FOUNDATIONAL SKILLS & ASSESSMENT MEDICAL TERMINOLOGY EXAM 2 PRACTICE (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR THE FULL VERSION STUDY GUIDE

https://foundationalmedicalterms.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. The letter R in medical shorthand commonly denotes which concept?

A. Respiration

B. Radius

C. Right

D. Resistance

2. The abbreviation Rot expands to which term?

A. Rot

B. ROT

C. Rotation

D. Rotation rate

3. What does NPO stand for?

A. Nothing By Mouth

B. Nothing Per Oral

C. Nothing Per Oral (By Mouth)

D. No Oral Intake

4. Which abbreviation identifies the right upper quadrant?

A. RUQ

B. RUL

C. RUE

D. RV

5. PDA stands for which term?

A. Posterior descending artery

B. Pulmonary artery defect

C. Patent ductus arteriosus

D. Peripheral arterial disease

6. The abbreviation pp can stand for which pair of terms?

A. postpartum or physical prompts

B. post pregnancy

C. postpartum

D. physical prompts only

SAMPLE

7. Which abbreviation corresponds to pediatrics?

A. PIP

B. Peds or pedi

C. PDA

D. PEEP

8. Which abbreviation is used for Nursing?

A. Nursing Unit

B. Neonatal Surgical Group

C. Neurogenic Support Group

D. Nsg

9. In a SOAP note, what does the letter P represent?

A. Plan

B. Plan (SOAP note)

C. Problem

D. Prescription

10. What does PROM stand for?

A. Passive Range Of Motion

B. Passive Motion Technique

C. Postoperative Range Measurement

D. Physical Range Of Motion

SAMPLE

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. The letter R in medical shorthand commonly denotes which concept?

A. Respiration

B. Radius

C. Right

D. Resistance

In medical shorthand, the letter R is most commonly used to denote respiration. Breathing status and the respiratory rate are fundamental parts of a patient's assessment, so clinicians frequently encode this concept with R (often seen together with RR for respiratory rate). This makes R the standard shorthand reference to how the patient is ventilating—an essential piece of vital signs and overall assessment. Radius would typically be abbreviated as rad or left implicit in imaging or anatomical context, not simply as a lone R. Right as a side designation is usually clarified with context (like mentioning the right limb or side) rather than relying on a single solitary R. Resistance isn't a standard standalone shorthand in clinical notes either, as it's not a primary variable tracked in routine patient documentation.

2. The abbreviation Rot expands to which term?

A. Rot

B. ROT

C. Rotation

D. Rotation rate

Abbreviations in medical terminology often keep the core noun they're describing, so ROT points to rotation—the act of turning around an axis. This captures the movement itself, which is what the shorthand is conveying. Adding "rate" would imply speed and isn't inherent in the abbreviation alone, so rotation rate isn't the expansion. The forms Rot or ROT are just capitalization differences, not different terms. In practice, rotation is used to describe movements like internal or external rotation of a joint, which aligns with the intended meaning of the abbreviation.

3. What does NPO stand for?

A. Nothing By Mouth

B. Nothing Per Oral

C. Nothing Per Oral (By Mouth)

D. No Oral Intake

NPO means nothing by mouth. The idea behind this abbreviation is to indicate that the patient should not take anything through the mouth, which is important for safety before procedures or certain medications. The option Nothing Per Oral (By Mouth) captures the Latin origin (per os = by mouth) and also provides an explicit English gloss, making the meaning clear in everyday medical notes. That combination makes it the best choice because it directly reflects what NPO stands for and how it's used in practice. While Nothing By Mouth conveys the same restriction, and No Oral Intake communicates a similar idea, the chosen phrasing aligns most closely with the standard term's Latin roots while still being immediately understandable.

SAMPLE

4. Which abbreviation identifies the right upper quadrant?

A. RUQ

B. RUL

C. RUE

D. RV

Abdominal quadrants are labeled to quickly describe where a symptom or finding is located. The standard naming uses RUQ, LUQ, RLQ, and LLQ to refer to the right upper, left upper, right lower, and left lower sections, respectively. The right upper quadrant is the area that contains organs like the liver and gallbladder, so the shorthand used to identify that region is RUQ. This makes RUQ the best choice because it directly denotes the specific quadrant in the abdomen. The other options refer to different parts of the body and aren't used for labeling abdominal regions. For example, the arm is called the right upper extremity, and terms like right upper lobe or right ventricle point to parts of the lung or heart, not the abdominal quadrants. So RUQ is the correct abbreviation for the right upper quadrant.

5. PDA stands for which term?

A. Posterior descending artery

B. Pulmonary artery defect

C. Patent ductus arteriosus

D. Peripheral arterial disease

The main idea is understanding what PDA stands for and why that vessel matters after birth. PDA expands to Patent ductus arteriosus. In fetal life, the ductus arteriosus is a normal connection between the pulmonary artery and the aorta that lets blood bypass the lungs. After birth, the lungs expand, oxygen levels rise, and prostaglandin signals change to trigger the vessel to constrict and close. When it remains open, blood flows from the aorta into the pulmonary artery (a left-to-right shunt), increasing pulmonary blood flow and the workload on the heart. This can lead to respiratory symptoms and, if large, heart strain or failure, requiring treatment to encourage closure (such as medications like indomethacin or ibuprofen in premature infants) or a procedural closure. The other terms refer to different conditions: a posterior descending artery is a coronary artery, a pulmonary artery defect is not the standard term for this condition, and peripheral arterial disease affects the limbs rather than the heart or fetal circulation.

6. The abbreviation pp can stand for which pair of terms?

A. postpartum or physical prompts

B. post pregnancy

C. postpartum

D. physical prompts only

PP is an abbreviation that can refer to different phrases depending on the context. In obstetrics, it commonly stands for postpartum, the period after childbirth. In other clinical contexts, such as rehabilitation or therapy notes, PP can also mean physical prompts, which are cues or assistance provided to help a patient perform or demonstrate a task. Because the question asks for the two terms PP can stand for, the correct choice is the one that lists both postpartum and physical prompts. The other options don't reflect standard two-term expansions—for example, post pregnancy isn't a common term, and postpartum or physical prompts alone don't give a pair of terms.

SAMPLE

7. Which abbreviation corresponds to pediatrics?

A. PIP

B. Peds or pedi

C. PDA

D. PEEP

Pediatrics is commonly abbreviated as Peds or pedi in medical shorthand. This shorthand appears in charts, notes, and department labels to indicate care for children—from newborns to teenagers. The other terms refer to different concepts: PIP can denote a particular finger joint or unrelated terms in other contexts, PDA stands for patent ductus arteriosus (a heart condition), and PEEP is positive end-expiratory pressure (a ventilator setting). So the abbreviation that best represents pediatrics is Peds or pedi.

8. Which abbreviation is used for Nursing?

A. Nursing Unit

B. Neonatal Surgical Group

C. Neurogenic Support Group

D. Nsg

Medical shorthand uses Nsg to denote nursing services or the nursing department. This abbreviation appears on charts, orders, and care plans to indicate nursing actions or involvement. That makes it the best choice because it directly represents nursing, while the other phrases describe different groups or units and aren't standard abbreviations for nursing itself. Neonatal Surgical Group and Neurogenic Support Group refer to specific groups rather than nursing; Nursing Unit is a descriptive term and not the common abbreviation used for nursing. Remember that abbreviations vary by institution, so check the local glossary when needed.

9. In a SOAP note, what does the letter P represent?

A. Plan

B. Plan (SOAP note)

C. Problem

D. Prescription

P represents the Plan—the actions you will take to manage the patient's issues. This section lays out what to do next: treatments or medications, orders for tests or imaging, referrals, patient education, and specific follow-up instructions. It should be concrete and time-bound so others can carry out the plan, for example starting a medication, ordering labs, arranging a specialty referral, and scheduling a follow-up visit. A prescription is a type of action that appears within the Plan, but the Plan is the overall set of steps, not the single medication. The problems or diagnoses are documented in the Assessment (often as a problem list), not as the Plan itself.

SAMPLE

10. What does PROM stand for?

A. Passive Range Of Motion

B. Passive Motion Technique

C. Postoperative Range Measurement

D. Physical Range Of Motion

Moving a joint by an external force while the patient remains relaxed is the idea behind this term. Passive Range Of Motion means the joint is moved by a clinician or device, not by the person themselves, and the patient does not actively contract the muscles. This distinction is why the answer matches the standard rehab phrase used to describe motion performed passively to maintain joint mobility and prevent stiffness when active movement isn't possible or advised. It's different from active range of motion, where the patient moves the joint by their own muscle effort. The other phrases aren't the conventional terms used to describe this practice, as they don't capture the idea of movement being performed passively by someone else or by a machine.

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://foundationalmedicalterms.examzify.com

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

SAMPLE