

# Alberta Health Services 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 hemoptysis?**
  - A. Spitting up blood**
  - B. Difficulty breathing**
  - C. Inflammation of the lung**
  - D. Blood clots in arteries**
  
- 2. Which condition involves hyperinflation of air sacs with destruction of alveolar walls?**
  - A. Asthma**
  - B. Influenza**
  - C. Emphysema**
  - D. Olfaction**
  
- 3. Which abbreviation stands for Coronary Artery Disease?**
  - A. Abdominal Aortic Aneurysm**
  - B. Coronary Artery Disease**
  - C. Electrocardiogram**
  - D. Arteriovenous Malformation**
  
- 4. MRI scan uses which physical principles to produce images of soft tissue?**
  - A. uses X-ray photons**
  - B. uses radio waves and a very strong magnetic field to produce images of the soft tissue**
  - C. uses sound waves**
  - D. uses radioactive tracers**
  
- 5. Which field is primarily concerned with infections caused by bacteria and viruses?**
  - A. Hematology**
  - B. Endocrinology**
  - C. Microbiology**
  - D. Nephrology**

- 6. What does the abbreviation OS stand for?**
- A. Oculus dexter (right eye)**
  - B. Right ear (auris dextra)**
  - C. Peripheral nervous system**
  - D. Oculus sinister (left eye)**
- 7. Which term means the inability to speak?**
- A. Aphasia**
  - B. Apnea**
  - C. Nephro**
  - D. Meninges**
- 8. Which root corresponds to paralysis?**
- A. tens/o**
  - B. ment/o**
  - C. spir/o**
  - D. pleg/o**
- 9. Which term means a lessening of pain without loss of consciousness?**
- A. Analgesia**
  - B. Abrasion**
  - C. Abortive**
  - D. Abiotic**
- 10. Which term means fever?**
- A. Syncope**
  - B. Myringitis**
  - C. Sepsis**
  - D. Febrile**

## Answers

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

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## **Explanations**

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## 1. What is hemoptysis?

- A. Spitting up blood**
- B. Difficulty breathing**
- C. Inflammation of the lung**
- D. Blood clots in arteries**

Hemoptysis means coughing up blood from the respiratory tract. It literally describes the key symptom: blood that is expelled from the airways or lungs, often mixed with mucus. This distinguishes it from vomiting blood, which comes from the digestive tract, and from symptoms like trouble breathing or lung inflammation, which are about other problems (dyspnea or pneumonia) rather than the act of spitting up blood. So the best description is spitting up blood, because it matches the definition and typical presentation of hemoptysis. If someone reports this symptom, it's important to assess the amount and clinical context, as it can indicate a range of conditions that may require medical evaluation.

## 2. Which condition involves hyperinflation of air sacs with destruction of alveolar walls?

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

Hyperinflation of the air sacs with destruction of alveolar walls describes emphysema, a form of COPD. In emphysema, enzymes from inflammatory cells break down elastic tissue in the alveolar walls, causing the air sacs to enlarge and the surface area for gas exchange to shrink. This loss of elastic recoil makes exhalation less effective, so air gets trapped and the lungs become chronically overinflated. That combination—alveolar wall destruction plus air trapping leading to hyperinflation—fits emphysema best. By contrast, asthma involves reversible airway narrowing without this widespread alveolar destruction, influenza is an acute infection, and olfaction is a sense related to the nose, not lung structure.

## 3. Which abbreviation stands for Coronary Artery Disease?

- A. Abdominal Aortic Aneurysm**
- B. Coronary Artery Disease**
- C. Electrocardiogram**
- D. Arteriovenous Malformation**

Understanding medical abbreviations helps you map the shorthand to the full term. CAD is the standard abbreviation for Coronary Artery Disease, the condition where the heart's arteries are narrowed or blocked, increasing the risk of chest pain and heart attack. The option that reads Coronary Artery Disease is the correct choice because it is the expansion of CAD. The other items refer to different terms: Abdominal Aortic Aneurysm (AAA), Electrocardiogram (ECG), and Arteriovenous Malformation (AVM). So, when asked which abbreviation stands for Coronary Artery Disease, the matching full term is Coronary Artery Disease.

4. MRI scan uses which physical principles to produce images of soft tissue?

A. uses X-ray photons

**B. uses radio waves and a very strong magnetic field to produce images of the soft tissue**

C. uses sound waves

D. uses radioactive tracers

MRI relies on how hydrogen protons behave in a strong magnetic field and when stimulated by radiofrequency energy. In the body, many protons are in water and fat; the external magnetic field causes their spins to align. A radiofrequency pulse at the right frequency tips this net magnetization away from alignment. When the protons relax back, they emit signals in the radiofrequency range, and the scanner detects these signals. The rate of relaxation (T1 and T2) and the proton density differ among tissues, giving high-contrast images of soft tissues. Gradient magnetic fields then encode spatial information to build detailed images. Because MRI uses only a very strong magnetic field and radio waves, it does not involve ionizing X-rays, acoustic ultrasound, or radioactive tracers.

5. Which field is primarily concerned with infections caused by bacteria and viruses?

A. Hematology

B. Endocrinology

**C. Microbiology**

D. Nephrology

Studying infections caused by bacteria and viruses is the realm of microbiology. This field examines microorganisms—their structure, how they replicate, how they cause disease, and how we identify them in the lab. It also covers strategies to prevent and treat infections, including antimicrobial therapy, vaccines, and infection-control methods. While other specialties focus on specific body systems—such as blood, hormonal regulation, or kidney function—the study and management of microbes and their diseases sits squarely in microbiology. Therefore, microbiology is the best fit for questions about infections caused by bacteria and viruses.

6. What does the abbreviation OS stand for?

A. Oculus dexter (right eye)

B. Right ear (auris dextra)

C. Peripheral nervous system

**D. Oculus sinister (left eye)**

In medical shorthand, especially in ophthalmology, eye sides are labeled with Latin terms. Oculus sinister means the left eye, abbreviated OS. This pairs with Oculus dexter for the right eye (OD) and OU for both eyes. So OS correctly identifies the left eye. The other options point to unrelated terms: Oculus dexter is the right eye, auris dextra refers to the right ear, and the peripheral nervous system is not about eye labeling.

**7. Which term means the inability to speak?**

- A. Aphasia**
- B. Apnea**
- C. Nephro**
- D. Meninges**

Inability to speak points to a language impairment called aphasia, usually arising from damage to brain areas that control language. Aphasia can affect speaking, understanding, reading, or writing, depending on which brain regions are involved. The other terms refer to different functions: apnea is a pause or stopping of breathing, nephro relates to the kidney, and meninges are the protective membranes around the brain and spinal cord. So aphasia is the correct term for the inability to speak.

**8. Which root corresponds to paralysis?**

- A. tens/o**
- B. ment/o**
- C. spir/o**
- D. pleg/o**

Paralysis is conveyed in medical terms by the combining form pleg/o. You'll see it in words like plegia (paralysis) and paraplegia (paralysis of both legs). The other roots have different meanings: tens/o relates to stretch or tension, ment/o to the mind, and spir/o to breathing. So pleg/o is the root that best matches the concept of paralysis.

**9. Which term means a lessening of pain without loss of consciousness?**

- A. Analgesia**
- B. Abrasion**
- C. Abortive**
- D. Abiotic**

Analgesia is the term that means relief from pain without loss of consciousness. It describes the effect of pain-relief measures or medications (analgesics) that lessen pain while you remain awake and aware. This differs from anesthesia, which involves loss of sensation and usually consciousness, though some pain-relieving approaches don't cause unconsciousness. The other terms don't fit this meaning: an abrasion is a superficial skin scrape; abortive refers to treatment aimed at stopping a condition from progressing (like an early migraine attack); abiotic means non-living.

**10. Which term means fever?**

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

The concept here is clinical terminology for fever. Febrile is used to describe someone who has a fever or is feverish. It's an adjective you'll see in patient notes, e.g., "the patient is febrile." The other terms refer to unrelated conditions: syncope means fainting, myringitis is inflammation of the eardrum, and sepsis is a dangerous, body-wide infection. So febrile is the term that directly denotes fever.

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

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

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

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

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