

ACTIVITY DIRECTOR BASIC PRACTICE TEST (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.

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 does t.i.d. stand for?**
 - A. Three times a day
 - B. Twice daily
 - C. Four times a day
 - D. Once daily
- 2. AMB is commonly used to denote which status?**
 - A. Ambulatory
 - B. Ambulatory Assistance
 - C. Ambient Living
 - D. Ambushed Medical Base
- 3. How might you meet unconventional spiritual needs of a resident?**
 - A. Get to know them and join them if possible
 - B. Force participation in standard services
 - C. Ignoring the needs
 - D. Only provide secular activities
- 4. In a long-term care facility, which department is primarily responsible for coordinating residents' mental activity and cognitive engagement?**
 - A. Activity department
 - B. Finance department
 - C. Nutrition department
 - D. Maintenance department
- 5. Pulmonary relates to which organ or body part?**
 - A. Lungs
 - B. Heart
 - C. Kidneys
 - D. Brain
- 6. If an order reads po q3h, what does it mean?**
 - A. By Mouth Every 3 Hours
 - B. By Mouth Every Day
 - C. By Mouth Every 2 Hours
 - D. By Mouth Nightly

7. The abbreviation s in clinical notes stands for which word?

- A. Without
- B. With
- C. After
- D. At

8. What does the prefix anti mean?

- A. Against
- B. For
- C. With
- D. Without

9. Which abbreviation matches 'diagnoses'?

- A. dx
- B. COLD
- C. COPD
- D. DT's

10. Which abbreviation represents 'Complains Of'?

- A. C/o=
- B. C
- C. BM
- D. BP

Answers

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

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Explanations

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1. What does t.i.d. stand for?

A. Three times a day

B. Twice daily

C. Four times a day

D. Once daily

Dosing schedules use shorthand from Latin to indicate how often a medication should be taken. tid stands for ter in die, meaning three times a day. This usually means doses spaced about every eight hours within a 24-hour period, often morning, afternoon, and evening, unless the prescriber specifies different times. Other frequencies use different abbreviations: twice daily is commonly bid, four times daily is qid, and once daily is qd. So three times daily is the correct interpretation for tid.

2. AMB is commonly used to denote which status?

A. Ambulatory

B. Ambulatory Assistance

C. Ambient Living

D. Ambushed Medical Base

Ambulatory status is what AMB indicates: the patient is able to walk or move about. This shorthand in medical records signals mobility level, guiding care planning, safety measures, and discharge decisions. It helps differentiate those who can ambulate (perhaps with or without assistive devices) from those who are non-ambulatory or bedbound, which influences PT referrals, equipment needs, and level of supervision. Other terms listed don't represent a standard mobility status in clinical documentation, so they aren't used to convey this aspect of patient care.

3. How might you meet unconventional spiritual needs of a resident?

A. Get to know them and join them if possible

B. Force participation in standard services

C. Ignoring the needs

D. Only provide secular activities

Meeting unconventional spiritual needs means getting to know what spirituality means to each resident and offering to participate with them if they want you to. This approach shows respect for their beliefs, supports their sense of meaning, and helps maintain comfort and dignity in daily life. Start by listening and asking gentle questions about faith traditions, rituals, or times when spirituality is especially important. If the resident invites you to join, participate in a respectful, unobtrusive way—praying together, sharing a quiet moment, singing, or accompanying them to a service or faith-based activity that fits their beliefs. If they don't want you to participate, respect that choice and help connect them with the appropriate resources (chaplain, faith community, or suitable materials) without pressuring them. Adapt activities to fit their spiritual preferences, such as quiet reflection spaces, reading religious texts, or music from their tradition, and involve spiritual care staff or family as needed. This fosters autonomy, meaning, and emotional well-being. Forcing participation overlooks the resident's right to choose; ignoring spiritual needs is a form of neglect; offering only secular activities fails to honor the resident's beliefs and can diminish quality of life.

4. In a long-term care facility, which department is primarily responsible for coordinating residents' mental activity and cognitive engagement?

- A. Activity department**
- B. Finance department
- C. Nutrition department
- D. Maintenance department

The question focuses on which department leads residents' mental activity and cognitive engagement in a long-term care setting. The activity department is the primary coordinator because their role is to plan and implement recreational and therapeutic activities designed to stimulate thinking, memory, problem-solving, and social interaction. They assess residents' interests and cognitive levels, tailor programs to individual needs, and schedule both group and one-on-one activities to promote mental engagement and overall well-being. Other departments—finance, nutrition, and maintenance—support residents' well-being in different ways (billing and finances, meal planning, building upkeep) but do not oversee cognitive stimulation programs.

5. Pulmonary relates to which organ or body part?

- A. Lungs**
- B. Heart
- C. Kidneys
- D. Brain

Pulmonary refers to the lungs—the organs where breathing and gas exchange occur. In medical terminology, "pulmonary" is used to describe anything related to the lungs, such as pulmonary function tests, pulmonary arteries, or pulmonary edema. While the heart is closely linked to respiration through circulation, its terms are cardiac rather than pulmonary. The kidneys and brain use different descriptors. So, pulmonary specifically relates to the lungs.

6. If an order reads po q3h, what does it mean?

- A. By Mouth Every 3 Hours**
- B. By Mouth Every Day
- C. By Mouth Every 2 Hours
- D. By Mouth Nightly

The main idea is interpreting medication shorthand for dosing intervals. po means by mouth (orally). The q comes from the Latin verb for "every," and 3h means every 3 hours. So po q3h means you give the medication by mouth every 3 hours. It's not once daily (that would be qd), not every 2 hours (that would be q2h), and not only at night (that would be qhs).

7. The abbreviation s in clinical notes stands for which word?

A. Without

B. With

C. After

D. At

In medical shorthand, letters often come from Latin. The letter s is used as the abbreviation for sine, which means without. It signals that something is absent or not present in the context of the note. So the intended meaning is "without." If the note needed to convey "with," a different shorthand would be used (such as a symbol or the word itself), not just s.

8. What does the prefix anti mean?

A. Against

B. For

C. With

D. Without

Anti- signals opposition or counteraction. When you see a word with this prefix, it means the thing described acts against or tries to block the base idea. For example, an antibiotic fights against bacteria; an antifreeze protects against freezing; antisocial behavior goes against normal social interaction. That's why the meaning is "against." The other options describe support, being together, or lacking, which don't convey opposition in the same way.

9. Which abbreviation matches 'diagnoses'?

A. dx

B. COLD

C. COPD

D. DT's

In medical shorthand, dx is the standard abbreviation for a diagnosis. It covers both singular and plural uses in notes and charts, depending on the context. The other terms are not generic abbreviations for diagnoses: COLD refers to the common cold, COPD is an acronym for a specific disease, and DT's stands for delirium tremens, a particular diagnosis. So the abbreviation that matches "diagnoses" is dx.

10. Which abbreviation represents 'Complains Of'?

A. C/o=

B. C

C. BM

D. BP

In medical notes, the shorthand used to record a symptom a patient reports is c/o. This stands for "complains of," and it's typically written before the symptom, like c/o chest pain or c/o dizziness, to indicate subjective information provided by the patient. The other terms shown don't fit this meaning: BM is short for bowel movement, a different piece of information, and BP stands for blood pressure. A lone letter like C isn't a standard abbreviation for this phrase. So the correct shorthand is c/o for "complains of."

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://activitydirectorbasic.examzify.com>

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

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