

Medical and Communication Skills Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

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	15

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. An orthopedic physician specializes in which body system?**
 - A. Musculoskeletal system (bones & muscles)**
 - B. Nervous system**
 - C. Endocrine system**
 - D. Circulatory system**

- 2. HT in medical shorthand stands for which measurement?**
 - A. Height**
 - B. Weight**
 - C. Temperature**
 - D. Pulse**

- 3. What does the term Pulse refer to in medical vitals?**
 - A. Beats per minute**
 - B. Liters per second**
 - C. Degrees Celsius**
 - D. Beats per hour**

- 4. Pity is defined as:**
 - A. Feeling sorry for a person**
 - B. Understanding what patients are feeling**
 - C. Positive action based on empathy**
 - D. Space and mannerisms**

- 5. Which movement decreases the angle between two adjacent body segments?**
 - A. Flexion**
 - B. Eversion**
 - C. Pronation**
 - D. Supination**

- 6. Sympathy is defined as:**
 - A. Acknowledging patients' feelings & difficulties**
 - B. Understanding what patients are feeling**
 - C. Positive action based on empathy**
 - D. Feeling sorry for a person**

- 7. Joints are defined as the area where two bones meet**
- A. Area where two bones meet**
 - B. Muscle attachments**
 - C. Nerve pathways**
 - D. Blood vessels join**
- 8. Which regulation addresses privacy and security of patient information?**
- A. Health Insurance Portability and Accountability Act**
 - B. Grammar**
 - C. Message**
 - D. Documentation**
- 9. Diastolic refers to:**
- A. Heart relaxing**
 - B. Heart contracting**
 - C. Blood flow slowing**
 - D. Valve closing**
- 10. The bony thorax is commonly known as the**
- A. Rib cage**
 - B. Pelvis**
 - C. Skull**
 - D. Spine**

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. An orthopedic physician specializes in which body system?

A. Musculoskeletal system (bones & muscles)

B. Nervous system

C. Endocrine system

D. Circulatory system

Orthopedic physicians specialize in the musculoskeletal system—the bones, muscles, joints, ligaments, tendons, and related tissues that enable movement and support. They treat conditions like fractures, arthritis, spine problems, sports injuries, and perform procedures such as joint replacements or fracture repairs. The other options point to different areas: the nervous system involves the brain, spinal cord, and nerves; the endocrine system involves glands and hormones; the circulatory system involves the heart and blood vessels.

2. HT in medical shorthand stands for which measurement?

A. Height

B. Weight

C. Temperature

D. Pulse

HT stands for height, the measurement of how tall a person is. In medical shorthand, height is typically recorded in units like centimeters or feet and inches. Height is a fundamental measurement used to track growth, calculate body mass index with weight, and guide dosing in certain treatments, especially in pediatrics. This is distinct from weight (often abbreviated WT or Wt), temperature (T or Temp), and pulse (P or HR), which is why height is the correct interpretation of HT.

3. What does the term Pulse refer to in medical vitals?

A. Beats per minute

B. Liters per second

C. Degrees Celsius

D. Beats per hour

Pulse is the heart rate—how many times the heart beats in one minute. The standard way to express this is beats per minute (bpm), which clinicians use as a key vital sign to assess cardiovascular status. You can feel the pulse by pressing on arteries like the radial artery at the wrist or the carotid artery in the neck. The other options point to different measurements: liters per second would describe blood flow, degrees Celsius is body temperature, and beats per hour is not the standard way heart rate is reported.

4. Pity is defined as:

- A. Feeling sorry for a person**
- B. Understanding what patients are feeling**
- C. Positive action based on empathy**
- D. Space and mannerisms**

Pity is an emotion where you feel sorry for someone, often with a sense of distance or superiority. In patient interactions, this stance can create a barrier to connection because it focuses on your own discomfort or judgment rather than truly recognizing and engaging with the patient's experience. This is different from understanding what a patient feels (that's empathy), from taking positive action based on that understanding (that's compassionate, patient-centered care), or from nonverbal aspects like space and mannerisms, which relate to communication style rather than the emotion of pity itself. So the definition that best matches pity is feeling sorry for a person.

5. Which movement decreases the angle between two adjacent body segments?

- A. Flexion**
- B. Eversion**
- C. Pronation**
- D. Supination**

Moving a joint in a way that brings the two adjacent segments closer together is flexion. When you flex a joint, the angle formed at that joint becomes smaller—for example, bending the elbow or knee brings the forearm toward the upper arm or the lower leg toward the thigh, reducing the angle between them. Eversion is a foot movement that tilts the sole outward, which doesn't focus on shortening the angle between two connected body segments. Pronation and supination are rotational movements of the forearm (turning the palm down or up) or of the foot, which align or rotate the segments around a axis but don't primarily reduce the angle between two segments.

6. Sympathy is defined as:

- A. Acknowledging patients' feelings & difficulties**
- B. Understanding what patients are feeling**
- C. Positive action based on empathy**
- D. Feeling sorry for a person**

Sympathy involves recognizing and acknowledging what a patient is feeling and the difficulties they're facing, showing care and concern without claiming to fully share their emotions or trying to solve everything for them. It validates their emotional state and lets them know you understand they're distressed. This differs from empathy, which centers on understanding and resonating with another person's feelings, and from taking action based on that understanding (compassionate or practical responses), and from feeling sorry for someone (pity), which can feel distant or patronizing. So the best description is simply acknowledging the patient's feelings and difficulties.

7. Joints are defined as the area where two bones meet

- A. Area where two bones meet**
- B. Muscle attachments**
- C. Nerve pathways**
- D. Blood vessels join**

A joint is the area where two bones meet, and that articulation can be immobile or capable of movement, depending on the type and the surrounding structures like cartilage, ligaments, and the joint capsule. This definition is exactly what the statement describes, making it the best choice. Muscles attach to bones at attachment sites, which is about how muscles connect to bone rather than where bones come together. Nerve pathways are the routes for electrical signals, not joints. Blood vessels joining refers to vascular connections, not an articulation between bones. So the area where two bones meet precisely captures the concept of a joint.

8. Which regulation addresses privacy and security of patient information?

- A. Health Insurance Portability and Accountability Act**
- B. Grammar**
- C. Message**
- D. Documentation**

Privacy and security of patient information are addressed by the Health Insurance Portability and Accountability Act. This law creates federal standards for how identifiable health information (PHI) can be used, disclosed, and protected. The Privacy Rule sets limits on who can access PHI and under what circumstances; the Security Rule requires concrete safeguards like access controls, encryption, and regular security audits; and the Breach Notification Rule mandates reporting if patient data is compromised. HIPAA applies to covered entities (health plans, providers, and healthcare clearinghouses) and their business associates, ensuring patients have rights to access and correct their records when needed. The other options aren't regulations that govern patient privacy or data security, so HIPAA is the correct framework here.

9. Diastolic refers to:

- A. Heart relaxing**
- B. Heart contracting**
- C. Blood flow slowing**
- D. Valve closing**

Diastole is the relaxation phase of the heartbeat, when the heart muscle relaxes and the ventricles fill with blood between beats. This relaxation allows the chambers to recharge for the next contraction. That's why diastolic refers to the heart relaxing, and is also the basis for diastolic pressure, the arterial pressure measured during this filling phase. The alternative ideas don't fit because contracting describes systole, the pumping phase; assuming blood flow slows isn't the defining concept here, and valve closing relates to transitions between phases rather than what the term diastolic itself means.

10. The bony thorax is commonly known as the

A. Rib cage

B. Pelvis

C. Skull

D. Spine

The bony thorax refers to the protective rib cage surrounding the chest organs. It is formed by the ribs, the sternum (breastbone), and the thoracic parts of the spine, and its primary jobs are to shield the heart and lungs and to assist with breathing as the rib cage expands and contracts. Because this framework is mainly made up of the ribs, people commonly call it the rib cage. The pelvis, skull, and spine are different parts of the skeleton—pelvis is the hip region, skull encases the brain, and the spine is the vertebral column—so they don't name the bony thorax.

SAMPLE

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://medicalandcommskills.examzify.com>

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

SAMPLE