

KANSAS CERTIFIED MEDICATION AIDE (CMA) STATE PRACTICE EXAM (SAMPLE) STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

**VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE**

<https://kansascmastate.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.

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!

Questions

SAMPLE

- 1. Can a CMA change a medication dosage?**
 - A. Yes, they can change dosages as needed
 - B. Only with permission from the supervising nurse
 - C. No, it must be done by a licensed healthcare professional
 - D. Only after consulting with the patient
- 2. What is the primary use of methylcellulose (Isopto Tears)?**
 - A. To aid in eye medication
 - B. To treat eye infections
 - C. To dilate the pupil
 - D. To provide tear-like lubrication
- 3. A medication with an antitussive effect acts to do which of the following?**
 - A. Relieve coughing
 - B. Increase respiratory secretions
 - C. Reduce respiratory tract swelling
 - D. Soothe irritated throat tissues
- 4. Which is the most accurate way to identify a resident?**
 - A. Asking her "Are you Mrs. Brown?"
 - B. Checking her clothing label
 - C. Asking her "What is your name?"
 - D. Looking for her name on the door to her room
- 5. How often are controlled substances typically audited in healthcare facilities?**
 - A. Rarely, only when necessary
 - B. Daily or weekly
 - C. Monthly
 - D. Only during inspections
- 6. What is a common side effect of nitroglycerin sublingual tablets?**
 - A. Slightly elevated blood pressure
 - B. Postural hypotension
 - C. Gum disease
 - D. Rapid heart beat

7. When should a medication aide consider re-assessing a patient after administering medication?

- A. Only if the medication has side effects
- B. Immediately after administration
- C. As directed by the physician or nursing directive
- D. After the medication is finished

8. What does the abbreviation B.I.D. stand for in medical terms?

- A. By intradermal
- B. By individual demands
- C. Two times a day
- D. Four times a day

9. A resident using a bronchodilator inhaler should be advised to?

- A. Inhale in short shallow breaths while using inhaler
- B. Exhale rapidly while using inhaler
- C. Use the inhaler no more frequently than it is ordered
- D. Use the inhaler with oxygen

10. What is polypharmacy?

- A. Concurrent use of multiple medications by a patient
- B. A practice of prescribing one medication only
- C. The use of herbal remedies exclusively
- D. Alternating medication with homeopathic treatments

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. Can a CMA change a medication dosage?

- A. Yes, they can change dosages as needed
- B. Only with permission from the supervising nurse
- C. No, it must be done by a licensed healthcare professional**
- D. Only after consulting with the patient

The ability of a Certified Medication Aide (CMA) to change a medication dosage is aligned with established regulations and scope of practice guidelines. A CMA operates under the supervision of a licensed healthcare professional, such as a nurse or physician. Therefore, they do not have the authority to alter medication dosages independently. Changing a medication dosage is a clinical decision that requires assessment, consideration of the patient's condition, potential side effects, and interactions with other medications. Such decisions involve a comprehensive understanding of pharmacology and patient care that falls within the scope of practice of licensed healthcare professionals. In contrast, the roles of supervising nurses and prescribing physicians include determining appropriate medication dosages and making necessary adjustments based on patient assessments and medical guidelines. As a result, the role of a CMA is supportive, assisting in the administration of medications as per the directions given by those licensed healthcare professionals without the authority to make changes to dosage on their own.

2. What is the primary use of methylcellulose (Isopto Tears)?

- A. To aid in eye medication
- B. To treat eye infections
- C. To dilate the pupil
- D. To provide tear-like lubrication**

Methylcellulose, commonly referred to as Isopto Tears when used in ophthalmic preparations, serves primarily to provide tear-like lubrication for individuals experiencing dry eyes. It mimics the natural tears, helping to alleviate discomfort and protect the eye surface by maintaining moisture. This lubricating action is essential for comfort in those with reduced tear production or environmental factors causing dryness. The other options pertain to different uses. While eye medications can include lubricants, the direct intent of methylcellulose is not to aid in delivering other medications (as indicated in the first option). The treatment of eye infections requires antimicrobial agents, which methylcellulose does not provide. Pupil dilation is typically achieved through mydriatic agents, not through lubricating solutions like methylcellulose. Thus, the primary function of methylcellulose is accurately reflected as providing tear-like lubrication for the eyes.

3. A medication with an antitussive effect acts to do which of the following?

- A. Relieve coughing**
- B. Increase respiratory secretions
- C. Reduce respiratory tract swelling
- D. Soothe irritated throat tissues

A medication with an antitussive effect is specifically designed to alleviate coughing. Antitussives work by suppressing the cough reflex, which can be particularly beneficial in situations where coughing is nonproductive, such as in cases of a dry cough or when coughing disrupts sleep or daily activities. The other options, while related to respiratory health, describe mechanisms that are not the primary function of an antitussive. Increasing respiratory secretions would actually lead to more coughing, and reducing respiratory tract swelling is often the role of anti-inflammatory medications rather than antitussives. Soothe irritated throat tissues may occur with some throat lozenges or expectorants, but it is not the direct action of an antitussive. Therefore, the primary role of an antitussive medication is indeed to relieve coughing.

4. Which is the most accurate way to identify a resident?

- A. Asking her "Are you Mrs. Brown?"
- B. Checking her clothing label
- C. Asking her "What is your name?"**
- D. Looking for her name on the door to her room

Asking a resident, "What is your name?" is the most accurate way to identify them because it allows for direct confirmation from the individual. This method helps ensure that the care provider is interacting with the correct resident, reducing the risk of errors related to mistaken identities. It respects the resident's agency and encourages communication, which is essential in providing personalized care. While checking a clothing label may seem like a straightforward approach, it can be misleading if the label is worn, obscured, or if the resident has the same clothing as another individual. Looking at the name on the door to the room could lead to assumptions about identity based solely on location, which can also be incorrect if there has been a room change or if a resident is temporarily in another room. Asking, "Are you Mrs. Brown?" could prompt the individual to affirm or deny their identity, but it does not encourage active participation or verification directly from the resident, which is why it is less reliable. The direct inquiry about their name ensures the resident's identity is confirmed in a clear and respectful manner, which is paramount in a healthcare setting.

5. How often are controlled substances typically audited in healthcare facilities?

- A. Rarely, only when necessary
- B. Daily or weekly**
- C. Monthly
- D. Only during inspections

In healthcare facilities, controlled substances are typically audited daily or weekly to ensure compliance with regulations, maintain accurate records, and prevent misuse or diversion. Regular audits help to verify that inventory levels match the records, allowing for immediate identification of discrepancies or potential issues. Frequent auditing is crucial because controlled substances have a higher potential for abuse and require strict oversight. This practice supports the safeguarding of these medications, promotes accountability among healthcare staff, and ensures that any irregularities can be addressed promptly. The emphasis on daily or weekly audits reflects the seriousness of managing controlled substances and the need for vigilance in their handling.

6. What is a common side effect of nitroglycerin sublingual tablets?

- A. Slightly elevated blood pressure
- B. Postural hypotension**
- C. Gum disease
- D. Rapid heart beat

Nitroglycerin sublingual tablets are commonly used to relieve angina (chest pain) by dilating blood vessels and improving blood flow. A well-known side effect of nitroglycerin is postural hypotension, which refers to a drop in blood pressure that occurs when a person stands up from a sitting or lying position. This side effect can result from the vasodilating effects of the medication, which decreases vascular resistance and can subsequently lower blood pressure, especially in situations where the body needs to quickly adjust to changes in posture. People taking nitroglycerin may experience dizziness, lightheadedness, or fainting when they stand too quickly due to this drop in blood pressure. It's important for patients to be advised about this potential side effect to avoid injuries caused by falls or other complications. While the other options could also relate to cardiovascular symptoms, they do not directly align with the primary and most commonly noted side effect of nitroglycerin sublingual tablets. Therefore, the recognition of postural hypotension as a side effect is crucial for proper patient education and management in those prescribed this medication.

7. When should a medication aide consider re-assessing a patient after administering medication?

- A. Only if the medication has side effects
- B. Immediately after administration
- C. As directed by the physician or nursing directive**
- D. After the medication is finished

Re-assessing a patient after administering medication is an essential component of ensuring patient safety and medication effectiveness. It is important for a medication aide to follow specific directives from a physician or nursing guidelines, as they provide clear instructions on appropriate monitoring timelines based on the medication's purpose, potential side effects, and the individual's health condition. For example, if a patient is prescribed certain medications for pain management or blood pressure control, the physician may specify that the patient should be re-assessed after a certain period to evaluate the medication's effectiveness and monitor for any adverse reactions. This helps in making informed decisions about ongoing care and adjustments in medication if necessary. While considering side effects is important, it is not the sole reason to conduct a re-assessment. Additionally, re-assessing immediately after administration might not always provide a complete picture of how a patient is responding to the medication. Similarly, checking on the patient only after the medication is finished fails to proactively monitor the patient's condition. Therefore, adhering to the physician or nursing directive ensures the most appropriate and safe practice in medication administration and patient monitoring.

8. What does the abbreviation B.I.D. stand for in medical terms?

- A. By intradermal
- B. By individual demands
- C. Two times a day**
- D. Four times a day

The abbreviation B.I.D. stands for "bis in die," which is a Latin phrase meaning "twice a day." This term is commonly used in medical prescriptions to indicate that a medication should be taken two times within a 24-hour period. Understanding these abbreviations is crucial for healthcare providers and medication aides because they help ensure accurate medication administration schedules, thereby optimizing patient care and adherence to treatment plans. Knowing that B.I.D. signifies two doses per day aids in avoiding potential medication errors or misunderstandings by healthcare professionals and patients alike.

9. A resident using a bronchodilator inhaler should be advised to?

- A. Inhale in short shallow breaths while using inhaler
- B. Exhale rapidly while using inhaler
- C. Use the inhaler no more frequently than it is ordered**
- D. Use the inhaler with oxygen

Using a bronchodilator inhaler correctly is crucial for effective treatment of respiratory conditions. Advising a resident to use the inhaler no more frequently than it is ordered is essential because overuse can lead to increased side effects and potential complications, such as an increase in heart rate or anxiety. It's important for the resident to adhere to prescribed dosages to ensure both the safety and effectiveness of the medication. The other options suggest practices that could hinder the inhaler's effectiveness. For instance, inhaling in short shallow breaths would not allow for adequate delivery of the medication deep into the lungs. Similarly, exhaling rapidly or using the inhaler with oxygen are not appropriate practices that could result in improper medication absorption or effectiveness. Thus, promoting adherence to the prescribed frequency helps facilitate proper management of the resident's respiratory condition.

10. What is polypharmacy?

A. Concurrent use of multiple medications by a patient

B. A practice of prescribing one medication only

C. The use of herbal remedies exclusively

D. Alternating medication with homeopathic treatments

Polypharmacy is defined as the concurrent use of multiple medications by a patient, particularly when a person is taking several different drugs to manage multiple health conditions. This practice often occurs in older adults or individuals with chronic diseases and can lead to complications such as drug interactions, increased risk of side effects, and challenges in medication management. The term highlights the potential risks associated with managing several prescriptions simultaneously, which may necessitate careful monitoring and evaluation by healthcare professionals to ensure safe and effective treatment.

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://kansascmastate.examzify.com>

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

SAMPLE