

HOSA CULTURAL DIVERSITIES AND DISPARITIES PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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 is cupping therapy used for in traditional Chinese medicine?**
 - A. To enhance muscle growth
 - B. To create slight suction and remove cold or damp evils
 - C. To improve flexibility
 - D. To promote sweating
- 2. Which statement best represents the yin and yang concept in health?**
 - A. Yin forces express strength while yang requires rest
 - B. The two forces must remain perfectly balanced
 - C. An imbalance causes illness and health issues
 - D. Yang alone provides strength and vitality
- 3. What is a common trait of Generation X, born between 1965 and 1980?**
 - A. Work hard only if it doesn't interfere with having fun
 - B. Highly values community service and public standards
 - C. Prioritizes family over friendships
 - D. Dedicated to traditional career paths
- 4. What is a primary symptom associated with "susto"?**
 - A. Loss of appetite
 - B. Severe dehydration
 - C. Wandering soul
 - D. Inability to sleep
- 5. What characteristics are typical of the Boomer Generation, born between 1946 and 1964?**
 - A. Works hard, plays hard, and values social connections
 - B. Values conformity and community service
 - C. Focuses primarily on family relationships
 - D. Avoids commitment in relationships

- 6. Which generation is defined as individuals born between 1977 and 1994 and is known for being highly dependent on technology?**
- A. Generation X
 - B. Millennials
 - C. Baby Boomers
 - D. Generation Z
- 7. What aspect of the cultural care circle focuses on the ability to recover from difficult situations?**
- A. Vulnerability
 - B. Responsibility
 - C. Resilience
 - D. Consequences
- 8. Among the demographics mentioned, which group has the highest poverty rate?**
- A. White individuals
 - B. Children
 - C. Hispanics
 - D. Black individuals
- 9. Which traditional practice involves palpating the pulse to diagnose health conditions?**
- A. Sphygmopalpation
 - B. Glossoscopy
 - C. Anamnesis
 - D. Osphretics
- 10. Which body parts are classified as 'yin'?**
- A. Surface of the body and back
 - B. Head and limbs
 - C. Inside and front of the body, including fu structures
 - D. Hands and feet

Answers

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

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Explanations

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1. What is cupping therapy used for in traditional Chinese medicine?

- A. To enhance muscle growth
- B. To create slight suction and remove cold or damp evils**
- C. To improve flexibility
- D. To promote sweating

Cupping therapy is a traditional practice utilized in Chinese medicine primarily to create suction on the skin. This suction is believed to facilitate the removal of "cold" or "damp" evils from the body, which are considered to be causes of pain and illness in traditional Chinese medical philosophy. The idea is that these negative elements can stagnate in the body, leading to various health issues, and cupping aims to dislodge them, promoting better energy flow and healing. In this context, the suction from cupping draws blood flow to the area, which may help to alleviate pain and reduce inflammation. This therapeutic technique aligns with the holistic view in traditional Chinese medicine, where maintaining the balance of yin and yang and the smooth flow of qi (vital energy) is essential for health and well-being. The other options, while they may relate to various health and fitness practices or symptoms, do not align with the primary intent of cupping therapy in the framework of traditional Chinese medicine. Thus, option B accurately reflects the traditional rationale behind this therapy.

2. Which statement best represents the yin and yang concept in health?

- A. Yin forces express strength while yang requires rest
- B. The two forces must remain perfectly balanced
- C. An imbalance causes illness and health issues**
- D. Yang alone provides strength and vitality

The concept of yin and yang in health is deeply rooted in traditional Chinese medicine, emphasizing the balance between two opposing but complementary forces. Each force has its characteristics; yin is often associated with coolness, passivity, and nourishment, while yang represents heat, activity, and energy. The statement highlighting that an imbalance between these two forces can lead to illness and health issues accurately encapsulates the core principle of yin and yang. According to this philosophy, health is maintained through a harmonious balance between yin and yang. If one force overwhelms the other, it can result in various health problems, reflecting the idea that health is not merely the absence of disease but a balance between these energies. Other statements, while they touch upon aspects of yin and yang, do not capture the essence of their relationship as effectively. For example, the notion that the forces must remain perfectly balanced is an oversimplification. Balance is important, but it is not about achieving a static state; rather, it's the dynamic interplay between yin and yang that contributes to overall health. The description of yang alone providing strength and vitality does not acknowledge the essential nurturing qualities of yin, which are equally vital for maintaining health. Lastly, the idea that yin expresses strength while yang requires rest complic

3. What is a common trait of Generation X, born between 1965 and 1980?

- A. Work hard only if it doesn't interfere with having fun
- B. Highly values community service and public standards
- C. Prioritizes family over friendships
- D. Dedicated to traditional career paths

The correct choice highlights a prevailing mindset among Generation X, which is often characterized by a balance between work and leisure. This generation experienced significant cultural shifts, including the rise of dual-income households and increased attention to work-life balance. As a result, many individuals from this group learned to approach work with a sense of pragmatism, engaging in their jobs likely when it aligns with personal enjoyment or lifestyle preferences. This contrast with earlier generations, which might have had a more rigid view of work commitment, indicates that Generation X tends to value personal gratification and fun alongside work responsibilities. It's important to recognize that while some individuals may indeed focus heavily on their careers, the overarching trend reflects a nuanced attitude toward balancing professional obligations with personal interests. The other options, while they may resonate with subsets of Generation X, do not encapsulate the broader characteristic as effectively. The emphasis on community service and public standards tends to align more closely with younger generations, such as Millennials. Similarly, the idealization of prioritizing family over friendships or adhering strictly to traditional career paths does not capture the general sentiment of this generation, which often values flexibility and individual preferences in both professional and personal life.

4. What is a primary symptom associated with "susto"?

- A. Loss of appetite
- B. Severe dehydration
- C. Wandering soul
- D. Inability to sleep

Susto is a cultural syndrome recognized primarily in Latin American communities, and it is often described as a "soul loss," in which an individual's soul is believed to have left their body due to a traumatic or stressful event. The concept of a "wandering soul" reflects the belief that the person experiences symptoms resulting from this spiritual dislocation. Individuals who suffer from susto may display psychological and physical symptoms, but the phenomenon fundamentally revolves around the idea of the spirit being separated from the body. This cultural understanding is critical in interpreting the urgency and significance of susto within these communities, as it often requires traditional healing practices alongside medical interventions. Loss of appetite, severe dehydration, and inability to sleep can manifest as physical symptoms in individuals experiencing susto, but they do not encapsulate the core belief in the loss of the soul, which is central to the diagnosis and understanding of this cultural syndrome. The emphasis on the wandering soul illustrates the importance of cultural context when discussing health conditions and symptoms, as perceptions of health and illness can vary significantly across different cultures.

5. What characteristics are typical of the Boomer Generation, born between 1946 and 1964?

A. Works hard, plays hard, and values social connections

B. Values conformity and community service

C. Focuses primarily on family relationships

D. Avoids commitment in relationships

The choice that highlights the characteristics of the Boomer Generation effectively captures their work ethic and social values. The Boomers are known for their strong work ethic, often embracing the idea of "work hard, play hard," which reflects their commitment to achieving success in their careers while also prioritizing leisure and personal enjoyment. This generation experienced significant social changes and advancements, leading them to value friendships, networking, and social connections alongside their professional endeavors. Their experiences shaped a culture where personal and professional lives were intrinsically linked, and social engagement through various networks was seen as essential. While other options suggest different traits, they do not fully encapsulate the broader attributes typical of the Boomer Generation. For instance, conformity and community service are often associated with earlier generations, particularly during times of significant societal norms. Focusing primarily on family relationships tends to vary greatly by individual and may not represent the generation as a whole. Avoidance of commitment in relationships contrasts with many Boomers' tendencies, as they are often seen as valuing long-term commitments in both work and personal lives. This context helps clarify why the emphasis on hard work and social connections is particularly relevant for understanding this generation.

6. Which generation is defined as individuals born between 1977 and 1994 and is known for being highly dependent on technology?

A. Generation X

B. Millennials

C. Baby Boomers

D. Generation Z

Individuals born between 1977 and 1994 are classified as Millennials, also referred to as Generation Y. This generation is particularly noted for their integration with technology, having grown up during the rise of the internet and the proliferation of digital devices. As a result, Millennials are typically characterized by their comfort and familiarity with technology, social media, and online communication. This generation's formative years coincided with significant technological advancements, including the widespread adoption of personal computers and mobile phones, which has contributed to their tech-savviness. This technological dependency has influenced various aspects of their lives, from how they communicate to their work habits and consumption patterns. Millennials also espouse values like sustainability and inclusivity, which are often amplified through their use of technology. In contrast, the other generations mentioned, such as Generation X and Baby Boomers, have different relationships with technology, with Boomers being more likely to have adapted later in life and Generation X typically being described as more balanced in their use of technology, having experienced both the analog and digital eras. Generation Z, while also highly adept with technology, encompasses those born after 1994, making them a distinct group from Millennials.

7. What aspect of the cultural care circle focuses on the ability to recover from difficult situations?

- A. Vulnerability
- B. Responsibility
- C. Resilience**
- D. Consequences

Resilience is a crucial aspect of the cultural care circle as it pertains to an individual's ability to withstand and recover from adversity or challenging situations. This characteristic encompasses the mental and emotional fortitude that helps individuals bounce back from setbacks, whether those are due to personal hardships, societal pressures, or cultural challenges. In the context of cultural care, understanding resilience is important as it allows healthcare professionals to provide support tailored to an individual's ability to cope and recover, while acknowledging their unique cultural experiences and background. When discussing resilience, it is essential to recognize that it is not merely about enduring difficulties but also about growth and adaptation following such experiences. This understanding enables those in the healthcare field to foster environments that encourage resilience, empowering individuals to harness their strengths, cultural resources, and support systems to achieve better health outcomes.

8. Among the demographics mentioned, which group has the highest poverty rate?

- A. White individuals
- B. Children
- C. Hispanics
- D. Black individuals**

Black individuals have historically faced numerous systemic barriers that have contributed to higher poverty rates within this demographic group compared to others. These barriers can include factors such as historical discrimination, limited access to quality education and job opportunities, and diverse socio-economic challenges that can perpetuate cycles of poverty. Research data often indicates that Black individuals experience disproportionate rates of unemployment and lower wages compared to other demographic groups, which significantly impacts poverty rates. Additionally, social and economic factors such as housing instability, healthcare access, and community resources also play crucial roles in exacerbating poverty within this group. In contrast, while children and other demographics such as White and Hispanic individuals may experience poverty, the structural issues affecting Black communities typically result in a higher overall poverty rate compared to these groups.

9. Which traditional practice involves palpating the pulse to diagnose health conditions?

A. Sphygmopalpation

B. Glossoscopy

C. Anamnesis

D. Osphretics

The traditional practice that involves palpating the pulse to diagnose health conditions is sphygmopalpation. This technique is rooted in the assessment of the pulse as a means to gather information about an individual's health. Practitioners often believe that the characteristics of the pulse—such as its rate, rhythm, and strength—can reveal insights into the body's condition, helping them to identify various health issues. In contrast, glossoscopy refers to the examination of the tongue, which can provide information about a patient's health but does not involve pulse palpation. Anamnesis involves collecting a patient's medical history, focusing on subjective accounts rather than physical examinations like pulse measurement. Osphretics pertains to the sense of smell in a medical context and is also not related to pulse assessment. Understanding these terms highlights the unique role that sphygmopalpation plays in traditional diagnostic practices centered on pulse diagnosis.

10. Which body parts are classified as 'yin'?

A. Surface of the body and back

B. Head and limbs

C. Inside and front of the body, including fu structures

D. Hands and feet

In traditional Chinese medicine and philosophy, the concept of 'yin' and 'yang' describes the dualistic nature of existence, where 'yin' is associated with qualities such as coolness, darkness, and passivity. When identifying body parts classified as 'yin,' it is essential to consider those that embody these characteristics. The internal and front parts of the body, along with 'fu' structures (which refer to hollow organs such as the stomach and intestines), are indeed classified as 'yin.' This classification reflects their association with nurturing, receptivity, and the inner workings of the body. These areas are vital for sustaining life, focusing on functions that regulate the body's homeostasis and overall health, characteristics aligned with the yin quality of being protective and nourishing. Other options do not align as closely with the properties of 'yin.' For example, the surface and back of the body might be more associated with 'yang' qualities, which are linked to external factors and activity. The head and limbs typically relate to external actions and perceptions, reflecting more 'yang' characteristics. Meanwhile, hands and feet, often engaged in activity and movement, also do not possess the nurturing qualities most associated with 'yin.'

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:

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

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