

# AAPC Fundamentals of Medicine Practice Test (Sample)

## Study Guide



**Everything you need from our exam experts!**

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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.

# 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

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- 1. What is a colectomy?**
  - A. Excision of the gallbladder**
  - B. Excision of part of the colon**
  - C. Surgical fixation of the bladder**
  - D. Plastic surgery of the ear**
  
- 2. In medical records, which abbreviation would refer to "pupils equal, round and reactive to light and accommodation"?**
  - A. PED**
  - B. PERRLA**
  - C. PRES**
  - D. PET**
  
- 3. What does "PE" signify in a medical report?**
  - A. Physical examination**
  - B. Patient evaluation**
  - C. Prescribed exercise**
  - D. Post-operative examination**
  
- 4. What is the meaning of the abbreviation "HPI" in a medical context?**
  - A. History of present illness**
  - B. High patient intake**
  - C. Hospital procedure information**
  - D. Health progression index**
  
- 5. What is the main goal of a bronchoscopy?**
  - A. To measure oxygen levels in the blood**
  - B. To visualize and examine the bronchus**
  - C. To enhance lung capacity**
  - D. To assess the lung's structural integrity**

- 6. When would a provider specifically rely on "WNL" to guide their practice?**
- A. When conducting follow-up treatments only**
  - B. When considering potential referrals to specialists**
  - C. When determining immediate care needs based on current health**
  - D. When documenting routine examination findings**
- 7. What position refers to lying face down?**
- A. Supine**
  - B. Prone**
  - C. Distal**
  - D. Proximal**
- 8. What term would describe a procedure done through the skin?**
- A. Intravenous**
  - B. Percutaneous**
  - C. Subcutaneous**
  - D. Transdermal**
- 9. What is the term for a position closer to the head or higher than another structure in the body?**
- A. Superficial**
  - B. Cranial**
  - C. Distal**
  - D. Superficial**
- 10. Which of the following correctly shows the pluralization for words ending in '-is'?**
- A. Change to 'a'**
  - B. Change to 'es'**
  - C. Change to 'is'**
  - D. Change to 'ies'**

## Answers

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

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## **Explanations**

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## 1. What is a colectomy?

- A. Excision of the gallbladder
- B. Excision of part of the colon**
- C. Surgical fixation of the bladder
- D. Plastic surgery of the ear

A colectomy is a surgical procedure involving the excision of part or all of the colon, which is a vital part of the large intestine. This procedure is often performed to treat conditions such as colorectal cancer, diverticulitis, inflammatory bowel disease, or other bowel obstructions. There are different types of colectomy, including partial colectomy (where only a segment of the colon is removed) and total colectomy (where the entire colon is removed). Understanding the significance of this procedure highlights its role in managing serious gastrointestinal conditions and underscores the importance of colon health in overall well-being. The incorrect options relate to different surgical procedures that do not involve the colon: the excision of the gallbladder pertains to cholecystectomy, surgical fixation of the bladder involves procedures like cystopexy, and plastic surgery of the ear refers to otoplasty.

## 2. In medical records, which abbreviation would refer to "pupils equal, round and reactive to light and accommodation"?

- A. PED
- B. PERRLA**
- C. PRES
- D. PET

The abbreviation "PERRLA" stands for "pupils equal, round, and reactive to light and accommodation." This term is commonly used in medical assessments to describe observations made during a neurological examination, specifically when evaluating the pupils of a patient's eyes. When healthcare professionals assess a patient's pupils, they look for several key features: equality in size, roundness, and the reaction of the pupils to light (both constriction and the dilation response) as well as their ability to accommodate (change focus between near and distant objects). The information captured by the abbreviation PERRLA is crucial in determining neurological health and function, particularly in assessing potential issues related to brain function or eye health. Understanding this abbreviation is important in medical terminology, as it conveys essential information quickly and effectively, facilitating clear communication among healthcare providers.

### 3. What does "PE" signify in a medical report?

- A. Physical examination**
- B. Patient evaluation**
- C. Prescribed exercise**
- D. Post-operative examination**

In a medical report, "PE" most commonly signifies "Physical Examination." This term refers to the process by which a healthcare provider assesses a patient's body through observation, palpation, percussion, and auscultation to determine their health status. During the physical examination, the clinician collects vital signs, checks different systems of the body, and gathers information that helps with diagnosis and treatment planning. The other options may represent relevant medical concepts but are not typically abbreviated as "PE." For example, while "Patient Evaluation" and "Prescribed Exercise" may be components of patient care, they do not specifically denote the standard assessment process referred to as a "Physical Examination." "Post-operative Examination" might occur after surgery, but it is also not commonly abbreviated to "PE" in medical documentation. Thus, the context of patient assessment and clinical examination aligns most closely with the definition of "PE" as "Physical Examination."

### 4. What is the meaning of the abbreviation "HPI" in a medical context?

- A. History of present illness**
- B. High patient intake**
- C. Hospital procedure information**
- D. Health progression index**

The abbreviation "HPI" stands for "History of Present Illness." In medical documentation, HPI refers to a detailed description of the patient's current condition as it relates to their medical history. This section typically includes information about the onset, duration, characteristics, and context of the patient's symptoms, as well as any relevant factors that may influence their condition. The HPI is crucial for clinicians as it helps establish a comprehensive understanding of the patient's health concerns and assists in guiding further assessment and treatment. By detailing how long the symptoms have been present and any factors that exacerbate or alleviate them, healthcare providers can make more informed decisions about diagnosis and management. Understanding the HPI is a fundamental aspect of patient interviews and medical records, making it essential for accurate communication among healthcare professionals and ensuring high-quality patient care.

**5. What is the main goal of a bronchoscopy?**

- A. To measure oxygen levels in the blood**
- B. To visualize and examine the bronchus**
- C. To enhance lung capacity**
- D. To assess the lung's structural integrity**

The main goal of a bronchoscopy is to visualize and examine the bronchus. This procedure involves inserting a bronchoscope, which is a thin, flexible tube with a light and camera, into the airways, allowing healthcare providers to directly observe the bronchial tubes and lungs. This visualization can help diagnose various conditions, such as infections, tumors, or foreign bodies, as well as assess the overall health of the airways. While other options may relate to lung functions or assessments, they do not capture the primary purpose of bronchoscopy. For instance, measuring oxygen levels in the blood pertains more to blood gas analysis rather than direct visual examination. Enhancing lung capacity involves physical activities and therapies rather than direct visualization. Assessing the lung's structural integrity may require multiple imaging studies or different diagnostic techniques rather than the focused examination that bronchoscopy provides. Therefore, the option that highlights the direct observational aspect of bronchoscopy is the most accurate.

**6. When would a provider specifically rely on "WNL" to guide their practice?**

- A. When conducting follow-up treatments only**
- B. When considering potential referrals to specialists**
- C. When determining immediate care needs based on current health**
- D. When documenting routine examination findings**

Using the abbreviation "WNL," which stands for "within normal limits," is especially relevant in the context of documenting routine examination findings. This notation signifies that the results of a patient's examination fall within the established range considered normal or healthy. In clinical practice, effectively communicating and documenting findings is crucial for ongoing patient care and treatment history. When a physician notes that certain examination results are "WNL," they are conveying to other healthcare providers or to their own future self that these aspects of the patient's health did not suggest any immediate concerns during that visit. This documentation is essential for establishing a baseline of the patient's health and helps track changes over time. The other options, while important in their own contexts, do not utilize "WNL" in the same specific way. For instance, when conducting follow-up treatments or considering referrals, practitioners are more focused on specific issues and the nuances of patient care rather than documenting normal findings. Immediate care decisions would generally require a more detailed analysis of current symptoms and conditions rather than relying on standard documentation of normal limits.

## 7. What position refers to lying face down?

- A. Supine
- B. Prone**
- C. Distal
- D. Proximal

The term that describes lying face down is "prone." In medical terminology, the prone position is used in a variety of contexts, including during certain medical examinations, treatments, and surgeries. This position can facilitate access to the back and helps with procedures that require an unobstructed view or access to the posterior side of the body. In contrast, the supine position refers to lying on one's back, which is the opposite of prone. The terms "distal" and "proximal" relate to the relative distance of body parts from the center or point of attachment. Distal means further from the center of the body or point of attachment, while proximal means closer to the center. These terms do not describe body positions but rather anatomical locations and relationships. Thus, "prone" is the correct term for lying face down.

## 8. What term would describe a procedure done through the skin?

- A. Intravenous
- B. Percutaneous**
- C. Subcutaneous
- D. Transdermal

The term that describes a procedure done through the skin is "percutaneous." This term literally means "through the skin" and is used in medical contexts to refer to various procedures that access the underlying tissues, organs, or systems via the skin without the need for large incisions. Percutaneous procedures include a wide array of interventions, such as needle biopsies, catheter placements, and certain minimally invasive surgeries, where the skin acts as the entry point. The significance of this term lies in its implications for patient care, indicating a less invasive approach that often leads to quicker recovery times and lower complication rates compared to open surgical techniques. In contrast, other terms like "intravenous" refers specifically to procedures involving the veins, while "subcutaneous" refers to processes occurring directly beneath the skin but not necessarily through it. "Transdermal," on the other hand, is typically used to describe medications that are delivered through the skin via patches or other means, rather than a procedure that accesses deeper tissues. This further clarifies why "percutaneous" is the most accurate term for a procedure done through the skin.

**9. What is the term for a position closer to the head or higher than another structure in the body?**

- A. Superficial**
- B. Cranial**
- C. Distal**
- D. Superficial**

The term that describes a position closer to the head or higher than another structure in the body is "cranial." This terminology is commonly used in anatomy to provide clear descriptions of location and orientation in the human body. "Cranial" refers specifically to structures that are situated towards the cranium or skull, which is the upper part of the body. This positioning is essential for accurately describing relative locations of organs and tissues during medical examinations or surgical procedures. In contrast, the other terms have distinct meanings: "superficial" refers to a position closer to the surface of the body, "distal" indicates a position further away from the trunk or point of reference, and repeating "superficial" highlights the same description. Understanding these anatomical terms is crucial for effective communication in healthcare, allowing professionals to convey precise information about the human body's structure and functions.

**10. Which of the following correctly shows the pluralization for words ending in '-is'?**

- A. Change to 'a'**
- B. Change to 'es'**
- C. Change to 'is'**
- D. Change to 'ies'**

The pluralization of words ending in '-is' typically involves changing the ending to '-es.' This is a common rule in English for Latin-derived terms; for example, the word 'thesis' becomes 'theses,' and 'crisis' becomes 'crises.' This rule helps maintain the correct pronunciation and form of the word as it transitions to plural. Recognizing this pattern is crucial, particularly in medical terminology, where many terms are derived from Latin and Greek. Other pluralization methods, such as simply changing to 'a', 'is', or 'ies', do not apply to words ending in '-is' and can lead to incorrect forms. Understanding this specific pluralization rule enhances your grasp of the medical vocabulary used in practice.

## 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](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://aapcmedicinefund.examzify.com>**

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

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