

NCHSE HEALTH SCIENCE 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 is the medical term for the surgical procedure performed to correct a broken nose?**
 - A. Rhinoplasty
 - B. Otoplasty
 - C. Septoplasty
 - D. Facial reconstruction

- 2. How would you describe the director's approach when gathering feedback about the scheduling process?**
 - A. Authoritarian
 - B. Democratic
 - C. Laissez-faire
 - D. Transactional

- 3. 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.

- 4. What should you bring with you to a job interview?**
 - A. Only a notepad
 - B. Copies of your resume and contact information for your references
 - C. An extensive portfolio of past work
 - D. Your high school diploma

- 5. What does the term "functional medicine" refer to?**
 - A. An approach that focuses on disease management only
 - B. An approach that seeks to identify and address the root cause of diseases
 - C. A method for quick diagnosis in acute cases
 - D. A conventional treatment approach for all patients

- 6. Patient satisfaction surveys primarily help to improve which aspect of healthcare?**
- A. Financial outcomes
 - B. Patient experience
 - C. Technological advancements
 - D. Medical research
- 7. What does the abbreviation Hct stand for in medical testing?**
- A. Hematocrit
 - B. Hemoglobin
 - C. Heart Rate
 - D. Hydration Test
- 8. What is a primary purpose of consumer health advocates in the United States?**
- A. To promote weight loss products
 - B. To address issues of obesity
 - C. To encourage smoking cessation
 - D. To reduce healthcare costs
- 9. What is a consequence of older adults living longer with chronic diseases?**
- A. Reduction in healthcare needs
 - B. Decreased number of health providers needed
 - C. Dramatic increase in the number of health providers needed
 - D. Improved health outcomes
- 10. What is the function of the CDC?**
- A. To provide funding for healthcare projects
 - B. To promote public health and control diseases
 - C. To regulate healthcare providers
 - D. To conduct clinical trials for new medications

Answers

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

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Explanations

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1. What is the medical term for the surgical procedure performed to correct a broken nose?

- A. Rhinoplasty**
- B. Otoplasty
- C. Septoplasty
- D. Facial reconstruction

The surgical procedure performed to correct a broken nose is referred to as rhinoplasty. This term specifically describes the surgical alteration of the structure of the nose, which may involve reshaping or repairing it following trauma, such as a fracture. Rhinoplasty can also be performed for cosmetic reasons, but in the context of a broken nose, it focuses on restoring function and appearance. Understanding the meanings of related terms can help clarify why rhinoplasty is the correct choice. Otoplasty refers to surgery that modifies the ear's shape or position, while septoplasty addresses issues related specifically to the nasal septum, such as correcting a deviated septum but does not directly imply a broken nose repair. Facial reconstruction is a broader term that encompasses various reconstructive procedures to restore facial aesthetics and function but does not specifically mention the nose. Thus, rhinoplasty is the precise and appropriate term for the surgical repair of a broken nose.

2. How would you describe the director's approach when gathering feedback about the scheduling process?

- A. Authoritarian
- B. Democratic**
- C. Laissez-faire
- D. Transactional

The director's approach in gathering feedback about the scheduling process can be described as democratic because this style involves actively seeking input from team members and prioritizing their opinions and suggestions. In a democratic approach, the leader encourages participation and values collaboration. This not only fosters a sense of ownership among employees but also leads to well-rounded decision-making by considering various perspectives. In this context, the director likely solicits feedback from their team, which contributes to a more inclusive environment. The process of gathering feedback implies that the director is open to cooperation and dialogue, making them more approachable and engaging in the decision-making process. This leads to enhanced morale and can result in more effective scheduling solutions that reflect the needs and insights of those who are directly affected by the scheduling process.

3. 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.

4. What should you bring with you to a job interview?

- A. Only a notepad
- B. Copies of your resume and contact information for your references**
- C. An extensive portfolio of past work
- D. Your high school diploma

Bringing copies of your resume and contact information for your references is essential for several reasons. First, the resume serves as a concise summary of your qualifications, skills, and experiences, allowing the interviewer to clearly see your background in relation to the job. Having multiple copies ensures that each interviewer or panel member can reference your resume during discussions, which can facilitate more effective communication about your fit for the role. Additionally, providing your references' contact information is crucial because it allows the interviewers to follow up with them easily. References can offer insights into your work ethic, skills, and character from a third-party perspective, which can significantly impact the decision-making process. While a notepad can be useful for jotting down notes during the interview, it does not carry the same weight in terms of showcasing your qualifications. An extensive portfolio might be appropriate for certain fields, but it may not be necessary for every job interview and could be more than what's needed in initial discussions. Similarly, bringing your high school diploma might not demonstrate the level of education or expertise relevant to the positions being sought, especially in competitive fields where higher education or specific qualifications are expected.

5. What does the term “functional medicine” refer to?

- A. An approach that focuses on disease management only
- B. An approach that seeks to identify and address the root cause of diseases**
- C. A method for quick diagnosis in acute cases
- D. A conventional treatment approach for all patients

The term “functional medicine” refers to an approach that seeks to identify and address the root cause of diseases. This perspective emphasizes understanding each patient as an individual, taking into account their unique genetic, environmental, and lifestyle factors. Instead of just treating symptoms or managing diseases, functional medicine practitioners aim to uncover the underlying issues that contribute to a patient's health problems. This holistic view allows for more personalized treatments and can lead to long-term health improvements by addressing the source of illness rather than merely alleviating symptoms. This focus on prevention and wellness, alongside chronic disease management, distinguishes functional medicine from more traditional models that primarily concentrate on managing existing conditions without necessarily exploring their origins.

6. Patient satisfaction surveys primarily help to improve which aspect of healthcare?

- A. Financial outcomes
- B. Patient experience**
- C. Technological advancements
- D. Medical research

Patient satisfaction surveys primarily focus on gathering feedback regarding the experiences patients have within the healthcare system. These surveys assess various aspects of the patient experience, including communication with healthcare providers, the environment of care, wait times, and overall satisfaction with the treatment received. By analyzing this feedback, healthcare facilities can identify areas that require improvement and implement changes aimed at enhancing the patient experience. Improving patient experience is critical because it directly correlates with patient engagement, adherence to medical advice, and overall quality of care. When patients feel their concerns are being heard and addressed, it often leads to better health outcomes and fosters a more positive relationship between patients and healthcare providers. While other areas such as financial outcomes, technological advancements, and medical research are important components of healthcare, the primary function of patient satisfaction surveys is to focus on what patients experience during their healthcare journey. These surveys are not designed to evaluate the financial aspects, the effectiveness of new technologies, or the pursuit of medical research; rather, they serve as a tool for enhancing the quality of interactions and care provided to patients.

7. What does the abbreviation Hct stand for in medical testing?

- A. Hematocrit**
- B. Hemoglobin
- C. Heart Rate
- D. Hydration Test

The abbreviation Hct stands for Hematocrit, which is a critical measurement in medical testing. Hematocrit refers to the proportion of blood volume that is occupied by red blood cells. It is expressed as a percentage, helping healthcare professionals evaluate a patient's red blood cell count in relation to their total blood volume. This measurement is essential in diagnosing conditions such as anemia, polycythemia, and various hydration statuses. A normal hematocrit level indicates a balanced production and destruction of red blood cells, whereas abnormal levels can signal underlying health issues. Understanding hematocrit values aids in managing a patient's blood health and overall medical condition, making it a key component in laboratory testing.

8. What is a primary purpose of consumer health advocates in the United States?

- A. To promote weight loss products
- B. To address issues of obesity**
- C. To encourage smoking cessation
- D. To reduce healthcare costs

The primary purpose of consumer health advocates in the United States is to address issues of obesity. This focus is essential because obesity is a significant public health concern that affects a large portion of the population, leading to various health issues such as diabetes, heart disease, and other chronic conditions. Consumer health advocates aim to educate the public about healthy lifestyle choices, promote access to nutritious food, and encourage physical activity. These efforts help to empower individuals to make informed choices regarding their health and wellbeing. While promoting weight loss products, encouraging smoking cessation, and reducing healthcare costs can all be part of broader health initiatives, they do not encapsulate the core mission of consumer health advocates as effectively as addressing obesity. Obesity is a prevalent issue that requires consumer awareness, educational efforts, and advocacy for better health policies, making it a central focus for these advocates in their mission to improve public health.

9. What is a consequence of older adults living longer with chronic diseases?

- A. Reduction in healthcare needs
- B. Decreased number of health providers needed
- C. Dramatic increase in the number of health providers needed**
- D. Improved health outcomes

Older adults living longer with chronic diseases often results in a dramatic increase in the number of health providers needed. This is because chronic diseases typically require ongoing management and care, which can include regular doctor visits, medication management, physical therapy, and other healthcare services. As the population of older adults grows, particularly those with conditions such as diabetes, heart disease, or arthritis, the demand for healthcare professionals—such as doctors, nurses, and allied health workers—rises significantly. The management of chronic diseases is complex and can involve multidisciplinary teams to provide comprehensive care. Given that these older individuals may have multiple chronic conditions, the level of care needed increases, leading to a greater need for health providers to ensure that patients receive appropriate and timely treatment. This growing demand challenges the existing healthcare infrastructure and highlights the importance of addressing workforce planning in health services to meet the needs of an aging population.

10. What is the function of the CDC?

- A. To provide funding for healthcare projects
- B. To promote public health and control diseases**
- C. To regulate healthcare providers
- D. To conduct clinical trials for new medications

The Centers for Disease Control and Prevention (CDC) plays a pivotal role in promoting public health and controlling diseases. Its primary function is to serve as a national public health agency that provides information and recommendations to protect and enhance the health of individuals and communities. The CDC works on a variety of issues, including disease prevention, response to health emergencies, health education, and the promotion of health-related research and initiatives. By focusing on these areas, the CDC aims to mitigate the impact of disease outbreaks, promote health and wellness, and improve health education. This mission is fundamental in addressing both communicable diseases, such as outbreaks of influenza or COVID-19, and non-communicable diseases through preventive campaigns and health education. The emphasis on public health ensures that resources and efforts are directed towards improving population health outcomes on a broader scale, which is crucial for managing ongoing health challenges. The other options reference functions that do not encapsulate the primary role of the CDC. While the CDC may engage in projects that could require funding, its core mission is not primarily financial support; rather, it is focused on public health promotion and disease control. Similarly, although the CDC provides guidelines that impact healthcare provider practices, it does not have a regulatory function like other governmental organizations

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://nchsehealthsci.examzify.com>

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

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