

# HEALTHCARE STUDY GUIDE LICENSED PRACTICAL NURSE (LPN) YEAR 1 CORE KNOWLEDGE

**250 EXAM PREP QUESTIONS,  
WITH EXPLAINED ANSWERS**



LEARNERS | PRACTITIONERS | EDUCATORS

[HealthcareStudyGuide.com](https://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](https://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.



## Ready to Take the First Step Toward Career Progression

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

"I'm an instructor for an international bridging program. We needed something affordable that didn't compromise on depth. The explanations are sharp, the structure is clean, and my students rely on it week after week."

— Tanya W., Clinical Educator

## Ready to Start Your Own Success Story

Whether you're reviewing core skills, preparing for certification, or planning a lateral move—Healthcare Study Guide gives you the tools to move forward with purpose.

Visit **HealthcareStudyGuide.com** to get started today.



## 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.

## What This Guide Is—and What It Is Not

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.

However, credentialing and licensure standards vary. This guide does not guarantee certification and is not affiliated with any official regulatory or licensing body.

This is not a substitute for medical education, formal clinical instruction, or hands-on patient care experience. It is meant to complement your preparation—not replace it.

Before using this guide for credentialing purposes, verify current requirements with your licensing authority or relevant governing body.



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*Healthcare Study Guide* is a supplemental resource for individuals preparing for healthcare-related certification exams, re-entry assessments, or professional development. It is not intended to replace accredited programs, official licensing materials, or supervised clinical training.

This guide is not affiliated with or endorsed by any licensing board, academic institution, certifying agency, or medical organization in Canada, the U.S., or any other jurisdiction. Requirements for certification, licensure, and exams vary significantly between roles and regions. Users are responsible for confirming this guide aligns with their jurisdiction's current standards.

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While developed to reflect broadly accepted educational goals, this resource does not guarantee exam success, certification, employment, or advancement. The authors and publishers are not liable for inaccuracies or regulatory changes occurring after publication.

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## Unlock Your Next Step

Whether you're studying for a national exam or re-entering the healthcare field, this guide is designed to move with you—offering practical tools to build confidence and clarity in your next step.

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





# SNOWSITES



**Year 1: Foundations of the Licensed Practical Nurse (LPN)**  
**Subject 3: Simple Medical Terms for LPN Work**

1. What does "tachy-" mean?

- a) Irregular
- b) Normal
- c) Fast
- d) Slow

**Correct Answer:** c) Fast

**Explanation:** The prefix "tachy-" derives from the Greek word "tachys," meaning fast or rapid. In medical terminology, it often refers to an increased heart rate or rapid breathing. Understanding this prefix helps Licensed Practical Nurses (LPNs) recognize conditions like tachycardia, which can be critical in patient assessments and communication with healthcare teams.

2. What does "brady-" signify?

- a) Slow
- b) Normal
- c) Fast
- d) Unusual

**Correct Answer:** a) Slow

**Explanation:** The prefix "brady-" comes from the Greek word "bradus," meaning slow. In medical terms, it typically indicates a slower than normal heart rate, such as bradycardia. For LPNs, knowing this term is essential for proper documentation and understanding patient vital signs, aiding effective communication with colleagues and medical professionals.

3. What does "hypertension" refer to?

- a) High blood pressure
- b) Low blood pressure
- c) Normal blood pressure
- d) Irregular blood pressure

**Correct Answer:** a) High blood pressure

**Explanation:** The term "hypertension" combines the prefix "hyper-" meaning excessive, with "tension," referring to pressure. It describes a condition where blood pressure in the arteries is persistently elevated. For LPNs, recognizing this condition is crucial for monitoring patient health and providing appropriate care, as it can lead to serious health complications.





4. What does "hypo-" indicate in medical terms?

- a) Above normal
- b) Below normal
- c) Irregular
- d) Normal

**Correct Answer:** b) Below normal

**Explanation:** The prefix "hypo-" originates from Greek, meaning under or below. In medical terminology, it indicates lower than the normal level of a substance or condition, such as hypoglycemia, which refers to low blood sugar levels. Understanding this prefix helps LPNs provide accurate patient assessments and communicate effectively about potential health risks.

5. What does "dermat-" relate to?

- a) Heart
- b) Bones
- c) Lungs
- d) Skin

**Correct Answer:** d) Skin

**Explanation:** The root "dermat-" comes from the Greek word "derma," which means skin. It is used in terms like dermatology, the study of skin. For LPNs, understanding this root is vital for assessing skin conditions, documenting findings accurately, and communicating effectively with patients and healthcare providers about skin-related issues.

6. What does "cardio-" pertain to?

- a) Lungs
- b) Liver
- c) Heart
- d) Brain

**Correct Answer:** c) Heart

**Explanation:** The prefix "cardio-" is derived from the Greek word "kardia," meaning heart. It is commonly used in medical terminology to refer to heart-related conditions, such as cardiology or cardiovascular disease. For LPNs, recognizing this prefix is essential for understanding patient health and effectively communicating heart-related concerns in a clinical setting.



7. What does "neuro-" signify in medical terms?

- a) Nerve
- b) Blood
- c) Muscle
- d) Bone

Correct Answer: a) Nerve

**Explanation:** The prefix "neuro-" comes from the Greek word "neuron," meaning nerve. It is used in terms like neurology, which is the study of the nervous system. LPNs must understand this prefix to assess neurological conditions and communicate effectively about patient symptoms and care plans involving the nervous system.

8. What does "osteo-" refer to in medicine?

- a) Bone
- b) Tissue
- c) Muscle
- d) Joint

Correct Answer: a) Bone

**Explanation:** The root "osteo-" is derived from the Greek word "osteon," meaning bone. It is used in medical terms such as osteopathy, which focuses on bone health. For LPNs, recognizing this root aids in understanding musculoskeletal conditions and facilitates clear communication with patients and healthcare teams regarding bone-related issues.

9. What does "hepat-" denote?

- a) Lung
- b) Liver
- c) Kidney
- d) Heart

Correct Answer: b) Liver

**Explanation:** The prefix "hepat-" comes from the Greek word "hepar," meaning liver. It is commonly used in medical terminology, such as hepatitis, which refers to liver inflammation. For LPNs, understanding this term is crucial for assessing liver health, documenting relevant findings, and communicating effectively about liver-related patient care.



10. What does "gastro-" relate to in medicine?

- a) Stomach
- b) Skin
- c) Heart
- d) Brain

Correct Answer: a) Stomach

**Explanation:** The prefix "gastro-" is derived from the Greek word "gaster," meaning stomach. It is used in medical terms like gastrointestinal, which pertains to the stomach and intestines. For LPNs, knowledge of this prefix helps in assessing digestive health and effectively communicating with patients about gastrointestinal issues and care procedures.

11. What does "pulmono-" mean in medical lingo?

- a) Heart
- b) Abdomen
- c) Lungs
- d) Brain

Correct Answer: c) Lungs

**Explanation:** The prefix "pulmono-" comes from the Latin word "pulmo," meaning lung. It is used in terms like pulmonology, the study of lung health. For LPNs, understanding this term is vital for assessing respiratory conditions and providing clear communication about pulmonary health and treatment options with patients and healthcare teams.

12. What does "endocrino-" refer to?

- a) Circulatory
- b) Hormones
- c) Immune
- d) Digestive

Correct Answer: b) Hormones

**Explanation:** The prefix "endocrino-" comes from the term "endocrine," which refers to glands that secrete hormones. It is crucial for understanding conditions like diabetes. For LPNs, knowledge of this prefix aids in assessing hormonal imbalances and effectively communicating with patients regarding endocrine system health and related treatments.



13. What does "surgical" pertain to?

- a) Physical
- b) Medical
- c) Non-invasive
- d) Operative

**Correct Answer:** d) Operative

**Explanation:** The term "surgical" refers to procedures that involve operative techniques to treat conditions or injuries. For LPNs, understanding surgical terminology is essential for assisting in the operating room, preparing patients for surgery, and communicating effectively about postoperative care and instructions to ensure patient safety and recovery.

14. What does "pediatric" refer to in healthcare?

- a) Adult care
- b) Women's health
- c) Elderly care
- d) Child care

**Correct Answer:** d) Child care

**Explanation:** The term "pediatric" comes from the Greek words "paidos" meaning child and "iatros" meaning healer. It pertains to the medical care of infants, children, and adolescents. For LPNs, understanding this term is crucial for providing appropriate care, communicating effectively with young patients, and understanding developmental issues in pediatric settings.

15. What does "anemia" indicate?

- a) Low red blood cells
- b) High white blood cells
- c) Low blood pressure
- d) Low heart rate

**Correct Answer:** a) Low red blood cells

**Explanation:** Anemia refers to a condition characterized by a deficiency of red blood cells or hemoglobin in the blood. This condition can lead to symptoms like fatigue and weakness. For LPNs, recognizing anemia is vital for patient assessment and treatment planning, as it can indicate underlying health issues that require intervention.



16. What does "infusion" mean in medical terms?

- a) Oral medication
- b) Inhalation
- c) Injection
- d) Liquid administration

**Correct Answer:** d) Liquid administration

**Explanation:** Infusion refers to the process of administering a liquid substance, such as medication or fluids, directly into a patient's vein. This is often done using an intravenous (IV) line. For LPNs, understanding infusion is essential for delivering medications safely, monitoring patient responses, and communicating effectively with the healthcare team regarding treatment plans.

17. What does "diagnosis" mean in healthcare?

- a) Health assessment
- b) Patient referral
- c) Treatment plan
- d) Identifying conditions

**Correct Answer:** d) Identifying conditions

**Explanation:** Diagnosis refers to the process of identifying a disease or condition based on the patient's signs, symptoms, and medical history. It is a critical step in patient care. For LPNs, understanding the diagnostic process enables them to assist in assessments and effectively communicate findings to physicians and other healthcare professionals for proper patient management.

18. What does "prognosis" indicate in medical terms?

- a) Immediate treatment
- b) Future health outcome
- c) Patient referral
- d) Medication dosage

**Correct Answer:** b) Future health outcome

**Explanation:** Prognosis refers to the prediction of the likely course or outcome of a disease. It is based on clinical findings and patient history. For LPNs, understanding prognosis helps in discussing patient expectations and planning care, allowing for effective communication with patients and families about their health conditions and potential recovery paths.



19. What does "therapy" mean in healthcare?

- a) Surgical intervention
- b) Diagnostic test
- c) Treatment method
- d) Preventive care

**Correct Answer:** c) Treatment method

**Explanation:** Therapy refers to the treatment of a health condition through various methods, including physical therapy, occupational therapy, or medication. It aims to alleviate symptoms and improve patient health. For LPNs, understanding different types of therapy is crucial for providing comprehensive patient care and effectively communicating about treatment options with patients and healthcare teams.

20. What does "symptom" signify in patient care?

- a) Observable sign
- b) Underlying cause
- c) Patient history
- d) Treatment plan

**Correct Answer:** a) Observable sign

**Explanation:** A symptom is a subjective experience reported by the patient, indicating a potential health issue, while a sign is an observable indicator noted by the healthcare provider. For LPNs, understanding the difference between symptoms and signs is essential for accurate assessment, documentation, and effective communication with patients and other healthcare professionals regarding patient conditions.

21. What does "chronic" refer to in medical terminology?

- a) Temporary
- b) Acute
- c) Short-term
- d) Long-lasting

**Correct Answer:** d) Long-lasting

**Explanation:** The term "chronic" refers to a condition that persists over a long period, often requiring ongoing management. Examples include chronic diseases like diabetes or asthma. For LPNs, recognizing chronic conditions is important for developing care plans, monitoring patient progress, and effectively communicating with patients about managing their long-term health needs.





22. What does "acute" mean in a medical context?

- a) Mild condition
- b) Long-lasting
- c) Sudden onset
- d) Chronic issue

**Correct Answer:** c) Sudden onset

**Explanation:** The term "acute" refers to a condition that occurs suddenly and is typically severe in nature. Acute conditions often require immediate medical attention, such as acute pain or an acute infection. For LPNs, understanding the nature of acute conditions is essential for timely assessments, interventions, and effective communication with healthcare teams regarding urgent patient needs.

23. What does "preventive" indicate in healthcare?

- a) Emergency care
- b) Surgical treatment
- c) Chronic management
- d) Avoiding illness

**Correct Answer:** d) Avoiding illness

**Explanation:** Preventive care refers to measures taken to prevent diseases or conditions before they occur. This includes vaccinations, screenings, and health education. For LPNs, understanding preventive strategies is crucial for promoting patient wellness, encouraging healthy lifestyles, and effectively communicating the importance of preventive measures to patients and their families.

24. What does "medication" refer to in nursing?

- a) Therapeutic substance
- b) Surgical procedure
- c) Diagnostic test
- d) Patient history

**Correct Answer:** a) Therapeutic substance

**Explanation:** Medication refers to any substance used to treat, prevent, or diagnose a disease or condition. Medications can be in various forms, including pills, injections, and topical applications. For LPNs, understanding medications is essential for safe administration, monitoring patient responses, and communicating effectively about drug therapy with patients and healthcare providers.



25. What does "referral" mean in medical terms?

- a) Patient transfer
- b) Health assessment
- c) Treatment plan
- d) Specialist consultation

**Correct Answer:** d) Specialist consultation

**Explanation:** A referral is the process of directing a patient to a specialist for further evaluation and treatment. Referrals are often necessary for conditions that require specialized knowledge or procedures. For LPNs, understanding the referral process is essential for ensuring patients receive comprehensive care and effectively communicating with other healthcare professionals about patient needs and continuity of care.



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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.

To learn more or connect with the Unity Crest Solutions team, visit [UnityCrestSolutions.com](https://UnityCrestSolutions.com).



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## Unite, Educate, and Innovate

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This resource has been developed to support academic reinforcement and exam readiness, particularly for individuals seeking to assess their baseline understanding or return to practice. It is not a standalone training tool and should never be used in lieu of accredited coursework, hands-on experience, or jurisdictional requirements outlined by your certifying body.

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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.



# Unlock Your Potential with the Healthcare Study Guide

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**  
Engage with questions written by healthcare professionals, aligned with clinical logic and licensing standards in both the U.S. and Canada.
- **In-Depth Explanations**  
Every answer includes a clear, practical rationale—so you understand not just what's correct, but why. It's preparation Designed for clinical application.

Whether you're preparing for licensing, requalification, or a shift in specialty, this guide gives you the tools to move forward—on your own schedule.

## Real Stories from Real Professionals

- "This gave me the structure I needed. After years away from practice, it helped me rebuild confidence and pass my certification."  
— Alina S., Registered Nurse
- "I was preparing to move into emergency care. This guide helped me refocus and sharpen the clinical thinking I needed."  
— Marcus K., Paramedic
- "As a program lead in an international bridge course, I've reviewed dozens of study tools. This is one of the few I continue to recommend."  
— Dr. Elise N., Healthcare Educator

## Take the Next Step in Your Career

Healthcare professionals across North America use this guide to sharpen their knowledge, rebuild confidence, and move into new roles with clarity and purpose. Now it's your turn.

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