

HEALTHCARE STUDY GUIDE

PHYSICAL THERAPIST (PT)

YEAR 2 CLINICAL SKILLS

SAMPLE
250 EXAM PREP QUESTIONS,
WITH EXPLAINED ANSWERS



LEARNERS | PRACTITIONERS | EDUCATORS

HealthcareStudyGuide.com

UNITY CREST SOLUTIONS INC.

Who Is Healthcare Study Guide For

Healthcare Study Guide is a professional-grade study and review resource for healthcare workers across the United States and Canada. Whether you're preparing for a certification exam, re-entering the workforce, or transitioning into a new role or specialty, this guide is designed to help you test your knowledge, reinforce critical concepts, and build career confidence.

This guide can be used for exam preparation, knowledge review, and independent study. It is suitable for a wide range of professionals who need to refresh, refine, or benchmark their understanding of core healthcare topics.

It is not a substitute for accredited coursework or formal clinical training, and does not replace regulatory, licensing, or board-approved materials. Rather, it is meant to complement your preparation, offering structured support and insight as you work toward your goals.

Who We Serve

1. Internationally Trained Healthcare Professionals

You've completed your education and worked in your home country. Now you're preparing to meet Canadian or U.S. standards. This guide helps you align your clinical knowledge with North American expectations.

2. Licensed Nurses, Paramedics, and Allied Health Workers Advancing Their Roles

Whether you're moving from general practice to a specialty field, taking on leadership, or preparing for an internal assessment, this guide helps you reinforce foundational knowledge and expand into more advanced thinking.

3. Returning Healthcare Professionals

If you're re-entering the workforce after time away, this guide is a practical starting point to evaluate what you remember, what's changed, and where to focus next.

4. New Graduates Preparing for Exams

You're nearing the end of your formal education, and now it's time to prepare for licensing. Our practice tests and explanations help you study smarter and approach your exams with confidence.

5. Healthcare Instructors, Coaches, and Bridge Programs

You need reliable, structured materials to support learners from diverse backgrounds. This guide is suitable for supplemental instruction, assessment tools, and career readiness modules.

Start Strong. Stay Sharp. Move Forward With Confidence.

Whether you're preparing for exams, transitioning into a new role, or reviewing after time away, *Healthcare Study Guide* gives you the structure and clarity to take your next step. Designed for independent learners, this guide helps you build confidence, reinforce knowledge, and stay aligned with your professional goals.

Explore additional resources, practice tools, and review materials tailored to today's healthcare environment at: HealthcareStudyGuide.com

Certainly! Here's a version that's approximately 20% longer, while maintaining clarity and structure—ideal for filling out the page more fully without being repetitive:



What Healthcare Study Guide Offers

Whether you're preparing for a certification exam, returning to the field after time away, or stepping into a new clinical role, *Healthcare Study Guide* provides the structure and insight you need to move forward with purpose. Designed to reflect North American clinical standards, this guide gives you a flexible, self-paced tool for reinforcing your knowledge and building confidence.

1. **Structured Study Guides**

Each guide is developed and reviewed by experienced healthcare professionals to align with core competencies across roles and jurisdictions. Content is thoughtfully organized to help learners from diverse educational backgrounds, including internationally trained professionals, navigate complex topics with clarity and focus.

2. **Exam-Style Practice Tests**

Timed, multiple-choice practice exams simulate real testing environments. These allow you to track progress, improve decision-making under pressure, and become more familiar with exam structure, pacing, and question format.

3. **Role-Specific Question Banks**

Our question banks are organized around practical responsibilities and clinical terminology you'll encounter on the job. Whether you're in direct patient care, support services, or administration, the material is crafted to reflect real-world priorities and expectations.

4. **Clinical Answer Rationales**

Each question is followed by a detailed rationale explaining not just which answer is correct, but why it's correct. This supports deeper learning, strengthens clinical reasoning, and encourages critical thinking—especially useful for internationally trained professionals adapting to North American protocols.

5. **Supplemental Review Tools**

You'll also find extra learning material on topics such as infection prevention, patient safety, ethical care, cultural competence, and interprofessional communication. These tools are designed to round out your knowledge and help you better understand the expectations of modern healthcare systems.

Using This Guide Effectively

This study guide is meant to supplement—not replace—formal education, accredited coursework, or required clinical training. It should be used to enhance your preparation by identifying your strengths, exposing gaps in knowledge, and encouraging repeat engagement with real-world scenarios and test logic.

For best results, we recommend pairing this guide with official reference materials and regulatory frameworks provided by your licensing authority, training institution, or employer. This combined approach ensures that you're not only reviewing the right material but developing a mindset for safe, confident, and effective practice.



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Whether you're pivoting to a new specialty, re-entering the field, or preparing for certification in the U.S. or Canada, this guide provides a structured foundation for the next step in your healthcare career.

Visit **HealthcareStudyGuide.com** to access additional resources, take full-length practice tests, and explore tools tailored to your role and goals.

Why Healthcare Study Guide

We believe healthcare education should be practical, affordable, and accessible—whether you're starting a new chapter, transitioning across borders, or stepping into a more advanced role. This guide was built to help you move forward with clarity, confidence, and direction.

This isn't a shortcut. It's a structured, expert-reviewed study and review tool designed to help you assess your knowledge, strengthen clinical reasoning, and focus on what matters most. From practice tests to detailed answer breakdowns, every feature is designed to support real-world preparation—not just academic review.

Use this guide alongside formal coursework, official licensing materials, and clinical experience for the best results.

Success Stories from Professionals Like You

"I was preparing to return to practice in North America after more than a decade abroad. This guide gave me a clear path to follow. It helped me refocus and regain my confidence before applying for hospital roles."

— Priya D., Registered Nurse

"I used this guide while prepping for a trauma nurse position. The questions pushed me to think beyond memorization and into clinical decision-making. It helped me walk into the interview prepared and focused."

— Daniel H., Licensed Practical Nurse

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— Tanya W., Clinical Educator

Ready to Start Your Own Success Story

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What This Guide Will Teach You

This guide isn't just about reviewing facts. It's about sharpening clinical reasoning, preparing for role-specific expectations, and building confidence as you advance, transition, or requalify in healthcare.

Success in this field demands more than academic knowledge. It requires focus, effort, and a mindset ready for high-pressure decision-making. Here's what to expect:

- 1. Progress takes work**

This guide is a tool—how much you gain depends on how actively you use it. Engaging with questions, reviewing explanations, and retesting weak areas is key to progress.

- 2. The focus is on clinical thinking**

Every question is designed to develop how you think, not just what you know. The answer explanations aren't filler—they're your opportunity to strengthen diagnostic logic, decision-making, and situational awareness.

- 3. It's a supplement, not a stand-alone solution**

This guide is most effective when paired with accredited coursework, current regulatory materials, and hands-on experience. It helps orient your study and fill knowledge gaps—but it's not a replacement for formal training or licensure requirements.

Used consistently, this guide can help you study with more purpose, reduce stress, and show up prepared—whether for an exam, a return-to-practice interview, or a new position in healthcare.

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Healthcare Study Guide is a structured study resource built to support exam preparation, professional transitions, and independent review. It includes questions, explanations, and scenario-based material designed by professionals to reflect clinical realities in North American healthcare.

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With flexible, self-paced learning built for busy professionals, *Healthcare Study Guide* supports learners at every stage. Visit HealthcareStudyGuide.com for access to practice tests, review tools, and resources tailored to your goals.



SNOWSITES



Year 2: Clinical Skill Development and Advanced Assessment
Subject 3: Cardiovascular and Pulmonary Rehabilitation

1. What is a normal resting heart rate?

- a) 60-100 bpm
- b) 40-60 bpm
- c) 100-140 bpm
- d) 80-120 bpm

Correct Answer: a) 60-100 bpm

Explanation: A normal resting heart rate for adults typically ranges from 60 to 100 beats per minute (bpm). This range indicates a healthy cardiovascular system and is essential for physical therapists to monitor, especially in patients undergoing rehabilitation for heart and lung diseases, as abnormal heart rates can signify underlying health issues.

2. What is the purpose of blood pressure monitoring?

- a) Determine oxygen levels
- b) Measure weight loss
- c) Assess patient hydration
- d) Evaluate heart function

Correct Answer: d) Evaluate heart function

Explanation: Blood pressure monitoring is crucial in evaluating heart function and detecting cardiovascular issues. In patients with heart and lung diseases, maintaining appropriate blood pressure levels is vital to ensure safe participation in rehabilitation activities. Physical therapists use these measurements to tailor rehabilitation programs and safeguard patient health during recovery.

3. What does SpO2 measure?

- a) Heart rate
- b) Respiratory rate
- c) Oxygen saturation
- d) Blood pressure

Correct Answer: c) Oxygen saturation

Explanation: SpO2, or peripheral capillary oxygen saturation, measures the percentage of oxygen-saturated hemoglobin in the blood. It is a critical parameter in assessing respiratory function, especially for patients with lung diseases. Physical therapists monitor SpO2 levels to ensure patients maintain adequate oxygen during rehabilitation exercises, as low levels can indicate respiratory distress.



4. What is a common exercise for heart patients?

- a) Bungee jumping
- b) Swimming
- c) Weightlifting
- d) Walking

Correct Answer: d) Walking

Explanation: Walking is a commonly prescribed exercise for heart patients due to its low-impact nature and ability to improve cardiovascular fitness without excessive strain. It promotes circulation, enhances endurance, and is easy to integrate into a rehabilitation program. Physical therapists often recommend walking as a safe and effective way to improve heart health in patients recovering from cardiac events.

5. What is the typical target heart rate during exercise?

- a) 50-70% max
- b) 90-100% max
- c) 40-60% max
- d) 70-90% max

Correct Answer: a) 50-70% max

Explanation: The typical target heart rate during exercise for cardiovascular rehabilitation is usually set at 50-70% of the patient's maximum heart rate. This intensity promotes cardiovascular benefits while minimizing the risk of overexertion. Physical therapists use this target to guide patients in safely increasing their exercise intensity, thereby enhancing their overall cardiovascular health.

6. What is the significance of RPE in rehab?

- a) Evaluate muscle strength
- b) Measure patient hydration
- c) Assess exercise intensity
- d) Monitor weight loss

Correct Answer: c) Assess exercise intensity

Explanation: RPE, or Rating of Perceived Exertion, is a subjective scale used to assess exercise intensity based on how hard a patient feels they are working. In cardiovascular and pulmonary rehabilitation, RPE helps therapists gauge patient effort and adjust exercise programs accordingly. This tool encourages patients to communicate their exertion levels, fostering a safer and more effective rehabilitation process.



7. Which exercise improves lung capacity?

- a) Breathing exercises
- b) Stretching
- c) Weightlifting
- d) Sprinting

Correct Answer: a) Breathing exercises

Explanation: Breathing exercises are specifically designed to improve lung capacity and function by enhancing the mechanics of respiration. They can help patients with pulmonary conditions strengthen their respiratory muscles and increase overall oxygen intake. Physical therapists incorporate these exercises into rehabilitation programs to support lung health and enhance patients' quality of life during recovery.

8. When is oxygen therapy indicated?

- a) Muscle fatigue
- b) Low SpO2 levels
- c) High blood pressure
- d) High heart rate

Correct Answer: b) Low SpO2 levels

Explanation: Oxygen therapy is indicated when a patient exhibits low oxygen saturation levels (SpO2), typically below 90%. This treatment helps ensure that patients receive adequate oxygen for their body's needs, particularly those with respiratory diseases. Physical therapists monitor SpO2 to determine the necessity of oxygen supplementation during rehabilitation, which is crucial for patient safety and effective exercise.

9. What is interval training?

- a) Strength training only
- b) Endurance running
- c) Alternating high and low intensity
- d) Continuous low-intensity exercise

Correct Answer: c) Alternating high and low intensity

Explanation: Interval training involves alternating between periods of high-intensity exercise and low-intensity recovery. This method can improve cardiovascular fitness and endurance more effectively than steady-state exercise alone. Physical therapists may integrate interval training into rehabilitation programs for patients who are capable, as it can enhance heart health while managing exercise intensity safely.



10. Which heart rate monitor type is most common?

- a) Manual pulse checks
- b) Smartphone apps
- c) Chest strap monitors
- d) Wearable wristbands

Correct Answer: c) Chest strap monitors

Explanation: Chest strap monitors are among the most common types of heart rate monitors used in clinical settings, as they provide accurate and real-time heart rate data. They are particularly useful in rehabilitation scenarios where continuous monitoring is necessary. Physical therapists favor these devices to ensure patients remain within safe target heart rate zones during exercise, enhancing the overall effectiveness of rehabilitation programs.

11. Which group benefits from pulmonary rehabilitation?

- a) COPD patients
- b) Athletes
- c) Cardiac patients
- d) Healthy adults

Correct Answer: a) COPD patients

Explanation: Patients with Chronic Obstructive Pulmonary Disease (COPD) significantly benefit from pulmonary rehabilitation. This specialized program includes exercise training, education, and support to help manage symptoms and improve overall quality of life. Physical therapists play a crucial role in tailoring rehabilitation strategies for COPD patients, aiming to enhance their lung function and reduce hospitalizations related to respiratory complications.

12. What does "dyspnea" refer to?

- a) Shortness of breath
- b) Muscle weakness
- c) Chest pain
- d) Fatigue

Correct Answer: a) Shortness of breath

Explanation: Dyspnea is a medical term that refers to the sensation of shortness of breath or difficulty breathing. It is often experienced by patients with cardiac and pulmonary conditions. Physical therapists assess dyspnea levels to tailor rehabilitation exercises appropriately, ensuring that patients can engage in activities without exacerbating their symptoms, thus promoting safe and effective recovery.



13. How often should blood pressure be monitored?

- a) Monthly
- b) Weekly
- c) Daily
- d) Hourly

Correct Answer: c) Daily

Explanation: Blood pressure should ideally be monitored daily, especially in patients with cardiovascular diseases. Regular monitoring helps track changes and ensures that blood pressure remains within safe limits during rehabilitation. Physical therapists use this information to adjust exercise intensity and provide guidance on lifestyle modifications, enhancing patient safety and overall health outcomes throughout the rehabilitation process.

14. What is a common sign of overexertion?

- a) Increased energy
- b) Headache
- c) Improved mood
- d) Excessive fatigue

Correct Answer: d) Excessive fatigue

Explanation: Excessive fatigue is a common sign of overexertion during rehabilitation, indicating that a patient may be pushing beyond their safe exercise limits. Physical therapists must monitor patients closely for signs of fatigue to ensure they are exercising within their capabilities. Recognizing these signs allows therapists to modify exercise regimens, preventing injuries and promoting a more effective rehabilitation experience.

15. What role does hydration play in rehab?

- a) Improves muscle strength
- b) Impacts heart rate
- c) Increases appetite
- d) Affects sleep quality

Correct Answer: b) Impacts heart rate

Explanation: Hydration plays a critical role in rehabilitation, as it impacts heart rate and overall cardiovascular function. Dehydration can lead to increased heart rate and decreased exercise performance, posing risks for patients in rehabilitation. Physical therapists emphasize the importance of adequate fluid intake to support optimal heart function and exercise tolerance, ensuring a safer and more effective rehabilitation process.



16. What is the primary goal of cardiac rehab?

- a) Enhance flexibility
- b) Improve cardiovascular health
- c) Decrease weight
- d) Increase muscle mass

Correct Answer: b) Improve cardiovascular health

Explanation: The primary goal of cardiac rehabilitation is to improve cardiovascular health by helping patients recover from heart-related conditions and procedures. This is achieved through a combination of exercise training, education, and lifestyle modifications. Physical therapists play a vital role in this process, guiding patients towards healthier habits and safe exercise routines to enhance their heart health and overall well-being.

17. What is a contraindication for exercise?

- a) Regular exercise
- b) Controlled hypertension
- c) Recent heart attack
- d) Stable angina

Correct Answer: c) Recent heart attack

Explanation: A recent heart attack is a contraindication for exercise, as patients may still be at risk for complications and require medical supervision. Physical therapists must assess each patient's condition carefully before prescribing exercise as part of rehabilitation. Understanding contraindications helps ensure patient safety, allowing for a more effective and tailored rehabilitation approach while reducing the risk of adverse events.

18. What does a higher oxygen saturation level indicate?

- a) Good lung function
- b) Low heart rate
- c) Respiratory distress
- d) High blood pressure

Correct Answer: a) Good lung function

Explanation: A higher oxygen saturation level indicates good lung function and effective oxygen delivery to the body's tissues. For patients in cardiovascular and pulmonary rehabilitation, maintaining adequate SpO2 levels is essential for safe exercise participation. Physical therapists monitor oxygen levels closely to ensure patients can engage in rehabilitation activities without experiencing respiratory distress, thus promoting better health outcomes.



19. Which exercise is best for improving endurance?

- a) Stretching
- b) Yoga
- c) Powerlifting
- d) Steady-state cardio

Correct Answer: d) Steady-state cardio

Explanation: Steady-state cardio, such as jogging or cycling at a consistent pace, is best for improving endurance. This form of exercise strengthens the heart and lungs over time, making it an essential component of rehabilitation programs for patients with heart and lung diseases. Physical therapists often incorporate steady-state cardio to enhance patients' cardiovascular fitness and overall endurance, facilitating better recovery.

20. What is the purpose of a warm-up?

- a) Decrease heart rate
- b) Prepare the body
- c) Increase injury risk
- d) Increase fatigue

Correct Answer: b) Prepare the body

Explanation: The purpose of a warm-up is to prepare the body for exercise by gradually increasing heart rate, circulation, and muscle temperature. This process reduces the risk of injury and improves performance during physical activity. Physical therapists emphasize warm-ups in rehabilitation programs to ensure patients are adequately prepared for exercise, promoting safety and effectiveness throughout their recovery journey.

21. What is a common benefit of aerobic exercise?

- a) Decreased flexibility
- b) Reduced endurance
- c) Improved cardiovascular health
- d) Increased muscle soreness

Correct Answer: c) Improved cardiovascular health

Explanation: Aerobic exercise offers numerous benefits, with improved cardiovascular health being one of the most significant. It strengthens the heart, enhances circulation, and increases lung capacity, all of which are vital for individuals recovering from heart and lung diseases. Physical therapists incorporate aerobic exercises into rehabilitation programs to promote long-term heart health and improve patients' overall fitness and well-being.



22. What does "bradycardia" mean?

- a) Normal heart rate
- b) Fast heart rate
- c) Slow heart rate
- d) Irregular heartbeat

Correct Answer: c) Slow heart rate

Explanation: Bradycardia refers to a slower than normal heart rate, typically defined as fewer than 60 beats per minute. This condition can be a concern in cardiovascular rehabilitation, as it may indicate underlying health issues or complications. Physical therapists must assess bradycardia carefully in patients to ensure safe exercise participation and determine appropriate rehabilitation strategies tailored to each individual's health status.

23. What is the role of chest physiotherapy?

- a) Clear lung secretions
- b) Enhance endurance
- c) Increase muscle mass
- d) Improve flexibility

Correct Answer: a) Clear lung secretions

Explanation: Chest physiotherapy plays a crucial role in clearing lung secretions and improving respiratory function, particularly for patients with chronic lung diseases. Techniques include percussion, vibration, and postural drainage, which help mobilize mucus. Physical therapists employ these methods to enhance lung capacity and promote effective breathing patterns, ultimately supporting patients' recovery and rehabilitation goals in a safe manner.

24. How can stress management aid rehab?

- a) Decreases exercise tolerance
- b) Impacts hydration
- c) Reduces anxiety
- d) Increases muscle tension

Correct Answer: c) Reduces anxiety

Explanation: Stress management is an essential component of rehabilitation, particularly for patients with cardiovascular and pulmonary conditions. Effective stress management techniques, such as mindfulness and relaxation exercises, can reduce anxiety levels, improving overall mental health and exercise performance. Physical therapists often incorporate stress management strategies into rehabilitation programs to enhance patients' emotional well-being, which positively influences their recovery journey.



25. What is an essential skill for physical therapists?

- a) Artistry
- b) Computer programming
- c) Time management
- d) Cooking

Correct Answer: c) Time management

Explanation: Time management is an essential skill for physical therapists, as they often juggle multiple patients, therapy sessions, and administrative tasks. Effective time management ensures that therapists can provide quality care, adhere to treatment plans, and maximize patient outcomes during rehabilitation. Properly managing time allows therapists to focus on individualized patient needs, enhancing the overall effectiveness of rehabilitation strategies for heart and lung diseases.



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About the Creators

Bobby Bedi

Bobby Bedi is a digital strategist and EdTech systems architect with over 30 years of experience building scalable learning platforms. With roots in architecture and digital innovation, he specializes in designing user-focused education tools that blend clean design with powerful infrastructure.

Bobby has led digital transformation initiatives across startups, public companies, and global education ventures. His work centers on making learning more intuitive, accessible, and effective—regardless of a user's background or starting point.

At Healthcare Study Guide, Bobby oversees platform strategy, systems design, and digital experience—ensuring that each product delivers clarity, performance, and long-term value for learners and institutions alike.

Kris McFarlane

Kris McFarlane is a content strategist, learning designer, and EdTech entrepreneur with two decades of experience building practical, outcome-driven education programs. His background spans business development, curriculum design, and instructional systems—particularly in industries where accessible education is critical to career growth.

Kris has led the development of national study systems used across North America, combining technical accuracy with an understanding of how real people learn. His approach centers on clear, actionable content that meets professionals where they are and helps them move forward—fast.

At Healthcare Study Guide, Kris leads product development and content strategy, ensuring that every module reflects clinical standards while remaining approachable, efficient, and easy to use.

Work with the Creators

Bobby and Kris bring over 40 years of combined experience in EdTech, curriculum design, and scalable learning systems. Together, they build platforms that make professional education more accessible, more effective, and more aligned with the demands of today's workforce.

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We strongly recommend that all users consult the official resources provided by their provincial, state, or national regulatory organizations to obtain the most current, accurate, and legally binding information regarding licensing requirements, exam structure, and scope of practice.

Use this guide as a companion—not a replacement—for official training and credentialing pathways.



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Whether you're preparing for a healthcare certification exam, stepping into a new clinical role, or transitioning from international training into the North American healthcare system, the Healthcare Study Guide is designed to support your next step.

This guide goes beyond memorization. It offers a structured, focused approach to help you review core knowledge, strengthen clinical reasoning, and prepare with confidence. Created for professionals at all stages, it delivers practical insight—without the high cost or complexity of traditional review programs.

What We Offer

- **Realistic Practice Tests**
Timed assessments simulate the pace and pressure of real exams, helping you evaluate readiness, sharpen focus, and build test-day confidence.
- **Targeted Question and Answer Sets**
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