

# ALBERTA HEALTH SERVICES PRACTICE TEST (SAMPLE)

## STUDY GUIDE



## SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE**

<https://albertahealthservices.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 term means arm?**

- A. Brachi/o
- B. Mandibul/o
- C. Ophthalm/o
- D. Pulmon/o

**2. Which term means Non-living things?**

- A. Abiotic
- B. Benign
- C. Analgesia
- D. Abatement

**3. The root cholecyst/o means which anatomical structure?**

- A. Head
- B. Tissue
- C. Sensation
- D. Gallbladder

**4. Which abbreviation is used for arterial blood gases?**

- A. BAL
- B. BRONCH
- C. CPAP
- D. ABG's

**5. The combining form phren/o is used to denote which body part?**

- A. Heart
- B. Lung
- C. Diaphragm
- D. Liver

**6. Jaundice is defined as which?**

- A. A liver disease
- B. Skin infection
- C. An anemia condition
- D. Yellowing of the skin and whites of the eyes caused by an accumulation of bile pigment (bilirubin) in the blood

**7. Which tropical viral disease is transmitted by mosquitoes and affects the liver and kidneys, causing fever and jaundice?**

- A. Dengue fever
- B. Yellow fever
- C. Hepatitis A
- D. Malaria

**8. Dx is commonly used to denote which term?**

- A. Diagnostics
- B. Dexamethasone
- C. Diagnosis
- D. Diagnostic

**9. Keratoplasty is the surgical procedure on which tissue?**

- A. Conjunctiva
- B. Cornea
- C. Retina
- D. Lens

**10. Pulmon/o meaning?**

- A. Eye
- B. Abdomen
- C. Air, Lung
- D. Arm

## **Answers**

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

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## **Explanations**

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### 1. Which term means arm?

- A. Brachi/o**
- B. Mandibul/o
- C. Ophthalm/o
- D. Pulmon/o

Understanding combining forms for body parts helps decode medical terms. Brachi/o specifically means arm, and you'll see it in words like brachial artery or brachial plexus, which both refer to structures in the upper limb. The other options point to different parts: mandibul/o is the jaw, ophthalm/o is the eye, and pulmon/o is the lung. So the term that means arm is brachi/o.

### 2. Which term means Non-living things?

- A. Abiotic**
- B. Benign
- C. Analgesia
- D. Abatement

Non-living things in an environment are described as abiotic. The prefix a- means not, while biotic refers to living organisms, so abiotic covers the non-living factors that shape ecosystems, like sunlight, temperature, rainfall, soil minerals, pH, and salinity. These elements influence how organisms survive, grow, and interact, even though they aren't living themselves. The other terms describe different ideas: benign means harmless, analgesia refers to the loss of pain sensation, and abatement means a reduction or decrease of something, not a category of non-living environmental factors.

### 3. The root cholecyst/o means which anatomical structure?

- A. Head
- B. Tissue
- C. Sensation
- D. Gallbladder**

Cholecyst/o is the combining form used to name the gallbladder. It comes from chole (bile) combined with cyst/o (bladder), forming terms that refer to the gallbladder itself. That's why it appears in phrases like cholecystitis (inflammation of the gallbladder) or cholecystectomy (removal of the gallbladder). The other options point to different anatomical parts or senses: cephal/o would relate to the head, hist/o to tissue, and esthet/o (or related forms) to sensation. So cholecyst/o specifically identifies the gallbladder.

#### 4. Which abbreviation is used for arterial blood gases?

- A. BAL
- B. BRONCH
- C. CPAP
- D. ABG's**

Arterial blood gases are commonly referred to by the abbreviation ABG, with ABGs used to indicate the test results as a plural. This shorthand is standard in clinical notes and labs for talking about the oxygen, carbon dioxide, and acid-base status measured from arterial blood. The other terms refer to different things: BAL stands for bronchoalveolar lavage, a procedure to collect airway samples; BRONCH isn't a standard abbreviation for this context; CPAP means continuous positive airway pressure, a respiratory support modality. So ABG's is the appropriate shorthand for arterial blood gases.

#### 5. The combining form phren/o is used to denote which body part?

- A. Heart
- B. Lung
- C. Diaphragm**
- D. Liver

Phren/o denotes the diaphragm, the muscle that separates the chest from the abdomen and powers breathing. This combining form appears in terms related to diaphragmatic structures and function, such as the phrenic nerve that stimulates the diaphragm. The other options use different roots: heart is cardi/o, lung is pulmon/o or pneumon/o, and liver is hepat/o. So phren/o specifically points to the diaphragm.

#### 6. Jaundice is defined as which?

- A. A liver disease
- B. Skin infection
- C. An anemia condition
- D. Yellowing of the skin and whites of the eyes caused by an accumulation of bile pigment (bilirubin) in the blood**

Jaundice is a sign of bilirubin buildup in the blood, shown by yellowing of the skin and the whites of the eyes. Bilirubin is the yellow pigment produced when red blood cells break down and is normally processed by the liver into bile for excretion. When bilirubin accumulates—because production is high, the liver can't conjugate it effectively, or bile flow is blocked—the pigment deposits in tissues, most noticeably in the sclera and skin. It isn't a disease itself, though; it's a visible consequence of underlying issues with bilirubin processing. The other options describe conditions (a liver disease, a skin infection, or anemia) rather than defining jaundice as the pigment-driven yellow discoloration.

**7. Which tropical viral disease is transmitted by mosquitoes and affects the liver and kidneys, causing fever and jaundice?**

- A. Dengue fever
- B. Yellow fever**
- C. Hepatitis A
- D. Malaria

*This question tests the ability to recognize a mosquito-borne viral illness that specifically involves the liver and kidneys and presents with fever and jaundice. Yellow fever is a flavivirus transmitted by Aedes mosquitoes. It commonly causes fever and systemic illness, and in many cases progresses to liver dysfunction, leading to jaundice, and can affect the kidneys as well. The standout feature here is the liver involvement with jaundice linked to yellow fever. Dengue fever is also mosquito-borne but tends to present with severe body aches, headaches, and sometimes hemorrhagic features rather than prominent jaundice. Hepatitis A is a viral liver disease, but it is transmitted fecal-orally rather than by mosquitoes. Malaria is mosquito-borne too but is a parasite, not a virus, and while jaundice can occur, the primary issue is parasitemia and hemolysis rather than a viral hepatitis picture.*

**8. Dx is commonly used to denote which term?**

- A. Diagnostics
- B. Dexamethasone
- C. Diagnosis**
- D. Diagnostic

*Medical shorthand uses Dx to denote the diagnosis—the identified condition affecting the patient. This is a noun form that clinicians place in notes to specify what disease or problem has been diagnosed, such as “Dx: pneumonia” or “Dx: diabetes mellitus.” It isn’t the term for the process or tests (that would be diagnostics), it isn’t a drug name (dexamethasone), and it isn’t an adjective form (diagnostic). So the most accurate interpretation is diagnosis.*

**9. Keratoplasty is the surgical procedure on which tissue?**

- A. Conjunctiva
- B. Cornea**
- C. Retina
- D. Lens

*Keratoplasty is a surgical procedure on the cornea, the clear, dome-shaped front part of the eye that helps light focus onto the retina. In a corneal transplant, damaged corneal tissue is replaced with healthy donor tissue to restore clarity and vision. This targets the cornea specifically, not other eye structures. For context, the conjunctiva is the thin membrane covering the white of the eye and inner eyelids, the retina is the light-sensitive layer at the back of the eye, and the lens sits behind the iris to focus light onto the retina. Keratoplasty can involve replacing the whole thickness of the cornea (penetrating keratoplasty) or just some layers (lamellar keratoplasty), depending on the condition.*

## 10. Pulmon/o meaning?

- A. Eye
- B. Abdomen
- C. Air, Lung
- D. Arm

*Pulmon/o is the combining form that refers to the lung. It's used in terms related to the lungs, such as pulmonary and pulmonology. It doesn't refer to the eye, abdomen, or arm—those would be ocul/o, abdomin/o, and brachi/o, respectively. The option that best matches the concept is the one that includes lung, since the lung is the organ involved in respiration; the "air" aspect is a function the lungs perform, but the root meaning is lung itself.*

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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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