 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://hosaaafpfamilymedphysicians.examzify.com>

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

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