

# SKILLSUSA BASIC HEALTH CARE PRACTICE TEST (SAMPLE)

## STUDY GUIDE



## SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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<https://skillsusabasichealthcare.examzify.com>



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# Table of Contents

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

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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. Using good judgement in what you say and do and making sure that the patient's rights are not violated demonstrates**
  - A. Discretion
  - B. Integrity
  - C. Judgment
  - D. Sensitivity
- 2. Which of the following is not a first aid treatment for minor wounds without severe bleeding?**
  - A. Apply an antibiotic ointment
  - B. Cleanse the wound with clean water
  - C. Apply pressure to control bleeding
  - D. Cover with a sterile bandage
- 3. Which structure connects the middle ear to the pharynx?**
  - A. Eustachian tube
  - B. Auditory canal
  - C. Cochlear nerve
  - D. Oval window
- 4. A patient with fever and cough requires isolation. Which precaution is most appropriate?**
  - A. Airborne precautions; wear N95
  - B. Droplet precautions; wear PPE per policy and place in appropriate room
  - C. Contact precautions
  - D. Universal precautions only
- 5. Which term describes being prompt when reporting to work, avoiding absences, and completing assigned tasks on time?**
  - A. Dependability
  - B. Punctuality
  - C. Reliability
  - D. Consistency

- 6. Transmission-based precautions are added on top of standard precautions for patients with what?**
- A. Any patient.
  - B. Suspected or confirmed specific infections.
  - C. Only surgical patients.
  - D. Only patients with non-infectious conditions.
- 7. The organ primarily responsible for sound production is the?**
- A. Larynx
  - B. Esophagus
  - C. Stomach
  - D. Trachea
- 8. Movement toward the body's midline is called?**
- A. Adduction
  - B. Abduction
  - C. Flexion
  - D. Extension
- 9. What is the difference between standard precautions and transmission-based precautions?**
- A. Standard precautions apply to airborne infections only.
  - B. Standard precautions apply to all patients; transmission-based precautions add measures for patients with suspected or confirmed specific infections.
  - C. Transmission-based precautions replace standard precautions.
  - D. There is no difference.
- 10. What is the term for moving a limb away from the body's midline?**
- A. Abduction
  - B. Adduction
  - C. Flexion
  - D. Rotation

## **Answers**

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

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## **Explanations**

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**1. Using good judgement in what you say and do and making sure that the patient's rights are not violated demonstrates**

**A. Discretion**

B. Integrity

C. Judgment

D. Sensitivity

*Discretion is the ability to choose what to say and do in a way that protects the patient's rights and privacy. The statement focuses on making prudent, appropriate choices about communication and actions so that information isn't inappropriately shared and rights aren't violated. That emphasis on careful handling of what is said, to whom, and when, in a care setting, is what makes discretion the best fit. Integrity is about honesty and strong moral principles, which is related but centers on truthfulness rather than specifically controlling disclosures. Judgment is the overall decision-making process, not the particular skill of managing communications and rights. Sensitivity involves empathy and awareness of others' feelings, which is important but doesn't alone capture the right to limit information and actions to protect rights.*

**2. Which of the following is not a first aid treatment for minor wounds without severe bleeding?**

**A. Apply an antibiotic ointment**

B. Cleanse the wound with clean water

C. Apply pressure to control bleeding

D. Cover with a sterile bandage

*For minor wounds without severe bleeding, the focus is on cleaning the wound, stopping any minor bleeding if present, and protecting it. Cleaning with clean water removes dirt and reduces infection risk, and applying a sterile bandage helps keep the wound clean and protected as it heals. If there is any bleeding, you would apply gentle direct pressure to help stop it. An antibiotic ointment, while it can be used in some cases, is not a required or universal first aid step for simple wounds. It's optional and not essential to the basic care, and overuse can cause irritation or allergy in some people. So the action that isn't a standard first aid treatment in this scenario is applying an antibiotic ointment.*

**3. Which structure connects the middle ear to the pharynx?**

**A. Eustachian tube**

B. Auditory canal

C. Cochlear nerve

D. Oval window

*The structure that connects the middle ear to the pharynx allows air to move between the ear and throat, equalizing pressure on both sides of the eardrum and helping drain fluids. This linking structure is the Eustachian tube. It normally stays closed and opens briefly when you swallow or yawn, letting air pass between the middle ear and the upper throat region (nasopharynx). When it works properly, pressure differences are minimized and the eardrum can vibrate normally, supporting comfortable hearing. If the tube becomes blocked, you might feel fullness or pain and be more prone to ear infections due to fluid buildup. The auditory canal is part of the external ear and does not connect to the pharynx. The cochlear nerve carries sound information to the brain, not a throat connection. The oval window transmits vibrations from the middle ear to the inner ear, not a passage to the pharynx.*

**4. A patient with fever and cough requires isolation. Which precaution is most appropriate?**

A. Airborne precautions; wear N95

**B. Droplet precautions; wear PPE per policy and place in appropriate room**

C. Contact precautions

D. Universal precautions only

*When a patient has fever and cough, the infection is likely spread through respiratory droplets that travel short distances when the patient talks, coughs, or sneezes. Droplet precautions are designed for this mode of transmission and involve using the appropriate PPE and placing the patient in a room designated for droplet isolation. This level of protection targets those larger droplets, without the need for the more stringent measures of airborne precautions (which require a negative-pressure room and an N95) or the separate focus of contact precautions (which focus on touching surfaces or the patient). Universal precautions are the basic standard for all patients but do not by themselves address preventing droplet spread. So, wearing PPE per policy and placing the patient in a suitable droplet isolation room is the most appropriate choice.*

**5. Which term describes being prompt when reporting to work, avoiding absences, and completing assigned tasks on time?**

**A. Dependability**

B. Punctuality

C. Reliability

D. Consistency

*Being dependable means others can count on you to show up as scheduled, avoid unplanned absences, and complete tasks on time. The statement combines prompt attendance with timely completion, which together define a trusted, responsible worker. Punctuality only covers arriving on time, and reliability or consistency describe steady performance, but dependability ties all these elements together into a person you can rely on in daily work, especially in healthcare where delays and gaps affect patient care.*

**6. Transmission-based precautions are added on top of standard precautions for patients with what?**

A. Any patient.

**B. Suspected or confirmed specific infections.**

C. Only surgical patients.

D. Only patients with non-infectious conditions.

*Transmission-based precautions are extra protections used when a patient has or is suspected of having an infectious disease that could spread to others. Standard precautions are used for all patients, but when there's a known or highly suspected infection that could spread by air, droplets, or contact, additional measures are added on top of standard precautions. This isn't for every patient, and it's not limited to surgical patients or non-infectious conditions. For example, airborne precautions might be used for a suspected TB case, droplet precautions for influenza, and contact precautions for MRSA or C. difficile.*

## 7. The organ primarily responsible for sound production is the?

- A. Larynx
- B. Esophagus
- C. Stomach
- D. Trachea

*The main concept is that sound is produced by the larynx. The larynx, or voice box, houses the vocal cords. When air from the lungs passes through these cords, they vibrate and create sound. By adjusting the tension and length of the cords, the pitch and quality of the voice can be changed. The larynx also protects the airway during swallowing. The other organs don't generate sound: the esophagus carries food to the stomach, the stomach digests, and the trachea simply conducts air to the lungs. Sound comes from the vibrating vocal cords in the larynx.*

## 8. Movement toward the body's midline is called?

- A. Adduction
- B. Abduction
- C. Flexion
- D. Extension

*Movement toward the body's midline is named adduction. This describes bringing a limb or part of the body closer to the centerline, such as pulling an arm in toward the torso or bringing the legs together at the midline. In contrast, moving away from the midline is abduction, like raising the arms out to the sides. Flexion and extension refer to changing the angle of a joint—flexion bends the joint (decreasing the angle), and extension straightens it (increasing the angle). So, the action described as moving toward the midline fits adduction most closely.*

## 9. What is the difference between standard precautions and transmission-based precautions?

- A. Standard precautions apply to airborne infections only.
- B. Standard precautions apply to all patients; transmission-based precautions add measures for patients with suspected or confirmed specific infections.
- C. Transmission-based precautions replace standard precautions.
- D. There is no difference.

*Standard precautions are the baseline safety practices used with every patient to prevent the spread of infections. They cover things like hand hygiene, using gloves, masks, eye protection, and proper handling of sharps, as well as clean environment and safe injection practices. Transmission-based precautions are additional measures used on top of standard precautions for patients who have or are suspected to have specific infections that require extra containment, such as airborne, droplet, or contact routes. They guide when to use extra PPE, isolate the patient, and adjust room placement and equipment handling. So the difference is that standard precautions apply to all patients, while transmission-based precautions add extra steps for particular infections. The other options miss this relationship: standard precautions are not limited to airborne infections, they are not replacements for standard, and there is a real difference between the two.*

**10. What is the term for moving a limb away from the body's midline?**

**A. Abduction**

**B. Adduction**

**C. Flexion**

**D. Rotation**

*Moving a limb away from the body's midline is abduction. This is the motion you use when you lift an arm or a leg out to the side, away from the center of the body. It helps to picture raising your arm straight out to the side or spreading your toes apart. Abduction is different from adduction, which brings a limb toward the midline (like lowering the arm back down to the side). Flexion and rotation describe other kinds of joint movement: flexion bends a joint to reduce its angle, such as bending the elbow, while rotation involves turning a part around its axis, like turning the head or twisting the arm. A handy memory aid is that ab- means away, ad- means toward.*

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## 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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