

# NCHSE Health Science Practice Exam (Sample)

## Study Guide



**Everything you need from our exam experts!**

**This is a sample study guide. To access the full version with hundreds of questions,**

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**SAMPLE**

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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. Don't worry about getting everything right, 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, and take breaks to retain information better.**

## **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.**

## **7. Use Other Tools**

**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!**

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## Questions

- 1. What are the common symptoms of asthma?**
  - A. Headaches and fever**
  - B. Wheezing and shortness of breath**
  - C. Abdominal pain and nausea**
  - D. Joint pain and swelling**
- 2. If a patient has been smoking, a health care worker should wait 15 minutes before taking which measurement?**
  - A. Blood pressure**
  - B. Oral temperature**
  - C. Pulse rate**
  - D. Respiratory rate**
- 3. Which medical specialist would treat a patient with otitis media?**
  - A. Cardiologist**
  - B. Dermatologist**
  - C. Otolaryngologist**
  - D. Pulmonologist**
- 4. Which action is a violation of patient confidentiality?**
  - A. Discussing care plans in a private room**
  - B. Sharing information about a patient on Facebook**
  - C. Consulting with doctors about a patient**
  - D. Making notes on patient progress**
- 5. What personal protective equipment should be worn while cleaning dentures of a patient with pneumonia?**
  - A. Mask and gloves.**
  - B. Gloves only.**
  - C. Apron and mask.**
  - D. No protective equipment is necessary.**



- 6. Which of the following is the least complex structure in the body?**
- A. Cell**
  - B. Tissue**
  - C. Organ**
  - D. Ribosome**
- 7. What has the greatest influence on a patient's beliefs about food?**
- A. Personal experiences.**
  - B. Culture.**
  - C. Medical advice.**
  - D. Family traditions.**
- 8. Which of the following is NOT a major type of healthcare delivery setting?**
- A. Hospitals**
  - B. Outpatient facilities**
  - C. Emergency management systems**
  - D. Home care**
- 9. What is the primary function of the World Health Organization (WHO)?**
- A. To regulate health insurance worldwide**
  - B. To direct and coordinate international health efforts**
  - C. To fund private healthcare systems**
  - D. To monitor health trends in local communities**
- 10. What is a primary outcome of effective healthcare regulation?**
- A. Increased healthcare costs**
  - B. Improved access to medical research**
  - C. Enhanced patient safety and care quality**
  - D. Lower patient education requirements**

## **Answers**

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

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## **Explanations**

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**1. What are the common symptoms of asthma?**

- A. Headaches and fever
- B. Wheezing and shortness of breath**
- C. Abdominal pain and nausea
- D. Joint pain and swelling

The common symptoms of asthma include wheezing and shortness of breath because asthma is a chronic respiratory condition characterized by inflammation and narrowing of the airways. This narrowing leads to difficulty in breathing, particularly during periods of exertion or exposure to triggers like allergens, pollution, or cold air. Wheezing, which is a high-pitched whistling sound made while breathing, occurs due to the constricted air passages. Shortness of breath, also known as dyspnea, can vary in intensity and may even lead to feelings of tightness in the chest. These symptoms are essential indicators that help in diagnosing asthma and are closely monitored in individuals suffering from this condition. Other options describe symptoms associated with different health issues; headaches and fever could indicate infections, while abdominal pain and nausea are often connected to gastrointestinal problems. Joint pain and swelling may suggest inflammatory or autoimmune conditions. Therefore, focusing on wheezing and shortness of breath directly relates to the core symptoms experienced during an asthma episode.

**2. If a patient has been smoking, a health care worker should wait 15 minutes before taking which measurement?**

- A. Blood pressure
- B. Oral temperature**
- C. Pulse rate
- D. Respiratory rate

When it comes to taking measurements such as blood pressure, pulse rate, and respiratory rate, smoking can influence these readings almost immediately. For instance, smoking can elevate blood pressure and heart rate while also causing changes in respiratory rate. However, oral temperature is not affected in the same way right after smoking. Waiting 15 minutes before measuring oral temperature allows the patient's body temperature to stabilize, providing a more accurate measurement that is not influenced by the immediate effects of smoking, such as vasodilation from inhaling hot smoke. Thus, it is important for health care workers to consider the impact of smoking on oral temperature readings to ensure accurate health assessments.

**3. Which medical specialist would treat a patient with otitis media?**

- A. Cardiologist**
- B. Dermatologist**
- C. Otolaryngologist**
- D. Pulmonologist**

The medical specialist who treats a patient with otitis media is an otolaryngologist. Otitis media is an infection or inflammation of the middle ear, which can lead to pain, hearing loss, and other complications. Otolaryngologists, also known as ENT (ear, nose, and throat) specialists, are trained to diagnose and manage conditions affecting the ear, including ear infections like otitis media. Their expertise encompasses the anatomy, physiology, and diseases of the ear, making them the appropriate healthcare providers for this condition. In contrast, cardiologists focus on heart-related issues, dermatologists specialize in skin conditions, and pulmonologists address respiratory system problems. Since otitis media pertains directly to the ear and its associated structures, consulting an otolaryngologist is essential for effective treatment and resolution of the issue.

**4. Which action is a violation of patient confidentiality?**

- A. Discussing care plans in a private room**
- B. Sharing information about a patient on Facebook**
- C. Consulting with doctors about a patient**
- D. Making notes on patient progress**

Sharing information about a patient on Facebook clearly violates patient confidentiality due to the public nature of social media. Patient confidentiality is a fundamental principle in healthcare that ensures personal health information is kept private and only shared with authorized individuals involved in the patient's care. When sensitive information is posted on platforms like Facebook, it can be accessed by anyone, including people who are not involved in the patient's treatment or care. This breach not only violates trust but also goes against legal regulations such as HIPAA (Health Insurance Portability and Accountability Act), which protects patient information from being disclosed without consent. In contrast, discussing care plans in a private room, consulting with doctors about a patient, and making notes on patient progress are all actions that can be done in a manner that respects confidentiality, as they typically involve private discussions among healthcare professionals directly involved in a patient's care or documented in secure record-keeping systems. These practices are essential for ensuring continuity of care and maintaining professional documentation without compromising patient privacy.

**5. What personal protective equipment should be worn while cleaning dentures of a patient with pneumonia?**

**A. Mask and gloves.**

**B. Gloves only.**

**C. Apron and mask.**

**D. No protective equipment is necessary.**

When cleaning dentures of a patient with pneumonia, the most appropriate personal protective equipment is gloves only. This is important because gloves protect the healthcare worker's hands from potential contamination by saliva, blood, or other body fluids that may be present on the dentures. Since pneumonia can be caused by infectious agents, such as bacteria or viruses, proper hand hygiene and the use of gloves are essential to minimize the risk of transmission. While masks and other protective gear may have their place in certain healthcare situations, they are not necessary for this specific task when gloves provide sufficient protection against the risk involved in cleaning dentures. The focus here is on preventing contact with potentially infectious materials, which gloves effectively accomplish.

**6. Which of the following is the least complex structure in the body?**

**A. Cell**

**B. Tissue**

**C. Organ**

**D. Ribosome**

The least complex structure in the body is the ribosome. Ribosomes are molecular machines found within cells that are essential for protein synthesis. They are composed of ribosomal RNA and proteins, but they do not exhibit the organization and functions that characterize higher levels of biological organization like cells, tissues, and organs. A cell represents a basic unit of life and is more complex than a ribosome, as it contains various organelles and structures that work together to sustain life. Tissues are groups of similar cells that perform a specific function, indicating an even higher level of complexity. Organs, made up of different types of tissues, perform complex functions necessary for the survival of the organism. In summary, while ribosomes play a crucial role in cellular function, their structure and function are simpler compared to the intricate organization of cells, tissues, and organs.

**7. What has the greatest influence on a patient's beliefs about food?**

**A. Personal experiences.**

**B. Culture.**

**C. Medical advice.**

**D. Family traditions.**

The belief system around food for a patient is deeply rooted in their cultural background. Culture encompasses the values, practices, and traditions that a group of people share, including dietary customs and beliefs about health and nutrition. This influence extends to what foods are considered acceptable, how they are prepared, and the role they play in social and familial contexts. For instance, certain cultures may have specific food restrictions based on religious beliefs, or they may emphasize particular food groups considered vital for health. Additionally, cultural practices can shape a person's attitudes towards diet and nutrition from a young age, influencing their choices as adults. Since this foundational aspect impacts perceptions and choices regarding food significantly, it stands as the most influential factor compared to personal experiences, medical advice, or family traditions, all of which can also affect a patient's beliefs but are often derived from or shaped by cultural contexts.

**8. Which of the following is NOT a major type of healthcare delivery setting?**

**A. Hospitals**

**B. Outpatient facilities**

**C. Emergency management systems**

**D. Home care**

Emergency management systems are primarily designed for crisis response, coordination, and management of emergencies rather than for direct healthcare delivery. While they play a crucial role in the healthcare infrastructure by ensuring public safety and assistance in emergencies, they do not serve as a healthcare delivery setting in the traditional sense. On the other hand, hospitals, outpatient facilities, and home care are all established types of healthcare delivery settings where patients receive direct medical care. Hospitals provide comprehensive services including emergency care, surgeries, and inpatient treatment. Outpatient facilities cater to patients who do not require overnight stays, offering services like routine check-ups and minor procedures. Home care involves healthcare services provided in a patient's home, enabling patients to receive treatment and support in a familiar environment. Each of these settings is integral to the healthcare system, focusing directly on patient care and management.



**9. What is the primary function of the World Health Organization (WHO)?**

- A. To regulate health insurance worldwide**
- B. To direct and coordinate international health efforts**
- C. To fund private healthcare systems**
- D. To monitor health trends in local communities**

The primary function of the World Health Organization (WHO) is to direct and coordinate international health efforts. This organization plays a critical role in establishing global health standards, guiding national health policies, and providing technical assistance to countries. It works to combat health crises, such as pandemics, by facilitating collaboration among nations and organizations to address public health challenges effectively. WHO's responsibilities include research and development, health system strengthening, and the dissemination of health information globally. By coordinating these efforts, WHO aims to improve health outcomes worldwide and promote health equity among populations. This function is essential for responding to global health threats and ensuring that all people have access to the health services they need. The other options highlight important aspects of health but do not accurately represent the WHO's primary role. Regulating health insurance is typically within the purview of national governments, funding private healthcare is not a mandate of WHO, and while local health trends are important, the agency's focus is on international collaboration rather than local monitoring.

**10. What is a primary outcome of effective healthcare regulation?**

- A. Increased healthcare costs**
- B. Improved access to medical research**
- C. Enhanced patient safety and care quality**
- D. Lower patient education requirements**

The primary outcome of effective healthcare regulation is enhanced patient safety and care quality. Regulatory measures are designed to ensure that healthcare providers meet specific standards of practice, which helps to minimize errors, reduce the risk of harm to patients, and improve overall health outcomes. By enforcing guidelines and licensure, regulations help create an environment where healthcare professionals are accountable and where patients can expect a certain level of competence and care. Additionally, regulations often promote best practices in clinical care, ensuring that treatments and procedures align with current medical standards and evidence-based practices. This systematic approach helps to continuously improve care quality, ultimately leading to better patient experiences and outcomes. Effective regulation serves as a foundational component in building trust within the healthcare system, ensuring that patients receive safe and effective services.

## 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](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://nchsehealthsci.examzify.com>**

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