

ALBERTA HEALTH SERVICES MID TERM ASSESSMENT PRACTICE TEST (SAMPLE) STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE

<https://albertahealthservicesmidterm.examzify.com>



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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. Which abbreviation stands for peripheral nervous system?**
 - A. CVA
 - B. ADHD
 - C. PNS
 - D. STD

- 2. Which condition is characterized by hyperinflation of air sacs with destruction of alveolar walls?**
 - A. Hypercapnia
 - B. Influenza
 - C. Emphysema
 - D. Olfaction

- 3. The combining form abdomin/o means which of the following?**
 - A. Stomach
 - B. Abdomen
 - C. Intestine
 - D. Liver

- 4. A patient with elevated temperature is described as being what?**
 - A. Febrile
 - B. Syncope
 - C. Sepsis
 - D. Myringitis

- 5. Which combining form means chest?**
 - A. Pect/o
 - B. Lumbar
 - C. Inguinal
 - D. Gluteal

- 6. The combining form lapar/o refers to which part of the body?**
 - A. Abdomen
 - B. Mind
 - C. Pressure
 - D. Stomach

7. Which term corresponds to peptic ulcer disease?

- A. Pulmonary ulcer disease
- B. Pancreatic ulcer disease
- C. Pernicious ulcer disease
- D. Peptic ulcer disease

8. Sinusitis is best defined as?

- A. Inflammation of the external ear
- B. Infection of the sinuses
- C. Inflammation of the sinuses
- D. Pain in the sinuses

9. The combining form etym/o means which of the following?

- A. Anatomy term
- B. Root meaning
- C. Word origin
- D. Linguistic origin

10. The root myel/o denotes which of these?

- A. Bone tissue
- B. Nerve
- C. Spinal cord, bone marrow
- D. Cartilage

Answers

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

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Explanations

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1. Which abbreviation stands for peripheral nervous system?

- A. CVA
- B. ADHD
- C. PNS**
- D. STD

The abbreviation for the peripheral nervous system is PNS. The peripheral nervous system includes all nerves outside the brain and spinal cord and connects the central nervous system to the rest of the body, enabling sensation and motor commands through its somatic and autonomic branches. Other terms here refer to different concepts: a cerebrovascular accident is a stroke, ADHD is a neurodevelopmental disorder, and STD stands for sexually transmitted disease. Because PNS is the standard shorthand used for the peripheral nervous system, it is the correct answer.

2. Which condition is characterized by hyperinflation of air sacs with destruction of alveolar walls?

- A. Hypercapnia
- B. Influenza
- C. Emphysema**
- D. Olfaction

Emphysema is described by hyperinflation of the air sacs and destruction of alveolar walls. In emphysema, the walls between alveoli break down, creating larger air spaces and reducing the surface area available for gas exchange. This loss of elastic recoil makes it hard to exhale air, so air becomes trapped and the lungs remain chronically inflated. The underlying cause involves protease activity that damages the alveolar septa, often linked to smoking or a deficiency in alpha-1 antitrypsin. Because of the alveolar destruction, diffusion capacity drops and breathing becomes more laborious. Hypercapnia, in contrast, refers to high carbon dioxide in the blood and is a consequence that can occur with advanced lung disease but does not define the structural changes in the lungs. Influenza is a viral infection of the respiratory tract and does not involve the permanent alveolar damage described. Olfaction is the sense of smell and is unrelated to these lung structural changes.

3. The combining form abdomin/o means which of the following?

- A. Stomach
- B. Abdomen**
- C. Intestine
- D. Liver

The combining form abdomin/o designates the abdomen, the area between the chest and pelvis that contains many organs. It uses the joining vowel o to connect with suffixes, forming terms like abdominoplasty or abdominal related words. The other roots refer to different organs: gastr/o for the stomach, enter/o for the intestines, and hepat/o for the liver, so abdomin/o specifically points to the abdomen.

4. A patient with elevated temperature is described as being what?

- A. Febrile
- B. Syncope
- C. Sepsis
- D. Myringitis

A person with an elevated temperature is described as febrile. Fever occurs when the body's thermostat in the hypothalamus raises the set point, usually in response to infection or illness, leading to a higher body temperature and often accompanying chills or sweating. The other terms refer to different concepts: syncope is fainting, sepsis is a dangerous, body-wide response to infection, and myringitis is inflammation of the tympanic membrane (ear). So the accurate description for someone with a fever is febrile.

5. Which combining form means chest?

- A. Pect/o
- B. Lumbar
- C. Inguinal
- D. Gluteal

Pect/o denotes the chest or chest region, and it appears in terms like pectoral (relating to the chest) or pectoralis (the chest muscle). The other options point to different areas: lumbar is the lower back, inguinal is the groin, and gluteal relates to the buttocks. So pect/o is the correct combining form for chest.

6. The combining form lapar/o refers to which part of the body?

- A. Abdomen
- B. Mind
- C. Pressure
- D. Stomach

The combining form lapar/o is used to indicate the abdominal area. It comes from Greek lapara meaning belly or abdominal wall, and it appears in terms like laparotomy (surgical opening into the abdomen) or laparoscope (instrument for viewing the abdomen). That's why the correct choice is the abdomen. It does not refer to the mind (which uses psych/o), nor to pressure, and it is not the term for the stomach (gastr/o or gastr/o- is used for stomach).

7. Which term corresponds to peptic ulcer disease?

- A. Pulmonary ulcer disease
- B. Pancreatic ulcer disease
- C. Pernicious ulcer disease
- D. Peptic ulcer disease

Peptic ulcer disease is the standard term for ulcers that develop in the stomach lining or the first part of the small intestine (duodenum) due to acid injury, often related to H. pylori infection or NSAID use. The option that matches this condition is the exact name of the disease, making it the correct choice. The other options refer to ulcers in other organs (lung or pancreas) or use a nonstandard term, so they do not describe the condition described by peptic ulcers.

8. Sinusitis is best defined as?

- A. Inflammation of the external ear
- B. Infection of the sinuses
- C. Inflammation of the sinuses**
- D. Pain in the sinuses

Sinusitis means inflammation of the sinuses. The term -itis signals inflammation, and in this case it refers specifically to the paranasal sinuses around the nasal cavity. The best definition isn't simply infection of the sinuses, because sinusitis can result from inflammation due to allergies, viral or bacterial infection, or other causes; infection may be present but isn't required for the definition. It isn't just pain in the sinuses, since pain is a symptom, not the defining process. The other option about the external ear describes a different condition entirely. Understanding that sinusitis centers on inflammation helps explain common features like nasal congestion, facial pressure, and thick nasal discharge, which occur when inflamed sinus linings block drainage.

9. The combining form etym/o means which of the following?

- A. Anatomy term
- B. Root meaning
- C. Word origin**
- D. Linguistic origin

The combining form etym/o signals origin—the source or original form of a word. It comes from etymon, meaning the true or original form, which is the idea behind etymology, the study of where a word comes from. So this is best described as word origin. It isn't about anatomy or the current meaning of a root, and while it touches on language history, the precise sense most medical terms use is the origin of the word itself.

10. The root myel/o denotes which of these?

- A. Bone tissue
- B. Nerve
- C. Spinal cord, bone marrow**
- D. Cartilage

The root myel/o refers to tissue of the spinal cord and to bone marrow. It's used in terms like myelopathy or myelitis for conditions affecting the spinal cord, and in hematology terms like myeloma or myelopoiesis for bone marrow-related processes. This is why it matches spinal cord, bone marrow. Other tissues use different roots: bone tissue uses oste/o, nerve uses neur/o, and cartilage uses chondr/o.

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://albertahealthservicesmidterm.examzify.com>

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

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