

# HOSA Cultural Diversities and Disparities Practice Test (Sample)

## Study Guide



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**SAMPLE**

## Questions

- 1. Which of the following best describes the term "materia" in traditional healing contexts?**
  - A. A physical ailment requiring medication**
  - B. A spirit channeler**
  - C. A diagnostic method**
  - D. A medical professional**
- 2. Which of the following is NOT a way medicine is used as a form of social control?**
  - A. Determining healthy lifestyle choices**
  - B. Maintaining control over specific technologies**
  - C. Passing laws without medical implications**
  - D. Using medical jargon in policymaking**
- 3. Which of the following describes the technique of Listening in Native American healing practices?**
  - A. A technique relying on visual cues**
  - B. A method similar to stargazing that focuses on sounds**
  - C. A technique primarily for purification**
  - D. A process of sand painting**
- 4. What is the definition of alternative medicine?**
  - A. Defined as any mainstream medical practice**
  - B. The combination of traditional therapy and new techniques**
  - C. Nonmainstream practice used instead of conventional medicine**
  - D. A diagnostic method used in alternative health**
- 5. What is the purpose of using leeches in certain medical practices?**
  - A. To promote blood circulation**
  - B. To remove heat from the body**
  - C. To stimulate the immune system**
  - D. To heal broken bones**

- 6. Which generation is more likely to value friendships over family ties?**
- A. The Silent Generation**
  - B. The Boomer Generation**
  - C. Generation X**
  - D. Millennials**
- 7. How do curanderos typically receive "the gift of healing"?**
- A. Through formal education**
  - B. By being born with it or via a calling**
  - C. Through scientific studies**
  - D. By attending workshops**
- 8. Which phase involves the afflicted person asking friends and family for advice about their symptoms?**
- A. Medical care contact**
  - B. Symptom experience**
  - C. Assumption of sick role**
  - D. Dependent patient stage**
- 9. What symptoms are associated with the condition "fatigue" in traditional healing terms?**
- A. Chronic pain and discomfort**
  - B. Asthma-like symptoms**
  - C. Severe headaches**
  - D. Digestive issues**
- 10. What is the Adhan in Islamic tradition?**
- A. A prayer recited at sunset**
  - B. Words whispered into a baby's right ear upon birth**
  - C. A call to prayer sung at noon**
  - D. A hymn sung during religious gatherings**

## **Answers**

SAMPLE

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

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## **Explanations**



**1. Which of the following best describes the term "materia" in traditional healing contexts?**

- A. A physical ailment requiring medication**
- B. A spirit channeler**
- C. A diagnostic method**
- D. A medical professional**

In traditional healing contexts, "materia" typically refers to a spirit channeler or healer who connects with spiritual forces to aid in the healing process. These individuals often possess a deep understanding of the spiritual and cultural significance of the healing practices within their community. They may use various methods, such as rituals or ceremonies, to communicate with spirits or ancestors, seeking guidance and assistance in addressing physical, mental, or spiritual ailments. This understanding of "materia" aligns closely with the roles traditionally seen in many cultures where healing is not solely focused on the physical aspects but also encompasses emotional and spiritual well-being. In these contexts, the healer's ability to channel spiritual energies can be seen as an integral part of the healing process, making them vital figures within their communities. The other options do not fully encapsulate the essence of "materia" as it is understood in traditional healing. A physical ailment requiring medication focuses purely on the biomedical aspects of health, lacking the spiritual component. A diagnostic method implies a systematic approach to identifying health issues, which is more analytic than spiritual. A medical professional tends to denote someone trained in Western medicine, which may not reflect the cultural and spiritual practices inherent in the role of a "materia."

**2. Which of the following is NOT a way medicine is used as a form of social control?**

- A. Determining healthy lifestyle choices**
- B. Maintaining control over specific technologies**
- C. Passing laws without medical implications**
- D. Using medical jargon in policymaking**

The concept of social control in medicine refers to how medical practices and policies can be used to regulate behavior and maintain social order. Among the options provided, the choice that is not a way that medicine operates as social control is passing laws without medical implications. Passing laws is a broader legislative action that can occur independently of medicine and its practices. While laws regarding health and medical practices can influence behavior, those that do not have medical implications may not relate to the concept of social control through medical avenues. Such laws would not utilize medical knowledge, authority, or frameworks to shape or control societal behaviors. In contrast, determining healthy lifestyle choices, maintaining control over specific technologies, and using medical jargon in policymaking all denote ways in which medicine is intricately involved in exerting influence over populations. These methods utilize medical knowledge or authority to guide social standards, behaviors, and policy decisions, thereby exemplifying social control through medical frameworks and ideologies.

**3. Which of the following describes the technique of Listening in Native American healing practices?**

- A. A technique relying on visual cues**
- B. A method similar to stargazing that focuses on sounds**
- C. A technique primarily for purification**
- D. A process of sand painting**

Listening in Native American healing practices is often characterized as a deeply immersive method that emphasizes the importance of sound and the natural environment. This approach is particularly notable for its connection to the spiritual and communal aspects of healing, where practitioners may engage in forms of auditory attunement or mindfulness that mimic the principles of stargazing, contemplating the rhythms and messages carried through sounds in nature. In these practices, the act of listening transcends mere auditory perception; it involves a meditative state where individuals tune into the subtle nuances of their surroundings, which can be inherently restorative and grounding. This aspect of listening helps foster a connection with the earth, ancestors, and the community. Other options do not accurately convey the essence of listening in this context. Visual cues may play a role in different aspects of healing, while purification and sand painting are distinct practices that serve different purposes and functions within Native American healing traditions.

**4. What is the definition of alternative medicine?**

- A. Defined as any mainstream medical practice**
- B. The combination of traditional therapy and new techniques**
- C. Nonmainstream practice used instead of conventional medicine**
- D. A diagnostic method used in alternative health**

Alternative medicine is defined as nonmainstream practices that are used instead of conventional medicine. This encompasses a wide range of practices, including herbal remedies, acupuncture, chiropractic care, and other therapies that fall outside the realm of traditional medical approaches. The defining characteristic of alternative medicine is that it is used as a primary form of treatment rather than in conjunction with standard medical practices. In contrast, the other choices do not accurately encapsulate the essence of alternative medicine. Mainstream practices pertain to conventional medical treatments generally recognized and utilized within the established healthcare system, while the combination of traditional and new techniques does not specifically describe alternative medicine. Lastly, a diagnostic method used in alternative health refers to specific practices within alternative medicine rather than the definition of alternative medicine itself.

**5. What is the purpose of using leeches in certain medical practices?**

- A. To promote blood circulation**
- B. To remove heat from the body**
- C. To stimulate the immune system**
- D. To heal broken bones**

The use of leeches in certain medical practices primarily serves to promote blood circulation. These organisms have been employed in medicine for centuries and offer several therapeutic benefits, particularly in reconstructive surgery. When leeches attach to a person's skin, they secrete anticoagulants that help dissolve blood clots, enabling better blood flow to the area where they are applied. This improved circulation can assist in the healing process of tissues that might otherwise suffer from inadequate blood supply. Utilizing leeches to remove heat from the body is less relevant in modern medical contexts, as the application of leeches primarily focuses on enhancing blood flow and preventing complications resulting from poor circulation. The use of leeches does not specifically stimulate the immune system or heal broken bones directly; rather, their role is to assist in blood management and tissue viability in specific therapeutic situations.

**6. Which generation is more likely to value friendships over family ties?**

- A. The Silent Generation**
- B. The Boomer Generation**
- C. Generation X**
- D. Millennials**

The inclination of Generation X to value friendships over family ties can be attributed to several social and cultural factors that shaped their upbringing. This generation, born roughly between the early 1960s and the early 1980s, experienced the effects of significant societal changes, including higher rates of divorce and a shift towards dual-income families. These experiences often led them to foster relationships outside of familial contexts, placing a greater emphasis on friendships as a support system and a source of emotional stability. Additionally, Generation X grew up during a time when individualism began to be celebrated, and personal relationships outside of the immediate family became increasingly important. This generation is known for its resilience and independence, which further underscores their preference for building strong friendships as a foundation for their social lives. The cultural context of their formative years, alongside changing social dynamics, contributed to this generational characteristic. In contrast, the other generations mentioned, such as the Silent Generation and the Boomers, typically place a greater emphasis on traditional family structures and ties, often valuing familial relationships more highly. Millennials, while also social and relationship-oriented, often blend these values with family ties, driven by a mix of both traditional and modern societal influences. Thus, the tendency of Generation X to prioritize friendships

**7. How do curanderos typically receive "the gift of healing"?**

- A. Through formal education
- B. By being born with it or via a calling**
- C. Through scientific studies
- D. By attending workshops

Curanderos, who are traditional healers in many Latin American cultures, often attribute their healing abilities to a gift or calling that they are born with. This belief underscores the spiritual and cultural dimensions of their practice, distinguishing it from conventional medical training. The notion of being "chosen" for this role connects deeply with the community's beliefs and values regarding health and spirituality. This perspective emphasizes that many curanderos feel a profound personal and ancestral connection to their healing practices, often passed down through generations within families. It highlights the importance of intuition, experience, and cultural knowledge in their work, rather than relying solely on formal education or scientific studies. Thus, the concept of receiving the "gift of healing" reflects both a cultural understanding of health and an acknowledgment of personal destiny in many indigenous communities.

**8. Which phase involves the afflicted person asking friends and family for advice about their symptoms?**

- A. Medical care contact
- B. Symptom experience
- C. Assumption of sick role**
- D. Dependent patient stage

The phase where an afflicted person seeks advice from friends and family regarding their symptoms is correctly identified as the assumption of the sick role. In this phase, individuals begin to recognize that they are experiencing health issues and tend to share their concerns or symptoms with their social circle. By doing so, they not only seek emotional support but also gather insights or suggestions from those they trust, which can aid in their understanding of their health condition. This active engagement with their social network reflects a crucial transition into a phase where individuals acknowledge their health problems and begin to navigate the implications of being unwell. Other phases like medical care contact and the dependent patient stage relate more to interactions with healthcare providers or institutions, whereas the symptom experience phase focuses on the individual's initial recognition and personal experience of their symptoms before they start seeking advice.

