

MEDICAL AND COMMUNICATION SKILLS 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. Which term describes the heart at rest phase when it relaxes after contraction?**
 - A. Systolic
 - B. Diastolic
 - C. Hypertension
 - D. Hypotension
- 2. Hypertension means:**
 - A. High blood pressure
 - B. Low blood pressure
 - C. Normal blood pressure
 - D. Elevated heart rate
- 3. Which term refers to the science of behavior and human thought processes?**
 - A. Psychology
 - B. Health Insurance Portability and Accountability Act
 - C. Message
 - D. Opening office
- 4. What is a hallmark of a safety-focused team leadership in medical simulations?**
 - A. Mutual support among team members.
 - B. Individual work with minimal communication.
 - C. Avoiding debriefings after events.
 - D. Relying on one person for all decisions.
- 5. Which practice requires always documenting in the patient's medical record?**
 - A. Documentation
 - B. Health Insurance Portability and Accountability Act
 - C. Psychology
 - D. Grammar

- 6. Which medical specialist focuses on diseases and disorders of the heart and blood vessels?**
- A. Cardiologist
 - B. Endocrinologist
 - C. Orthopedic
 - D. Neurologist
- 7. Which term means turning outward?**
- A. Flexion
 - B. Eversion
 - C. Pronation
 - D. Supination
- 8. How should you address a patient who refuses a recommended treatment while respecting autonomy?**
- A. Acknowledge concerns; explore reasons; provide information; check capacity; offer alternatives; document discussion; respect patient's decision
 - B. Force the patient to undergo treatment
 - C. Dismiss patient and end visit
 - D. Change the diagnosis to fit treatment acceptance
- 9. Which statement best defines an adverse drug event?**
- A. Minor side effects that are harmless
 - B. Any injury or harm related to a drug
 - C. An event unrelated to medication
 - D. An event that requires no reporting
- 10. 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

Answers

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

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Explanations

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1. Which term describes the heart at rest phase when it relaxes after contraction?

- A. Systolic
- B. Diastolic**
- C. Hypertension
- D. Hypotension

During the heartbeat, the heart cycles between a contraction phase and a relaxation phase. The phase when the ventricles are relaxing and filling after contraction is diastole. This is also where the diastolic pressure in the arteries is measured. The other terms describe either the contraction phase (systolic) or blood pressure levels (hypertension, hypotension), not the relaxation/rest phase of the heart.

2. Hypertension means:

- A. High blood pressure**
- B. Low blood pressure
- C. Normal blood pressure
- D. Elevated heart rate

Hypertension is a condition defined by persistently elevated blood pressure—the force of blood against the walls of the arteries. It's about how high that pressure stays over time, not how fast the heart beat rises in a moment. Because hypertension means high blood pressure, it's the correct description when someone has consistently elevated levels, which raises the risk of heart disease, stroke, and kidney problems. Low blood pressure isn't hypertension, normal blood pressure isn't hypertension, and an increased heart rate alone isn't hypertension (tachycardia refers to heart rate, not the pressure in the arteries).

3. Which term refers to the science of behavior and human thought processes?

- A. Psychology**
- B. Health Insurance Portability and Accountability Act
- C. Message
- D. Opening office

Psychology is the science of behavior and human thought processes. It investigates how people think, feel, and act, using methods like experiments, observation, and clinical data to uncover patterns and mechanisms behind behavior. This focus on both mental experiences and observable actions is what makes psychology the best description for the field that studies how people think and behave. The other options don't describe a field of study: a privacy law governs protecting patient information; a message is simply a piece of communication; and an opening office is just a phrase about starting a business or a space, not a scientific discipline.

4. What is a hallmark of a safety-focused team leadership in medical simulations?

- A. Mutual support among team members.**
- B. Individual work with minimal communication.
- C. Avoiding debriefings after events.
- D. Relying on one person for all decisions.

Mutual support among team members signals safety-focused leadership in medical simulations because it creates a culture where everyone is engaged in protecting patient safety. When leaders foster backing for one another, team members feel comfortable speaking up, double-checking decisions, and offering help with tasks, which reduces the chance of errors slipping through and improves situational awareness. This collaborative approach also distributes workload and prevents a single person from bearing all decisions, which makes the team more resilient in dynamic scenarios. Debriefings after events are essential for learning and improvement; avoiding them prevents the team from identifying and fixing system or process gaps. Conversely, minimal communication and reliance on one person for all decisions undermine safety by creating bottlenecks and blind spots.

5. Which practice requires always documenting in the patient's medical record?

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

The key idea is that the medical record is the official, ongoing account of a patient's care, so the practice that must be done in every encounter is documenting everything relevant in the chart. Thorough documentation captures observations, diagnoses, treatment decisions, actions taken, and follow-up plans, ensuring continuity of care, accountability, and a defensible record if questions arise later. Without consistent documentation, future clinicians would have no clear history to base decisions on, and the care team could lack crucial context. HIPAA governs how protected health information is secured and shared, not the daily requirement to write in the chart. Psychology is a specialty focused on mental processes and behavior, not a documentation rule. Grammar is about language rules and has no direct role in whether patient encounters must be recorded.

6. Which medical specialist focuses on diseases and disorders of the heart and blood vessels?

- A. Cardiologist**
- B. Endocrinologist
- C. Orthopedic
- D. Neurologist

Understanding this question starts with knowing how medical specialties map to body systems. The heart and blood vessels form the cardiovascular system, and the doctor who specializes in diseases and disorders of this system is the cardiologist. A cardiologist is trained to diagnose and manage conditions like coronary artery disease, heart failure, heart rhythm problems, valve issues, and hypertension. They also interpret tests such as EKGs, echocardiograms, stress tests, and cardiac catheterization to assess heart health and guide treatment. In contrast, endocrinology deals with hormones and metabolism, orthopedics with bones and joints, and neurology with the brain and nervous system. So for heart and vascular problems, the appropriate specialist is the cardiologist.

7. Which term means turning outward?

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

Eversion is the movement that means turning outward. In the context of the foot, eversion tilts the sole away from the midline, lifting the medial edge and turning the sole laterally. It's the opposite of inversion, which turns the sole inward toward the midline. Flexion is bending a joint to reduce its angle. Pronation and supination are rotational movements: pronation typically rotates the forearm so the palm faces downward (and, in the foot, the sole turns inward), while supination rotates the forearm so the palm faces upward (and, in the foot, the sole turns outward). So when you're asked for turning outward, eversion is the best fit.

8. How should you address a patient who refuses a recommended treatment while respecting autonomy?

- A. Acknowledge concerns; explore reasons; provide information; check capacity; offer alternatives; document discussion; respect patient's decision
- B. Force the patient to undergo treatment**
- C. Dismiss patient and end visit
- D. Change the diagnosis to fit treatment acceptance

Respecting patient autonomy and ensuring informed consent guides how you respond when someone declines a recommended treatment. The best approach is to acknowledge the patient's concerns and listen carefully to their reasons, then provide clear information about the risks, benefits, and alternatives. It's important to verify that the patient has decision-making capacity—understanding the information, appreciating the consequences, and being able to reason about options—before proceeding. If capacity is present, you discuss alternatives or less invasive options, document the conversation and the patient's decision, and continue to support the patient in their choice. Coercion, dismissing the patient, or altering the diagnosis to fit a desired treatment undermines trust and violates ethical practice.

9. Which statement best defines an adverse drug event?

- A. Minor side effects that are harmless
- B. Any injury or harm related to a drug**
- C. An event unrelated to medication
- D. An event that requires no reporting

An adverse drug event means any injury or harm that is related to a drug. This broad idea covers more than just obvious, intolerable side effects: it includes harm from proper or improper use, dosing errors, drug interactions, overdoses, and allergic reactions. So the key point is that the event is tied to the drug and results in harm. The other options don't fit because: - Minor side effects that are harmless aren't injuries or harm from a drug. - An event unrelated to medication isn't an adverse drug event. - An event that requires no reporting ignores the pharmacovigilance aspect; many ADEs should be reported to monitor drug safety. So the best definition is an injury or harm related to a drug.

10. 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.

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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://medicalandcommskills.examzify.com>

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

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