

# HOSA Transcultural Healthcare Practice Exam (Sample)

## Study Guide



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**SAMPLE**

## **Questions**

- 1. What is a common treatment used by Germans for earaches?**
  - A. Cold water**
  - B. Warm oil placed in the ear**
  - C. Ice pack on the ear**
  - D. Hot water bottle over the ear**
- 2. What term describes the collection of illnesses manifested by a strong pulse in traditional Chinese medicine?**
  - A. Pulse deficiency**
  - B. Pulse fullness**
  - C. Pulse balance**
  - D. Pulse stagnation**
- 3. What tea is commonly used by Polish people to treat indigestion?**
  - A. Ginger tea**
  - B. Spearmint tea**
  - C. Oolong tea**
  - D. Rooibos tea**
- 4. What is commonly consumed by Germans for treating diarrhea, vomiting, or a sore throat?**
  - A. Beef broth**
  - B. Chicken soup**
  - C. Herbal tea**
  - D. Water with salt**
- 5. What percentage of the Hispanic or Latino population in the US identifies as Mexican?**
  - A. 50%**
  - B. 63%**
  - C. 75%**
  - D. 80%**

- 6. What is a botanica known for selling?**
- A. Liquor and traditional foods**
  - B. Herbs, amulets, and religious artifacts**
  - C. Clothing and jewelry**
  - D. Medical supplies and herbs**
- 7. What do milagros represent in Mexican culture?**
- A. Large financial donations**
  - B. Little miracles**
  - C. Folk tales**
  - D. Powers of telepathy**
- 8. How do Italians view the effects of moving air?**
- A. It is essential for health**
  - B. It can cause irritation and illness**
  - C. It is harmless**
  - D. It improves mental well-being**
- 9. What can fresh air prevent according to Italian beliefs?**
- A. All sickness**
  - B. Illness from pestilence**
  - C. Illness from poor ventilation**
  - D. Colds and pneumonia**
- 10. What herb is recommended to treat fright and ward off evil spirits in Hispanic culture?**
- A. Sage**
  - B. Sweet basil**
  - C. Rosemary**
  - D. Thyme**

## **Answers**

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

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## **Explanations**

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**1. What is a common treatment used by Germans for earaches?**

- A. Cold water**
- B. Warm oil placed in the ear**
- C. Ice pack on the ear**
- D. Hot water bottle over the ear**

Warm oil placed in the ear is a common treatment used by many Germans for earaches. The application of warmth can help soothe pain, promote blood circulation, and decrease inflammation, which can be especially beneficial during episodes of ear discomfort. Using warm oil, often infused with soothing herbs, can provide a natural remedy to alleviate symptoms. This approach aligns with a traditional understanding of healing practices that emphasize warmth as a therapeutic tool, particularly in ear-related ailments. In contrast, other methods such as cold water or ice packs may not provide the same soothing effect and could potentially exacerbate discomfort. Utilizing a hot water bottle can offer warmth, but it may not have the same direct therapeutic properties as warmed oil specifically applied to the ear. Thus, using warm oil is viewed as a more culturally accepted and effective remedy for earaches in this context.

**2. What term describes the collection of illnesses manifested by a strong pulse in traditional Chinese medicine?**

- A. Pulse deficiency**
- B. Pulse fullness**
- C. Pulse balance**
- D. Pulse stagnation**

The term that describes the collection of illnesses manifested by a strong pulse in traditional Chinese medicine is known as pulse fullness. In this context, a strong pulse is often interpreted as an indication of excess conditions within the body. Traditionally, a strong or full pulse can suggest that there is an abundance of Qi (vital energy) or blood, which may be associated with conditions such as heat or inflammation. This concept is crucial in assessing a patient's health from a traditional Chinese medicine perspective, as practitioners believe that the pulse can provide insights into the body's internal state. A full pulse indicates that there may be an excess of certain elements leading to an imbalance, and understanding this helps in determining the appropriate treatment protocol to restore balance and health.

**3. What tea is commonly used by Polish people to treat indigestion?**

**A. Ginger tea**

**B. Spearmint tea**

**C. Oolong tea**

**D. Rooibos tea**

Spearmint tea is commonly used by Polish people to treat indigestion due to its soothing properties. The menthol found in spearmint can help relax the muscles of the digestive tract, promoting a more comfortable digestive process. This herbal tea is not only enjoyed for its pleasant taste but also serves as a natural remedy for digestive issues, making it a popular choice in Polish households. Its effectiveness in alleviating symptoms of indigestion aligns with traditional and cultural practices regarding holistic health, where herbal remedies are frequently employed for various ailments. The other teas listed, while beneficial in their own ways, do not have the same cultural significance or common usage in Poland specifically for treating indigestion.

**4. What is commonly consumed by Germans for treating diarrhea, vomiting, or a sore throat?**

**A. Beef broth**

**B. Chicken soup**

**C. Herbal tea**

**D. Water with salt**

Chicken soup is often consumed by Germans as a remedy for common ailments such as diarrhea, vomiting, or a sore throat. This tradition is supported by the understanding that chicken soup can provide essential nutrients and hydration, which can be particularly beneficial when someone is experiencing gastrointestinal issues or respiratory ailments. The warmth of the soup may also have a soothing effect on the throat and help alleviate discomfort. Furthermore, chicken soup is easily digestible, which makes it suitable for individuals who may be struggling with their appetite during illness. Its comforting qualities contribute to its popularity as a home remedy, aligning with cultural practices in Germany where food is often viewed as not only nutritional but also a source of comfort and healing. Other options may also provide some relief, but chicken soup is particularly well-recognized for its comprehensive benefits in supporting the body's recovery during mild illnesses.

**5. What percentage of the Hispanic or Latino population in the US identifies as Mexican?**

- A. 50%**
- B. 63%**
- C. 75%**
- D. 80%**

The percentage of the Hispanic or Latino population in the US that identifies as Mexican is approximately 63%. This statistic reflects the significant representation of Mexican heritage within the Hispanic or Latino demographic in the United States, where Mexican Americans form the largest group among Hispanic subpopulations. The data is based on various demographic studies and census reports that highlight the diverse backgrounds within the Hispanic community, with Mexican Americans being a prominent part due to historical migration patterns and cultural connections. The figure of 63% illustrates the influence of Mexican culture in shaping the overall Hispanic identity in the U.S., underscoring its importance in discussions about transcultural healthcare and community engagement. Understanding this demographic can help healthcare providers offer more culturally sensitive and relevant care to the Hispanic population.

**6. What is a botanica known for selling?**

- A. Liquor and traditional foods**
- B. Herbs, amulets, and religious artifacts**
- C. Clothing and jewelry**
- D. Medical supplies and herbs**

A botanica is a store that specializes in selling a variety of spiritual goods and supplies, primarily associated with Afro-Caribbean and Latin American traditions. The focus of a botanica is on items like herbs, amulets, and religious artifacts that are used in spiritual practices, rituals, and healing. Herbs in a botanica can vary widely and are often used for medicinal, spiritual, or magical purposes, while amulets may be worn or placed in the home for protection or to attract good fortune. Religious artifacts commonly found in botanicas include icons, candles, and statues that reflect the spiritual beliefs of the community they serve. This makes the emphasis on such items a critical aspect of what defines the botanica's purpose and service to its clientele. In contrast, options involving liquor, clothing, jewelry, or medical supplies do not accurately represent the traditional offerings within a botanica, which maintains its unique focus on the intersection of spirituality and herbalism.

## 7. What do milagros represent in Mexican culture?

- A. Large financial donations
- B. Little miracles**
- C. Folk tales
- D. Powers of telepathy

Milagros, which translates to "little miracles" in English, are small metal charms commonly found in Mexican culture, often used in folk religious practices. They symbolize specific requests for healing or protection, reflecting the beliefs and spirituality of individuals within the community. These charms are often offered to saints or hung in shrines as a manifestation of gratitude for miracles that have been received or as a plea for assistance in times of need. By recognizing the significance of milagros as representations of hopes and fulfilled wishes, one can appreciate their role in the cultural and spiritual landscape of Mexico, reinforcing the connection between community, faith, and the miraculous in everyday life.

## 8. How do Italians view the effects of moving air?

- A. It is essential for health
- B. It can cause irritation and illness**
- C. It is harmless
- D. It improves mental well-being

Italians are traditionally cautious about moving air, viewing it as something that can lead to health issues if not properly managed. This cultural belief stems from historical perspectives on health and wellness, where drafts and air currents were thought to contribute to various ailments, including colds and rheumatism. As a result, many Italians might take measures to avoid direct exposure to moving air, especially in settings like homes where open windows or air conditioning can create drafts. Understanding this belief is important in transcultural healthcare, as it influences how Italian patients might respond to environmental factors and their openness to certain treatment settings.

## 9. What can fresh air prevent according to Italian beliefs?

- A. All sickness
- B. Illness from pestilence
- C. Illness from poor ventilation**
- D. Colds and pneumonia

Fresh air is often associated with various health benefits in numerous cultures, including Italian beliefs. In Italian folk medicine, it is commonly thought that fresh air can greatly improve overall health and well-being. The specific belief that fresh air can prevent illness from poor ventilation emphasizes the importance of adequate air circulation in living spaces. Poor ventilation can lead to a buildup of indoor pollutants, stale air, and increased transmission of airborne diseases, particularly in densely populated areas. By promoting fresh air, individuals can reduce the likelihood of respiratory issues and improve their overall health. This perspective aligns with modern understandings of ventilation and air quality, where good airflow is critical for preventing respiratory problems. Thus, fresh air is seen as a crucial factor in reducing the risks associated with stagnant indoor environments.

**10. What herb is recommended to treat fright and ward off evil spirits in Hispanic culture?**

**A. Sage**

**B. Sweet basil**

**C. Rosemary**

**D. Thyme**

In Hispanic culture, sweet basil is often associated with protection and is believed to have the power to ward off evil spirits. This herb has significant cultural and spiritual value, and its use can be traced back to various traditions where it is utilized in rituals meant to dispel negative energy or fright. The aromatic nature of sweet basil is also thought to bring good luck and positive energy to a home. In contrast, while other herbs like sage and rosemary hold their own significance in different cultural contexts, they are not typically linked to the specific purposes of treating fright or protecting against malevolent forces within Hispanic traditions. Thus, sweet basil stands out as the preferred choice for this cultural practice.