NATIONALLY REGISTERED CERTIFIED MEDICAL ASSISTANT (NRCMA) (NAHP) 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 are the three main groups of carbohydrates?

A. Monosaccharides, disaccharides, polysaccharides

B. Glucose, sucrose, fructose

C. Starch, cellulose, glycogen

D. Proteins, lipids, nucleic acids

2. What is called a gradually developing cloudiness of the lens, occurring most frequently in persons over 70 years of age?

A. Cataracts

B. Epilepsy

C. Glaucoma

D. Heart attack

3. What is the abbreviation for 'three times a day'?

A. t.i.d

B. t.t.d

C. th.d

D. 3.t.d

4. During an eye examination using the Snellen's eye chart, the patient should?

A. Close both eyes

B. Keep both eyes open but cover one of them

C. Keep both eyes open without covering any

D. Blink rapidly before reading

5. What is the collar bone called?

A. Clavicle

B. Sternum

C. Scapula

D. Humerus

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6. What is an agent that excites and promotes functional activity known as?

A. Sedative

B. Stimulant

C. Antidepressant

D. Antipsychotic

7. What organs compose the urinary system?

A. Liver, Gallbladder, Kidney, Pancreas

B. Kidneys, Ureters, Bladder, Urethra

C. Heart, Arteries, Veins, Capillaries

D. Stomach, Esophagus, Intestines, Rectum

8. What is the congenital anemia occurring among blacks, which an average of one in ten carry the abnormal gene, called?

A. Thalassemia

B. Aplastic anemia

C. Hemolytic anemia

D. Sickle cell

9. During galvanic electrical stimulation, the patient must?

A. Be left unattended

B. Be attended at all times

C. Undergo treatment once a day

D. Be evaluated post-treatment only

10. When a patient must cancel an appointment, you should

A. Tell them to visit only in emergencies

B. Immediately schedule another appointment

C. Advise them not to cancel next time

D. Charge a cancellation fee

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Answers

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

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Explanations

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1. What are the three main groups of carbohydrates?

A. Monosaccharides, disaccharides, polysaccharides

B. Glucose, sucrose, fructose

C. Starch, cellulose, glycogen

D. Proteins, lipids, nucleic acids

Carbohydrates are one of the four main macromolecules essential for life, along with proteins, lipids, and nucleic acids. They provide energy to the body and are made up of carbon, hydrogen and oxygen atoms. Carbohydrates can be divided into three main groups monosaccharides, disaccharides, and polysaccharides. Monosaccharides are the simplest form of carbohydrates and cannot be broken down further. Glucose and fructose are examples of monosaccharides. Disaccharides are composed of two monosaccharides joined together, such as sucrose which is made up of glucose and fructose. Polysaccharides are more complex carbohydrates made up of many monosaccharides, such as starch, cellulose, and glycogen. Option B is incorrect because glucose, sucrose, and fructose are

2. What is called a gradually developing cloudiness of the lens, occurring most frequently in persons over 70 years of age?

A. Cataracts

B. Epilepsy

C. Glaucoma

D. Heart attack

Age-related cataracts are a common condition that affects many people over the age of 70. It is a gradual cloudiness of the lens in the eye, which can lead to blurred vision and difficulty seeing. This condition is different from epilepsy, which is a neurological disorder that affects the brain and can cause seizures. Glaucoma is also a different condition, characterized by increased pressure in the eye and potential damage to the optic nerve. A heart attack, on the other hand, is a medical emergency affecting the heart and is not related to the cloudiness of the lens in the eye. Therefore, age-related cataracts is the most fitting answer for this question.

3. What is the abbreviation for 'three times a day'?

A. t.i.d

B. t.t.d

C. th.d

D. 3.t.d

The abbreviation for 'three times a day' is t.i.d, which stands for "ter in die" in Latin. Other options such as t.t.d, th.d, and 3.t.d are incorrect because they do not match the correct abbreviation. T.t.d could stand for "twice a day," th.d could stand for "times in a day," and 3.t.d does not follow the same structure as commonly used medical abbreviations. Remember to pay attention to the context and structure of abbreviations when choosing the correct answer.

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4. During an eye examination using the Snellen's eye chart, the patient should?

A. Close both eyes

B. Keep both eyes open but cover one of them

C. Keep both eyes open without covering any

D. Blink rapidly before reading

During an eye examination using the Snellen's eye chart, the patient should keep both eyes open but cover one of them. This is because covering one eye allows the patient to focus solely on the chart without any distractions or interference from the other eye. This helps to accurately determine their visual acuity. Closing both eyes (option A) would prevent the patient from reading the chart at all and keeping both eyes open without covering any (option C) may lead to conflicting and inaccurate results. Blinking rapidly before reading (option D) can also cause blurred vision and affect the accuracy of the results. Therefore, option B is the correct answer for an eye examination using the Snellen's eye chart.

5. What is the collar bone called?

A. Clavicle

B. Sternum

C. Scapula

D. Humerus

The collar bone is called the clavicle. Option B, sternum, is a flat bone located in the middle of the chest. Option C, scapula, is a triangular bone in the upper back that connects the upper arm bone to the collarbone. Option D, humerus, is the long bone in the upper arm that connects the shoulder to the elbow. These options are incorrect as they do not refer to the specific bone known as the collarbone or clavicle.

6. What is an agent that excites and promotes functional activity known as?

A. Sedative

B. Stimulant

C. Antidepressant

D. Antipsychotic

A sedative is a type of drug that produces a calming or relaxing effect. An antidepressant is a medication used to treat depression. An antipsychotic is a medication used to manage symptoms of psychosis. In contrast, a stimulant is an agent that excites and promotes functional activity, making it the correct answer. Stimulants are often used to treat attention deficit hyperactivity disorder (ADHD) and narcolepsy. It should also be noted that while some agents may have multiple effects, a stimulant is specifically known for its ability to increase activity and alertness. Therefore, the best answer to this question is B.

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7. What organs compose the urinary system?

A. Liver, Gallbladder, Kidney, Pancreas

B. Kidneys, Ureters, Bladder, Urethra

C. Heart, Arteries, Veins, Capillaries

D. Stomach, Esophagus, Intestines, Rectum

The urinary system is responsible for filtering and eliminating waste products from the body, and consists of the kidneys, ureters, bladder, and urethra. These organs work together to remove excess water, salts, and toxins from the blood, which are then excreted as urine. Option A is incorrect because the liver, gallbladder, and pancreas are all part of the digestive system, not the urinary system. Option C is incorrect because the heart, arteries, veins, and capillaries make up the cardiovascular system, not the urinary system. Option D is also incorrect because the stomach, esophagus, intestines, and rectum are all part of the digestive system, not the urinary system.

8. What is the congenital anemia occurring among blacks, which an average of one in ten carry the abnormal gene, called?

A. Thalassemia

B. Aplastic anemia

C. Hemolytic anemia

D. Sickle cell

Some people may confuse Thalassemia to be the correct answer because it is another type of anemia that affects red blood cells, but it is not specific to blacks and the prevalence is not as high as sickle cell. Aplastic anemia and Hemolytic anemia are also forms of anemia, but they are not specifically associated with race and are not as common in the black population as sickle cell. Sickle cell anemia is the correct answer because it specifically affects black individuals and is caused by inheriting an abnormal gene from both parents. One in ten individuals in the black population carry this abnormal gene, which results in a decreased life span of red blood cells and leads to symptoms of anemia. This is a genetic condition that is not necessarily preventable, but can be managed with proper medical care.

9. During galvanic electrical stimulation, the patient must?

A. Be left unattended

B. Be attended at all times

C. Undergo treatment once a day

D. Be evaluated post-treatment only

During galvanic electrical stimulation, the patient must be attended at all times. This is because the treatment involves passing electrical currents through the body, which can cause discomfort or even injury if not properly monitored. Therefore, it is important for a healthcare professional to be present to adjust the treatment if necessary and ensure the safety and comfort of the patient. Option A is incorrect because leaving the patient unattended could result in potential harm. Option C is incorrect because the frequency of treatment will depend on the specific needs and condition of the patient. Option D is incorrect because it is important for the patient to be evaluated before, during, and after treatment to assess the effectiveness and make any necessary adjustments.

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10. When a patient must cancel an appointment, you should

A. Tell them to visit only in emergencies

B. Immediately schedule another appointment

C. Advise them not to cancel next time

D. Charge a cancellation fee

When a patient must cancel an appointment, you should immediately schedule another appointment. Option A is incorrect because it is not appropriate to instruct patients to only come in during emergencies. This could make the patient feel like their medical needs are not being taken seriously. Option C is incorrect because it does not provide a solution for the missed appointment. Option D is incorrect because charging a cancellation fee could create financial strain for the patient, which may make them less likely to schedule future appointments. The best practice is to quickly schedule a new appointment to ensure the patient receives the necessary care.

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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://nahp-nrcma.examzify.com

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

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