# WELLSTAR CERTIFIED MEDICAL ASSISTANT (CMA) TRAINEE PRACTICE TEST (SAMPLE)

## STUDY GUIDE



## SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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# 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.

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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 is the combining form that means tissue?**

A. Hist/o

B. Py/o

C. Lapar/o

D. Tars/o

**2. What drug class is known for decreasing activity in the central nervous system?**

A. Narcotic

B. Decongestant

C. Diuretic

D. Cathartic

**3. Which mineral helps in the formation of red blood cells and comes from sources like liver and raisins?**

A. Calcium

B. Iron

C. Fluoride

D. Iodine

**4. What does 'afebrile' mean?**

A. With fever

B. Without fever

C. High blood pressure

D. Low respiratory rate

**5. What type of thermometer is specifically designed for measuring ear temperature?**

A. Tympanic Thermometer

B. Digital Thermometer

C. Infrared Thermometer

D. Glass Thermometer

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**6. What does the prefix "ab-" signify in medical terms?**

A. Away from

B. Toward

C. Before

D. Against

**7. What does the abbreviation 'q.h.' represent?**

A. Every

B. Without

C. Every hour

D. Subcutaneous

**8. What does the term 'febrile' relate to?**

A. Low oxygen levels

B. Difficulty breathing

C. Fever

D. Normal heart rate

**9. Which abbreviation indicates 'Advanced life support' in medical terms?**

A. ALS

B. BLS

C. CPR

D. EMS

**10. Which medical procedure is primarily used to identify the presence of disease in a sample of tissue?**

A. Pathology Assessment

B. Biopsy

C. Histology Examination

D. Diagnosis Assembly

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# Answers

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

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# Explanations

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## 1. What is the combining form that means tissue?

A. Hist/o

B. Py/o

C. Lapar/o

D. Tars/o

*The combining form "Hist/o" is derived from the Greek word "histos," which means tissue. In medical terminology, "Hist/o" is commonly used to refer to various types of tissues within the body, such as in terms like histology (the study of tissues) and histopathology (the study of the changes in tissues caused by disease). Understanding this combining form is essential for medical assistants, as it lays the groundwork for comprehending various medical terms related to anatomy and pathology. Each of the other combining forms refers to different anatomical structures or conditions: "Py/o" relates to pus, "Lapar/o" pertains to the abdominal area and surgical procedures involving the abdomen, and "Tars/o" describes the tarsal bones in the ankle. Therefore, "Hist/o" is the appropriate choice when focusing on the concept of tissue.*

## 2. What drug class is known for decreasing activity in the central nervous system?

A. Narcotic

B. Decongestant

C. Diuretic

D. Cathartic

*The drug class that is known for decreasing activity in the central nervous system is narcotics, often referred to as opioids. These medications work primarily by binding to specific receptors in the brain and spinal cord, effectively reducing the perception of pain and inducing feelings of relaxation and sedation. This central nervous system (CNS) depression can lead to decreased respiratory rate, drowsiness, and, at higher doses, loss of consciousness. Consequently, narcotics are often employed in pain management but must be used with caution due to their potential for addiction and respiratory suppression. The other drug classes listed function very differently. Decongestants primarily relieve nasal congestion by constricting blood vessels in the nasal passages, leading to increased nasal airflow rather than reducing CNS activity. Diuretics promote the excretion of water and salts from the body, impacting fluid balance and kidney function, but they do not influence CNS activity directly. Cathartics are agents that stimulate bowel movements, facilitating the evacuation of the bowels, and similarly do not have a depressant effect on the central nervous system.*

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## 3. Which mineral helps in the formation of red blood cells and comes from sources like liver and raisins?

A. Calcium

B. Iron

C. Fluoride

D. Iodine

*Iron is essential for the formation of red blood cells because it is a vital component of hemoglobin, the protein in red blood cells that binds oxygen and carries it throughout the body. Without sufficient iron, the body cannot produce enough healthy red blood cells, which can lead to anemia. Sources rich in iron include liver, which is one of the best sources, as well as raisins, which provide a plant-based option for iron intake. These sources help ensure adequate iron levels are maintained in the body, supporting overall health and the effective transportation of oxygen. In contrast, calcium primarily contributes to bone health and is not directly involved in red blood cell production. Fluoride is related to dental health and prevention of tooth decay, while iodine is crucial for thyroid function. Neither of these minerals plays a role in the formation of red blood cells like iron does.*

## 4. What does 'afebrile' mean?

A. With fever

B. Without fever

C. High blood pressure

D. Low respiratory rate

*The term 'afebrile' refers to a state of being without fever. It is derived from the Latin roots where 'a-' means "without" and 'febris' translates to "fever." In a medical context, when a patient is described as afebrile, it indicates that their body temperature is within the normal range, suggesting that there is no active infection or illness that is causing an elevation in temperature. This term is often used by healthcare providers to assess a patient's overall health status, especially in cases where fever could be a significant indicator of an underlying condition. Understanding this terminology helps medical assistants and other professionals communicate effectively about patient assessments and care.*

## 5. What type of thermometer is specifically designed for measuring ear temperature?

A. Tympanic Thermometer

B. Digital Thermometer

C. Infrared Thermometer

D. Glass Thermometer

*The tympanic thermometer is specifically designed for measuring ear temperature, utilizing infrared technology to detect the heat from the eardrum. This method is beneficial because the eardrum shares a similar blood supply with the hypothalamus, making it an accurate reflection of the body's core temperature. In comparison, a digital thermometer can measure temperature orally, rectally, or axillary but is not specialized for ear measurement. An infrared thermometer also uses infrared technology but is generally designed for surface temperature measurements across objects or skin rather than specifically for the ear canal. A glass thermometer, while historically used to measure various types of temperatures, is slower and less safe in a clinical setting compared to more modern devices like the tympanic thermometer. Thus, the specific design and functionality of the tympanic thermometer make it the correct choice for ear temperature measurement.*

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## 6. What does the prefix "ab-" signify in medical terms?

A. Away from

B. Toward

C. Before

D. Against

*The prefix "ab-" in medical terminology is derived from Latin, meaning "away from." This prefix is commonly used in various medical terms to indicate movement away from a particular structure or position in the body. For example, "abduction" refers to the movement of a body part away from the midline of the body. Understanding this prefix helps in deciphering the meaning of terms and provides clarity in medical contexts, such as anatomy or pathology. While there are other prefixes with different meanings, understanding "ab-" as indicating a directionality away from an origin is fundamental in medical language.*

## 7. What does the abbreviation 'q.h.' represent?

A. Every

B. Without

C. Every hour

D. Subcutaneous

*The abbreviation 'q.h.' stands for "quaque hora," which is Latin for "every hour." This term is frequently used in medical prescriptions and documentation to indicate that a certain medication or treatment should be administered at hourly intervals. Understanding this abbreviation is important for medical assistants, as it ensures proper timing and adherence to medication schedules, which can be critical for patient care and treatment effectiveness. The other options, while relevant in medical terminology, do not accurately capture the meaning of 'q.h.': "Every" is too vague without a specified interval, "Without" does not relate to frequency, and "Subcutaneous" refers specifically to a method of drug administration rather than a timing schedule. Hence, the correct interpretation of 'q.h.' as "every hour" is essential in the context of medical practices.*

## 8. What does the term 'febrile' relate to?

A. Low oxygen levels

B. Difficulty breathing

C. Fever

D. Normal heart rate

*The term 'febrile' specifically pertains to the presence of fever or an elevated body temperature. It originates from the Latin word 'febris,' meaning fever. In a medical context, when a patient is described as febrile, it typically indicates an active inflammatory response to infection or another condition that causes an increase in the body's temperature. Understanding this term is essential for medical assistants and healthcare providers, as it helps in recognizing symptoms that may indicate an underlying health issue. Fevers can be associated with various conditions such as infections, autoimmune disorders, or even the body's response to certain medications. Recognizing fever as a clinical symptom can guide further diagnostic evaluations and treatment decisions. The other choices relate to different medical conditions or symptoms unrelated to fever: low oxygen levels, difficulty breathing, and a normal heart rate do not have a direct correlation with the term 'febrile.'*

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## 9. Which abbreviation indicates 'Advanced life support' in medical terms?

A. ALS

B. BLS

C. CPR

D. EMS

*The abbreviation that indicates 'Advanced life support' in medical terms is ALS. Advanced life support refers to a set of life-saving protocols and skills that extend beyond basic life support measures. These protocols often include advanced airway management, monitoring of vital signs, and the use of medications to stabilize a patient's condition. It is typically administered by trained healthcare professionals in emergency situations, such as paramedics or hospital staff, who have received specialized training in these advanced techniques. In contrast, the other abbreviations refer to different levels of care. BLS stands for Basic life support, which encompasses fundamental techniques like chest compressions and rescue breaths. CPR refers specifically to cardiopulmonary resuscitation, a critical emergency procedure used to restore breathing and circulation. EMS stands for Emergency Medical Services, which is the service that provides pre-hospital emergency medical care and transportation. Each of these serves a crucial role in the healthcare system, but ALS is specifically oriented towards more complex procedures and interventions in emergency care.*

## 10. Which medical procedure is primarily used to identify the presence of disease in a sample of tissue?

A. Pathology Assessment

B. Biopsy

C. Histology Examination

D. Diagnosis Assembly

*The procedure primarily used to identify the presence of disease in a sample of tissue is a biopsy. A biopsy involves taking a small piece of tissue from a patient and sending it to a laboratory for examination. This process allows healthcare providers to determine whether the tissue is healthy or contains abnormal (diseased) cells. The findings from a biopsy can be pivotal in diagnosing conditions such as cancer, infections, or inflammatory diseases. In contrast, a pathology assessment refers to the comprehensive evaluation conducted by a pathologist, which may involve multiple types of tissue evaluations, but it is not a standalone procedure for obtaining tissue samples. Histology examination specifically looks at the microscopic structure of tissues, which often employs samples obtained through biopsies. Diagnosis assembly is not a recognized medical procedure; it suggests the process of compiling various diagnostic information, rather than directly identifying disease through tissue sampling. Thus, the biopsy stands out as the key procedure specifically associated with obtaining tissue to diagnose diseases.*

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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://wellstarcmatrainee.examzify.com

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

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