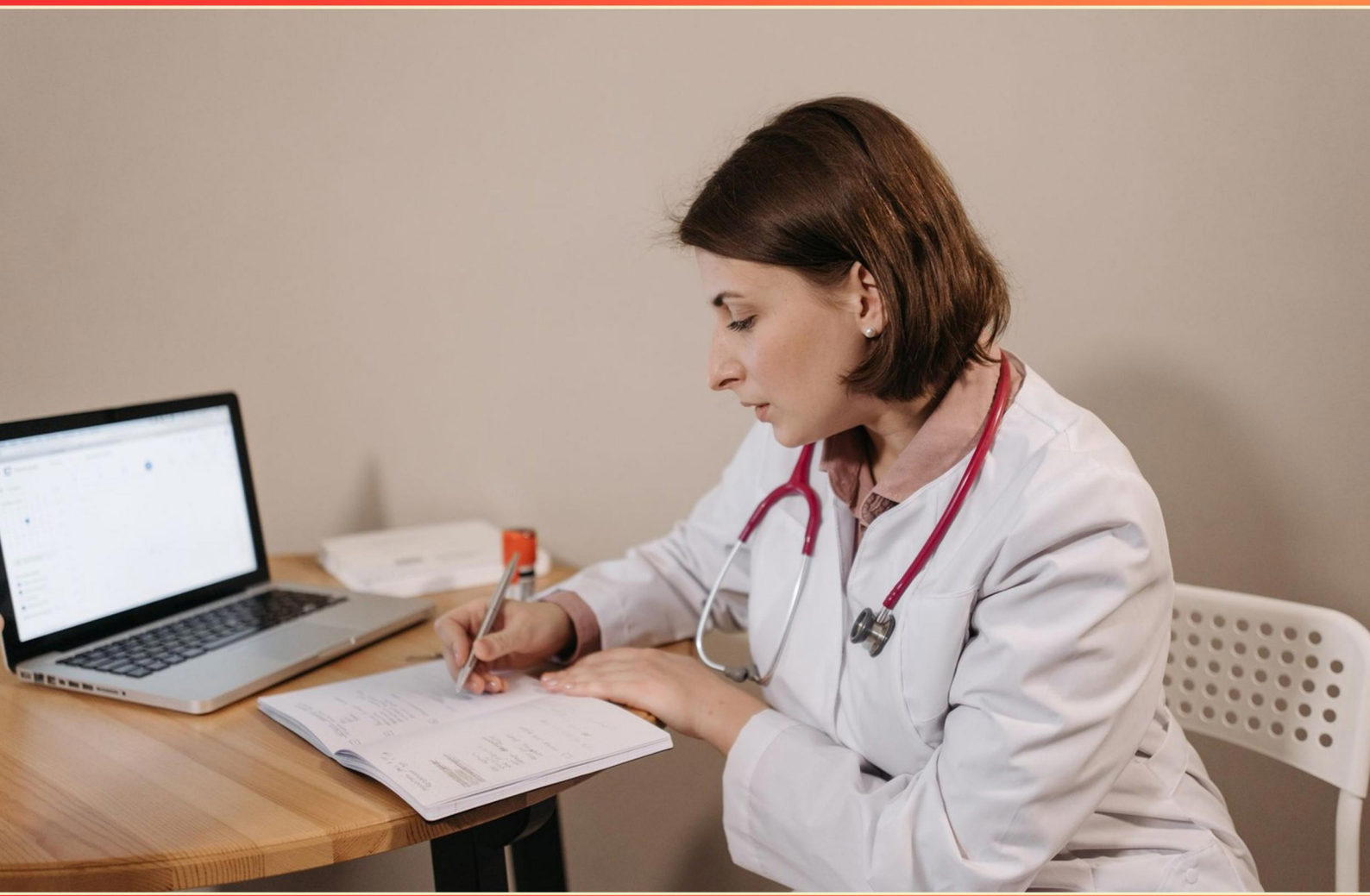
AMERICAN ASSOCIATION OF MEDICAL ASSISTANTS (AAMA) BOARD PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR THE FULL VERSION STUDY GUIDE

https://aamaboard.examzify.com

Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

Table of Contents

Copyright 1

Table of Contents 2

Introduction 3

How to Use This Guide 4

Questions 5

Answers 8

Explanations 10

Next Steps 15

SAMPLE

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.

SAMPLE

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!

SAMPLE

Questions

SAMPLE

1. What instrument is typically used to grasp and hold tissues during surgery?

A. Scalpel

B. Tweezers

C. Hemostatic forcep

D. Scissors

2. An advance beneficiary notice is required in which of the following cases?

A. A patient being treated for a cold

B. A Medicare patient has a procedure or test that may not be covered by Medicare

C. A patient undergoing routine blood work

D. A patient on Medicaid receiving emergency services

3. What does diaphoresis refer to in a medical context?

A. Extreme thirst

B. Excessive sweating

C. Rapid heart rate

D. Shortness of breath

4. Which of the following describes a surgical procedure that connects the common bile duct with the middle portion of the small intestines?

A. Cholecystectomy

B. Choledochoduodenostomy

C. Choledochojejunostomy

D. Hepaticojejunostomy

5. What is the primary use of a Kelly hemostatic forcep?

A. To secure tissue

B. To clamp off blood vessels

C. To cut sutures

D. To grasp small objects

SAMPLE

6. Which situation can promote slow wound healing by causing constriction of small blood vessels?

A. High blood pressure

B. Smoking

C. Obesity

D. Dehydration

7. What is the term for lying face down?

A. Supine

B. Prone

C. Trendelenburg

D. Sitting

8. What is the diagnostic procedure used for internal visualization of the urinary bladder?

A. Cystoscopy

B. Colonography

C. Endoscopy

D. Laparoscopy

9. To confirm a fracture of the distal forearm, the physician would view an x-ray study of which of the following body parts?

A. Humerus

B. Radius and ulna

C. Carpals

D. Scapula

10. What is lisinopril used for?

A. Treating diabetes

B. Treating hypertension

C. Lowering cholesterol

D. Relieving pain

SAMPLE

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. What instrument is typically used to grasp and hold tissues during surgery?

A. Scalpel

B. Tweezers

C. Hemostatic forcep

D. Scissors

The hemostatic forcep is specifically designed for grasping and holding tissues during surgical procedures. Its primary function is to clamp blood vessels to control bleeding, making it essential for maintaining a clear surgical field. The design often features serrated jaws that enhance the grip on tissues, providing the surgeon with better control during operations. This tool is vital in surgeries where precision and hemostasis are critical. In contrast, a scalpel is primarily used for incising tissues rather than holding them, while tweezers typically lack the strong grip and secure clamping action needed for surgical applications. Scissors serve a different purpose by cutting tissues rather than holding them. Thus, while all the listed instruments have their specific roles in surgery, the hemostatic forcep is uniquely suited for the function of grasping and holding tissues in a surgical setting.

2. An advance beneficiary notice is required in which of the following cases?

A. A patient being treated for a cold

B. A Medicare patient has a procedure or test that may not be covered by Medicare

C. A patient undergoing routine blood work

D. A patient on Medicaid receiving emergency services

An advance beneficiary notice (ABN) is specifically required when a Medicare patient is scheduled to undergo a procedure or test that Medicare might not cover. The ABN serves as a legal document to inform the patient that Medicare may not pay for the service, allowing them to make an informed decision on whether to proceed. This process not only protects the patient's rights but also ensures that they understand their financial responsibilities if Medicare denies payment. In contrast, the other options presented do not warrant the issuance of an ABN. For example, treating a patient with a common illness like a cold typically aligns with standard covered health services under Medicare guidelines, while routine blood work is also generally covered. Emergency services provided to Medicaid patients are similarly designed to ensure access to care without the precondition of an ABN, ensuring they receive necessary treatment even if there are questions surrounding coverage. Thus, the requirement for an ABN is primarily applicable in scenarios involving potentially uncovered services for Medicare patients, which consolidates the focus on informed consent and transparency in healthcare.

SAMPLE

3. What does diaphoresis refer to in a medical context?

A. Extreme thirst

B. Excessive sweating

C. Rapid heart rate

D. Shortness of breath

Diaphoresis in a medical context specifically refers to excessive sweating. This physiological response can occur for various reasons, including high temperatures, physical exertion, fever, or as a response to certain medical conditions or medications. Understanding this term is essential in clinical settings because it often indicates an underlying issue that may require further evaluation. For instance, in cases of acute coronary syndrome, diaphoresis is frequently reported by patients as a symptom. The term "extreme thirst" refers to a different condition known as polydipsia, while "rapid heart rate" is known as tachycardia, which may also be connected to diaphoresis but does not define it. "Shortness of breath," or dyspnea, is another distinct condition that pertains to the respiratory system, unrelated to sweating. Recognizing the specific definitions and implications of these terms is crucial for effective patient assessment and management in medical practice.

4. Which of the following describes a surgical procedure that connects the common bile duct with the middle portion of the small intestines?

A. Cholecystectomy

B. Choledochoduodenostomy

C. Choledochojejunostomy

D. Hepaticojejunostomy

The surgical procedure that connects the common bile duct with the middle portion of the small intestine, specifically the jejunum, is accurately described as Choledochojejunostomy. This procedure is performed when there is a need to bypass blockages or to redirect bile flow from the common bile duct into the jejunum, allowing digestive processes to continue effectively. In the case of this specific option, the "-jejunostomy" suffix indicates that the connection is made to the jejunum, which is the second part of the small intestine after the duodenum. The accurate identification of this surgical procedure is essential for understanding surgical options in managing conditions affecting the biliary system. The incorrect options describe other surgical procedures that involve bile ducts or the intestines but do not specifically establish a connection to the jejunum. For example, a cholecystectomy involves the removal of the gallbladder, while a choledochoduodenostomy connects the common bile duct directly to the duodenum, not the jejunum. Similarly, a hepaticojejunostomy connects the hepatic duct to the jejunum, which further differentiates it from the chosen procedure. Understanding these distinctions is crucial for distinguishing among various surgical interventions in the management of biliary diseases

SAMPLE

5. What is the primary use of a Kelly hemostatic forcep?

A. To secure tissue

B. To clamp off blood vessels

C. To cut sutures

D. To grasp small objects

The primary use of a Kelly hemostatic forcep is to clamp off blood vessels. These forceps are designed with a groove along the jaws, allowing them to securely grasp and occlude blood vessels during surgical procedures, thus helping to control bleeding. The locking mechanism on the forceps ensures that once they are clamped onto a vessel, they remain in place, providing the surgeon with greater control over the surgical field and facilitating procedures by reducing blood loss. In the context of the other options, securing tissue is more commonly achieved with tools like clamps or sutures, while cutting sutures would involve scissors specifically designed for that purpose. Grasping small objects is typically done with different types of forceps that have finer tips or specific designs for that task. Therefore, the specific design and functionality of the Kelly hemostatic forceps make them particularly suitable for occluding blood vessels effectively during surgical procedures.

6. Which situation can promote slow wound healing by causing constriction of small blood vessels?

A. High blood pressure

B. Smoking

C. Obesity

D. Dehydration

Smoking is known to promote slow wound healing primarily due to its impact on blood circulation. The chemicals present in tobacco can lead to the constriction of small blood vessels, which reduces blood flow and, consequently, oxygen and nutrients delivered to the wounds. Adequate blood flow is crucial for the healing process, as it facilitates the transport of immune cells to the site, supports tissue regeneration, and aids in the removal of waste products. Additionally, smoking can impair immune response and collagen synthesis, further complicating and prolonging the healing process. In contrast, while high blood pressure can affect overall cardiovascular health, it does not specifically cause the same level of vessel constriction associated with smoking. Obesity can hinder healing through other mechanisms, such as increased inflammation and mechanical stress on tissues, but it is not directly related to the constriction of blood vessels in the same way. Dehydration can impact wound healing by affecting the skin and body's overall function, but its primary effect is not directly linked to blood vessel constriction like smoking is. Understanding these mechanisms highlights the specific risks associated with smoking in the context of wound healing.

7. What is the term for lying face down?

A. Supine

B. Prone

C. Trendelenburg

D. Sitting

The term for lying face down is "prone." This position is commonly used in various medical examinations and procedures, as well as during certain types of therapy and rehabilitation. Being in a prone position can affect the physiological responses of the body, such as respiratory function and circulation, which is why it might be relevant in medical contexts. Understanding the term "prone" is crucial for healthcare professionals, including medical assistants, as they frequently assist in positioning patients for exams or treatments. The other terms in the question refer to different positions: "supine" means lying face up, "Trendelenburg" refers to lying on the back with the legs elevated above the head, and "sitting" describes an upright position. Each of these has its specific applications in healthcare, but they do not describe the position of lying face down.

SAMPLE

8. What is the diagnostic procedure used for internal visualization of the urinary bladder?

A. Cystoscopy

B. Colonography

C. Endoscopy

D. Laparoscopy

The diagnostic procedure used for internal visualization of the urinary bladder is cystoscopy. This involves the insertion of a thin tube with a camera called a cystoscope through the urethra into the bladder. Cystoscopy allows healthcare providers to examine the bladder lining and urethra for abnormalities such as tumors, stones, or signs of inflammation. It can also be utilized for biopsy or to perform certain treatments directly. Colonography focuses on the visualization of the colon rather than the urinary bladder, while endoscopy is a broader term that encompasses various techniques to visualize internal organs, but it typically refers to those involving the gastrointestinal tract. Laparoscopy is a surgical procedure used to view organs in the abdominal cavity, not specifically the urinary bladder. Hence, cystoscopy is the appropriate choice for this procedure.

9. To confirm a fracture of the distal forearm, the physician would view an x-ray study of which of the following body parts?

A. Humerus

B. Radius and ulna

C. Carpals

D. Scapula

The correct choice involves examining the radius and ulna when confirming a fracture of the distal forearm. The distal forearm specifically refers to the area of the forearm that is closest to the wrist, which consists of the two long bones known as the radius and ulna. An X-ray of both the radius and ulna will allow the physician to visualize any fractures that may have occurred in that specific region. In this context, the examination of only the humerus would not reveal any issues in the distal forearm, as the humerus is located in the upper arm and thus does not provide relevant information. Similarly, while the carpals are the bones of the wrist, an X-ray of the carpals would not sufficiently demonstrate the condition of the forearm bones, which is crucial to diagnosing a fracture in that area. The scapula, being part of the shoulder girdle, is also not relevant to assessing the distal forearm and would not be useful in this scenario. Therefore, viewing an X-ray of the radius and ulna is essential for confirming a fracture in the distal forearm.

10. What is lisinopril used for?

A. Treating diabetes

B. Treating hypertension

C. Lowering cholesterol

D. Relieving pain

Lisinopril is primarily used for treating hypertension, which is high blood pressure. It belongs to a class of medications called ACE inhibitors, which work by relaxing blood vessels so that blood can flow more easily, thereby lowering blood pressure. This helps reduce the risk of strokes, heart attacks, and kidney problems associated with hypertension. Additionally, lisinopril may also be prescribed for other heart-related conditions, such as heart failure, and it is sometimes used to help protect the kidneys in diabetic patients by reducing high blood pressure, but its main indication is indeed for managing hypertension.

SAMPLE

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://aamaboard.examzify.com

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

SAMPLE