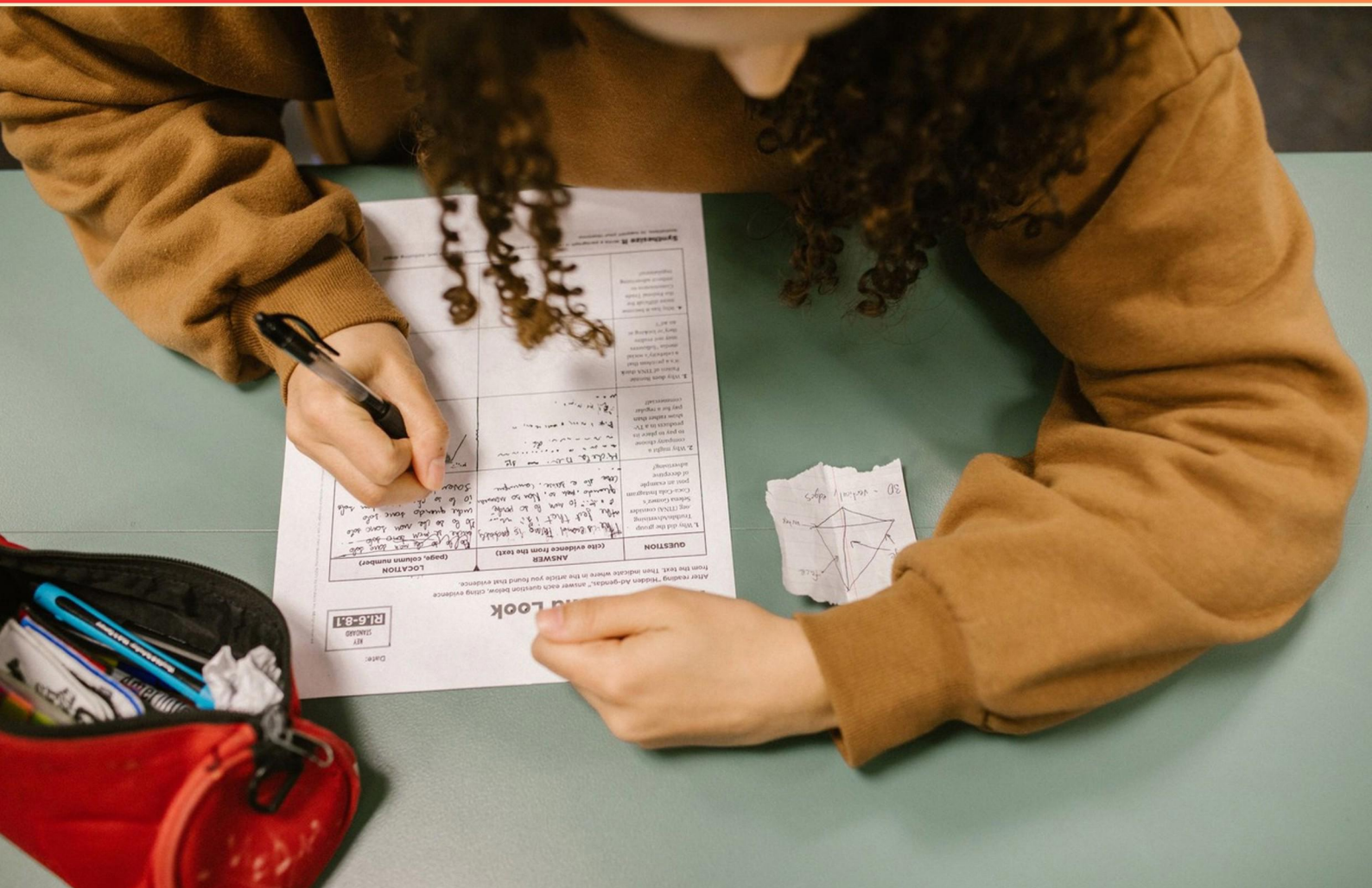


HSS BLOCK B PRACTICE TEST (SAMPLE)

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. Provide an example of a care plan component that reflects the holistic assessment of a client.**
 - A. A nutrition and hydration plan that accounts for medical conditions, swallowing difficulties, mobility, and cognitive status, alongside social activities and mobility goals
 - B. A simple meal plan with portion sizes
 - C. A diary of staff shift times
 - D. A medication schedule only

- 2. Kleinman's ___ is used to understand a patient's personal, cultural, and social perspective on their illness. It recommends these two questions: how is your health? how do you know?**
 - A. patient explanatory model
 - B. medical model
 - C. cultural competence model
 - D. social determinants framework

- 3. CDSS mitigation of cognitive bias includes forcing a comprehensive second look, standardizing care pathways, alerting to conflicting or missing data, and providing data-driven risk estimates. This reflects which description?**
 - A. Comprehensive Second Look; Care Pathways; Conflicting or Missing Data; Risk Estimates
 - B. Anchoring and Premature Closure; Standardizes Care Pathways; Alerts to Disconfirming Data; Risk Estimates
 - C. Premature Closure; Standardizes Care Pathways; Reliable Data; Risk Estimates
 - D. Comprehensive Second Look; Care Pathways; Conflicting or Missing Data; Intuitive Judgments

- 4. Which of the following is a core element of a risk management plan?**
 - A. Hazard identification.
 - B. Marketing strategy.
 - C. Capital budgeting.
 - D. Staff lunch schedule.

- 5. What percent of adverse events were judged preventable?**
- A. 22%
 - B. 5-6%
 - C. 1-2%
 - D. 10-12%
- 6. Which statement best describes lawful data sharing in health and social care?**
- A. Data can be shared freely with all professionals without consent
 - B. Data processing requires a lawful basis and sharing should be kept to a minimum
 - C. Personal data should not be shared at all
 - D. There is no need to document who can access data
- 7. Which coding system allows for standard documentation and coding for social determinants of health, translating patient experiences into data that help identify unmet needs?**
- A. SNOMED CT
 - B. DSM-5 codes
 - C. ICD 10 Z-codes
 - D. CPT codes
- 8. What is the primary purpose of a pain medication use agreement?**
- A. To schedule surgical procedures
 - B. To measure pain scores
 - C. To track nutrition
 - D. To outline expectations for chronic opioid therapy, including single pharmacy and random tests
- 9. In STEP, which element corresponds to the setting in which care is delivered?**
- A. Status of patient
 - B. Team members
 - C. Progress toward goal
 - D. Environment

10. ABCDE characteristics of addiction include five elements. Which set completes the sequence: Abstain; Behavioral; Craving; Diminished; Emotional?

- A. Abstain; Behavioral; Craving; Diminished; Emotional
- B. Abstain; Cognitive; Craving; Diminished; Emotional
- C. Avoid; Behavioral; Craving; Diminished; Emotional
- D. Abstain; Behavioral; Craving; Emotional; Diminished

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Answers

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

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Explanations

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1. Provide an example of a care plan component that reflects the holistic assessment of a client.

A. A nutrition and hydration plan that accounts for medical conditions, swallowing difficulties, mobility, and cognitive status, alongside social activities and mobility goals

B. A simple meal plan with portion sizes

C. A diary of staff shift times

D. A medication schedule only

Holistic care planning looks at all aspects of a person's life and health, not just one problem, so the plan guides actions across physical, cognitive, social, and functional areas. The best example is a nutrition and hydration plan that accounts for medical conditions, swallowing difficulties, mobility, and cognitive status, while also linking in social activities and mobility goals. This shows how dietary needs connect with overall health, safety, functioning, and participation in meaningful activities. A simple meal plan with portion sizes focuses only on diet, ignoring how health conditions, swallowing ability, or daily functioning influence nutrition needs. A diary of staff shift times is about scheduling rather than the client's care needs. A medication schedule only addresses drugs and doesn't integrate broader factors affecting well-being.

2. Kleinman's ___ is used to understand a patient's personal, cultural, and social perspective on their illness. It recommends these two questions: how is your health? how do you know?

A. patient explanatory model

B. medical model

C. cultural competence model

D. social determinants framework

Understanding a patient's personal, cultural, and social perspective on illness comes from the explanatory model approach. This framework asks patients to express what they think is causing the illness, what they expect to happen, and what counts as evidence of health or disease. The two questions "how is your health?" and "how do you know?" are tools to elicit the patient's own criteria for health and illness, revealing beliefs about symptoms, causes, and the meaning of their condition. By capturing these beliefs, clinicians can align explanations, plan, and recommendations with what the patient values and trusts, which helps communication and adherence. The other concepts focus more on the clinician's or society's viewpoint rather than the patient's own explanations. The medical model centers on disease from the clinician's lens; the cultural competence model emphasizes the clinician's ability to interact across cultures; and the social determinants framework looks at structural factors affecting health.

3. CDSS mitigation of cognitive bias includes forcing a comprehensive second look, standardizing care pathways, alerting to conflicting or missing data, and providing data-driven risk estimates. This reflects which description?

A. Comprehensive Second Look; Care Pathways; Conflicting or Missing Data; Risk Estimates

B. Anchoring and Premature Closure; Standardizes Care Pathways; Alerts to Disconfirming Data; Risk Estimates

C. Premature Closure; Standardizes Care Pathways; Reliable Data; Risk Estimates

D. Comprehensive Second Look; Care Pathways; Conflicting or Missing Data; Intuitive Judgments

CDSS mitigation of cognitive bias works by prompting a comprehensive reevaluation, standardizing care pathways, signaling when data conflict or are missing, and providing data-driven risk estimates. This combination is exactly described by listing Comprehensive Second Look, Care Pathways, Conflicting or Missing Data, and Risk Estimates. The comprehensive second look helps prevent premature conclusions, standardizing pathways reduces variation and overreliance on memory, alerts about conflicting or missing data surface issues that might otherwise be overlooked, and data-driven risk estimates give objective context for decisions. The other descriptions mix in terms like anchoring, premature closure, or intuitive judgments, which don't align with the stated mitigation approach that emphasizes structured processes and objective data.

4. Which of the following is a core element of a risk management plan?

A. Hazard identification.

B. Marketing strategy.

C. Capital budgeting.

D. Staff lunch schedule.

Identifying hazards is the starting point in risk management planning. A solid risk plan proceeds by surfacing all potential risks or hazards that could affect objectives, then evaluating how likely each is and how severe the impact would be. That assessment guides prioritization and the development of appropriate responses, such as controls, mitigation steps, or contingency plans, and it also sets up who is responsible and how progress will be monitored. Without first identifying hazards, you can't meaningfully assess, prioritize, or manage risks, so this step is foundational to an effective plan. The other activities mentioned aren't about managing risk. A marketing strategy focuses on reaching customers and growing revenue, not on identifying or mitigating risks. Capital budgeting deals with evaluating investments and financing, which is financial planning rather than risk management. A staff lunch schedule is an operational detail and not part of the risk assessment and response process.

5. What percent of adverse events were judged preventable?

- A. 22%**
- B. 5-6%
- C. 1-2%
- D. 10-12%

Understanding how many adverse events are judged preventable shows how often harm in care could have been avoided with different actions or safer systems. In studies like this, each adverse event is reviewed and labeled as preventable or not based on predefined criteria, then the percent labeled preventable is reported. If about 22% of adverse events are judged preventable, that means roughly one in five harms could have been prevented with better safety practices, teamwork, protocols, or system design. It indicates a substantial opportunity to reduce harm through targeted safety improvements. The smaller percentages (5-6%, 1-2%, or 10-12%) would imply far fewer events are avoidable, which would suggest a much smaller margin for improvement; the 22% figure best reflects a meaningful, actionable safety gap.

6. Which statement best describes lawful data sharing in health and social care?

- A. Data can be shared freely with all professionals without consent
- B. Data processing requires a lawful basis and sharing should be kept to a minimum**
- C. Personal data should not be shared at all
- D. There is no need to document who can access data

Lawful data sharing in health and social care centers on two key ideas: there must be a lawful basis to process personal data, and sharing should be limited to what is necessary to deliver care. This means organisations identify a valid reason for processing—such as consent, a public task, a legal obligation, vital interests, or legitimate interests where appropriate—and then only use and share the minimum information needed for the purpose. Alongside this, access to data should be controlled and documented, with safeguards to protect privacy and enable accountability. So, data processing with a lawful basis and minimal, purpose-driven sharing best reflects how lawful data sharing works. Unrestricted sharing, no basis, or lacking records would violate these principles.

7. Which coding system allows for standard documentation and coding for social determinants of health, translating patient experiences into data that help identify unmet needs?

- A. SNOMED CT
- B. DSM-5 codes
- C. ICD 10 Z-codes**
- D. CPT codes

Documenting social determinants of health with standardized codes turns patient experiences into data that organizations can analyze to identify unmet needs and plan interventions. ICD-10-CM includes a set of Z codes specifically for factors influencing health status and contact with health services, covering social and environmental factors such as housing instability, unemployment, education, income, and access to care. Using these codes during documentation creates a consistent data signal that can be aggregated across patients to reveal gaps in services or supports. The other coding systems serve different purposes: SNOMED CT is a comprehensive clinical terminology used for recording detailed medical concepts in electronic health records; DSM-5 codes identify psychiatric disorders; CPT codes describe procedures and services for billing. Therefore, for standard documentation of social determinants and translating patient experiences into data on unmet needs, ICD-10-CM Z codes are the appropriate choice.

8. What is the primary purpose of a pain medication use agreement?

- A. To schedule surgical procedures
- B. To measure pain scores
- C. To track nutrition
- D. To outline expectations for chronic opioid therapy, including single pharmacy and random tests**

Pain medication use agreements are a contract between patient and clinician that sets up how chronic opioid therapy will be carried out. The primary purpose is to spell out expectations, responsibilities, and monitoring to keep use safe and minimize misuse. This includes requirements like obtaining opioids from a single prescriber and pharmacy, and agreeing to random urine drug testing, plus other safeguards such as prescription monitoring checks and clear treatment goals. Those elements help prevent doctor shopping, diversion, and dangerous combinations, and they provide a framework for addressing problems if they arise. The agreement is not about scheduling surgeries, measuring pain scores, or tracking nutrition; it's specifically about responsible management of long-term opioid therapy and safety throughout the course of treatment.

9. In STEP, which element corresponds to the setting in which care is delivered?

- A. Status of patient
- B. Team members
- C. Progress toward goal
- D. Environment**

The setting in which care is delivered is the environment. In STEP, the environment captures the physical space, surrounding conditions, and organizational context where care takes place, and it can influence how care is carried out. This is different from the patient's status, which describes current health or condition; from the team members, who are the people delivering care; and from progress toward a goal, which tracks outcomes or milestones. For example, delivering care in a hospital unit with specific equipment, policies, and staffing levels creates a different environment than providing care at home, where resources and conditions differ. Since the question asks which element reflects the setting, environment is the best fit.

10. ABCDE characteristics of addiction include five elements. Which set completes the sequence: Abstain; Behavioral; Craving; Diminished; Emotional?

A. Abstain; Behavioral; Craving; Diminished; Emotional

B. Abstain; Cognitive; Craving; Diminished; Emotional

C. Avoid; Behavioral; Craving; Diminished; Emotional

D. Abstain; Behavioral; Craving; Emotional; Diminished

Think of addiction in terms of a progression through elements that describe how it manifests and persists. You start with the goal to abstain, then focus on the Behavioral patterns that accompany use, followed by Craving—the strong urge to use. After that comes Diminished control or functioning, and finally the Emotional consequences that arise from the cycle. The set that keeps this sequence intact is Abstain; Behavioral; Craving; Diminished; Emotional. The other options change a term (like replacing Behavioral with Cognitive or Abstain with Avoid) or reorder elements (such as placing Emotional before Diminished), which breaks the natural progression.

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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:

<https://hssblockb.examzify.com>

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

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