

SKILLSUSA HEALTH KNOWLEDGE PRACTICE TEST (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

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THE FULL VERSION STUDY GUIDE**

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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 organ is the primary site of nutrient absorption?**
 - A. Liver
 - B. Stomach
 - C. Small intestine
 - D. Large intestine
- 2. Which practice protects private health information when using computers?**
 - A. Use of a User ID or Password
 - B. Share Login Credentials with a Coworker
 - C. Leave Screens Unlocked When Away
 - D. Copy Patient Data to a USB Drive Without Encryption
- 3. Confidentiality laws in health care protect the privacy of what type of information?**
 - A. Private health information
 - B. Public health statistics
 - C. Financial records
 - D. Educational records
- 4. Which mineral is primarily stored in bones?**
 - A. Sodium
 - B. Potassium
 - C. Calcium
 - D. Iron
- 5. At what rate should compressions be delivered during adult CPR?**
 - A. 60-80 compressions per minute
 - B. 80-100 compressions per minute
 - C. 100-120 compressions per minute
 - D. 140-160 compressions per minute

- 6. Which statement is listed as an argument in favor of continuing tube feedings for a patient in a persistent vegetative state?**
- A. High cost
 - B. No quality of life
 - C. No right to play God; Cure might be found to allow for recovery
 - D. There is no ethical concern
- 7. What does tachycardia mean?**
- A. A heart rate that is slower than normal
 - B. A heart rate that is faster than normal
 - C. A heart rhythm with irregularity
 - D. A heart rate that is within normal range
- 8. In the PPE donning sequence for high-risk isolation, which item is donned second?**
- A. Gown
 - B. Mask or respirator
 - C. Eye protection
 - D. Gloves
- 9. Which cranial nerve controls most of the muscles of facial expression?**
- A. Olfactory
 - B. Optic
 - C. Trigeminal
 - D. Facial
- 10. What is the recommended initial treatment for a small burn?**
- A. Cool the burn with running cool water for several minutes and cover with a clean, nonstick dressing
 - B. Apply butter
 - C. Break any blisters
 - D. Use hydrogen peroxide

Answers

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

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Explanations

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1. Which organ is the primary site of nutrient absorption?

- A. Liver
- B. Stomach
- C. Small intestine**
- D. Large intestine

Nutrient absorption happens mainly in the small intestine because its lining has a huge surface area, with folds, villi, and microvilli that dramatically increase the amount of contact between digested nutrients and the absorptive cells. This specialized surface lets carbohydrates, proteins, and fats that have been broken down by enzymes pass into the bloodstream and, for fats, into the lymphatic system as they're packaged into chylomicrons. While the stomach does a lot of the mechanical and chemical digestion, it absorbs only small amounts of water, alcohol, and some medications. The large intestine mainly pulls water and electrolytes from indigestible food and hosts gut bacteria that can make some vitamins, but it's not where most nutrients enter the body. The liver processes absorbed nutrients after they reach the bloodstream, but it isn't the site of absorption itself. So, the organ that serves as the primary site of nutrient absorption is the small intestine.

2. Which practice protects private health information when using computers?

- A. Use of a User ID or Password**
- B. Share Login Credentials with a Coworker
- C. Leave Screens Unlocked When Away
- D. Copy Patient Data to a USB Drive Without Encryption

Protecting private health information on computers comes down to controlling who can access the data. Using a User ID and password provides authentication, so only someone with the proper credentials can open or interact with PHI and so actions can be attributed to a specific person. This accountability helps keep information private and reduces the chance of unauthorized viewing or tampering. Sharing login credentials breaks that trust and makes it impossible to know who actually accessed the data. Leaving screens unlocked allows anyone nearby to see PHI, increasing exposure. Copying patient data to a USB drive without encryption creates a portable, easily lost or stolen copy that anyone could read. Using a credential-based login is the best safeguard in this scenario.

3. Confidentiality laws in health care protect the privacy of what type of information?

- A. Private health information**
- B. Public health statistics
- C. Financial records
- D. Educational records

Confidentiality laws in health care protect private health information (PHI): data about a person's health care that could identify them, such as medical histories, diagnoses, treatment plans, test results, and related billing information. These laws aim to keep health details confidential and only shared with proper authorization. Public health statistics are typically reported in de-identified, aggregated form, so they don't reveal individual patients. Educational records fall under FERPA, not health care confidentiality rules. Financial records outside of health care generally aren't the personal health information that confidentiality laws focus on. So the information these laws guard is private health information.

4. Which mineral is primarily stored in bones?

- A. Sodium
- B. Potassium
- C. Calcium**
- D. Iron

Calcium acts as the mineral stored in bones, forming the rigid framework of the skeleton through calcium phosphate crystals. About 99% of the body's calcium in adults sits in the bones, serving as a reservoir that can be drawn upon to maintain blood calcium levels. When blood calcium is needed for essential functions like muscle contraction, nerve signaling, and blood clotting, hormones trigger bone resorption to release calcium. Sodium and potassium are primarily found in body fluids where they support nerve and muscle function, not in bone as major storage. Iron is mainly stored in the liver and spleen as ferritin and hemosiderin for making hemoglobin, not in bone. So calcium is the mineral primarily stored in bones.

5. At what rate should compressions be delivered during adult CPR?

- A. 60-80 compressions per minute
- B. 80-100 compressions per minute
- C. 100-120 compressions per minute**
- D. 140-160 compressions per minute

The main idea is to maintain a pace that provides steady blood flow without sacrificing the ability to push hard and allow the chest to recoil. The recommended rate for adult CPR is about 100 to 120 compressions per minute, which works out to roughly one compression every 0.5 to 0.6 seconds. This speed balances depth and refill: if you go slower, perfusion drops; if you go faster, you may compress too shallowly or not allow full chest recoil, reducing blood flow to the brain and heart. So staying in that 100–120 per minute range keeps each squeeze effective and helps maintain circulation. A practical cue is to keep a rhythm near the tempo of songs like Stayin' Alive, which is around that pace.

6. Which statement is listed as an argument in favor of continuing tube feedings for a patient in a persistent vegetative state?

- A. High cost
- B. No quality of life
- C. No right to play God; Cure might be found to allow for recovery**
- D. There is no ethical concern

The main idea here is that some beliefs about medical care in unknown futures support continuing life-sustaining treatment. The statement about not having a right to play God and acknowledging that a cure or recovery might be found captures that hopeful, open-to-possibility stance. It argues that since prognosis can be uncertain and future medical advances might help, there is justification for continuing feeding to preserve life and avoid making a premature judgment about whether the patient should be sustained or withdraw support. In contrast, the other options rely on practical or value judgments that often lead to stopping treatment: high costs highlight resource concerns, the claim of no quality of life asserts that continuing care would be futile, and saying there's no ethical concern ignores the real ethical debates about consent, autonomy, and the care of someone in a vulnerable state.

7. What does tachycardia mean?

- A. A heart rate that is slower than normal
- B. A heart rate that is faster than normal**
- C. A heart rhythm with irregularity
- D. A heart rate that is within normal range

Tachycardia means a heart rate faster than normal. For most adults at rest, a normal rate is about 60 to 100 beats per minute; when it rises above 100 bpm at rest, that's tachycardia. It can occur for many reasons, such as exercise, fever, anxiety, dehydration, or certain medical conditions affecting the heart or its electrical system. Remember, tachycardia is a description of speed (rate) rather than rhythm—an irregular rhythm would be called an arrhythmia. So "faster than normal" best captures what tachycardia means.

8. In the PPE donning sequence for high-risk isolation, which item is donned second?

- A. Gown
- B. Mask or respirator**
- C. Eye protection
- D. Gloves

The sequence tests the proper order for donning PPE to prevent self-contamination in high-risk isolation. After you put on the gown to cover clothing, the next step is the mask or respirator. Placing the mask on second seals off the airway and mucous membranes early, creating the first line of defense for your face. Doing this before adding eye protection or gloves helps ensure a clean face seal and reduces the chance that contaminated hands or surfaces will touch the nose or mouth while you're donning the rest of the gear. Eye protection comes next to shield the eyes from splashes, followed by gloves last so that your hands remain protected when you complete the barrier layers and don the final pieces. Putting on gloves too early would risk contaminating the other PPE during the remaining steps, so keeping them as the final layer preserves the integrity of the entire set. If you're using a respirator, you'd also perform the appropriate seal check after donning it to ensure a proper fit.

9. Which cranial nerve controls most of the muscles of facial expression?

- A. Olfactory
- B. Optic
- C. Trigeminal
- D. Facial**

The facial nerve is responsible for most of the muscles used in facial expression. This is cranial nerve VII, and its motor fibers innervate the muscles around the eyes, mouth, and forehead, letting you smile, frown, raise your brows, blink, and more. It travels through the facial canal and exits the skull at the stylomastoid foramen before branching to the expression muscles. Other nerves listed serve different roles: the olfactory nerve handles smell, the optic nerve handles vision, and the trigeminal nerve mainly provides facial sensation and innervation to the muscles used for chewing, not the expressive muscles.

10. What is the recommended initial treatment for a small burn?

- A. Cool the burn with running cool water for several minutes and cover with a clean, nonstick dressing**
- B. Apply butter
- C. Break any blisters
- D. Use hydrogen peroxide

The best initial step is to remove heat from the skin as quickly and gently as possible and then protect the damaged area. Cooling with running cool water for several minutes draws heat away from the burn, reducing tissue damage, pain, and swelling. It's important to use cool water rather than ice, because ice can cause further tissue injury. After the area has been cooled, covering it with a clean, nonstick dressing helps prevent infection and protects the burnt skin during the healing process. Nonstick dressings prevent the wound from sticking when you change it, which reduces pain and tissue disruption. Avoid applying butter to a burn because it can trap heat, introduce bacteria, and complicate cleaning. Do not break any blisters; intact blisters act as a natural barrier to infection and breaking them increases the risk of contamination and slower healing. Hydrogen peroxide is not ideal for initial burn care because it can irritate or damage exposed tissue and may slow healing. If the burn is larger than a few inches, or affects the face, hands, feet, joints, or genitals, or if there are signs of infection or severe pain, seek prompt medical attention.

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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.

Or visit your dedicated course page for more study tools and resources:

<https://skillsusahealthknowledge.examzify.com>

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

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