

ORELA Health Practice Exam (Sample)

Study Guide



Everything you need from our exam experts!

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Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	9
Explanations	11
Next Steps	17

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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 set of terms represents the five stages of the stages of change model?**
 - A. Activation, Engagement, Adoption, Integration, Sustainment**
 - B. Precontemplation, Contemplation, Preparation, Action, Maintenance**
 - C. Initiation, Growth, Maturity, Decline, Renewal**
 - D. Recognition, Planning, Trying, Succeeding**

- 2. 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**

- 3. 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**

- 4. Which statement best describes a primary educational goal for secondary students in conflict resolution education?**
 - A. Learn to memorize rules**
 - B. Learn to manage anger and aggression, negotiate with others, and avoid physical confrontations**
 - C. Learn to code**
 - D. Win competitions**

- 5. According to the CDC, most unintentional nonfatal poisonings of children occur due to ingestion of which item?**
- A. Prescription or over-the-counter medication**
 - B. Household cleaners**
 - C. Food items**
 - D. Plants in home**
- 6. Older adolescents' career planning is guided by which factors?**
- A. Personal interests, abilities, and values**
 - B. Peer pressure alone**
 - C. Random job listings**
 - D. Family tradition only**
- 7. In Hobfoll's theory, initial loss of resources can lead to future resource losses. True or False?**
- A. True**
 - B. False**
 - C. Not specified**
 - D. Only if resources are financial**
- 8. A great majority of American adults are lacking in which area?**
- A. Digital Literacy**
 - B. Health Literacy Skills**
 - C. Numeracy**
 - D. Reading Comprehension**
- 9. Which chamber of the heart pumps oxygenated blood to all tissues of the body?**
- A. Left Atrium**
 - B. Right Ventricle**
 - C. Left Ventricle**
 - D. Right Atrium**

10. What is the difference between type 1 and 2 diabetes?

- A. Type 1: childhood onset, insulin insufficiency; Type 2: adult onset, insulin insensitivity**
- B. Type 1: adult onset, insulin resistance; Type 2: childhood onset, insulin deficiency**
- C. Type 1: autoimmune destruction of beta cells; Type 2: autoimmune destruction of alpha cells**
- D. There is no difference between Type 1 and Type 2 diabetes**

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Answers

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

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Explanations

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1. Which set of terms represents the five stages of the stages of change model?

A. Activation, Engagement, Adoption, Integration, Sustainment

B. Precontemplation, Contemplation, Preparation, Action, Maintenance

C. Initiation, Growth, Maturity, Decline, Renewal

D. Recognition, Planning, Trying, Succeeding

This question tests understanding of how readiness to change a behavior is organized. The five stages in this well-known model are precontemplation, contemplation, preparation, action, and maintenance. In precontemplation, the person isn't considering change yet. In contemplation, they recognize the issue and start weighing options. In preparation, they plan and take initial steps toward change. In action, they actively implement the new behavior. In maintenance, they sustain the change over time and work to prevent relapse. The other term sets don't reflect this progression of increasing readiness to change— Activation through Sustainment comes from general change rollout contexts, not the personal readiness pathway, and Initiation-Growth-Maturity-Decline-Renewal describes a lifecycle rather than behavior-change readiness.

2. 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.

3. 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

The key idea is how FERPA and HIPAA interact in the school setting. When health records are created and kept by the school or by someone acting for the school, and they are directly related to a student, those records are education records under FERPA. FERPA governs how those records can be accessed and disclosed, and HIPAA's Privacy Rule does not override FERPA in this context. This includes records kept for the purpose of providing health services within the school, often referred to as treatment records. Because FERPA applies to these records, it supersedes HIPAA for their privacy protections and disclosures among school officials and with parents or eligible students, subject to FERPA's own exceptions. HIPAA would apply only to health records outside the school's control or to records maintained by non-school health providers. So the statement is correct: FERPA takes precedence for school health records that fit the education or treatment record definitions.

4. Which statement best describes a primary educational goal for secondary students in conflict resolution education?

A. Learn to memorize rules

B. Learn to manage anger and aggression, negotiate with others, and avoid physical confrontations

C. Learn to code

D. Win competitions

Conflict resolution education centers on giving students the tools to resolve disagreements constructively and safely. The best statement captures learning to manage anger and aggression, negotiate with others, and avoid physical confrontations, because these are the practical skills that prevent fights and help peers work through differences. This includes recognizing emotions, staying calm, using respectful communication, and seeking fair solutions. Memorizing rules is about rote knowledge, coding is unrelated to resolving interpersonal issues, and aiming to win competitions shifts the focus away from resolving disputes. The emphasis on emotional regulation, negotiation, and nonviolent resolution best describes the primary educational goal.

5. According to the CDC, most unintentional nonfatal poisonings of children occur due to ingestion of which item?

- A. Prescription or over-the-counter medication**
- B. Household cleaners**
- C. Food items**
- D. Plants in home**

Medications are the leading cause of unintentional nonfatal poisonings in young children. Kids are naturally curious and will explore and put things in their mouths, and medicines—especially pills and vitamins—are small, colorful, and easily accessible in many homes. A tiny amount can cause harm in a child because their bodies are smaller and more sensitive to toxins, so ingestion of medicines tends to produce more incidents than other household items. While cleaners, foods, and plants can cause harm, data show that medicines most often drive these unintentional poisonings. The key safety takeaway is to store all medicines securely, use child-resistant packaging, keep medicines in their original containers, and promptly contact poison control if ingestion occurs.

6. Older adolescents' career planning is guided by which factors?

- A. Personal interests, abilities, and values**
- B. Peer pressure alone**
- C. Random job listings**
- D. Family tradition only**

Career planning in older adolescence works best when it reflects a synthesis of personal interests, abilities, and values. When what someone enjoys aligns with what they can do well and what matters to them in daily life, they're more likely to stay motivated through training and to choose a path that feels meaningful over the long term. Interests spark curiosity and engagement, abilities indicate feasible paths and necessary skills, and values shape decisions about work style, environment, and priorities like helping others, independence, or financial goals. This integrated view also helps connect education and training to real job opportunities, increasing the chances of satisfaction and success. Other influences like peer pressure, random job listings, or family tradition can shape choices temporarily, but they don't provide the balanced foundation that comes from considering interests, abilities, and values together. To apply this, reflect on what you enjoy, what you're good at, and what matters most to you, and seek experiences that let you test how those fit with real careers.

7. In Hobfoll's theory, initial loss of resources can lead to future resource losses. True or False?

- A. True**
- B. False
- C. Not specified
- D. Only if resources are financial

In Hobfoll's Conservation of Resources theory, the risk of resource loss escalating into more losses is a central idea. Resources include things like money, social support, health, and personal skills. When an initial resource is lost, it weakens a person's coping abilities and resilience, making it harder to protect remaining resources and easier to suffer additional losses. This creates a loss spiral where one depletion feeds another, especially under ongoing stress. Gains in resources can help buffer against losses, but losses tend to have a more powerful and cascading impact. So the statement is true: an initial loss of resources can lead to future resource losses.

8. 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.

9. Which chamber of the heart pumps oxygenated blood to all tissues of the body?

- A. Left Atrium
- B. Right Ventricle
- C. Left Ventricle**
- D. Right Atrium

The chamber that pumps oxygenated blood to all tissues is the left ventricle. Oxygen-rich blood returns from the lungs into the left atrium, moves into the left ventricle, and is then forcefully ejected into the aorta to reach every body tissue. The left ventricle has a thicker muscular wall because it must generate the high pressure needed for systemic (body-wide) circulation. In contrast, the left atrium collects oxygenated blood, the right ventricle sends blood to the lungs, and the right atrium collects blood returning from the body—we don't rely on them to push oxygenated blood to the entire body.

10. What is the difference between type 1 and 2 diabetes?

- A. Type 1: childhood onset, insulin insufficiency; Type 2: adult onset, insulin insensitivity**
- B. Type 1: adult onset, insulin resistance; Type 2: childhood onset, insulin deficiency**
- C. Type 1: autoimmune destruction of beta cells; Type 2: autoimmune destruction of alpha cells**
- D. There is no difference between Type 1 and Type 2 diabetes**

The key difference lies in what goes wrong with insulin: Type 1 is an autoimmune loss of insulin production, while Type 2 is insulin resistance with a later, often partial loss of production. In Type 1, the immune system destroys pancreatic beta cells, so little or no insulin is made. This usually emerges in childhood or adolescence, and because there's no usable insulin, people need lifelong insulin therapy to control blood glucose. In Type 2, the body's tissues don't respond well to insulin (insulin resistance), and over time the beta cells may fail to keep up, leading to high blood glucose. It typically appears in adults with factors like obesity and metabolic syndrome, and initial treatment focuses on lifestyle changes and medications that improve insulin sensitivity or reduce glucose production, with insulin therapy added if needed. That's why the described contrast—childhood onset with insulin insufficiency for Type 1, versus adult onset with insulin insensitivity for Type 2—best captures the fundamental distinction between the two. The other options mix up which cells are affected or deny any difference between the types.

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://orelahealth.examzify.com>

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

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