

Western Governors University (WGU) HLTH2160 D393 History of Healthcare in America Practice Exam (Sample)

Study Guide



Everything you need from our exam experts!

This is a sample study guide. To access the full version with hundreds of questions,

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Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	6
Answers	9
Explanations	11
Next Steps	17

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. Don't worry about getting everything right, 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, and take breaks to retain information better.

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.

7. Use Other Tools

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!

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Questions

- 1. What was the first legitimate insurance plan launched in 1929 at Baylor University Hospital in Dallas, Texas?**
 - A. Health Net**
 - B. Blue Cross**
 - C. Blue Shield**
 - D. Aetna**
- 2. Which U.S. president is responsible for the institutionalization of mental health patients?**
 - A. Bill Clinton**
 - B. Ronald Reagan**
 - C. George W. Bush**
 - D. Lyndon B. Johnson**
- 3. What surgical technique did Dr. Wilfred Bigelow pioneer?**
 - A. Use of anesthesia in surgery**
 - B. Use of hypothermia to facilitate heart surgery**
 - C. Development of cardiac pacemakers**
 - D. Conducting kidney transplants**
- 4. In what century did the earliest examples of medical specialization start to appear?**
 - A. 18th century**
 - B. 19th century**
 - C. 20th century**
 - D. 21st century**
- 5. Which of the following best defines social determinants of health?**
 - A. Cultural beliefs affecting health practices**
 - B. The conditions in places where people live, learn, work, and play that affect health**
 - C. Genetic factors that influence health outcomes**
 - D. The policies governing health care systems**

- 6. Who discovered penicillin and recognized its use as an antibiotic?**
- A. Joseph Lister**
 - B. Alexander Fleming**
 - C. Edward Jenner**
 - D. Louis Pasteur**
- 7. What was a significant outcome of the establishment of Sick Funds?**
- A. They offered free healthcare**
 - B. They provided compensation for workplace injuries**
 - C. They replaced commercial insurance**
 - D. They focused solely on general health**
- 8. What is one key provision of the Americans with Disabilities Act (ADA)?**
- A. It provides employment opportunities for people with disabilities**
 - B. It prohibits discrimination against disabled persons**
 - C. It funds medical treatments for disabilities**
 - D. It establishes a national registry for disabled individuals**
- 9. What year did the Vaccine Act, encouraging smallpox vaccinations, get passed?**
- A. 1812**
 - B. 1813**
 - C. 1820**
 - D. 1830**
- 10. What benefit does advancing telemedicine and technologies have on the healthcare system?**
- A. Increasing patient satisfaction**
 - B. Higher patient turnover**
 - C. Reduced healthcare costs**
 - D. Increased paperwork**

Answers

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

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Explanations

1. What was the first legitimate insurance plan launched in 1929 at Baylor University Hospital in Dallas, Texas?

- A. Health Net**
- B. Blue Cross**
- C. Blue Shield**
- D. Aetna**

The first legitimate insurance plan launched in 1929 at Baylor University Hospital in Dallas, Texas, was Blue Cross. This program was designed to provide hospital care to teachers in the Dallas area and served as a pivotal development in the history of health insurance in the United States. Blue Cross established a model for prepaid health care that allowed groups of people to pool their resources for hospital services, which ultimately laid the groundwork for future health insurance plans. The significance of Blue Cross lies in its emphasis on providing accessible hospital care, reflecting a shift towards organized healthcare financing. It registered a major step towards the incorporation of health insurance as an essential component of healthcare delivery in the country. This plan emphasized the need for a more structured approach to health care financing, which would evolve in the following decades into more comprehensive health insurance models, including those that covered a wider range of health services beyond hospitalization.

2. Which U.S. president is responsible for the institutionalization of mental health patients?

- A. Bill Clinton**
- B. Ronald Reagan**
- C. George W. Bush**
- D. Lyndon B. Johnson**

The correct answer is Ronald Reagan, as his administration is often associated with significant changes in mental health policy, particularly through the dismantling of institutional care for mental health patients. During his time in office in the early 1980s, the focus shifted towards deinstitutionalization, emphasizing community-based treatment rather than large psychiatric hospitals. This movement was influenced by several factors, including changes in psychiatric medications, advocacy for patients' rights, and a growing recognition of the inadequate conditions in many institutions. Reagan's policies aimed to reduce the federal government's role in mental health care and pushed responsibility to the states and local communities. The Omnibus Budget Reconciliation Act of 1981 significantly cut funding for mental health services, which contributed to the closure of many state institutions and the reduction of support for community-based services. As a result, many individuals with mental health issues found themselves without adequate resources for treatment and support, highlighting the complex legacy of these policy changes. Understanding this context is critical when studying the evolution of mental health care in the United States, as it reflects broader societal attitudes and governmental approaches to mental health during that era.

3. What surgical technique did Dr. Wilfred Bigelow pioneer?

- A. Use of anesthesia in surgery
- B. Use of hypothermia to facilitate heart surgery**
- C. Development of cardiac pacemakers
- D. Conducting kidney transplants

Dr. Wilfred Bigelow is renowned for pioneering the use of hypothermia in heart surgery. This innovative technique involves cooling the body to lower metabolic demands, which provides a safer environment for performing complex surgical procedures on the heart. By inducing hypothermia, surgeons can temporarily reduce the heart's workload and prolong the time that the heart can be safely operated on without blood flow. This breakthrough significantly advanced cardiac surgery and helped improve outcomes for patients undergoing complex heart procedures. The choice related to anesthesia, while an essential aspect of surgery, was established long before Bigelow's contributions. The development of cardiac pacemakers is also significant in the history of medicine, but that work was attributed to others. Similarly, while kidney transplants are a crucial medical advancement, they are not directly associated with Bigelow's pioneering work.

4. In what century did the earliest examples of medical specialization start to appear?

- A. 18th century
- B. 19th century**
- C. 20th century
- D. 21st century

The emergence of medical specialization can be traced back to the advancements and growth in the field of medicine during the 19th century. This period marked critical developments in surgical techniques, the understanding of diseases, and the establishment of more defined roles within the medical profession. During the 19th century, there were significant innovations such as anesthesia and antiseptic techniques, which allowed for more complex surgeries and treatments, leading to the necessity for specialists in various medical fields. Additionally, as medical knowledge expanded, the practice began to shift from a broad understanding of medicine to more focused areas of expertise, laying the groundwork for the diverse specialties we see today. This shift was also influenced by the establishment of medical schools and professional societies that emphasized specialized training and education. Therefore, the 19th century is recognized as a pivotal time when the foundations for medical specialization were firmly set in place.

5. Which of the following best defines social determinants of health?

A. Cultural beliefs affecting health practices

B. The conditions in places where people live, learn, work, and play that affect health

C. Genetic factors that influence health outcomes

D. The policies governing health care systems

The best definition of social determinants of health emphasizes the conditions in the environments where individuals live, learn, work, and engage in recreational activities. These determinants encompass a broad range of factors that contribute to health outcomes, including economic stability, education access, social and community context, health care access, and neighborhood and built environment. By focusing on these conditions, it highlights the impact of the social and physical environments on overall health, illustrating how a person's circumstances can shape their ability to maintain good health or to access the care they need. In contrast, the other options narrow the focus to specific aspects of health. While cultural beliefs may influence individual health practices, they represent only one facet of the broader social determinants. Genetic factors play a role in health outcomes but do not encompass the environmental and social factors at play. Similarly, policies governing health care systems are crucial for access and organization of health services, yet they do not capture the full spectrum of conditions affecting health, particularly at the individual level in everyday environments.

6. Who discovered penicillin and recognized its use as an antibiotic?

A. Joseph Lister

B. Alexander Fleming

C. Edward Jenner

D. Louis Pasteur

The discovery of penicillin and its recognition as an antibiotic is attributed to Alexander Fleming. In 1928, he observed that a mold called *Penicillium notatum* had contaminated one of his petri dishes and was inhibiting the growth of staphylococcus bacteria. This led to the isolation of penicillin, which demonstrated significant antibacterial properties. Fleming's work laid the foundation for the development of penicillin as the first true antibiotic, revolutionizing the treatment of bacterial infections and saving countless lives. The contributions of other figures, while significant in the history of medicine, relate to different areas of healthcare. For example, Joseph Lister is known for his pioneering work on antiseptic techniques in surgery, Edward Jenner is credited with developing the smallpox vaccine, and Louis Pasteur made substantial advancements in microbiology and vaccination, particularly through his work on pasteurization and rabies. However, the specific discovery and application of penicillin as an antibiotic is uniquely associated with Alexander Fleming.

7. What was a significant outcome of the establishment of Sick Funds?

- A. They offered free healthcare**
- B. They provided compensation for workplace injuries**
- C. They replaced commercial insurance**
- D. They focused solely on general health**

The establishment of Sick Funds significantly contributed to providing compensation for workplace injuries, reflecting a foundational aspect of early labor protections. Sick Funds were created in the 19th and early 20th centuries as mutual aid societies, primarily by trade unions and workers' groups, to help workers cover medical expenses and sustain income during periods of illness or injury. This allowed workers to receive financial support when they could not work due to health-related issues, thus addressing urgent needs for financial security in the face of risks associated with industrial labor. By focusing on compensation for workplace injuries, Sick Funds played a critical role in the development of social insurance and labor rights, which later influenced more comprehensive systems of health insurance and workers' compensation programs. These funds were effectively one of the precursors to modern social safety nets, addressing the immediate healthcare costs associated with work-related health issues instead of simply providing free healthcare or replacing commercial insurance without a focus on workplace circumstances.

8. What is one key provision of the Americans with Disabilities Act (ADA)?

- A. It provides employment opportunities for people with disabilities**
- B. It prohibits discrimination against disabled persons**
- C. It funds medical treatments for disabilities**
- D. It establishes a national registry for disabled individuals**

The Americans with Disabilities Act (ADA) is a landmark piece of legislation that plays a significant role in ensuring equal rights for individuals with disabilities. One of its key provisions is the prohibition of discrimination against disabled persons in various areas, including employment, public accommodations, transportation, and government. This prohibition means that individuals with disabilities cannot be treated less favorably than those without disabilities in similar circumstances. The law mandates that reasonable accommodations be made to allow individuals with disabilities to participate fully in society and the workforce, ensuring their rights and fostering inclusivity. Although employment opportunities for individuals with disabilities are positively impacted by the ADA, as the law creates a foundation for equal access to jobs, it is the explicit prohibition of discrimination that is a central tenet of this legislation. This broad scope in protecting rights is what makes this provision extremely important in advancing social justice and equality for people with disabilities.

9. What year did the Vaccine Act, encouraging smallpox vaccinations, get passed?

- A. 1812
- B. 1813**
- C. 1820
- D. 1830

The Vaccine Act, which encouraged smallpox vaccinations, was passed in 1813. This legislation was significant in the history of public health as it marked a major governmental effort to promote vaccination against a disease that caused widespread outbreaks and fatalities. The act facilitated the distribution and administration of vaccines, particularly for smallpox, reflecting an increasing recognition of the importance of vaccination in controlling infectious diseases. The Vaccine Act not only aimed to protect individual health but also served as a public health measure to enhance community well-being by reducing the incidence of smallpox outbreaks. This historical context reinforces the value of vaccination programs that continue to shape public health strategies today.

10. What benefit does advancing telemedicine and technologies have on the healthcare system?

- A. Increasing patient satisfaction**
- B. Higher patient turnover
- C. Reduced healthcare costs
- D. Increased paperwork

Advancing telemedicine and technologies significantly contributes to increasing patient satisfaction within the healthcare system. This enhancement stems from the convenience and accessibility that telemedicine offers. Patients can schedule appointments, consult with healthcare providers, and receive care from the comfort of their own homes, effectively reducing travel time and logistical challenges associated with in-person visits. Moreover, telemedicine often leads to quicker access to medical advice and treatment, which can improve patient outcomes and overall experiences. Patients also tend to appreciate the flexibility that telehealth provides, including the ability to connect with providers outside of regular office hours and the reduced wait times commonly associated with traditional healthcare visits. While higher patient turnover could be perceived as a benefit, it does not inherently lead to improved satisfaction levels. Reduced healthcare costs can be another positive outcome of telemedicine, but it's not directly tied to patient satisfaction. Increased paperwork generally detracts from satisfaction as it can create frustration among patients. Thus, the advancement of telemedicine primarily serves to enhance the patient's overall experience and satisfaction within the healthcare system.

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://wgu-hlth2160-d393.examzify.com>

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