Sample

Multiple Choice
Identify the choice that best completes the statement or answers the question.

**CRITICAL THINKING**

1. What is the best description of critical thinking?
   a. Balancing client values, practitioner expertise, and best research
   b. Receiving information and responding appropriately
   c. Using carefully evaluated information to guide decisions and actions
   d. Looking for holes in another person’s argument

**TERMINOLOGY**

2. Based on Greek and Latin word roots, what is the meaning of *myeloma*?
   a. Tumor of connective tissue
   b. Tumor of marrow
   c. Tumor of a muscle
   d. Tumor of epithelial tissue

3. What is the best definition of *sign*?
   a. Label for a particular condition
   b. Collection of symptoms associated with a particular condition
   c. Objectively observable change in function
   d. Subjectively reported experience

**INFECTIOUS AGENTS**

4. Which of the following single-celled microorganisms tend to appear in chains?
   a. Diplococcus
   b. Streptococcus
   c. Staphylococcus
   d. Bacilli

**HYGIENIC PRACTICE**

5. Which of the following methods leads to sterilization?
   a. Soaking in peroxide
   b. Spraying with Lysol
   c. Wiping with alcohol
   d. Steam under pressure
6. What is the best alternative when normal handwashing is not an option?
   a. Alcohol gel or foam
   b. Bleach wipes
   c. Dry brushing
   d. Alcohol soaked towelettes

7. Which of the following is recommended for cleaning surfaces in a healthcare environment?
   a. 10% bleach solution
   b. Hot water with vinegar
   c. 65-95% alcohol solution
   d. 100% bleach

THE INFLAMMATORY PROCESS

8. What is the best definition for inflammation?
   a. Response to damage or the threat of invasion by antigens
   b. Presence of infection
   c. Enlargement of an organ or area of the body
   d. Edema that accrues when a vein or lymphatic vessel is blocked

9. What are the purposes of inflammation?
   a. Limit the spread of infection; prepare area for healing
   b. Secrete chemicals to kill potential invaders
   c. Protect against damage from antigens
   d. Isolate pathogens by building a connective tissue wall around infection

10. Which of the following is the best description of the vascular activity in the inflammatory process?
    a. Vasoconstriction followed by vasodilation
    b. Vasodilation followed by vasoconstriction
    c. There is no vascular response to inflammation
    d. Vasoconstriction until all signs of inflammation have cleared

11. At what stage of inflammation are fibroblasts most active?
    a. Acute
    b. Chronic
    c. Subacute
    d. Post-acute

12. At what stage of inflammation is trapped pus and debris surrounded by a connective tissue cyst?
    a. Acute
    b. Chronic
    c. Subacute
    d. Post-acute
13. Which of the following most reliably contraindicates massage?
   a. Inflamed sinuses due to allergies
   b. A post-acute sprained ankle
   c. Low back pain due to osteoarthritis
   d. An abscess related to unresolved infection

INTRODUCTION

14. How does the skin offer protection?
   a. Thickens where needed; limited capillary supply to control bleeding; sweating out toxins
   b. Sweating; shivering; blushing
   c. Prevents pathogenic invasion; repairs quickly; is supplied with immune cells
   d. Excretes wastes; kills pathogens on surface; very tough

15. What is the best description of skin structure?
   a. A thick sheet of tissue highly invested with glands and nerves
   b. A semi-permeable barrier that protects us from outside forces
   c. A three-layered multifunctional wall separating the interior from the exterior of the body
   d. A large membrane that excretes sweat, sebum, wastes, and other substances

16. Which of the following is the correct list of skin layers, from superficial to deep?
   a. Squamous, basal, fascial
   b. Epidermis, superficial fascia, dermis
   c. Epidermis, dermis, subdermis
   d. Stratum corneum, stratum basalis, superficial fascia

17. What is the best description of an ulcer?
   a. Sore with dead tissue that doesn’t heal normally
   b. Fissure close to an orifice
   c. Scraper that damages the dermis
   d. Blister filled with pus

18. What is the best description of a fissure?
   a. Crack
   b. Rip
   c. Scratch
   d. Blister
ANIMAL PARASITES

19. What is the best way to eradicate body lice?
   a. Full body application of pesticidal soap
   b. Isolate all clothing, upholstery, and bedding for two weeks
   c. Laundering all clothing
   d. Fumigation of carpets

BACTERIAL INFECTIONS OF THE SKIN

20. How do resident bacteria cause infections of the skin?
   a. They enter capillaries in the subdermis
   b. They gain access through a portal of entry, such as a minor wound
   c. They migrate toward hair shafts and invade the pilosebaceous unit
   d. They erode through the epithelium to gain access to lymphatic capillaries

21. This is a streptococcal infection of the skin. It usually shows a clear margin of involved tissue, and it often has a good outcome. What is it?
   a. Folliculitis
   b. Erysipelas
   c. Hidradenitis suppurativa
   d. Pilonidal cyst

FUNGAL INFECTIONS

22. The causative agent for ringworm is …
   a. A virus
   b. A dermatophyte
   c. A parasitic worm
   d. A bacterium

23. The pathogens that cause tinea lesions are spread by way of …
   a. Oral and respiratory secretions, touching a contaminated surface and then touching a portal of entry
   b. Vectors and fomites, autoinoculation
   c. The pathogens migrate from one host to the next
   d. Walking barefoot in contaminated soil

HERPES SIMPLEX

24. The main complication associated with oral herpes simplex outbreaks is …
   a. The virus may spread to the brain
   b. Secondary fungal infection
   c. Secondary bacterial infection
   d. The virus may invade the bloodstream