

ADE 1 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 rubric?**
 - A. A type of teaching strategy.**
 - B. A scoring guide that outlines performance criteria and levels.**
 - C. A method for recording attendance.**
 - D. A curriculum standard document.**

- 2. How does a positive behavior support plan differ from punitive approaches?**
 - A. PBS focuses on teaching and reinforcing desired behaviors, rather than punishment.**
 - B. PBS uses more punishment.**
 - C. PBS ignores behavior.**
 - D. PBS relies only on punishment after incidents.**

- 3. How often should the temperature on the refrigerator be checked?**
 - A. Hourly**
 - B. Daily**
 - C. Weekly**
 - D. Monthly**

- 4. Under the FIFO principle, which items should be used first?**
 - A. Newest items**
 - B. Oldest items**
 - C. Most recently added**
 - D. Newest stock**

- 5. Which type of water MUST be used with the autoclave?**
 - A. Tap water**
 - B. Sterile water**
 - C. Filtered water**
 - D. Distilled water**

- 6. If asked for the term that represents a positive deflection from the baseline, which term best fits?**
- A. Segment**
 - B. Interval**
 - C. Complex**
 - D. Wave**
- 7. What screening tool should be used when a patient complains of a headache?**
- A. Blood pressure**
 - B. Glucose check**
 - C. Oximetry**
 - D. Pain scale**
- 8. What components should be included in a comprehensive teacher evaluation system?**
- A. Observation, student outcomes, professional growth goals, and feedback loops.**
 - B. Classroom seating arrangements and uniform policy.**
 - C. Time-on-task as the sole metric.**
 - D. Only student test scores.**
- 9. Which component ensures ongoing support and guidance as teachers adopt new technologies?**
- A. Modeling**
 - B. Time for experimentation**
 - C. Ongoing coaching**
 - D. Measurable outcomes**
- 10. Which term describes the section of a SOAP note where a patient's own statements about symptoms are recorded?**
- A. Subjective**
 - B. Objective**
 - C. Assessment**
 - D. Plan**

Answers

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

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Explanations

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1. What is a rubric?

- A. A type of teaching strategy.
- B. A scoring guide that outlines performance criteria and levels.**
- C. A method for recording attendance.
- D. A curriculum standard document.

A rubric is a scoring guide that outlines performance criteria and levels. For each criterion, it provides descriptions of what different levels of quality look like, so grading is consistent and transparent. This helps students understand expectations and know exactly what to aim for in their work. Rubrics are commonly used to assess complex tasks like essays, projects, or presentations, translating expectations into observable criteria and a scale. They are not simply teaching methods, attendance tools, or standard documents; they focus on measuring how well the work meets specific criteria, with explicit level descriptors to guide and justify the score.

2. How does a positive behavior support plan differ from punitive approaches?

- A. PBS focuses on teaching and reinforcing desired behaviors, rather than punishment.
- B. PBS uses more punishment.
- C. PBS ignores behavior.**
- D. PBS relies only on punishment after incidents.

Positive behavior support is about teaching and reinforcing appropriate behaviors rather than punishing inappropriate ones. It starts by understanding why the behavior happens and then creating supports that make the desirable behavior easier to use, such as teaching replacement skills, clear expectations, and consistent routines. This approach uses proactive strategies—like positive reinforcement and environmental adjustments—to encourage success and reduce the need for punishment. It also relies on data to monitor progress and to adjust supports, aiming to prevent problem behaviors from occurring in the first place. In short, PBS focuses on teaching and reinforcing what you want to see, rather than penalizing what you don't want.

3. How often should the temperature on the refrigerator be checked?

- A. Hourly
- B. Daily**
- C. Weekly
- D. Monthly

Regularly verifying the refrigerator's temperature is essential to keep perishable foods safe. Checking it daily is the right pace because small fluctuations can occur from door openings, overloading, or a failing seal, and catching them quickly helps prevent foodborne illness. A fridge should generally be kept around 34-40°F (1-4°C), with 35-38°F being a common target. Checking hourly is too frequent, while weekly or monthly would allow dangerous temperatures to persist unnoticed. Daily checks balance practicality with safety, enabling prompt adjustments if the temperature drifts.

4. Under the FIFO principle, which items should be used first?

- A. Newest items
- B. Oldest items**
- C. Most recently added
- D. Newest stock

FIFO means you use stock in the order it was received, so the oldest items are used first. This minimizes the risk of spoilage or obsolescence and keeps inventory costs consistent with the idea that older purchases are consumed before newer ones. The other options describe using newer items first, which is not what FIFO does.

5. Which type of water MUST be used with the autoclave?

- A. Tap water
- B. Sterile water
- C. Filtered water
- D. Distilled water**

Steam sterilization relies on pure, consistent steam to kill microorganisms. Water used to generate that steam should be free of minerals and contaminants because dissolved salts and minerals can deposit as scale on heating elements and inside the chamber, impair heat transfer, and potentially affect sterilization effectiveness and equipment longevity. Distilled water is used because it has most impurities removed. By eliminating minerals, it minimizes mineral buildup and corrosion, helping maintain steam quality and the autoclave's performance. Tap water contains minerals that can leave deposits; filtered water may still have dissolved salts; sterile water isn't necessary for the autoclave's steam generation. So distilled water is the appropriate choice to ensure reliable sterilization.

6. If asked for the term that represents a positive deflection from the baseline, which term best fits?

- A. Segment
- B. Interval
- C. Complex
- D. Wave**

In ECG terminology, a positive deflection from the baseline is called a wave. The isoelectric line is the baseline, and the rising bumps above it—the P wave, the R part of the QRS complex, and the T wave—are all waves. The other terms describe different ideas: a segment is a stretch of baseline with no deflection between waves, an interval is a measure of time from one point to another, and a complex is a grouping of deflections (like the QRS) that can include both positive and negative components. Since the question is about the deflection itself rising above baseline, the best fit is a wave.

7. What screening tool should be used when a patient complains of a headache?

- A. Blood pressure**
- B. Glucose check**
- C. Oximetry**
- D. Pain scale**

Assessing how much pain a patient feels is essential when a headache is reported. A pain scale provides a quick, standardized way to quantify that subjective experience, making it the best screening tool for this symptom. By assigning a number or category to pain, clinicians can gauge severity, track changes over time, and judge how well treatments are working or whether urgent investigation is needed. While blood pressure, glucose, and oxygen saturation can reveal conditions that might contribute to headaches or indicate emergencies, they do not measure headache intensity. They're important parts of a broader assessment but not substitutes for a direct pain measure. Common formats include a numeric rating scale from 0 to 10 and observational scales for patients who can't communicate, allowing consistent documentation across visits.

8. What components should be included in a comprehensive teacher evaluation system?

- A. Observation, student outcomes, professional growth goals, and feedback loops.**
- B. Classroom seating arrangements and uniform policy.**
- C. Time-on-task as the sole metric.**
- D. Only student test scores.**

A comprehensive teacher evaluation system relies on multiple sources of evidence to capture both teaching practice and its impact on student learning. Direct observations provide a window into instructional strategies, classroom management, student engagement, and how teachers use assessment data to guide instruction. Student outcomes show the real-world effect of teaching on learning, ideally using a range of measures and growth over time rather than a single score. Professional growth goals connect evaluation to ongoing development, ensuring teachers have clear targets and supports aligned with school priorities. Feedback loops offer timely, actionable input that helps teachers reflect, adjust practices, and track progress over time. Relying on just one aspect—like time-on-task, seating plans, or uniform policies—misses the broader picture of instructional effectiveness and student learning. Simply focusing on test scores also overlooks instructional quality and professional growth. Together, these components create a balanced, actionable picture of teaching performance and improvement.

9. Which component ensures ongoing support and guidance as teachers adopt new technologies?

- A. Modeling**
- B. Time for experimentation**
- C. Ongoing coaching**
- D. Measurable outcomes**

Ongoing coaching provides sustained support as teachers try new technologies, offering modeled practices, regular feedback, and follow-up guidance that help them plan, implement, and refine lessons over time. This continuous, personalized guidance addresses real classroom challenges, boosts confidence, and keeps the tech integration moving forward beyond a single demonstration or a one-off trial. Modeling shows how to use a tool, but ongoing coaching ensures teachers can apply it effectively in their own contexts with feedback and adjustments. Time for experimentation is valuable, but without ongoing coaching to interpret results and troubleshoot, momentum can fade. Measurable outcomes matter for assessing impact, but they don't supply the ongoing support teachers need to adopt and sustain new technologies; coaching directly fills that gap.

10. Which term describes the section of a SOAP note where a patient's own statements about symptoms are recorded?

- A. Subjective**
- B. Objective**
- C. Assessment**
- D. Plan**

The section that records what the patient themselves says about symptoms is the subjective part. It captures the chief complaint, history of present illness, and the review of systems—details provided by the patient or someone who knows them well. These statements reflect the patient's experience and are not measured data, which is why they're labeled subjective. For example, you might record: "Patient reports a throbbing headache for three days, rate 7/10, worsened by bright lights, with associated nausea." In contrast, the objective portion contains what the clinician observes or measures—vital signs, physical exam findings, and test results. The assessment is the clinician's interpretation or diagnosis based on all data, and the plan outlines the management, treatments, or follow-up.

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://ade1.examzify.com>

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

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