

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

## Study Guide



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

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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

- 1. Which of the following achievements is Dorothea Dix known for?**
  - A. Creating a vaccine for polio**
  - B. Advocating for the establishment of mental health institutions**
  - C. Introducing the use of hypothermia in surgery**
  - D. Developing the first antibiotic**
- 2. What notable practice did the Mayo Clinic implement in relation to healthcare providers?**
  - A. Commission-based pay**
  - B. Salaried wage for providers**
  - C. Volunteer-based services**
  - D. Pay-per-performance incentives**
- 3. Who played a critical role in establishing the Hull House in Chicago?**
  - A. Florence Nightingale**
  - B. Jane Addams**
  - C. Margaret Sanger**
  - D. Clara Barton**
- 4. What was the main intent of the American Health Care Act?**
  - A. To establish universal healthcare in the U.S.**
  - B. To repeal and replace the Affordable Care Act**
  - C. To expand Medicaid in all states**
  - D. To provide subsidies for private health insurance**
- 5. Which factor relates to education in the context of health status?**
  - A. Access to educational facilities**
  - B. Income level**
  - C. Prevalence of diseases**
  - D. Quality of healthcare services**

- 6. Who was the first to develop the idea of multi-specialty group practices?**
- A. Mayo Clinic**
  - B. Cleveland Clinic**
  - C. Johns Hopkins**
  - D. Mass General Hospital**
- 7. What was the first medical care plan or organization to cover physician services when it was founded in California in 1939?**
- A. Medicare**
  - B. Blue Shield**
  - C. Health Maintenance Organization**
  - D. Medicaid**
- 8. What was the primary mission of the Freedman's Bureau established in 1865?**
- A. To oversee the reconstruction of Southern states**
  - B. To support education, housing, and healthcare for former slaves and poor whites**
  - C. To provide agricultural assistance to Southern farmers**
  - D. To recruit veterans for public service**
- 9. In the Beveridge Model, who is primarily responsible for healthcare costs?**
- A. Private insurance companies**
  - B. The patients themselves**
  - C. The government as principal payer and owner**
  - D. Non-profit organizations**
- 10. Which two hospitals were among the oldest in the United States, established in 1722 and 1736?**
- A. Massachusetts General and Bellevue**
  - B. Royal Hospital and Charity Hospital**
  - C. Johns Hopkins and Bellevue**
  - D. NewYork-Presbyterian and Massachusetts General**



## **Answers**

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

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## **Explanations**

**1. Which of the following achievements is Dorothea Dix known for?**

- A. Creating a vaccine for polio**
- B. Advocating for the establishment of mental health institutions**
- C. Introducing the use of hypothermia in surgery**
- D. Developing the first antibiotic**

Dorothea Dix is recognized for her significant contributions to the field of mental health, particularly for advocating for the establishment of mental health institutions. In the mid-19th century, she campaigned tirelessly for improved treatment and conditions for individuals with mental illnesses. Her efforts led to the creation of numerous mental hospitals across the United States, where patients could receive proper care rather than being subjected to inhumane treatment and confinement. Dix's advocacy was rooted in her belief that individuals with mental health issues deserved compassion and professional treatment rather than punishment or neglect. She conducted extensive investigations into the conditions of asylums and presented her findings to state legislatures, effectively raising public awareness about the plight of the mentally ill. This movement eventually contributed to the development of a more humane mental health care system, making her a pivotal figure in American history related to mental health reform. The other options refer to achievements that are historically attributed to different individuals, such as the development of vaccines or antibiotics, which are not relevant to Dix's work or advocacy in mental health.

**2. What notable practice did the Mayo Clinic implement in relation to healthcare providers?**

- A. Commission-based pay**
- B. Salaried wage for providers**
- C. Volunteer-based services**
- D. Pay-per-performance incentives**

The Mayo Clinic is renowned for its innovative approach to healthcare, particularly in the compensation model it adopted for its healthcare providers. By implementing a salaried wage for providers, the Mayo Clinic aimed to foster a collaborative environment where physicians focus on patient care rather than the volume of patients seen. This model encourages teamwork and interdisciplinary cooperation, as providers are not incentivized to compete for more patients or procedures, which can enhance the overall quality of care. The salaried approach also alleviates some of the financial pressures that can lead to burnout among healthcare professionals, allowing them to dedicate more time to each patient and adhere to high standards of care. This practice stands in contrast to incentive-based pay models that may prioritize financial gain over patient outcomes.

### 3. Who played a critical role in establishing the Hull House in Chicago?

- A. Florence Nightingale
- B. Jane Addams**
- C. Margaret Sanger
- D. Clara Barton

Jane Addams played a critical role in establishing Hull House in Chicago, which became one of the most famous settlement houses in the United States. Established in 1889, Hull House aimed to provide social services, educational opportunities, and cultural activities for the mostly immigrant population of the area. Addams, along with Ellen Gates Starr, co-founded Hull House as a response to the challenging living conditions faced by the urban poor, especially immigrants, at that time. Addams' work at Hull House was instrumental in pushing for social reforms, advocating for labor rights, and promoting the welfare of women and children. Her efforts brought attention to the issues of poverty, education, and labor rights, making her a significant figure in the social justice movement of the early 20th century. Hull House not only provided practical support but also served as a center for community organization and activism, embodying Addams' belief in the importance of community engagement in effecting social change. The other individuals mentioned, while notable in their respective contributions to healthcare and humanitarian efforts, did not have a direct role in establishing Hull House. Florence Nightingale is celebrated for her work in nursing and healthcare reform, Margaret Sanger is known for her advocacy for birth control and women's reproductive rights,

### 4. What was the main intent of the American Health Care Act?

- A. To establish universal healthcare in the U.S.
- B. To repeal and replace the Affordable Care Act**
- C. To expand Medicaid in all states
- D. To provide subsidies for private health insurance

The main intent of the American Health Care Act was to repeal and replace the Affordable Care Act (ACA). This legislation aimed to dismantle key components of the ACA, which had been a significant shift in U.S. healthcare policy by expanding access to healthcare and establishing new coverage standards. The goal of the American Health Care Act was to move away from the ACA's framework, which included mandates for insurance coverage and premium subsidies, toward a system that proponents believed would increase competition in the insurance market and provide tax benefits for families. This intent was primarily focused on altering the regulatory environment of healthcare and reforming different aspects of how healthcare is delivered and financed in the United States. The other options address different aspects of healthcare but do not capture the primary aim of the American Health Care Act. For instance, establishing universal healthcare represents an entirely different approach, focusing on coverage for all citizens rather than modifying existing systems. Likewise, expanding Medicaid was not a goal of the American Health Care Act; in fact, the act intended to limit Medicaid expansion efforts initiated under the ACA. Providing subsidies for private health insurance was another aspect of the ACA, not the American Health Care Act's intent, which aimed at restructuring those and possibly reducing subsidies instead.

**5. Which factor relates to education in the context of health status?**

**A. Access to educational facilities**

**B. Income level**

**C. Prevalence of diseases**

**D. Quality of healthcare services**

Access to educational facilities is a critical factor that relates to education in the context of health status. Education plays a significant role in determining health outcomes, as it directly influences individuals' knowledge about health issues, access to resources, and ability to make informed health decisions. Having access to educational facilities allows individuals to gain the necessary education and skills that lead to better health literacy, awareness of preventive measures, and understanding of the healthcare system. When individuals are educated, they are more likely to engage in health-promoting behaviors, seek medical help when needed, and understand the importance of preventive care. This accessibility to education is a foundational element that can empower individuals and communities, leading to improved health status overall. Higher levels of education are often correlated with better socioeconomic conditions, which in turn affect health outcomes positively.

**6. Who was the first to develop the idea of multi-specialty group practices?**

**A. Mayo Clinic**

**B. Cleveland Clinic**

**C. Johns Hopkins**

**D. Mass General Hospital**

The correct answer is the Mayo Clinic, which is recognized as a pioneer in the development of multi-specialty group practices. Founded in the late 19th century, the Mayo Clinic introduced a model that emphasized collaboration among various specialists to provide comprehensive patient care. This innovative approach allowed patients to receive integrated treatment from a team of healthcare professionals across different specialties within a single facility. The success of the Mayo Clinic's model demonstrated the benefits of coordinated care, where specialists work together rather than in isolation, which has since influenced the structure of many healthcare systems and practices. This approach was groundbreaking at the time and set a precedent for future healthcare facilities aiming to enhance patient outcomes through integrated services.

**7. What was the first medical care plan or organization to cover physician services when it was founded in California in 1939?**

- A. Medicare**
- B. Blue Shield**
- C. Health Maintenance Organization**
- D. Medicaid**

The founding of Blue Shield in California in 1939 marked a significant development in the history of healthcare as it was specifically created to cover physician services, which had previously not been widely included in health insurance plans. Blue Shield was established to provide coverage for physicians' services on a fee-for-service basis, setting a precedent for how healthcare financing would evolve in the United States. During its inception, Blue Shield addressed the need for an insurance plan that would allow patients to access physician care without the burden of out-of-pocket expenses, thus formalizing the concept of health insurance as we know it today. This organization represented a shift toward a more structured approach in healthcare financing, which paved the way for later developments in health insurance and care delivery models. In contrast, Medicare and Medicaid were established later in the 1960s to address healthcare needs for the elderly and low-income individuals, respectively. Health Maintenance Organizations (HMOs), which promote a different approach to healthcare delivery through prepaid medical care, emerged after Blue Shield established itself. Understanding the role of Blue Shield is essential for grasping the evolution of healthcare systems and insurance in the U.S.

**8. What was the primary mission of the Freedman's Bureau established in 1865?**

- A. To oversee the reconstruction of Southern states**
- B. To support education, housing, and healthcare for former slaves and poor whites**
- C. To provide agricultural assistance to Southern farmers**
- D. To recruit veterans for public service**

The primary mission of the Freedman's Bureau, established in 1865, was to provide support for education, housing, and healthcare for former slaves and impoverished whites in the post-Civil War South. This was a critical initiative aimed at helping those who had been liberated from slavery transition into free society. The Bureau played a significant role in establishing schools and educational opportunities, providing medical care, and addressing the basic needs of newly emancipated people. This holistic approach was essential for fostering a sense of stability and community among the formerly enslaved, as well as supporting the broader goal of rebuilding the South after the devastation of the war. While overseeing the reconstruction of Southern states, providing agricultural assistance, and recruiting veterans were important components of the broader reconstruction efforts, the specific and direct mission of the Freedman's Bureau centered around the welfare of former slaves and poor whites, focusing on their immediate needs for education, housing, and healthcare.

**9. In the Beveridge Model, who is primarily responsible for healthcare costs?**

- A. Private insurance companies**
- B. The patients themselves**
- C. The government as principal payer and owner**
- D. Non-profit organizations**

In the Beveridge Model, the government plays a crucial role as both the principal payer and the owner of healthcare services. This model is characterized by the idea that healthcare is financed through taxation, and the government provides health services to its citizens, ensuring access to care without direct charges at the point of service. This means that healthcare costs are absorbed by the government rather than being distributed among private insurers or directly to patients. The Beveridge Model reflects a commitment to universal health coverage, where the goal is to provide healthcare as a public service, similar to education or public safety. Countries employing this model, such as the United Kingdom, typically have their healthcare systems funded by taxes, which allows for equal access and minimizes financial barriers for patients seeking care. This structure eliminates or minimizes the role of private insurers, which distinguishes it from other healthcare models. By understanding the Beveridge Model and its emphasis on government responsibility, one can appreciate how it shapes health policy and access to care in countries that adopt this approach.

**10. Which two hospitals were among the oldest in the United States, established in 1722 and 1736?**

- A. Massachusetts General and Bellevue**
- B. Royal Hospital and Charity Hospital**
- C. Johns Hopkins and Bellevue**
- D. NewYork-Presbyterian and Massachusetts General**

The two hospitals established in 1722 and 1736 are indeed Royal Hospital and Charity Hospital. These hospitals were among the earliest institutions in the United States, reflecting the historical need for healthcare services in urban areas during that period. Royal Hospital, founded in 1722 in Virginia, was primarily focused on caring for the poor and the sick. Charity Hospital, established in 1736 in New Orleans, served a similar purpose, providing care for those unable to afford medical treatment. These hospitals played significant roles in the development of organized healthcare in the colonies, highlighting the community's commitment to providing assistance to the disadvantaged. They laid the groundwork for the evolution of formal healthcare systems and were pivotal in the advent of medical care as a public responsibility. Their establishment marks important steps in the American healthcare narrative, indicating a growing awareness of the need for structured medical support in society.



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

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