

ICHWC NATIONAL BOARD PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE

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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 reflects the cornerstone of positive anticipation as stated in the Anticipatory Principle?**
 - A. Future predictions only
 - B. Present attentiveness and emotional connection
 - C. Ruminating on past mistakes
 - D. Soliciting feedback

- 2. In the NVC framework, what is encouraged instead of evaluations?**
 - A. Requests
 - B. Feelings
 - C. Observations
 - D. Strategies

- 3. What is the primary focus of the Poetic Principle?**
 - A. Offering positive conversations
 - B. Fostering positive attention in the present
 - C. Encouraging positive anticipation of the future
 - D. Promoting positive reflections

- 4. Which principle is NOT part of Appreciative Inquiry (AI)?**
 - A. Positive
 - B. Constructive
 - C. Simultaneity
 - D. Eliminative

- 5. Which of the following best describes the term 'contemplation' in the TTM?**
 - A. Thinking about changing within the next month
 - B. Planning to change in the next 6 months
 - C. Actively trying to change
 - D. Unaware of need for change

- 6. Which component is not part of the DARN acronym in motivational interviewing?**
- A. Desire
 - B. Activation
 - C. Reasons
 - D. Need
- 7. What percentage of adults with hypertension are estimated to have chronic kidney disease?**
- A. 1 in 10
 - B. 1 in 3
 - C. 1 in 5
 - D. 1 in 7
- 8. What are the primary components involved in summarizing statements?**
- A. Collecting, linking, and transitioning
 - B. Identifying, analyzing, and presenting
 - C. Describing, interpreting, and recommending
 - D. Assessing, reflecting, and concluding
- 9. What is a primary goal of making requests in NVC?**
- A. To negotiate terms
 - B. To make demands
 - C. To express expectations
 - D. To ask for specific actions without pressure
- 10. How many ounces are in a standard drink of distilled spirits?**
- A. 1 ounce
 - B. 1.5 ounces
 - C. 2 ounces
 - D. 3 ounces

Answers

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

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Explanations

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1. What reflects the cornerstone of positive anticipation as stated in the Anticipatory Principle?

- A. Future predictions only
- B. Present attentiveness and emotional connection**
- C. Ruminating on past mistakes
- D. Soliciting feedback

The cornerstone of positive anticipation, as outlined in the Anticipatory Principle, emphasizes the significance of being present and forming an emotional connection in the moment. This perspective highlights that positive anticipation is not solely about projecting into the future (as indicated in the first choice) but involves a mindful acknowledgment of the present circumstances and an engaging emotional connection with oneself and others. This present attentiveness allows individuals to be more effective in identifying opportunities and leveraging their anticipation positively, rather than being mired in the past or overly focused on future predictions without grounding in the present context. The ability to cultivate emotional connections in the present can foster a more optimistic outlook on future experiences and possibilities, reinforcing the importance of emotional awareness and engagement in building positive expectancy. This aligns seamlessly with the principles of coaching and personal growth, where being engaged in the current moment directly impacts one's outlook and preparedness for what lies ahead.

2. In the NVC framework, what is encouraged instead of evaluations?

- A. Requests
- B. Feelings
- C. Observations**
- D. Strategies

In the Nonviolent Communication (NVC) framework, the emphasis is on making clear observations rather than evaluations. Observations refer to the objective and specific descriptions of what is happening in a situation, without adding any judgment or interpretation. This allows individuals to communicate with clarity and avoid misunderstandings that can arise from evaluative language. By focusing on observations, communicators can express their experiences without triggering defensiveness in others. For instance, instead of saying "You are always late," which is an evaluation, a more constructive approach would be to say, "I noticed you arrived 15 minutes after our agreed time." This shift fosters effective dialogue and enhances mutual understanding. While requests, feelings, and strategies are also essential components of the NVC framework, they come into play after establishing clear observations. Requests articulate what one would like to happen, feelings express emotional responses, and strategies present potential solutions or actions. Observations lay the groundwork for a productive conversation, making it crucial within the NVC process.

3. What is the primary focus of the Poetic Principle?

- A. Offering positive conversations
- B. Fostering positive attention in the present**
- C. Encouraging positive anticipation of the future
- D. Promoting positive reflections

The primary focus of the Poetic Principle is to foster positive attention in the present. This principle emphasizes the importance of being fully present and aware of one's current experiences, feelings, and surroundings. By focusing on the here and now, individuals can cultivate a sense of mindfulness and appreciation for their immediate lived experiences. This approach encourages a deeper connection to life as it unfolds, allowing for greater awareness and engagement, which can enhance overall well-being and positive emotional states. While offering positive conversations and promoting reflections certainly contribute to overall positive experiences, they may not capture the core intent of encouraging present-moment awareness as effectively as fostering positive attention in the present. Similarly, encouraging positive anticipation of the future is valuable but diverges from the emphasis on the immediate experience that the Poetic Principle supports.

4. Which principle is NOT part of Appreciative Inquiry (AI)?

- A. Positive
- B. Constructive
- C. Simultaneity
- D. Eliminative**

Appreciative Inquiry (AI) is a strength-based approach to change that focuses on what works well within an organization or community rather than concentrating on problems or deficiencies. The principles of AI emphasize constructive and positive dialogue and experiences, encouraging participants to explore and amplify their strengths and successes. The principle of simultaneity in AI highlights that change begins the moment a question is posed; the process of inquiry is inherently linked to the process of change. This means that the moment individuals begin to discuss positive experiences or desired outcomes, they are already participating in a change process. The concept of eliminative does not align with the foundational principles of Appreciative Inquiry. AI promotes the identification and appreciation of strengths and successes rather than eliminating or focusing on weaknesses. This positive approach is at the heart of AI's methodology, which aims to inspire and mobilize individuals towards a shared vision for the future. Understanding these principles helps clarify that while Appreciative Inquiry seeks to build and appreciate strengths, it does not endorse an eliminative approach, making that choice the correct identification of a principle not part of AI.

5. Which of the following best describes the term 'contemplation' in the TTM?

- A. Thinking about changing within the next month
- B. Planning to change in the next 6 months**
- C. Actively trying to change
- D. Unaware of need for change

The term 'contemplation' within the Transtheoretical Model (TTM) refers to the stage where individuals recognize the need for change and are considering making that change but have not yet committed to a specific plan of action. People in this stage are typically thinking about the benefits of change and weighing the pros and cons, leading them to ultimately decide to take action. Choosing to define contemplation as planning to change in the next 6 months captures this period accurately because it signifies a deeper level of engagement compared to mere awareness or indecision; individuals are actively contemplating their readiness and are motivated to take steps forward. This stage is critical as it sets the foundation for the next stage, which involves preparation and planning for taking action. In contrast, other options describe different stages of the change process that do not align specifically with contemplation. For instance, thinking about changing within the next month represents a more immediate intention than what is typical in the contemplation stage, while actively trying to change indicates that the person has moved beyond contemplation to the action stage. Lastly, being unaware of the need for change does not intersect with conceptualizing change, as individuals in contemplation are, in fact, aware that a change is necessary. This understanding of the stages in TTM is

6. Which component is not part of the DARN acronym in motivational interviewing?

- A. Desire
- B. Activation**
- C. Reasons
- D. Need

The DARN acronym in motivational interviewing stands for Desire, Ability, Reasons, and Need. Each component plays a crucial role in understanding a person's motivation for change. Desire refers to what the individual wants to do or achieve. Ability highlights what they feel they can do. Reasons represent the rationale behind their desire for change, emphasizing the benefits they perceive. Finally, Need entails the urgency or necessity they associate with making a change. The component that is not part of this acronym is Activation. While activation is a relevant concept in discussions about motivation and change, it does not specifically belong to the DARN framework. The DARN acronym focuses on the internal factors driving motivation rather than the state of being ready or activated to take action. Understanding these terms and their significance within the motivational interviewing context is essential for effectively supporting clients in their change processes.

7. What percentage of adults with hypertension are estimated to have chronic kidney disease?

- A. 1 in 10
- B. 1 in 3
- C. 1 in 5**
- D. 1 in 7

The correct answer indicates that approximately 1 in 5 adults with hypertension are estimated to have chronic kidney disease. This statistic highlights a significant relationship between hypertension and chronic kidney disease; as high blood pressure can lead to damage in the blood vessels within the kidneys, impairing their ability to filter waste and excess fluid from the blood. Understanding this proportion is vital for healthcare providers as it underscores the importance of monitoring kidney function in individuals with hypertension. Recognizing this connection can prompt earlier interventions and management strategies to prevent the progression of kidney disease in these patients. The other options do not accurately reflect the current understanding of the relationship between hypertension and chronic kidney disease. The prevalence is notably higher than those figures suggest, highlighting the critical need for awareness in both diagnosis and preventative care within this population.

8. What are the primary components involved in summarizing statements?

- A. Collecting, linking, and transitioning**
- B. Identifying, analyzing, and presenting
- C. Describing, interpreting, and recommending
- D. Assessing, reflecting, and concluding

Summarizing statements effectively involves several key components that allow for a coherent and clear articulation of the main ideas or points. The primary components, in this case, focus on collecting information, linking ideas, and transitioning between those ideas smoothly. Collecting refers to gathering relevant information or key points that need to be included in the summary. This foundational step ensures that the summary is built on pertinent details without unnecessary information. Linking involves connecting the collected ideas in a logical manner. This is crucial for maintaining a flow that makes it easy for the reader or listener to follow the progression of thoughts. Transitioning is the ability to move from one idea to the next seamlessly. Good transitions help to maintain coherence in the summary, ensuring that it reads or sounds as a unified narrative rather than a disjointed collection of thoughts. Together, these components are fundamental to crafting a summarization that is not only concise but also retains the essence and meaning of the original content. This understanding highlights the importance of organizing and presenting information effectively, which is central to the purpose of summarizing.

9. What is a primary goal of making requests in NVC?

- A. To negotiate terms
- B. To make demands
- C. To express expectations
- D. To ask for specific actions without pressure**

The primary goal of making requests in Nonviolent Communication (NVC) is to ask for specific actions without pressure. This approach emphasizes clarity and mutual respect in communication. When a request is made in the context of NVC, it is framed in such a way that it invites cooperation rather than coercion. The requester clearly articulates what they would like to happen and allows the other person the freedom to respond based on their own willingness or ability to fulfill that request. This method fosters a more collaborative relationship, as it avoids the sense of obligation or demand that often accompanies other forms of communication. By focusing on asking for a specific action, the requester encourages openness and dialogue, which can lead to a more understanding and peaceful interaction. It promotes an environment where both parties can express their needs effectively while maintaining empathy and connection. In this context, making demands or expressing expectations does not align with NVC principles, as these approaches can create resistance or feelings of obligation. Negotiating terms may involve compromise but often falls short of the empathetic connection that NVC seeks to cultivate. Thus, the emphasis on making requests aims to enhance relational dynamics based on respect and understanding.

10. How many ounces are in a standard drink of distilled spirits?

- A. 1 ounce
- B. 1.5 ounces**
- C. 2 ounces
- D. 3 ounces

A standard drink of distilled spirits is defined as containing 1.5 ounces of pure alcohol. This measurement is significant because it helps in understanding and managing alcohol consumption levels. The 1.5-ounce measure is utilized because it provides a consistent unit for discerning the amount of alcohol in various beverages, reinforcing public health guidelines regarding moderate drinking. This definition is commonly reflected in public health policies and guidelines, asserting the importance of knowing what constitutes a standard drink. By understanding that 1.5 ounces is the standard for distilled spirits, individuals can more accurately track their alcohol intake, making informed decisions about their consumption. Such knowledge is vital for avoiding overconsumption and understanding the risks associated with drinking.

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://ichwcnatlboard.examzify.com>

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

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