

TCM FOUNDATIONS BOARD: DAILY PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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. Who is ultimately responsible in a case of insurance fraud committed by an office manager?**
 - A. The office manager is the guilty party
 - B. The practitioner is responsible
 - C. A trial will have to determine culpability
 - D. It depends on the severity of the fraud

- 2. What symptom is typically aligned with the diagnosis of Large Intestine Heat?**
 - A. Frequent urination
 - B. Diarrhea with mucus
 - C. Dry stools with a burning sensation
 - D. Excessive fatigue

- 3. A 34-year-old male complains of epigastric fullness. When palpating the epigastrium, what does a soft feeling indicate?**
 - A. Deficiency
 - B. Excess
 - C. Mixed excess and deficiency
 - D. Normal palpation of epigastrium

- 4. If the forehead feels hotter than the palms, what does this indicate?**
 - A. Deficient Internal Heat
 - B. Exterior Heat
 - C. Excess Internal Heat
 - D. Interior Heat

- 5. Needling ST-2 (sibai) with lifting and thrusting may injure which structure?**
 - A. The orbital vein
 - B. The sinus cavity
 - C. The infraorbital nerve
 - D. Infratrochlear nerve

- 6. Which of the following is characteristic of a yang sign?**
- A. Lingering disease
 - B. Likes to lie stretched out
 - C. Gradual onset
 - D. Chronic disease
- 7. Which symptoms can be present in both Collapse of Yin and Collapse of Yang?**
- A. Shortness of breath and restlessness
 - B. Sweating and thirst
 - C. Thirst and cold hands
 - D. Listlessness and restlessness
- 8. Which pulse indicates Blood Stasis and possibly Deficient Blood?**
- A. Choppy pulse (se mai)
 - B. Knotted pulse (jie mai)
 - C. Thready pulse
 - D. Long pulse (chang mai)
- 9. What symptom could indicate a true excess with false deficiency?**
- A. Shortness of breath
 - B. Fatigue
 - C. Rapid pulse
 - D. Cold extremities
- 10. What is the function of DU-11 (shendao) in traditional practices?**
- A. Tonifies the Kidney
 - B. Calms internal wind
 - C. Strengthens the Spleen
 - D. Clears heat from the stomach

Answers

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

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Explanations

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1. Who is ultimately responsible in a case of insurance fraud committed by an office manager?

- A. The office manager is the guilty party
- B. The practitioner is responsible**
- C. A trial will have to determine culpability
- D. It depends on the severity of the fraud

In the context of insurance fraud, the practitioner holds ultimate responsibility, especially in a clinical setting. This responsibility stems from the fact that practitioners are legally and ethically accountable for the actions taken in their practice, including those performed by their staff. Even if the office manager is the one committing the fraudulent acts, the practitioner must ensure proper oversight and compliance with legal and ethical standards. Practitioners are expected to implement checks and balances within their office to prevent fraudulent activities, thereby assuming responsibility for the overall functioning of their practice including the actions of their employees. The notion that a trial might have to determine culpability emphasizes the legal aspects but doesn't absolve the practitioner of their responsibilities in maintaining ethical practices within their office. Therefore, while the office manager may be directly involved in the fraudulent activities, the practitioner's duty to oversee their practice makes them ultimately responsible for any acts of fraud that occur under their supervision.

2. What symptom is typically aligned with the diagnosis of Large Intestine Heat?

- A. Frequent urination
- B. Diarrhea with mucus
- C. Dry stools with a burning sensation**
- D. Excessive fatigue

The symptom that is typically associated with the diagnosis of Large Intestine Heat is dry stools accompanied by a burning sensation. In Traditional Chinese Medicine (TCM), Large Intestine Heat is characterized by an accumulation of heat within the Large Intestine, leading to a few key manifestations. When there is heat in the Large Intestine, it results in a disturbance of the normal functions, particularly concerning bowel movements. The presence of heat can cause the stools to become dry, as it injures the fluids and moisture within the intestines. This dryness is often coupled with a burning sensation during bowel movements, which reflects the heat's impact on the digestive tract. Moreover, the sensation of burning can also imply that the excess heat is causing inflammation, thus further enhancing discomfort. The symptoms associated with Large Intestine Heat emphasize disturbances in bowel habits and the overall integrity of the digestive process, clearly aligning with the given symptom of dry stools with a burning sensation. In contrast, other symptoms listed do not directly correlate with the specific heat condition of the Large Intestine; for example, frequent urination is more characteristic of bladder issues, while diarrhea with mucus often indicates a type of damp-heat condition rather than a pure heat condition.

3. A 34-year-old male complains of epigastric fullness. When palpating the epigastrium, what does a soft feeling indicate?

- A. Deficiency
- B. Excess
- C. Mixed excess and deficiency**
- D. Normal palpation of epigastrium

The indication of a soft feeling upon palpation of the epigastrium suggests a mixed condition of excess and deficiency rather than a straightforward classification of either excess or deficiency alone. In Traditional Chinese Medicine (TCM), a soft feeling in the abdomen can be indicative of a lack of sufficient Qi or yang to maintain firmness in the area, which relates to a deficiency aspect. However, it can also suggest that there is some accumulation or stagnation of Qi or fluids that might contribute to a fullness sensation, representing an excess component at the same time. In this context, when both deficiency and some form of excess are present simultaneously, it depicts a more complex health scenario, leading to the conclusion that the patient is experiencing a condition that encompasses both aspects. Hence, this can be categorized as mixed excess and deficiency. The other options, such as pure deficiency or pure excess, do not accommodate the nuance presented by the softness felt during the palpation, as a clear demarcation between the two wouldn't typically result in such a sensation. The identification of a "normal" state would generally align with a taut or firm feeling upon examination, which is not what is described here.

4. If the forehead feels hotter than the palms, what does this indicate?

- A. Deficient Internal Heat
- B. Exterior Heat**
- C. Excess Internal Heat
- D. Interior Heat

When the forehead feels hotter than the palms, it typically indicates the presence of Exterior Heat. In Traditional Chinese Medicine (TCM), the forehead is associated with the Yang energy of the body and is a common area where heat can be felt during conditions that affect the exterior, such as a fever or an external wind-heat pathogen. The palms, on the other hand, are usually cooler and can represent the body's ability to maintain balance and homeostasis. In the case of Exterior Heat, the body's struggle against an external pathogen results in a rise in temperature, particularly in the face and forehead, as the body tries to expel the pathogen. This scenario reflects a pattern where the body's response to an infective agent leads to local heating as part of the body's defense mechanism, hence the temperature difference observed. Conversely, the other conditions listed typically show different patterns. For example, Excess Internal Heat and Interior Heat are more closely associated with systemic symptoms that may affect the entire body or manifest without the contrasting cooler condition of the palms. Deficient Internal Heat, while it could lead to warmth, does not usually present with the specific temperature differential observed in this scenario. Understanding these temperature patterns helps practitioners determine the nature of the condition and guide treatment approaches effectively.

5. Needling ST-2 (sibai) with lifting and thrusting may injure which structure?

- A. The orbital vein
- B. The sinus cavity
- C. The infraorbital nerve**
- D. Infratrochlear nerve

Needling ST-2 (Sibai), which is located just below the eye in the infraorbital region, requires careful technique due to the anatomical structures in close proximity. The correct answer is the infraorbital nerve, which runs beneath the skin in this area and provides sensory innervation to the lower eyelid, cheek, and upper lip. When using lifting and thrusting techniques during needling, there is a risk of penetrating too deeply or at an incorrect angle, which could potentially damage the infraorbital nerve. This could lead to complications such as numbness, tingling, or pain in the regions supplied by the nerve. Other structures mentioned, like the orbital vein and the sinus cavity, may also be of concern during needling, but they are located further away or in different anatomical orientations that make them less likely to be directly affected by needling ST-2. The infratrochlear nerve is also in the vicinity, but the infraorbital nerve is the primary structure at risk due to its direct course near the acupuncture point. Thus, understanding the anatomical layout around ST-2 emphasizes the need for precision and care in needling techniques.

6. Which of the following is characteristic of a yang sign?

- A. Lingering disease
- B. Likes to lie stretched out**
- C. Gradual onset
- D. Chronic disease

A yang sign in Traditional Chinese Medicine (TCM) is typically associated with an abundance of energy, warmth, and activity. Individuals exhibiting a yang sign often have a preference for activities that align with these characteristics. Lying stretched out can be indicative of a yang disposition because it suggests a desire to expand and occupy space, reflecting the active and assertive nature of yang energy. In contrast, lingering disease, gradual onset, and chronic disease are typically linked to yin or deficient conditions, characterized by the manifestations of stagnation or insufficiency. These conditions do not resonate with the vitality and expansiveness that define yang signs. Therefore, the preference for lying stretched out aligns with the energetic and lively attributes of yang, making it the most suitable characteristic associated with this concept in TCM.

7. Which symptoms can be present in both Collapse of Yin and Collapse of Yang?

- A. Shortness of breath and restlessness
- B. Sweating and thirst**
- C. Thirst and cold hands
- D. Listlessness and restlessness

In Traditional Chinese Medicine (TCM), both Collapse of Yin and Collapse of Yang can manifest with certain overlapping symptoms due to their critical states affecting the body's balance and vitality. The presence of sweating and thirst is indicative of a significant disturbance in the body's internal environment. In Collapse of Yin, the body may experience a loss of fluids, leading to symptoms such as excessive thirst and sweating as it tries to cool down and rehydrate. Similarly, in Collapse of Yang, there is often a depletion of warmth and energy within the body which can also lead to sweating, often seen as a sign that the body's regulatory mechanisms are failing. Thus, both conditions can present with heightened thirst and increased sweating, linking these symptoms to a critical need for fluid and energy balance. The other choices often highlight symptoms that are more specific to one condition or manifest differently under the two types of collapse, thus making them less suitable in representing both states together. For example, shortness of breath and restlessness might point more to Yang collapse, while listlessness and cold hands might lean towards a Yin perspective, illustrating how specific symptoms can align more closely with one condition rather than the other.

8. Which pulse indicates Blood Stasis and possibly Deficient Blood?

- A. Choppy pulse (se mai)**
- B. Knotted pulse (jie mai)
- C. Thready pulse
- D. Long pulse (chang mai)

The choppy pulse, also known as se mai, is often indicative of blood stasis and can suggest deficient blood in Traditional Chinese Medicine. This type of pulse feels rough or uneven, similar to the sensation of a knife cutting through a surface, which reflects the stagnation of blood flow in the body. When blood is stagnant, it may not nourish the body adequately, leading to symptoms of blood deficiency, such as fatigue, pale complexion, or dizziness. In contrast, while the knotted pulse may indicate various conditions, it generally correlates more directly with heart-related issues or interruptions in the flow of Qi and blood, rather than specifically pointing to blood stasis and deficiency. The thready pulse tends to indicate deficiency states, particularly Qi or Yin deficiency, but does not specifically denote stasis. The long pulse is typically associated with excess conditions or heat patterns, not with blood stasis or deficiency. Thus, the choppy pulse is uniquely positioned as the primary pulse indicating both blood stasis and potential deficient blood, making it the correct answer to the question posed.

9. What symptom could indicate a true excess with false deficiency?

- A. Shortness of breath
- B. Fatigue**
- C. Rapid pulse
- D. Cold extremities

The symptom that indicates a true excess with false deficiency is fatigue. In Traditional Chinese Medicine (TCM), this can occur when there is an underlying condition characterized by an excess of pathogenic factors such as phlegm, heat, or stagnant Qi, which might create symptoms typically associated with deficiency, like fatigue. This happens because even though there is an apparent lack of energy, the root problem is an excess condition that drains the body's resources or obstructs energy flow, leading to symptoms that mimic deficiency. Fatigue, therefore, serves as a telling sign that despite the seemingly low energy or vitality, the body may be contending with an underlying excess. Understanding this distinction is crucial for diagnosis and for determining the proper treatment approach. In contrast, symptoms like shortness of breath may indicate deficiencies or weakness in the lung Qi, a rapid pulse could be indicative of heat or excess Yang energy, and cold extremities generally suggest a deficiency of Yang energy or blood, not necessarily reflecting a true excess state. Hence, recognizing fatigue as a symptom of excess with false deficiency allows practitioners to address the fundamental imbalance effectively.

10. What is the function of DU-11 (shendao) in traditional practices?

- A. Tonifies the Kidney
- B. Calms internal wind**
- C. Strengthens the Spleen
- D. Clears heat from the stomach

DU-11, known as Shendao, is indeed recognized for its role in calming internal wind, which is essential in traditional practices. This point is located on the Du channel, which is significant in regulating the Yang energies and providing stability in the body. Calming internal wind is particularly critical in conditions associated with excess heat, anxiety, or disruptions in the Shen (the mind/spirit), since internal wind can manifest in symptoms such as tremors, dizziness, or even emotional disturbances. By accessing DU-11, practitioners aim to restore balance and harmony within the body, effectively calming any internal disturbances. This function is particularly valued in treating conditions like epilepsy or other types of convulsive disorders, where the concept of "wind" is often invoked as a pathological factor. The other choices pertain to different functions related to other organs or energies, which is why they are not linked to DU-11. Tonifying the Kidney, strengthening the Spleen, and clearing heat from the stomach are associated with other acupuncture points and channels that target those specific conditions directly.

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:

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

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