

# Review of Related Disease (RRD) 5 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. Rubella infection can cause which teratogenic effects?**
  - A. Heart defects**
  - B. Retardation and eye + hearing problems**
  - C. Limb defects**
  - D. Neural tube defects**
  
- 2. Which describes the current health status when S&S are absent in a Resolution note?**
  - A. Signs and symptoms have ceased; no pathogen detected**
  - B. Ongoing symptoms persist**
  - C. New infections are occurring**
  - D. There is confusion about status**
  
- 3. Which stage follows the acute stage in infection progression?**
  - A. Incubation**
  - B. Prodromal**
  - C. Convalescent**
  - D. Recovery**
  
- 4. Pertussis is best described as which disease?**
  - A. Varicella**
  - B. Pertussis**
  - C. Influenza**
  - D. Diphtheria**
  
- 5. Erythrocytosis is defined by which finding?**
  - A. Low red blood cell count**
  - B. High red blood cell count (>6 million)**
  - C. High white blood cell count**
  - D. Low platelet count**

- 6. Bacillary (Shigella) dysentery is characterized by which feature?**
- A. Watery diarrhea with no blood**
  - B. Intestinal lining inflamed; Bloody diarrhea, severe**
  - C. Fever only**
  - D. Nausea and vomiting only**
- 7. Erythrocyte is the term for which blood component?**
- A. White blood cell; fight infection**
  - B. Platelet; clot**
  - C. Red blood cell; carry O<sub>2</sub>**
  - D. Plasma; transport nutrients**
- 8. A red blood cell count less than 4 million per liter is most consistent with which condition?**
- A. Leukopenia**
  - B. Thrombocytopenia**
  - C. Polycythemia**
  - D. Anemia**
- 9. Encephalitis is best defined as which of the following?**
- A. Liver inflammation**
  - B. Brain inflammation**
  - C. Kidney disease**
  - D. Heart inflammation**
- 10. Which scenario is an example of Contact Precautions?**
- A. Salmonella, HIV, MRSA, VRE, Ebola: diarrhea, draining wounds, vomiting/secretions, rashes**
  - B. Meningitis**
  - C. Tuberculosis**
  - D. Measles**

## Answers

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

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## **Explanations**

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## 1. Rubella infection can cause which teratogenic effects?

- A. Heart defects
- B. Retardation and eye + hearing problems**
- C. Limb defects
- D. Neural tube defects

Rubella infection during pregnancy can cause congenital rubella syndrome, which classically affects the fetus's eyes, ears, and brain. When this infection occurs especially in the first trimester, it can lead to sensory impairments like cataracts and sensorineural hearing loss, as well as neurodevelopmental issues such as mental retardation. While heart defects (like PDA) can also occur, the combination of retardation with eye and hearing problems best captures the hallmark effects of congenital rubella. Limb defects and neural tube defects are not typical features of rubella teratogenicity.

## 2. Which describes the current health status when S&S are absent in a Resolution note?

- A. Signs and symptoms have ceased; no pathogen detected**
- B. Ongoing symptoms persist
- C. New infections are occurring
- D. There is confusion about status

Absence of signs and symptoms in a resolution note signals clinical recovery: the patient is asymptomatic, and the illness has resolved on the clinical level. When paired with a statement like no pathogen detected, it also supports that there is no detectable active infection at that time, indicating microbiological resolution as well. This combination is what the note aims to convey: symptoms have ceased and there's no evidence of ongoing infection. The other options describe ongoing illness, new infections, or uncertainty, which would not fit a resolution status.

## 3. Which stage follows the acute stage in infection progression?

- A. Incubation
- B. Prodromal
- C. Convalescent**
- D. Recovery

After the acute stage, the body enters convalescence—the period of recovery where symptoms fade, energy returns, and tissues heal as the infection resolves. This phase marks the transition from being ill to returning toward baseline health, as the immune system continues to clear remaining pathogens and repair damaged tissues. Incubation happens before symptoms appear, and prodromal refers to early, nonspecific signs that precede full illness; recovery describes the return to normal function and often follows convalescence.

#### 4. Pertussis is best described as which disease?

- A. Varicella
- B. Pertussis**
- C. Influenza
- D. Diphtheria

Pertussis tests your ability to recognize the disease by name and distinguish it from other illnesses. Pertussis is a bacterial respiratory infection that causes the classic whooping cough, due to *Bordetella pertussis*. The other options describe different diseases: varicella is chickenpox, influenza is the flu, and diphtheria is a separate bacterial illness. Since the question is asking which disease corresponds to the term pertussis, the best match is the disease named pertussis itself. If you were describing pertussis, you'd note it as whooping cough caused by *Bordetella pertussis*.

#### 5. Erythrocytosis is defined by which finding?

- A. Low red blood cell count
- B. High red blood cell count (>6 million)**
- C. High white blood cell count
- D. Low platelet count

Erythrocytosis means an increased red blood cell mass. The most direct finding is a high red blood cell count, typically above about 6 million cells per microliter. This distinguishes it from erythropenia (low RBCs), leukocytosis (high white blood cells), or thrombocytopenia (low platelets). Elevated red cell mass can thicken the blood and raise the risk of thrombosis, and causes include chronic hypoxia, smoking, high altitude, or myeloproliferative disorders like polycythemia vera.

#### 6. Bacillary (Shigella) dysentery is characterized by which feature?

- A. Watery diarrhea with no blood
- B. Intestinal lining inflamed; Bloody diarrhea, severe**
- C. Fever only
- D. Nausea and vomiting only

This question hinges on the hallmark behavior of *Shigella* infection: it invades the lining of the colon, causing an inflammatory response that damages the mucosa and leads to bloody, mucus-filled stools with severe cramps. That inflammatory destruction of the intestinal lining—often with fever and tenesmus—produces the classic dysentery picture. So the best description is an inflamed intestinal lining with bloody, severe diarrhea. The other patterns don't fit because watery diarrhea without blood points to noninvasive or secretory causes, fever alone lacks the characteristic stool appearance, and nausea/vomiting alone doesn't reflect the colonic invasion and bleeding seen in bacillary dysentery.

**7. Erythrocyte is the term for which blood component?**

- A. White blood cell; fight infection**
- B. Platelet; clot**
- C. Red blood cell; carry O<sub>2</sub>**
- D. Plasma; transport nutrients**

Erythrocyte refers to the red blood cell, the blood component specialized for carrying oxygen. The term itself means “red cell,” reflecting its main function: hemoglobin within these cells binds oxygen in the lungs and releases it to tissues throughout the body. They also help shuttle a portion of carbon dioxide back to the lungs to be exhaled. In contrast, white blood cells defend against infection, platelets aid in clotting, and plasma is the liquid that transports nutrients and other substances. So the erythrocyte is the red blood cell whose primary job is oxygen transport.

**8. A red blood cell count less than 4 million per liter is most consistent with which condition?**

- A. Leukopenia**
- B. Thrombocytopenia**
- C. Polycythemia**
- D. Anemia**

A low red blood cell count signals anemia, which is when there are not enough red blood cells or enough hemoglobin to carry oxygen effectively. Leukopenia means too few white blood cells, thrombocytopenia means too few platelets, and polycythemia means too many red blood cells. Since the RBC count is below normal, the finding best fits anemia.

**9. Encephalitis is best defined as which of the following?**

- A. Liver inflammation**
- B. Brain inflammation**
- C. Kidney disease**
- D. Heart inflammation**

Encephalitis is inflammation of the brain. The term comes from brain (encephalon) plus -itis meaning inflammation, so it specifically refers to inflammatory processes affecting brain tissue. This differs from inflammation of other organs—liver inflammation is hepatitis, kidney inflammation is nephritis, and heart inflammation can be myocarditis or pericarditis. In encephalitis, you’d expect symptoms stemming from brain dysfunction, such as altered mental status, confusion, behavioral changes, or seizures, rather than the organ-specific signs of the other options.

**10. Which scenario is an example of Contact Precautions?**

- A. Salmonella, HIV, MRSA, VRE, Ebola: diarrhea, draining wounds, vomiting/secretions, rashes**
- B. Meningitis**
- C. Tuberculosis**
- D. Measles**

Contact precautions are used when a pathogen spreads by direct contact or via contaminated surfaces, with transmission often facilitated by touching the patient, their secretions, or contaminated objects. The scenario listing organisms like Salmonella, MRSA, VRE, and Ebola, along with symptoms such as diarrhea, draining wounds, vomiting/secretions, and rashes, illustrates transmission routes that rely on contact with contaminated hands, equipment, or surfaces. This is the situation where gloves and a gown, along with strict hand hygiene and dedicated patient care items, are essential to prevent spread, making it the clearest example of contact precautions. Meningitis, tuberculosis, and measles involve other routes of spread—droplets or airborne particles—so they require droplet or airborne precautions rather than contact precautions.

## 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://rrd5.examzify.com>**

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

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