

# SkillsUSA Basic Health Care Practice Test (Sample)

## Study Guide



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

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# Table of Contents

<b>Copyright</b> .....	<b>1</b>
<b>Table of Contents</b> .....	<b>2</b>
<b>Introduction</b> .....	<b>3</b>
<b>How to Use This Guide</b> .....	<b>4</b>
<b>Questions</b> .....	<b>5</b>
<b>Answers</b> .....	<b>8</b>
<b>Explanations</b> .....	<b>10</b>
<b>Next Steps</b> .....	<b>15</b>

SAMPLE

# 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 term describes a leader who sets minimal rules and allows group members to function independently?**
  - A. Laissez-faire leader**
  - B. Autocratic leader**
  - C. Democratic leader**
  - D. Transformational leader**
  
- 2. Which term best describes the obligation to treat patients fairly and with respect?**
  - A. Etiquette**
  - B. Ethics**
  - C. Law**
  - D. Morality**
  
- 3. A false written statement that damages a person's reputation is known as what?**
  - A. Libel**
  - B. Slander**
  - C. Defamation**
  - D. Rumor**
  
- 4. Being prompt when reporting to work, avoiding absences, and completing assigned tasks on time demonstrates**
  - A. Dependability**
  - B. Punctuality**
  - C. Reliability**
  - D. Consistency**
  
- 5. During a healthcare interview, which question helps you understand training opportunities for new hires?**
  - A. What training opportunities are available for new hires?**
  - B. What color scrubs are worn on the floor?**
  - C. Do you offer flexible start times for this role?**
  - D. How many sick days are provided per year?**

- 6. Bulimia is best described as?**
- A. Bulimia**
  - B. Anorexia nervosa**
  - C. Binge eating disorder**
  - D. Pica**
- 7. The tongue is a mass of muscle tissue with projections called?**
- A. Papillae**
  - B. Cilia**
  - C. Microvilli**
  - D. Folds**
- 8. What is the ratio of chest compressions to breaths in adult CPR?**
- A. 30:2**
  - B. 15:2**
  - C. 30:3**
  - D. 20:2**
- 9. Which of the following is NOT an OSHA regulation?**
- A. Provide hepatitis B vaccine free of charge to anyone in the health care facility or workplace**
  - B. Post emergency exit routes and keep them clear**
  - C. Provide eye protection to workers when required**
  - D. Maintain a written exposure control plan for bloodborne pathogens**
- 10. The statement 'The lab tests are wrong, I can't have leukemia' indicates which stage of dying?**
- A. Denial**
  - B. Anger**
  - C. Bargaining**
  - D. Acceptance**

## Answers

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

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## **Explanations**

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**1. Which term describes a leader who sets minimal rules and allows group members to function independently?**

- A. Laissez-faire leader**
- B. Autocratic leader**
- C. Democratic leader**
- D. Transformational leader**

Laissez-faire leadership describes a style where the leader offers minimal rules and broad autonomy, letting group members organize and carry out their work with little direct oversight. This approach fits a scenario where people are trusted to function independently and make their own decisions, relying on their own judgment and skills. In health care, this can empower professionals to apply their expertise and collaborate with minimal micromanagement, though it can also lead to variability if direction or standards aren't clearly established. The other styles differ in how much guidance and direction the leader provides. An autocratic leader keeps tight control, making most decisions and giving clear, specific instructions. A democratic leader involves the team in decision-making but still provides structure and shared guidance. A transformational leader focuses on inspiring change and elevating motivation, often guiding through a compelling vision rather than simply leaving the group to operate freely.

**2. Which term best describes the obligation to treat patients fairly and with respect?**

- A. Etiquette**
- B. Ethics**
- C. Law**
- D. Morality**

Treating patients fairly and with respect comes from professional ethics. Ethics in healthcare guides how clinicians should conduct themselves, outlining duties to patients such as fairness, dignity, autonomy, and rights to informed consent. Etiquette is just polite manners and isn't about required professional obligations. Morality refers to personal beliefs about right and wrong, which can vary between people. Law sets enforceable rules but ethics goes beyond rules to address the standards of professional conduct you're expected to uphold. In practice, ethics underpins everyday decisions and interactions with patients, ensuring they are treated with equal respect and consideration.

**3. A false written statement that damages a person's reputation is known as what?**

- A. Libel**
- B. Slander**
- C. Defamation**
- D. Rumor**

Defamation involves making false statements about someone that harm their reputation. When that harmful statement is written, it's called libel. Libel is the written form of defamation, whereas slander is the spoken form, and rumors are informal, unverified talk. So the situation described—a false written statement that damages a person's reputation—fits libel.

**4. Being prompt when reporting to work, avoiding absences, and completing assigned tasks on time demonstrates**

- A. Dependability**
- B. Punctuality**
- C. Reliability**
- D. Consistency**

Being dependable means others can rely on you to show up, be on time, avoid unnecessary absences, and complete tasks as promised. When you're prompt reporting to work, you demonstrate that you won't disrupt the workflow by arriving late. Avoiding absences shows you're committed and will be there when needed. Completing assigned tasks on time shows you can manage responsibilities and meet expectations. Put together, these behaviors prove you are dependable—the trust others place in you to be present and productive. Punctuality is about arriving on time, but it doesn't by itself cover staying present or finishing work. Reliability is a key part of dependability, but the broader trait that best encompasses being present, consistent, and productive is dependability. Consistency focuses on steady performance, yet dependability uniquely captures the combination of punctuality, attendance, and task completion.

**5. During a healthcare interview, which question helps you understand training opportunities for new hires?**

- A. What training opportunities are available for new hires?**
- B. What color scrubs are worn on the floor?**
- C. Do you offer flexible start times for this role?**
- D. How many sick days are provided per year?**

Asking about training opportunities for new hires directly probes how you'll learn and grow in the role. This question shows you value onboarding and ongoing development, and it invites specifics about what support is available—orientation, hands-on practice, mentorship, time for shadowing, and access to courses or certifications. It helps you gauge how quickly you'll become competent and how the organization invests in keeping skills up to date, which is crucial in healthcare. The other questions miss the mark for understanding training. Scrub color is unrelated to learning, flexible start times touch on scheduling rather than education, and sick days relate to time off and benefits rather than ongoing training.

**6. Bulimia is best described as?**

- A. Bulimia**
- B. Anorexia nervosa**
- C. Binge eating disorder**
- D. Pica**

Bulimia is best described by the term for the disorder itself. The condition involves episodes of binge eating followed by efforts to prevent weight gain, such as vomiting, misuse of laxatives, fasting, or excessive exercise. Among the options, the others point to different eating-related conditions: anorexia nervosa is characterized by extreme restriction and fear of weight gain; binge eating disorder involves recurrent binge episodes without regular purging; pica is the urge to eat non-food items. So, the most direct fit to the prompt is simply the name of the disorder. If you were describing bulimia more fully, you'd refer to it as bulimia nervosa and describe the binge-purge pattern and its health risks.

**7. The tongue is a mass of muscle tissue with projections called?**

- A. Papillae**
- B. Cilia**
- C. Microvilli**
- D. Folds**

The surface projections on the tongue are called papillae. These bumps increase the tongue's surface area and, crucially, house taste buds in several types, helping us detect flavors. Cilia are hair-like structures on various cells, microvilli are tiny projections that increase surface area on absorptive cells, and folds are general tissue creases. Papillae are the specific projections on the tongue.

**8. What is the ratio of chest compressions to breaths in adult CPR?**

- A. 30:2**
- B. 15:2**
- C. 30:3**
- D. 20:2**

In adult CPR, the emphasis is on delivering a rhythm that keeps blood flowing while you ventilate. The standard pattern is 30 chest compressions followed by 2 rescue breaths, repeated in cycles until help arrives or the person recovers. This 30:2 rhythm is the recommended approach for adults, whether you're performing CPR solo or with another rescuer. The other options don't fit adult guidelines: 15:2 is used for children or infants (often with two rescuers), 30:3 would mean an extra breath per cycle which isn't guideline, and 20:2 isn't a recognized CPR ratio. Sticking with 30 compressions to 2 breaths balances circulation and ventilation most effectively in adults.

9. Which of the following is NOT an OSHA regulation?

- A. Provide hepatitis B vaccine free of charge to anyone in the health care facility or workplace**
- B. Post emergency exit routes and keep them clear**
- C. Provide eye protection to workers when required**
- D. Maintain a written exposure control plan for bloodborne pathogens**

The test is about understanding what OSHA requires versus what it doesn't. OSHA sets rules to protect workers from real hazards: ensuring exposure control plans for bloodborne pathogens, providing appropriate eye protection when there's a hazard, and posting and keeping exit routes clear. One nuanced point is about the hepatitis B vaccine. OSHA requires employers to offer the hepatitis B vaccine to employees with potential occupational exposure at no cost to the employee, but it is not mandated to vaccinate every person in the facility or workplace. The statement that the vaccine must be provided free of charge to anyone in the facility overextends OSHA's requirement. In other words, it's about offering to those with exposure, not guaranteeing vaccination for everyone. That's why the other options match OSHA regulations: posting and keeping emergency exit routes clear, providing eye protection when required, and maintaining a written exposure control plan for bloodborne pathogens.

10. The statement 'The lab tests are wrong, I can't have leukemia' indicates which stage of dying?

- A. Denial**
- B. Anger**
- C. Bargaining**
- D. Acceptance**

Denying the diagnosis reflects the denial stage, a common coping response when someone faces serious illness. Saying the lab tests are wrong and that they can't have leukemia shows emotional refusal to accept the reality of the diagnosis, which is the hallmark of denial. This reaction helps people shield themselves from the initial shock and gives a moment to regroup before facing the news more fully. As the situation progresses, other responses may emerge: anger might surface as resentment or frustration, bargaining may involve promises or negotiations for more time, and acceptance involves acknowledging the reality and starting to plan for the future.

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

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

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