

# ORELA Health Practice Exam (Sample)

## Study Guide



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

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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 primary purpose of involving secondary students in school-based conflict resolution projects?**
  - A. Teaching students to manage anger and aggression, negotiate with others, and avoid physical confrontations**
  - B. Providing extra credit**
  - C. Learning advanced programming**
  - D. Preparing students for standardized tests**
  
- 2. What is projected to increase death most in African countries?**
  - A. Infectious diseases**
  - B. Noncommunicable disease**
  - C. Traumatic injuries**
  - D. Malnutrition**
  
- 3. Osteoarthritis is characterized by which of the following?**
  - A. An autoimmune disease causing joint inflammation.**
  - B. A progressive breakdown of joint cartilage, resulting in bones rubbing against each other.**
  - C. An acute bacterial infection of joints.**
  - D. Temporary joint swelling due to fluid.**
  
- 4. A great majority of American adults are lacking in which area?**
  - A. Digital Literacy**
  - B. Health Literacy Skills**
  - C. Numeracy**
  - D. Reading Comprehension**
  
- 5. In which body system do white blood cells function?**
  - A. Lymphatic**
  - B. Circulatory**
  - C. Digestive**
  - D. Nervous**

- 6. Industry projections are that how many people worldwide will use healthcare apps on smartphones?**
- A. 1 billion**
  - B. 100 million**
  - C. 500 million**
  - D. 50 million**
- 7. Which practice is most commonly used to conclude structured peer mediation sessions after resolution?**
- A. Scheduling another session**
  - B. Developing a written agreement that summarizes the solution to the conflict**
  - C. Circulating a class-wide report**
  - D. Reprimanding the parties**
- 8. Industry projections also state what proportion of smartphone and tablet users will have downloaded mobile health apps by 2018?**
- A. Two-thirds**
  - B. One-half**
  - C. One-quarter**
  - D. Three-quarters**
- 9. FERPA supersedes the HIPAA Privacy Rule when school health records fit FERPA's definition of 'education records' or 'treatment records'.**
- A. FERPA supersedes HIPAA Privacy Rule when school health records fit FERPA's definition of 'education records' or 'treatment records'**
  - B. HIPAA always supersedes FERPA in all school health records**
  - C. FERPA and HIPAA do not interact**
  - D. HIPAA supersedes FERPA for all health records in schools**

**10. Endurance gains from consistent fitness training are mainly due to which physiological change?**

- A. Increased lung capacity.**
- B. Increased capillary density in working muscles.**
- C. Increased bone density.**
- D. Reduced heart rate variability.**

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## Answers

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

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## **Explanations**

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**1. What is the primary purpose of involving secondary students in school-based conflict resolution projects?**

**A. Teaching students to manage anger and aggression, negotiate with others, and avoid physical confrontations**

**B. Providing extra credit**

**C. Learning advanced programming**

**D. Preparing students for standardized tests**

The main idea is to equip students with nonviolent ways to handle disagreements by building skills in anger management, negotiation, and de-escalation. When students learn how to regulate their emotions, communicate effectively, and collaborate to find solutions, they're less likely to resort to fights and more likely to resolve issues peacefully. This not only helps individuals navigate conflicts but also contributes to a safer, more positive school climate and ongoing social-emotional development. The other options don't fit this purpose. Extra credit doesn't address conflict resolution skills, learning advanced programming isn't related to managing disputes, and preparing for standardized tests focuses on academic skills rather than how students resolve conflicts.

**2. What is projected to increase death most in African countries?**

**A. Infectious diseases**

**B. Noncommunicable disease**

**C. Traumatic injuries**

**D. Malnutrition**

Noncommunicable diseases are projected to cause the most increase in deaths in African countries because the pattern of disease burden is shifting as countries develop. As infectious diseases become better controlled and people live longer, more individuals reach ages where chronic conditions—such as heart disease, stroke, cancer, diabetes, and chronic respiratory diseases—emerge. Urbanization, sedentary lifestyles, unhealthy diets, tobacco use, and rising obesity drive these risks upward. While infectious diseases and malnutrition remain important health challenges, their death rates are not rising as fast as those from chronic conditions, so the category of noncommunicable diseases is expected to contribute the largest growth in mortality.

**3. Osteoarthritis is characterized by which of the following?**

**A. An autoimmune disease causing joint inflammation.**

**B. A progressive breakdown of joint cartilage, resulting in bones rubbing against each other.**

**C. An acute bacterial infection of joints.**

**D. Temporary joint swelling due to fluid.**

Osteoarthritis is a degenerative joint disease driven by wear and tear that causes articular cartilage to progressively break down. As cartilage erodes, the bones at the joint rub together, leading to pain, stiffness, and reduced movement. This pattern of cartilage loss with resulting bone-on-bone contact is what distinguishes OA from inflammatory autoimmune arthritis, septic (bacterial) arthritis, or transient joint swelling from fluid buildup. In short, OA describes the gradual cartilage breakdown and the resulting bones rubbing against each other.

**4. A great majority of American adults are lacking in which area?**

- A. Digital Literacy**
- B. Health Literacy Skills**
- C. Numeracy**
- D. Reading Comprehension**

The main idea tested is health literacy, which is the ability to obtain, understand, evaluate, and use health information to make appropriate health decisions. In the United States, a large portion of adults struggle with this, meaning they have difficulty understanding medical instructions, prescription labels, or health risks, and applying that information to their care. This isn't just about general reading ability; it's about processing health-related information and acting on it. Because health information is essential for safe and effective care, a large majority showing difficulty in this area makes health literacy skills the area many adults lack. While digital literacy, numeracy, and reading comprehension matter, health literacy has the broadest and most consistently reported impact on everyday health decisions across the adult population.

**5. In which body system do white blood cells function?**

- A. Lymphatic**
- B. Circulatory**
- C. Digestive**
- D. Nervous**

White blood cells are the immune system's defenders: they recognize, attack, and help coordinate responses to pathogens. Much of their activity happens in the lymphatic system, which moves immune cells through lymph vessels and filters pathogens in lymph nodes, the spleen, and other lymphoid organs. Lymphocytes, a major type of white blood cell, mature and function primarily within these lymphatic tissues, making this system the best place to describe where their immune actions take place. They do also circulate in the blood as a means of travel, but the core immune activity—the interaction with pathogens and orchestration of defense—occurs within the lymphatic system.

**6. Industry projections are that how many people worldwide will use healthcare apps on smartphones?**

- A. 1 billion**
- B. 100 million**
- C. 500 million**
- D. 50 million**

The main idea here is the expected scale of global adoption for healthcare apps on smartphones. Industry projections place the number in the hundreds of millions, reflecting how quickly smartphones are used for health tasks like appointment reminders, symptom tracking, telehealth, and wellness management. A projection around 500 million fits as a balanced estimate: it's clearly substantial and consistent with broad smartphone penetration and growing app ecosystems, without assuming every smartphone user worldwide will adopt health apps. Choosing a lower figure underestimates the momentum in mobile health, while jumping to a number near or at one billion seems overly optimistic given variations in access, age groups, and regional adoption. So, 500 million is the best-fit projection among the options.

**7. Which practice is most commonly used to conclude structured peer mediation sessions after resolution?**

**A. Scheduling another session**

**B. Developing a written agreement that summarizes the solution to the conflict**

**C. Circulating a class-wide report**

**D. Reprimanding the parties**

In structured peer mediation, the practice most commonly used to conclude sessions after a resolution is to develop a written agreement that summarizes the solution. This written agreement provides a clear, shareable record of what each party agreed to do, by when, and under what conditions. It helps ensure accountability, reduces misunderstandings, and gives both students—and the mediator—a concrete reference for follow-up if steps aren't carried out. While other options may serve different purposes, they don't solidify the outcome the way a written agreement does: it formalizes commitments, supports lasting change, and protects confidentiality by focusing on the agreed solution rather than broader or punitive actions.

**8. Industry projections also state what proportion of smartphone and tablet users will have downloaded mobile health apps by 2018?**

**A. Two-thirds**

**B. One-half**

**C. One-quarter**

**D. Three-quarters**

The main idea tested is how many smartphone and tablet users are projected to have downloaded a mobile health app by 2018. At that time, industry forecasts commonly estimated about half of users would have at least one health app, roughly 50%. This sits between widespread smartphone use and the reality that not everyone sees value in or feels comfortable with health apps, so adoption stabilizes around a mid-range level rather than immediately jumping to very high figures. The half-point reflects a realistic diffusion: devices are common and app ecosystems are mature, but barriers like privacy concerns, perceived usefulness, and app fatigue keep the share from climbing much higher. If you consider the other options, numbers like two-thirds or three-quarters would be more optimistic than what many forecasts expected, while one-quarter would be too low given the broad appeal and availability of health apps.

**9. FERPA supersedes the HIPAA Privacy Rule when school health records fit FERPA's definition of 'education records' or 'treatment records'.**

**A. FERPA supersedes HIPAA Privacy Rule when school health records fit FERPA's definition of 'education records' or 'treatment records'**

**B. HIPAA always supersedes FERPA in all school health records**

**C. FERPA and HIPAA do not interact**

**D. HIPAA supersedes FERPA for all health records in schools**

When a health record is kept by a school and is used in the context of education or treatment within the school setting, the FERPA rules apply first. FERPA defines education records and also covers treatment records created or maintained by the school to provide or facilitate treatment for a student. In these cases, the school's permissions, access rights, and disclosures are governed by FERPA, not by the HIPAA Privacy Rule. HIPAA would only apply to health information that falls outside those FERPA-defined categories (for example, records held by a separate HIPAA-covered health care provider or health plan). So, for school health records that fit FERPA's education or treatment records definitions, FERPA supersedes HIPAA.

**10. Endurance gains from consistent fitness training are mainly due to which physiological change?**

**A. Increased lung capacity.**

**B. Increased capillary density in working muscles.**

**C. Increased bone density.**

**D. Reduced heart rate variability.**

Endurance gains from consistent fitness training mainly come from how well oxygen is delivered and used in the muscles. Training stimulates the growth of more capillaries in working muscles, increasing capillary density. This shortens the distance oxygen and nutrients must diffuse from blood to muscle fibers and enhances the removal of carbon dioxide and other waste. With more capillaries, muscles can sustain aerobic metabolism longer, delaying fatigue and boosting endurance. This vascular adaptation often occurs alongside increases in mitochondrial content and oxidative enzymes, but the key driver that most directly improves endurance is the expanded capillary network in the active muscles. Other changes play a lesser role in the endurance gains described. Lung capacity tends to be adequate for most daily activities and even modest improvements in ventilation don't limit endurance as much as the muscle's oxygen delivery and utilization do. Bone density affects skeletal health, not the immediate capacity for sustained aerobic work. Heart rate variability can be influenced by training, but it isn't the primary reason endurance improves; the muscular vascular adaptations are the main driver of longer, steadier performance.

## 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://orelahealth.examzify.com>**

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

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