WHO Models, Health Policy and Culture in Health Care Practice Test (Sample)

Study Guide

BY EXAMZIFY

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 items are commonly cited as part of the social determinants of health?**

    A. Educational attainment, income, and occupational status

    B. Eye color, height, and blood type

    C. Diet cats and rainfall

    D. Genetic markers only

2. **What does disablement describe?**

    A. Impact Of Health Status On Life Roles; Functional States Associated With Health Condition Aren't Identical To The Conditions They Themselves; Bottom-Up Approach Focuses On How Health Conditions Limit Function

    B. A Permanent Disability Certificate

    C. Being Unable To Walk

    D. A Legal Definition Of Impairment

3. **ICF: which statement correctly defines activity?**

    A. Performance In A Standard Environment; Activity Limitation, Capacity Qualifier

    B. Performance In Usual Outside Environment; Participation Restriction, Performance Qualifier

    C. Personal Motivation To Perform Activities

    D. The Level Of Pain During Activity

4. **Which value defines success as acquisition?**

    A. Individualism

    B. Progress and Change

    C. Materialism

    D. Role of women

5. **Under IDEA Part B, Free Appropriate Public Education applies to children with disabilities aged**

    A. Birth to 3

    B. 3-5 and 6-21

    C. 22-26

    D. 9-12

6. **Which term describes the process by which the original culture is wholly abandoned and the new culture is adopted in its place?**

   A. Assimilation

   B. Acculturation

   C. Integration

   D. Enculturation

7. **Which statement about Medicaid coverage is true?**

   A. It does not pay for long-term stays like residential or nursing home care

   B. It pays for all long-term care services

   C. It covers only hospital stays

   D. It is solely funded by private individuals

8. **Where does culture fall within the ICF framework?**

   A. Culture influences every component of the ICF

   B. Culture is irrelevant to the ICF

   C. Culture is only a personal factor in the ICF

   D. Culture is a domain separate from the ICF

9. **Disability stigma can affect individuals in which contexts?**

   A. Social and medical contexts

   B. Only legal settings

   C. Only educational settings

   D. Only online environments

10. **Disability stigma is largely due to which factor?**

   A. Lack of understanding or awareness of the causes of disabilities shaped by cultural views

   B. High levels of medical education

   C. Universal acceptance across societies

   D. Genetic determinism alone

Answers

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

Explanations

1. Which items are commonly cited as part of the social determinants of health?

A. Educational attainment, income, and occupational status

B. Eye color, height, and blood type

C. Diet cats and rainfall

D. Genetic markers only

Social determinants of health are the non-medical factors that shape health outcomes, including how people's opportunities and risks are shaped by their social and economic positions. Educational attainment influences health by affecting health literacy, decision-making, and access to higher-quality jobs and resources within the health system. Income determines the ability to afford housing, nutritious food, stable living conditions, and healthcare services, all of which directly impact health. Occupational status reflects working conditions, job security, exposure to hazards, and access to benefits like sick leave and health insurance, all of which influence health risk and access to care. These elements—education, income, and occupation—are classic examples of social determinants because they operate outside medical care yet profoundly affect health. The other options involve biological traits (eye color, height, blood type), environmental or random factors (diet and rainfall), or genetics alone, which do not capture the social context that typically defines the social determinants of health.

2. What does disablement describe?

A. Impact Of Health Status On Life Roles; Functional States Associated With Health Condition Aren't Identical To The Conditions They Themselves; Bottom-Up Approach Focuses On How Health Conditions Limit Function

B. A Permanent Disability Certificate

C. Being Unable To Walk

D. A Legal Definition Of Impairment

Disablement describes how a health problem affects a person's ability to perform activities and participate in life roles. It emphasizes the functional consequences of a health condition, recognizing that the states related to functioning aren't the same as the condition itself. A bottom-up approach looks at how the health condition limits what someone can do in daily life and in society, rather than focusing only on the medical diagnosis. The other options miss this broader, functional perspective: a permanent disability certificate is just a legal status; being unable to walk is one possible impairment or limitation, not the full concept of disablement; and a legal definition of impairment is a legal construct, not the lived impact on functioning in real life.

3. ICF: which statement correctly defines activity?

A. Performance In A Standard Environment; Activity Limitation, Capacity Qualifier

B. Performance In Usual Outside Environment; Participation Restriction, Performance Qualifier

C. Personal Motivation To Perform Activities

D. The Level Of Pain During Activity

In the ICF, activity means the execution of a task or action by an individual. It's about what a person does, not where or under what conditions. This is distinct from capacity, which is what a person can do in a standard environment, and from performance, which is what a person actually does in their current environment (influenced by supports and barriers). Activity limitations are problems a person may have in carrying out activities. The qualifiers mentioned with capacity and performance (capacity qualifier, performance qualifier) describe levels of function, not the definition of activity itself. The option that references performance in a standard environment aligns with capacity rather than activity, and the other choices point to motivational factors or pain rather than the act of doing. So, understanding activity hinges on the idea of the actual execution of tasks or actions by the person.

4. Which value defines success as acquisition?

A. Individualism

B. Progress and Change

C. Materialism

D. Role of women

This item examines how different value systems define success. When success is seen as acquisition, the focus is on accumulating wealth and material possessions as the primary indicators of achievement. Materialism centers on possessions and money as measures of status and progress, making it the best fit for defining success by acquisition. In contrast, individualism emphasizes independence and self-reliance; progress and change highlight growth and improvement over time; and the role of women concerns gender roles and expectations. Understanding this helps you interpret how people's health decisions and behaviors can be shaped by what they value as "success."

5. Under IDEA Part B, Free Appropriate Public Education applies to children with disabilities aged

A. Birth to 3

B. 3-5 and 6-21

C. 22-26

D. 9-12

Under IDEA Part B, Free Appropriate Public Education applies to children with disabilities from age 3 through 21. This includes preschoolers aged 3–5 and school-age children aged 6–21, covering the full span from early childhood through the end of high school. Birth to 3 is covered under IDEA Part C (early intervention), and services after age 21 aren't required under Part B. So describing the range as 3-5 and 6-21 best reflects the complete applicable group.

6. Which term describes the process by which the original culture is wholly abandoned and the new culture is adopted in its place?

A. Assimilation

B. Acculturation

C. Integration

D. Enculturation

Assimilation describes a process where the original culture is wholly abandoned and the new culture is adopted in its place. It involves adopting the host society's language, values, rituals, and social norms to such an extent that distinct cultural traits of the original group disappear. This stands in contrast to acculturation, where people adopt some aspects of another culture while keeping core elements of their own; integration, where individuals participate in both cultures while maintaining a distinct identity; and enculturation, which is about learning and passing along one's own culture.

7. Which statement about Medicaid coverage is true?

A. It does not pay for long-term stays like residential or nursing home care

B. It pays for all long-term care services

C. It covers only hospital stays

D. It is solely funded by private individuals

Medicaid coverage for long-term care is driven by eligibility, not a blanket entitlement. It is a joint federal–state program that pays for many services for people with limited income and resources, and this includes long-term care in nursing homes or through home- and community-based services for those who meet the state-specific criteria. Because eligibility rules—income limits, asset limits, and other state requirements—determine who qualifies, the statement that Medicaid does not pay for long-term stays is not accurate in general. When someone meets the criteria, Medicaid can cover long-term residential or nursing home care, though not every possible service or setting is funded in every state, and there can be limits or variations in coverage. By contrast, other claims in the choice options—such as Medicaid paying for all long-term care services, covering only hospital stays, or being funded solely by private individuals—do not reflect how Medicaid actually operates (it is not universal for all services, it extends beyond hospital stays, and it is funded by both federal and state governments).

8. Where does culture fall within the ICF framework?

A. Culture influences every component of the ICF

B. Culture is irrelevant to the ICF

C. Culture is only a personal factor in the ICF

D. Culture is a domain separate from the ICF

Culture influences every component of the ICF. In the ICF, functioning and disability occur within a surrounding context that includes personal factors and environmental factors. Cultural beliefs, values, and norms shape how a person experiences health, reports symptoms, and defines what counts as a meaningful activity or successful participation. They also influence personal factors such as coping styles, motivations, and expectations, and they affect environmental factors like family roles, social support, healthcare practices, and accessibility. Because culture touches how people perceive illness, decide on treatment, engage in daily activities, and interact with their environment, it cannot be limited to one part of the model; it permeates body functions and structures, activities and participation, and both personal and environmental factors. For example, in some cultures the family is central to decision-making and caregiving, which changes participation goals and support needs, while stigma in a community can alter reported limitations and access to services. This interconnected influence is why culture is viewed as shaping all aspects of the ICF rather than belonging to a single domain.

9. Disability stigma can affect individuals in which contexts?

A. Social and medical contexts

B. Only legal settings

C. Only educational settings

D. Only online environments

Disability stigma shows up in everyday interactions and in health care encounters, shaping both how people are perceived in society and how they are treated by the medical system. In social contexts, stigma affects relationships, opportunities, and inclusion—negative attitudes from family, friends, coworkers, and the wider community can lead to isolation, discrimination, and reduced participation in daily life. In medical contexts, stigma among health professionals and within health systems can influence whether symptoms are taken seriously, how care is provided, and whether people receive timely and appropriate treatment, which in turn can worsen health outcomes and erode trust in care. These two broad areas capture where stigma most directly and frequently impacts individuals' lives. While stigma can also appear in legal, educational, or online settings, those options describe only a single domain, whereas disability stigma commonly operates in both social and medical contexts, making that combination the best choice.

10. Disability stigma is largely due to which factor?

A. Lack of understanding or awareness of the causes of disabilities shaped by cultural views

B. High levels of medical education

C. Universal acceptance across societies

D. Genetic determinism alone

Disability stigma mainly comes from not understanding what causes disability, with those gaps filled by cultural beliefs and myths. When people lack accurate information, they rely on culturally transmitted explanations—like viewing disability as a punishment or a moral failing—which fuels negative attitudes, stereotypes, and avoidance. This combination of ignorance and cultural framing shapes how communities and health systems treat people with disabilities, often leading to discrimination and reduced access to care. Providing clear, factual knowledge about the varied, real causes of disability and sharing the experiences of people with disabilities can challenge those myths and reduce stigma. The other ideas don't fit as well because higher medical education tends to improve understanding, universal acceptance would imply no stigma, and genetic determinism alone doesn't capture the broader cultural and informational factors driving stigma.

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://whomodelshealthpolicycultureinhc.examzify.com

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