

ITE BOARD GENERAL INTERNAL MEDICINE PRACTICE TEST (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

**VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE**

<https://iteboardgeninternalmed.examzify.com>



Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	16

SAMPLE

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

SAMPLE

- 1. In the diagnosis of heart conditions, what does an "elevated troponin level" indicate?**
 - A. Myocardial necrosis
 - B. Stable angina
 - C. Atrial flutter
 - D. Myocarditis

- 2. What is the recommended management for low back pain after an acute injury?**
 - A. Immediate surgical intervention
 - B. Rest, NSAIDs, and gradual mobilization
 - C. Only physical therapy
 - D. Extended bed rest

- 3. What is the primary advantage of using a statin in patients with elevated cholesterol?**
 - A. Improves blood pressure control
 - B. Reduces risk of cardiovascular events
 - C. Increases insulin sensitivity
 - D. Enhances digestive health

- 4. What distinguishes seasonal affective disorder from other types of depression?**
 - A. It has no impact on daily functioning
 - B. It resolves with phototherapy or SSRIs
 - C. It is always accompanied by anxiety
 - D. It only occurs during the summer months

- 5. Which dietary change can help lower LDL cholesterol levels?**
 - A. Increased saturated fat intake
 - B. Consuming more dietary cholesterol
 - C. Eating viscous fiber in oats and legumes
 - D. Decreasing unsaturated fat intake

- 6. Which of the following is true about pharmacotherapy for depression?**
- A. Only one medication should be used at a time
 - B. Combination therapy is often ineffective
 - C. Increasing the dose can be an option for non-responders
 - D. Adding psychotherapy is always necessary
- 7. What is the primary indication for administering Hepatitis B immune globulin in newborns?**
- A. Vertical transmission of Hepatitis B virus
 - B. Exposure to contaminated blood
 - C. Travel to endemic regions
 - D. Presence of chronic kidney disease
- 8. What is the appropriate management for a patient with orthostatic syncope?**
- A. Immediate hospital admission for further testing
 - B. Treat underlying causes and ensure adequate fluid intake
 - C. Start beta-blockers to manage symptoms
 - D. Initiate antidepressant therapy for mood stabilization
- 9. Which condition is characterized by depressive symptoms with a clear precipitant?**
- A. Bipolar disorder
 - B. Situational adjustment reaction
 - C. Seasonal affective disorder
 - D. Grief reaction
- 10. What should be the starting point for retinal screening in patients diagnosed with type 2 diabetes?**
- A. Upon diagnosis and every six months thereafter
 - B. Immediately after reaching glycemic control
 - C. During the first trimester of pregnancy and each trimester thereafter
 - D. Only if symptoms of vision loss appear

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. In the diagnosis of heart conditions, what does an "elevated troponin level" indicate?

- A. Myocardial necrosis**
- B. Stable angina
- C. Atrial flutter
- D. Myocarditis

An elevated troponin level is a key biomarker in diagnosing myocardial necrosis, which refers to the death of heart muscle cells. Troponins are proteins released into the bloodstream when the heart is damaged, and their levels increase significantly following an acute myocardial infarction (heart attack) or other forms of heart muscle injury. The presence of elevated troponin indicates that cardiac tissue has been compromised, making it a vital marker in assessing cardiac conditions. While conditions such as stable angina, atrial flutter, and myocarditis may also be relevant in the cardiac context, they do not inherently cause a significant increase in troponin levels in the same manner as myocardial necrosis does. Stable angina, for example, is characterized by reversible ischemia of the heart muscle without permanent damage, which typically does not result in elevated troponin levels. Atrial flutter is a type of arrhythmia and, while it can be associated with heart disease, it does not directly correlate with myocardial necrosis. Myocarditis may cause elevated troponin levels, but this elevation is also indicative of myocardial injury; hence, it can fall under the broader category of myocardial necrosis. However, when specifically diagnosing heart conditions, elevated troponin more

2. What is the recommended management for low back pain after an acute injury?

- A. Immediate surgical intervention
- B. Rest, NSAIDs, and gradual mobilization**
- C. Only physical therapy
- D. Extended bed rest

The recommended management for low back pain after an acute injury focuses on a combination of rest, nonsteroidal anti-inflammatory drugs (NSAIDs), and gradual mobilization. This approach is based on evidence suggesting that while rest is important in the early stages, prolonged inactivity can lead to further complications and may prolong recovery. The use of NSAIDs helps in alleviating pain and inflammation, allowing the patient to engage in light activities sooner rather than later. Gradual mobilization is crucial because it encourages movement, prevents stiffness, and promotes the healing process. Patients are usually encouraged to return to their normal activities as soon as it's safely possible, as complete bed rest has been shown to be counterproductive in most cases. Surgical intervention is typically not necessary unless there are specific complications such as evidence of significant neurological compromise or failure to improve with conservative management. Physical therapy may become a part of the overall management plan later on, but it's not the sole focus immediately following an acute injury. Extended bed rest is considered detrimental, as it can lead to muscle atrophy and stiffness, ultimately delaying recovery.

3. What is the primary advantage of using a statin in patients with elevated cholesterol?

- A. Improves blood pressure control
- B. Reduces risk of cardiovascular events**
- C. Increases insulin sensitivity
- D. Enhances digestive health

The primary advantage of using a statin in patients with elevated cholesterol is its ability to reduce the risk of cardiovascular events. Statins work by inhibiting an enzyme involved in cholesterol production in the liver, leading to decreased levels of low-density lipoprotein (LDL) cholesterol. Elevated LDL cholesterol is a significant risk factor for the development of atherosclerosis and cardiovascular diseases, including heart attacks and strokes. Clinical studies have consistently shown that statins not only lower LDL cholesterol levels but also lead to a substantial reduction in major adverse cardiovascular events in various populations, particularly in individuals who are at elevated risk due to factors such as age, existing heart disease, diabetes, or high cholesterol levels. This protective effect on the cardiovascular system is a central reason why statins are widely prescribed as part of cardiovascular risk management. While statins might have some effects related to other aspects of health, such as possibly having moderate effects on certain markers of inflammation or event rates in diabetes, their primary role and the most significant benefit remain in lowering cardiovascular risk through cholesterol management. This clear link between statin therapy and reduced cardiovascular event rates underpins the rationale for their use in patients with elevated cholesterol levels.

4. What distinguishes seasonal affective disorder from other types of depression?

- A. It has no impact on daily functioning
- B. It resolves with phototherapy or SSRIs**
- C. It is always accompanied by anxiety
- D. It only occurs during the summer months

Seasonal affective disorder (SAD) is a subtype of depression that is characterized by a pattern of symptoms that occur at specific times of the year, most commonly in the fall and winter months when daylight hours are shorter. The correct answer is significant because it highlights two effective treatments for SAD: phototherapy (light therapy) and selective serotonin reuptake inhibitors (SSRIs). Phototherapy involves exposure to bright light that mimics natural sunlight, helping to alleviate symptoms of depression associated with reduced exposure to daylight. SSRIs, which are commonly used to treat major depressive disorder, can also be effective for treating the symptoms of SAD, indicating a shared biological basis in mood regulation. The effectiveness of these treatments helps to differentiate seasonal affective disorder from other forms of depression, which may not respond as predictably to light exposure or may require different treatment approaches. Understanding this distinction is crucial for clinicians and patients to ensure the most effective management of the disorder during its seasonal exacerbations. As for the other options, they lack alignment with the established characteristics and treatment responses of SAD. For example, the impact on daily functioning can vary and is not uniform across all patients. It is also not always accompanied by anxiety, and it certainly does not only occur

5. Which dietary change can help lower LDL cholesterol levels?

- A. Increased saturated fat intake
- B. Consuming more dietary cholesterol
- C. Eating viscous fiber in oats and legumes**
- D. Decreasing unsaturated fat intake

Eating viscous fiber found in oats and legumes is an effective dietary change to help lower LDL cholesterol levels. Viscous fibers, also known as soluble fibers, form a gel-like substance in the digestive tract, which can bind to cholesterol and bile acids. This binding process helps to reduce the absorption of cholesterol into the bloodstream, ultimately leading to lower levels of LDL cholesterol. Numerous studies support the role of viscous fiber in cholesterol management, demonstrating that regular consumption of foods high in this type of fiber can lead to significant reductions in LDL cholesterol levels. Foods like oats, barley, beans, lentils, and certain fruits are excellent sources of viscous fiber and can be easily incorporated into the diet. This dietary approach is recognized as a key lifestyle intervention for individuals aiming to manage cholesterol levels effectively, highlighting the importance of dietary choices in cardiovascular health.

6. Which of the following is true about pharmacotherapy for depression?

- A. Only one medication should be used at a time
- B. Combination therapy is often ineffective
- C. Increasing the dose can be an option for non-responders**
- D. Adding psychotherapy is always necessary

Increasing the dose can be an effective option for individuals who do not respond adequately to initial treatment for depression. This approach is based on the understanding that some patients may require higher doses of medication to reach therapeutic levels that adequately address their symptoms. In clinical practice, if a patient is not showing significant improvement after a standard trial period on a particular antidepressant, a clinician may consider dose adjustments. This can lead to improved outcomes for patients who may have a partial response to their current dosage but require more medication to achieve symptomatic relief. It is important to regularly monitor patients, as well, to assess their response to the medication and manage any possible side effects that may arise with increased dosing. Studies show that adjusting the dose can sometimes be more effective than switching to a different medication early in the treatment process. Therefore, this strategy is an integral part of managing depression pharmacotherapy effectively. The other options represent misconceptions about depression treatment. For instance, using only one medication at a time is often the standard practice, but it's not universally applicable, as some patients may benefit from combination therapies. Additionally, combination therapy can be effective in many cases and isn't considered often ineffective; rather, it's a strategy that some patients may find beneficial. Lastly, while adding psychotherapy can

7. What is the primary indication for administering Hepatitis B immune globulin in newborns?

A. Vertical transmission of Hepatitis B virus

B. Exposure to contaminated blood

C. Travel to endemic regions

D. Presence of chronic kidney disease

The primary indication for administering Hepatitis B immune globulin (HBIG) in newborns is to prevent vertical transmission of the Hepatitis B virus from an infected mother to her child during the perinatal period. This is particularly critical when a mother is HBsAg positive (indicating active Hepatitis B infection) or has a high viral load. HBIG works by providing immediate passive immunity to the newborn, neutralizing the virus and reducing the risk of the child becoming chronically infected. In conjunction with the Hepatitis B vaccination given at birth, this strategy is highly effective in preventing the establishment of chronic Hepatitis B infection in infants who are exposed to the virus at birth. Other scenarios, such as exposure to contaminated blood, travel to endemic regions, or presence of chronic kidney disease, do not specifically warrant the use of HBIG in newborns. They may require different interventions or vaccines, but they do not address the immediate risks associated with maternal transmission during childbirth.

8. What is the appropriate management for a patient with orthostatic syncope?

A. Immediate hospital admission for further testing

B. Treat underlying causes and ensure adequate fluid intake

C. Start beta-blockers to manage symptoms

D. Initiate antidepressant therapy for mood stabilization

In cases of orthostatic syncope, the primary management focuses on addressing the underlying causes and ensuring adequate fluid intake. This type of syncope occurs when a person stands up, leading to a drop in blood pressure that can result in fainting or lightheadedness. Treating underlying causes can include identifying and managing any medical conditions that may be contributing to the patient's symptoms, such as dehydration, blood loss, or medication side effects. Adequate fluid intake is crucial as it helps to increase blood volume and enhance circulation when standing, which can prevent a drop in blood pressure. By correcting these causes and ensuring the patient is well-hydrated, healthcare providers can effectively manage orthostatic syncope and improve the patient's symptoms without immediately resorting to more invasive or aggressive treatments, such as hospitalization or medication that might not address the root cause of the condition. Managing fluid intake and underlying issues can lead to a safer and more sustainable resolution of symptoms in these patients.

9. Which condition is characterized by depressive symptoms with a clear precipitant?

- A. Bipolar disorder
- B. Situational adjustment reaction**
- C. Seasonal affective disorder
- D. Grief reaction

The condition characterized by depressive symptoms that arise in response to a specific and identifiable life event is known as a situational adjustment reaction. This form of adjustment disorder typically manifests after encountering a significant stressor such as job loss, relationship issues, or other life changes. The symptoms are usually proportional to the stressor and subside as the individual adjusts to the new circumstances. In this case, the distinguishing feature is the clear precipitant causing the depressive symptoms, setting it apart from other types of depressive disorders that may not have such an identifiable trigger. For example, bipolar disorder involves mood episodes that can occur independently of identifiable stressors, while seasonal affective disorder is tied to specific seasons or changes in light exposure, lacking the immediacy of a clear situational trigger. Similarly, grief reactions can be aligned with the response to loss but may not strictly qualify as an adjustment disorder unless they meet specific criteria in terms of duration and intensity related to the stressful event. Thus, situational adjustment reaction is the most fitting description for depressive symptoms that follow a clear precipitant.

10. What should be the starting point for retinal screening in patients diagnosed with type 2 diabetes?

- A. Upon diagnosis and every six months thereafter
- B. Immediately after reaching glycemic control
- C. During the first trimester of pregnancy and each trimester thereafter**
- D. Only if symptoms of vision loss appear

The appropriate starting point for retinal screening in patients diagnosed with type 2 diabetes is at the time of diagnosis, not strictly tied to pregnancy unless the patient is pregnant. For pregnant women with pre-existing diabetes, the first trimester is a critical time to assess the health of the retina, given the increased risk for diabetic retinopathy during and after pregnancy. It is recommended to perform screenings each trimester as the risk for progression of diabetic retinopathy can increase due to changes in glycemic control often occurring during pregnancy. For patients who are not pregnant, guidelines typically suggest that retinal screening should commence at the time of diagnosis of type 2 diabetes and be performed annually, although the frequency may vary based on findings at each examination. Immediate screening after achieving glycemic control might be beneficial but does not take precedence over the need for initial screening at diagnosis. Similarly, monitoring patients only after they exhibit symptoms of vision loss is not advisable, as many cases of diabetic retinopathy are asymptomatic in the early stages. Thus, screening during pregnancy (option C) is essential for this population as part of a comprehensive management plan for diabetic patients.

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://iteboardgeninternalmed.examzify.com>

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

SAMPLE