

# HOSA Cultural Diversities and Disparities Practice Test (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**

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- 1. What term is used for the five hollow organs in Chinese medicine?**
  - A. Ts'ang**
  - B. Fu**
  - C. Zang**
  - D. Jing**
  
- 2. What is considered the source of life in Chinese medicine?**
  - A. Ch'i**
  - B. Blood**
  - C. Qi Gong**
  - D. Yin and Yang**
  
- 3. What is a common use of sulfur and molasses in black communities during spring?**
  - A. To create a protective charm**
  - B. To cleanse the intestines**
  - C. For cooking traditional meals**
  - D. To boost energy levels**
  
- 4. Which of the following ethnic groups is the largest in America?**
  - A. Hispanic**
  - B. German**
  - C. British**
  - D. French**
  
- 5. What is a key characteristic of the phenomenon known as "Falling out"?**
  - A. Sudden loud laughter**
  - B. Involuntary muscle spasms**
  - C. Sudden collapse without warning**
  - D. Intense headaches**

**6. What is the primary resource that Christian Scientists turn to for answers to life's questions?**

- A. The Bible**
- B. Modern Psychology's Findings**
- C. Peer-reviewed Medical Journals**
- D. Traditional Medical Guidelines**

**7. What is sickle cell anemia?**

- A. A respiratory illness**
- B. A genetic disorder affecting hemoglobin**
- C. A bacterial infection**
- D. An autoimmune disease**

**8. Which treatment is recognized for its use in both traditional and modern remedies for cleaning cuts?**

- A. Urine treatment**
- B. Senna-leaf**
- C. Hard knife**
- D. Swamp root**

**9. What is the percentage of Lawful Permanent Residents from China?**

- A. 5.4%**
- B. 6.9%**
- C. 8.2%**
- D. 9.1%**

**10. Which year is generally considered the cutoff for comparing healthcare costs and events?**

- A. 1970**
- B. 1960**
- C. 1980**
- D. 1950**

## **Answers**

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

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## **Explanations**

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## 1. What term is used for the five hollow organs in Chinese medicine?

- A. Ts'ang
- B. Fu**
- C. Zang
- D. Jing

In Chinese medicine, the term used for the five hollow organs is indeed associated with the concept of "Fu." These Fu organs are responsible for various physiological functions related to the digestive and excretory systems. They include the bladder, stomach, gallbladder, and intestines. Understanding this term is crucial because it reflects the holistic nature of Chinese medicine, where the relationships between different organs and their functions are emphasized. In this context, Fu organs are contrasted with Zang organs, which are the solid organs that hold and store vital substances such as blood and Qi. Familiarity with these terms helps in grasping the foundational philosophies of traditional Chinese medicine, which views the body as an interconnected system rather than a collection of isolated parts. This perspective is essential for practitioners in diagnosing and treating patients according to traditional Chinese medical principles.

## 2. What is considered the source of life in Chinese medicine?

- A. Ch'i
- B. Blood**
- C. Qi Gong
- D. Yin and Yang

In Chinese medicine, the concept considered the source of life is Ch'i (or Qi). This vital energy is believed to flow through pathways in the body, and its balance and harmony are crucial for overall health and well-being. Traditional Chinese medicine views Ch'i as the essential life force that sustains all bodily functions. Proper circulation and management of Ch'i are vital for maintaining health, preventing illness, and promoting healing. While blood is essential for life and health, in the context of traditional Chinese medicine, it is often seen as a manifestation or component of Ch'i rather than its source. Qi Gong relates to the practices developed to cultivate and balance this vital energy but is not the source itself. Yin and Yang represent fundamental principles of balance and duality in the universe, reflecting how opposites interrelate, but they do not directly serve as the source of life. Thus, Ch'i stands out as the core essence that embodies life itself in Chinese medical philosophy.

**3. What is a common use of sulfur and molasses in black communities during spring?**

- A. To create a protective charm**
- B. To cleanse the intestines**
- C. For cooking traditional meals**
- D. To boost energy levels**

The use of sulfur and molasses as a cleansing agent for the intestines in black communities during spring stems from traditional practices aimed at promoting health and wellness after the winter months. This approach is based on the belief that the body may accumulate toxins during colder seasons when fresh fruits and vegetables are less abundant, and thus a natural cleanse is beneficial. The combination of sulfur, which has detoxifying properties, and molasses, which is rich in minerals and nutrients, is thought to support digestive health and enhance the elimination of waste. This practice reflects the cultural knowledge and natural remedies passed down through generations, emphasizing the community's holistic approach to maintaining well-being. The other options, while relevant to cultural practices or health, do not directly relate to the specific traditional use of sulfur and molasses during springtime in this context. The act of creating protective charms or boosting energy levels may involve other herbs or rituals, while the cooking of traditional meals typically relies on different ingredients and techniques not specifically tied to this combination.

**4. Which of the following ethnic groups is the largest in America?**

- A. Hispanic**
- B. German**
- C. British**
- D. French**

The Hispanic population is the largest ethnic group in America, reflecting a significant demographic shift in the country over recent decades. This growth can be attributed to various factors, including immigration patterns, higher birth rates among Hispanic families, and an increasing number of individuals identifying as Hispanic in the census. Hispanics encompass a diverse range of cultures and nationalities, including Mexican, Puerto Rican, Cuban, and others, resulting in a robust and vibrant community in the United States. This group has played a vital role in the cultural and economic landscape of the nation. The recognition of their size and influence underscores the importance of understanding cultural diversity and addressing health disparities that may affect this population. The other ethnic groups mentioned, while historically significant, do not have the same level of representation in contemporary demographic data. For instance, German and British ancestries are important, but they do not reflect the current largest segment of the population as the Hispanic community does. Therefore, the understanding of the Hispanic demographic's current and historical context is crucial for addressing cultural competencies and disparities in various sectors, including healthcare, education, and social services.

**5. What is a key characteristic of the phenomenon known as "Falling out"?**

- A. Sudden loud laughter**
- B. Involuntary muscle spasms**
- C. Sudden collapse without warning**
- D. Intense headaches**

The phenomenon known as "Falling out" is characterized by individuals experiencing a sudden collapse without any prior warning. This event is often seen in certain cultural contexts, particularly within specific communities, and is associated with emotional or psychological stress rather than a medical or neurological condition. The sudden nature of the collapse is a critical aspect of this phenomenon, as it underscores the unexpectedness that individuals experience. It illustrates a disconnect between emotional experiences and physical responses, emphasizing the cultural significance of the event rather than just a physiological reaction. In understanding this concept, it's important to recognize how the other options do not align with the defining features of "Falling out." Sudden loud laughter, involuntary muscle spasms, and intense headaches pertain to different conditions or symptoms that do not encapsulate the essence of "Falling out," which is specifically about the abruptness and lack of prior indication before a collapse occurs.

**6. What is the primary resource that Christian Scientists turn to for answers to life's questions?**

- A. The Bible**
- B. Modern Psychology's Findings**
- C. Peer-reviewed Medical Journals**
- D. Traditional Medical Guidelines**

Christian Scientists primarily turn to the Bible for answers to life's questions. This focus stems from their belief that the Scriptures, particularly as interpreted through the lens of Christian Science founder Mary Baker Eddy's writings, provide spiritual guidance and wisdom. In their practice, the Bible is viewed as a source of divine truth that can help individuals understand their spiritual nature and the nature of reality, emphasizing healing through faith and spiritual understanding rather than relying on conventional medical practices. This belief system shapes their approach to health and well-being, highlighting the importance of spiritual over physical solutions to life's challenges. While other resources like modern psychology, medical journals, and conventional medical guidelines might provide insights within their respective fields, they do not align with the foundational principles of Christian Science that prioritize biblical teachings and spirituality.

## 7. What is sickle cell anemia?

- A. A respiratory illness
- B. A genetic disorder affecting hemoglobin**
- C. A bacterial infection
- D. An autoimmune disease

Sickle cell anemia is a genetic disorder that specifically affects hemoglobin, the protein in red blood cells responsible for transporting oxygen throughout the body. This disorder is caused by a mutation in the gene that encodes the beta chain of hemoglobin, leading to the production of an abnormal form of the protein. As a result, the red blood cells can take on a characteristic sickle or crescent shape, which can lead to various complications such as blockages in blood flow, pain crises, and an increased risk of infections. The distinction of sickle cell anemia as a genetic disorder is crucial because it illustrates the hereditary nature of the condition. It is inherited in an autosomal recessive pattern, meaning that an individual must receive two copies of the mutated gene (one from each parent) to develop the disease. This aspect of sickle cell anemia is fundamental in understanding its treatment and management, as well as its prevalence in certain populations, particularly those of African, Mediterranean, and Middle Eastern descent. Other choices relate to diseases that are distinctly different from sickle cell anemia. For instance, respiratory illnesses pertain to conditions affecting the lungs and airways, while bacterial infections are caused by pathogenic bacteria. Autoimmune diseases involve the immune system mistakenly attacking the body's own

## 8. Which treatment is recognized for its use in both traditional and modern remedies for cleaning cuts?

- A. Urine treatment**
- B. Senna-leaf
- C. Hard knife
- D. Swamp root

The treatment recognized for its use in both traditional and modern remedies for cleaning cuts is urine treatment. Historically, various cultures have used urine as a natural antiseptic due to its properties, which can help in cleaning wounds. The urea and other compounds found in urine may have antibacterial properties, leading to its application in wound care before the advent of modern antiseptics. In contemporary contexts, while urine treatment is less common and not widely endorsed in medical practice, it has been acknowledged in some alternative medicine circles as a topical option for cleaning minor cuts or abrasions, though modern medicine primarily relies on more standardized antiseptics. This historical and cultural background supports its classification as a traditional remedy, while the acknowledgment of its components in alternative practices gives it a presence in modern discussions about natural wound care. The other options do not have the same level of recognition or use across both traditional and modern medicine for the purpose of cleaning cuts.

**9. What is the percentage of Lawful Permanent Residents from China?**

- A. 5.4%**
- B. 6.9%**
- C. 8.2%**
- D. 9.1%**

The percentage of Lawful Permanent Residents (LPRs) from China is reported to be 6.9%. This statistic reflects the proportion of LPRs who originate from China among the total number of permanent residents in the United States. Understanding this figure is important in discussions of immigration trends, as it provides insights into the demographic landscape of lawful permanent residency. This particular percentage is significant, as it relates to broader topics in cultural diversity and the integration of immigrant communities within the U.S. society. The percentage showcases China's role as a major contributor to the immigrant population, influencing various social, economic, and cultural dynamics in the country. Keeping track of the specifics of these demographics can aid health professionals and others in delivering culturally competent services to diverse populations.

**10. Which year is generally considered the cutoff for comparing healthcare costs and events?**

- A. 1970**
- B. 1960**
- C. 1980**
- D. 1950**

The designation of 1960 as the cutoff year for comparing healthcare costs and events is significant in the context of healthcare policy and economics. This year marks a pivotal point when healthcare began to emerge as a distinct field of study and concern, with growing recognition of the disparities in access to healthcare and the costs associated. During the 1960s, various governmental policies were introduced that aimed to address these disparities, such as the establishment of Medicare and Medicaid in the United States in 1965. These programs represented a major shift in how healthcare was funded and provided, serving a large segment of the population that previously had limited access to medical services. By using 1960 as a reference point, researchers and policymakers can analyze trends and changes in healthcare costs and access over subsequent decades. This allows for a clearer understanding of the impact of policy changes and market dynamics that have shaped the modern healthcare landscape. Hence, this year serves as a crucial benchmark in the analysis of historical and ongoing disparities in healthcare systems.

# 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://hosaculturaldiversitiesanddisparities.examzify.com>**

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

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