CERTIFIED OPHTHALMIC ASSISTANT PRACTICE EXAM (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. What instruments are typically used to enlarge the punctum?

A. Curette and Scissors

B. Dilator and Forceps

C. Scalpel and Curette

D. Forceps and Scalpel

2. Which type of tonometer is mounted on a slit lamp?

A. Applanation

B. Goldmann

C. Non-contact

D. Rebound

3. What should occur with the surgeon's preference in instruments, sutures, and patient preparation?

A. Reviewed monthly

B. Updated regularly

C. Replaced annually

D. Checked weekly

4. Soft contact lenses are susceptible to deposits of

A. Proteins

B. Residues

C. Bacteria

D. Xenobiotics

5. Small yellowish-white lesions located between the retinal pigment epithelium and Bruch's membrane are known as

A. Drusen

B. Hemorrhages

C. Pterygium

D. Entropion

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6. If the ophthalmologist instructs that a patient is to receive drops "bid," the assistant should instruct the patient to take the drops

A. Once a day

B. Three times a day

C. Twice a day

D. As needed

7. What test plates are used to assess color vision?

A. Hardy-Rand-Ritter

B. Ishihara

C. Schirmer

D. Titmus/Wirt

8. Routine maintenance of a phoropter should include...

A. Applying oil to movable parts

B. Keeping it uncovered

C. Placing it near a window

D. Cleaning the back lenses with glass cleaner

9. If a patient is unable to distinguish the largest letter on a Snellen chart, the assistant should

A. proceed to the next line

B. check for color blindness

C. determine if the patient can found fingers at a given distance

D. change the chart

10. What is the primary function of tear film?

A. To refract light

B. To protect against UV rays

C. To hydrate and protect the ocular surface

D. To detect color

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Answers

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

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Explanations

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1. What instruments are typically used to enlarge the punctum?

A. Curette and Scissors

B. Dilator and Forceps

C. Scalpel and Curette

D. Forceps and Scalpel

Dilators and forceps are specifically designed instruments used to enlarge the punctum during procedures such as dacryocystorhinostomy (DCR) or when performing lacrimal probing. Dilators are used to dilate and widen the punctum, while forceps are used to grasp and hold the edges of the punctum. Options A, C, and D are incorrect as curettes, scissors, and scalpels are not typically used for enlarging the punctum during these procedures. Curettes are commonly used for scraping or debriding tissues, scissors are used for cutting, and scalpels are used for making incisions.

2. Which type of tonometer is mounted on a slit lamp?

A. Applanation

B. Goldmann

C. Non-contact

D. Rebound

The tonometer that is specifically designed to be mounted on a slit lamp is the Goldmann tonometer. This device employs the applanation method for measuring intraocular pressure, which is crucial for detecting glaucoma. The Goldmann tonometer uses a biprism to illuminate the cornea and measures the force required to flatten a specific area of the cornea to determine intraocular pressure. The slit lamp provides a stable and magnified view of the cornea, making it easier to accurately assess the pressure. While applanation tonometry is indeed the underlying principle used in the Goldmann tonometer, the correct answer directly identifies the specific model recognized as being mounted on a slit lamp. This specificity is essential because there are different types of tonometers that operate using various principles, and not all are intended for use on a slit lamp.

3. What should occur with the surgeon's preference in instruments, sutures, and patient preparation?

A. Reviewed monthly

B. Updated regularly

C. Replaced annually

D. Checked weekly

The correct approach is to update the surgeon's preference in instruments, sutures, and patient preparation regularly. This practice ensures that the surgical team is aligned with the surgeon's current techniques, preferences, and any advancements in medical technology or surgical procedures. Regular updates allow for adjustments based on new products, changes in surgical practices, or feedback from previous surgeries, which can enhance patient outcomes and streamline the surgical process. Maintaining up-to-date preferences also facilitates the training of new team members and helps prevent potential errors related to outdated practices. Regular updates can vary in frequency depending on the surgeon's activity level and the introduction of new products, but generally, it's an ongoing process rather than a set timeframe like monthly, weekly, or annually.

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4. Soft contact lenses are susceptible to deposits of

A. Proteins

B. Residues

C. Bacteria

D. Xenobiotics

Soft contact lenses are made of hydrophilic materials that attract and hold on to proteins found in tear film. This protein build-up can cause discomfort, blurred vision, and increase the risk of eye infections. Residues, such as cosmetics, can also accumulate on lenses and lead to irritation or damage. Bacteria, commonly found in the eyes, can grow on the surface of contact lenses and potentially cause infections if not properly cleaned and maintained. Xenobiotics, which are foreign substances in the body, can also adhere to contact lenses, but are not as commonly seen as protein and residue build-up. Hence, these three choices are incorrect as they are not the primary causes of deposits on soft contact lenses compared to proteins.

5. Small yellowish-white lesions located between the retinal pigment epithelium and Bruch's membrane are known as

A. Drusen

B. Hemorrhages

C. Pterygium

D. Entropion

Small yellowish-white lesions located between the retinal pigment epithelium and Bruch's membrane are known as Drusen. Drusen are a hallmark of age-related macular degeneration (AMD). They are composed of lipids, proteins, and cellular debris and can be seen during a dilated eye exam. Hemorrhages are characterized by the leaking of blood into the retina or vitreous humor and are not related to the description provided in the question. Pterygium is a fleshy growth on the conjunctiva that may extend to the cornea but is unrelated to the location and appearance described. Entropion, on the other hand, refers to an inward turning of the eyelid margin, which is not relevant to the context of the question.

6. If the ophthalmologist instructs that a patient is to receive drops "bid," the assistant should instruct the patient to take the drops

A. Once a day

B. Three times a day

C. Twice a day

D. As needed

The term “bid” is a medical abbreviation derived from the Latin phrase “bis in die,” which translates to “twice a day.” In the context of administering eye drops, this indicates that the patient should apply the drops two times throughout the day, spaced evenly apart if possible. This dosage instruction is critical for ensuring that the medication achieves its intended therapeutic effect while maintaining appropriate levels in the eye. Understanding medical abbreviations like "bid" is essential for providing clear instructions to patients, ensuring their adherence to prescribed treatment regimens, and minimizing confusion over medications.

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7. What test plates are used to assess color vision?

A. Hardy-Rand-Ritter

B. Ishihara

C. Schirmer

D. Titmus/Wirt

The correct answer is B. Ishihara. Ishihara test plates are commonly used to assess color vision. These plates consist of a series of colored dots or plates with numbers or patterns embedded within them. Individuals with color vision deficiencies may have difficulty distinguishing the numbers or patterns within the Ishihara plates. The other options are not used to assess color vision: A. Hardy-Rand-Ritter test plates are used to test color vision deficiencies in individuals with acquired color vision disturbances. C. Schirmer test is used to assess tear production in the eyes. D. Titmus/Wirt test is used for stereoscopic vision or depth perception assessment.

8. Routine maintenance of a phoropter should include...

A. Applying oil to movable parts

B. Keeping it uncovered

C. Placing it near a window

D. Cleaning the back lenses with glass cleaner

Routine maintenance of a phoropter should include cleaning the back lenses with glass cleaner because any dust, smudges, or debris on the lenses can affect the accuracy of the refraction results. Keeping the lenses clean is essential for providing precise and reliable refraction measurements to the patients. Applying oil to movable parts is not recommended as it can attract dust and dirt, leading to potential damage to the phoropter. Keeping the phoropter uncovered and placing it near a window expose it to dust, sunlight, and other environmental factors that can degrade its performance and longevity.

9. If a patient is unable to distinguish the largest letter on a Snellen chart, the assistant should

A. proceed to the next line

B. check for color blindness

C. determine if the patient can found fingers at a given distance

D. change the chart

If a patient cannot distinguish the largest letter on a Snellen chart, determining whether the patient can see fingers at a given distance is an appropriate next step. This method, known as "finger-counting," is used when visual acuity is very poor, and it helps assess the patient's vision more accurately than the Snellen chart when standard letters cannot be seen. This approach is particularly useful in cases of severe visual impairment, as it allows the assistant to gauge the patient's vision at a closer range, providing valuable information for the practitioner regarding the patient's current visual capabilities. The other options may not provide useful data in situations where visual acuity is already very limited. For example, checking for color blindness is irrelevant if the patient cannot see letters; similarly, proceeding to the next line does not yield valuable information when the largest letters are not distinguishable. Changing the chart could be unhelpful as it does not address the root issue of the patient's inability to perceive larger characters.

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10. What is the primary function of tear film?

A. To refract light

B. To protect against UV rays

C. To hydrate and protect the ocular surface

D. To detect color

The primary function of the tear film is to hydrate and protect the ocular surface. Tears play a crucial role in maintaining the health of the eyes by providing lubrication, washing away debris, and preventing infections. Options A, B, and D are not correct because tear film does not primarily refract light, protect against UV rays, or detect color.

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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://ophthalmicassistant.examzify.com

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

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