ALBERTA HEALTH SERVICES PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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.

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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!

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Questions

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1. Which term means bruise under the skin due to bleeding?

A. Contusion

B. Edema

C. Ecchymosis

D. Sepsis

2. Which prefix relates to the eye?

A. Ophthalm/o

B. Eye

C. Ear

D. Abdomen

3. Which imaging modality uses a series of X-ray photographs from different angles to create a cross-sectional image?

A. MRI

B. Ultrasound

C. CT scan

D. PET scan

4. In anatomical terms, what does the apex refer to?

A. The base of the organ

B. A hollow cavity

C. The highest point

D. The side edge

5. Which prefix means word origin?

A. Chondr/o

B. Abdomin/o

C. Etym/o

D. Later/o

6. Which root means hollow space?

A. Crin/o

B. Jaund/o

C. Cav/o

D. Thorac/o

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7. CF stands for which medical condition?

A. Congenital Fistula

B. Cystic Fibrosis

C. Chronic Fatigue

D. Cerebral Fibrosis

8. Angina refers to which symptom?

A. Chest pain

B. Back pain

C. Abdominal pain

D. Headache

9. Which term denotes inflammation of the kidney?

A. Hepatitis

B. Nephritis

C. Urethritis

D. Gastritis

10. The tuberculin skin test is used to determine past or present infection with which disease based on a positive skin reaction?

A. Malaria

B. Dengue

C. Tuberculosis

D. Influenza

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Answers

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

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Explanations

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1. Which term means bruise under the skin due to bleeding?

A. Contusion

B. Edema

C. Ecchymosis

D. Sepsis

Bruising under the skin from bleeding is described as ecchymosis. This term refers to the visible discoloration that appears after small blood vessels break and blood collects in the surrounding tissue, producing a purple/blue or greenish patch as it heals. Edema is swelling from fluid buildup and isn't a bruise. Sepsis is a systemic infection and unrelated to a simple skin bruise. A contusion is the general injury that causes a bruise, but the specific sign of subcutaneous bleeding that shows up as discoloration is ecchymosis.

2. Which prefix relates to the eye?

A. Ophthalm/o

B. Eye

C. Ear

D. Abdomen

In medical terminology, combining forms tell you which body part a term relates to. The form for the eye is ophthalm/o, which you can see in words like ophthalmology and ophthalmic. That makes it the right choice because it literally represents the eye in terms used to build terms. The other options point to different parts: eye itself isn't a prefix, ot/o refers to the ear, and abdomin/o (or lapar/o) refers to the abdomen, so they don't indicate the eye. Note that you might also encounter ocul/o as another eye-related form in some terms, but ophthalm/o is the one shown here.

3. Which imaging modality uses a series of X-ray photographs from different angles to create a cross-sectional image?

A. MRI

B. Ultrasound

C. CT scan

D. PET scan

The concept being tested is how cross-sectional images are produced by combining multiple X-ray views. Computed tomography achieves this by rotating an X-ray source and detectors around the patient, capturing many projections from different angles. A computer then reconstructs these data into thin slices—cross-sectional images—so you can see a specific "slice" through the body and examine internal structures in detail from multiple perspectives. Other imaging methods don't create cross-sectional X-ray slices in the same way. Magnetic resonance imaging uses strong magnetic fields and radio waves to generate images and does not rely on X-ray projections. Ultrasound uses sound waves to create real-time images and avoids ionizing radiation. PET scans map metabolic activity using radioactive tracers, providing functional information rather than the anatomical cross-sections produced by CT.

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4. In anatomical terms, what does the apex refer to?

A. The base of the organ

B. A hollow cavity

C. The highest point

D. The side edge

In anatomy, the apex is the tip or pointed end of an organ—the part farthest from its base. The base is the broader end where the organ attaches or is oriented toward the body, so the apex describes that farthest, pointed portion. This distinguishes it from a hollow cavity (which is a lumen within an organ) or a side edge (the margin or border). Thinking of the apex as the highest, pointed point helps you visualize how organs are described in terms of their extremities, with the base opposite it.

5. Which prefix means word origin?

A. Chondr/o

B. Abdomin/o

C. Etym/o

D. Later/o

The part that signals word origin is etym/o-. This comes from etymology, the study of where a word comes from and its original meaning. In medical terms, etym/o- is used to refer to the origin of a term itself. The other forms point to body parts or directions—chondr/o means cartilage, abdomin/o means abdomen, and later/o relates to the side—so they don't indicate word origin.

6. Which root means hollow space?

A. Crin/o

B. Jaund/o

C. Cav/o

D. Thorac/o

The word part that means hollow space is cav/o. This combining form comes from a root meaning hollow or cavity, so when you see it in terms like cavity, cavitation, or cavitary, you know the word is referring to a hollow area or space inside the body. Crin/o denotes to secrete (as in endocrine or exocrine), jaund/o relates to jaundice or yellow, and thorac/o refers to the chest/thorax. These meanings don't align with hollow spaces, which is why cav/o is the correct root.

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7. CF stands for which medical condition?

A. Congenital Fistula

B. Cystic Fibrosis

C. Chronic Fatigue

D. Cerebral Fibrosis

CF is most commonly the abbreviation for Cystic Fibrosis in medical practice. This genetic condition affects the glands that produce mucus, sweat, and digestive juices, leading to thick mucus in the lungs and problems with nutrient absorption. In clinical notes and exams, CF is routinely used to refer to Cystic Fibrosis, making it the best fit for this abbreviation. The other terms aren't standard expansions of CF: congenital fistula isn't a common label for a congenital connection or passage; chronic fatigue is usually abbreviated as CFS; and cerebral fibrosis isn't a common condition with the CF shorthand.

8. Angina refers to which symptom?

A. Chest pain

B. Back pain

C. Abdominal pain

D. Headache

Angina is chest pain or chest discomfort caused by reduced blood flow to the heart. It's usually felt as pressure, squeezing, heaviness, or tightness in the chest and can sometimes radiate to the shoulder, arm, neck, jaw, or back. That makes chest pain the best description for angina. Back, abdominal pain, and headaches are not typical angina symptoms, though they can occur with other conditions. Recognizing chest pain as the sign of possible heart ischemia helps distinguish angina from other causes of pain.

9. Which term denotes inflammation of the kidney?

A. Hepatitis

B. Nephritis

C. Urethritis

D. Gastritis

Inflammation of the kidney is called nephritis. The word uses the root nephro- (or nephros) meaning kidney, combined with -itis, which signals inflammation. So nephritis literally means the kidney is inflamed. This term specifically points to kidney involvement, unlike the others: hepatitis names liver inflammation (hepato- = liver), urethritis names inflammation of the urethra, and gastritis names inflammation of the stomach lining. In practice, nephritis covers inflammation within kidney tissue, which can involve different parts of the kidney such as the glomeruli or the collecting system.

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10. The tuberculin skin test is used to determine past or present infection with which disease based on a positive skin reaction?

A. Malaria

B. Dengue

C. Tuberculosis

D. Influenza

The tuberculin skin test is about detecting exposure to tuberculosis. It works by injecting a small amount of tuberculin under the skin and seeing if the immune system recognizes it. If there's a positive skin reaction, it means you've been infected with Mycobacterium tuberculosis at some point, which could be a latent infection or active tuberculosis. The test doesn't diagnose the disease itself; further evaluation is needed to determine if TB is active and to guide treatment. This test isn't used for malaria, dengue, or influenza, which are diagnosed in other ways. Factors like prior vaccination with BCG or exposure to non-tuberculous mycobacteria can affect interpretation, and sometimes the test can be falsely negative in people with weakened immune systems.

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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://albertahealthservices.examzify.com

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

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