Breast Screening & Diagnostic Practice Test (Sample)

Study Guide

Everything you need from our exam experts!

Table of Contents

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

1. What is sono palpation/echo palpation?

A. A technique used to isolate a palpable mass.

B. A method to measure tissue stiffness.

C. A type of contrast-enhanced imaging.

D. A way to assess blood flow velocity.

2. Which term denotes the Upper Outer Quadrant of the left breast?

A. UOQ

B. UIQ

C. LOQ

D. LIQ

3. Which medication is specifically known to affect breast tissue?

A. Hormone replacement therapy (HRT)

B. Antibiotics

C. Antihistamines

D. Statins

4. What is created in regards to fremitus with normal vibrating breast tissue ?

A. Creates motion, which produces a signal.

B. Causes damping.

C. Eliminates all signals.

D. Causes resonance but no signal.

5. Which term denotes the Lower Inner Quadrant?

A. LOQ

B. UIQ

C. LIQ

D. UOQ

6. What are some types of stand-off pads?

A. Gel pads

B. Glob of gel

C. Glove filled with gel/ water

D. Gel pads, glob of gel, glove filled with gel/ water, stand-off transducer attachments

7. An echo palpation guarantees ?

A. Visualization of correct structure.

B. Identification of malignant features.

C. Elimination of all artifacts.

D. Reduction of lesion size.

8. Coffee consumption has what effect on breast tissue?

A. Stimulates

B. Inhibits

C. Has no effect

D. Causes permanent changes

9. Which organization recommends using radial/ anti radial scanning?

A. AIUM

B. ACR

C. WHO

D. SBCT

10. Radial and anti radial scanning correlate with which anatomical feature?

A. The direction of the ductal system

B. The distribution of lymph nodes

C. The skin thickness

D. The chest wall orientation

Answers

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

Explanations

1. What is sono palpation/echo palpation?

A. A technique used to isolate a palpable mass.

B. A method to measure tissue stiffness.

C. A type of contrast-enhanced imaging.

D. A way to assess blood flow velocity.

Sono palpation is a technique used during breast ultrasound to locate and isolate a palpable lump by applying gentle palpation with the probe while imaging. By pressing and moving the transducer, the examiner can reproduce the clinician's tactile finding on the screen, confirming that the visible lesion corresponds to what the patient feels and allowing targeted imaging or biopsy of the correct area. This approach is especially helpful when a lump is difficult to see or when there are multiple lesions, ensuring accurate localization. It's not about measuring tissue stiffness (that would be elastography), not about using contrast-enhanced imaging, and not about assessing blood flow velocity (that would involve Doppler).

2. Which term denotes the Upper Outer Quadrant of the left breast?

A. UOQ

B. UIQ

C. LOQ

D. LIQ

Breast quadrants describe location by dividing the breast into four regions: upper and lower halves, each split into inner (toward the center) and outer (toward the armpit) sides. The term for the top outer region is Upper Outer Quadrant, abbreviated as UOQ. This quadrant sits at the superior outer portion of the breast and is the area closest to the axilla. The other terms refer to the opposite combinations: Upper Inner Quadrant (toward the sternum), Lower Outer Quadrant (lower toward the armpit), and Lower Inner Quadrant (lower toward the sternum).

3. Which medication is specifically known to affect breast tissue?

A. Hormone replacement therapy (HRT)

B. Antibiotics

C. Antihistamines

D. Statins

Medications that affect breast tissue are those that alter hormonal stimulation of the breast. Hormone replacement therapy introduces estrogen, often with a progestin, which stimulates the breast's ductal and lobular tissue. This can cause tenderness, fullness, and enlargement, and it can increase breast density on mammograms, making imaging findings harder to interpret. Among common drugs, HRT is the one most clearly known to cause these breast tissue changes. Antibiotics don't change breast tissue structure; they treat infection. Antihistamines don't stimulate breast tissue; they affect allergy symptoms. Statins affect cholesterol metabolism and generally don't impact breast tissue.

4. What is created in regards to fremitus with normal vibrating breast tissue ?

A. Creates motion, which produces a signal.

B. Causes damping.

C. Eliminates all signals.

D. Causes resonance but no signal.

When breast tissue is vibrated, normal tissue actually moves. That movement is what generates the detectable signal at the surface, which is what fremitus uses. So the key idea is that the vibration creates motion, and that motion produces the signal you observe. If there were damping, the signal would be reduced; eliminating all signals would imply something abnormal or poor coupling; and resonance without a signal isn't the typical description for normal vibrating tissue because there is still a signal produced by the movement.

5. Which term denotes the Lower Inner Quadrant?

A. LOQ

B. UIQ

C. LIQ

D. UOQ

In breast quadrant terminology, the breast is divided by two perpendicular lines into four regions: upper inner, upper outer, lower inner, and lower outer. The terms inner versus outer describe position toward the midline of the body (inner) or toward the outer chest (outer), while upper versus lower describe position above or below the inframammary fold. The quadrant that is toward the midline and in the lower part of the breast is the Lower Inner Quadrant, abbreviated LIQ. The other possibilities correspond to the other regions: Lower Outer Quadrant (LOQ), Upper Inner Quadrant (UIQ), and Upper Outer Quadrant (UOQ). So the correct term for the lower inner quadrant is LIQ.

6. What are some types of stand-off pads?

A. Gel pads

B. Glob of gel

C. Glove filled with gel/ water

D. Gel pads, glob of gel, glove filled with gel/ water, stand-off transducer attachments

Stand-off pads are used to create a small, uniform gap between the ultrasound transducer and the skin to improve acoustic coupling and visualize superficial structures more clearly. There isn't a single type; clinicians use several forms depending on the situation. Gel pads are soft pads filled with gel to provide consistent spacing and good contact. Some quick methods involve a glob of gel placed between the skin and transducer. A glove filled with gel or water can also function as a makeshift stand-off to achieve the needed distance. Stand-off transducer attachments are more rigid options that set a fixed separation. Because the full range of stand-off options includes all of these, the comprehensive answer best reflects the variety available in practice.

7. An echo palpation guarantees ?

A. Visualization of correct structure.

B. Identification of malignant features.

C. Elimination of all artifacts.

D. Reduction of lesion size.

Echo palpation hinges on confirming what you are seeing in real time by correlating tactile feedback with the ultrasound image. By gently applying pressure with the probe and watching how tissues respond, you can verify that you are visualizing the correct structure in the breast. This immediate cross-check ensures accurate localization of the target anatomy before any intervention or assessment, which is why it guarantees visualization of the right structure. It doesn't guarantee that a lesion is malignant—ultrasound features can suggest risk but cannot prove cancer without histology. Artifacts can still appear despite careful palpation, so artifacts aren't eliminated. And palpation cannot change the size of a lesion.

8. Coffee consumption has what effect on breast tissue?

A. Stimulates

B. Inhibits

C. Has no effect

D. Causes permanent changes

Caffeine from coffee can act as a stimulant, leading to temporary changes in breast tissue such as tenderness, fullness, or a heightened sensation of stimulation in some individuals. These effects are not permanent and do not indicate lasting structural changes to the breast. That's why the best description is that coffee consumption stimulates breast tissue. The other ideas don't fit as well: caffeine doesn't typically inhibit breast tissue, and while many people may notice some temporary symptoms, it isn't accurate to say there is no effect for everyone. Permanent changes from coffee are not a typical outcome.

9. Which organization recommends using radial/ anti radial scanning?

A. AIUM

B. ACR

C. WHO

D. SBCT

Using multiple scanning planes to ensure complete coverage and accurate lesion localization is the key idea. Radial scanning follows a nipple-centered, clock-face orientation around the breast, while anti-radial scanning provides the complementary perpendicular views. This combination gives a consistent, reproducible map of any finding relative to the nipple and the ductal architecture, which is essential for reliable documentation, follow-up, and biopsy targeting. The organization that explicitly recommends this approach in breast ultrasound practice is the AIUM. While other bodies set general imaging or health guidelines, AIUM's standards emphasize performing both radial and anti-radial scanning to achieve a thorough and standardized exam.

10. Radial and anti radial scanning correlate with which anatomical feature?

A. The direction of the ductal system

B. The distribution of lymph nodes

C. The skin thickness

D. The chest wall orientation

Radial and anti-radial scanning are designed to align with the natural layout of the breast's ducts. The ducts radiate from the nipple outward like spokes, so a radial plane runs along the direction of those ducts, letting you trace their course and spot changes or lesions that follow the ductal path. The anti-radial plane is perpendicular to that direction, giving a cross-sectional view of the ducts and surrounding tissue. This pairing mirrors the ductal anatomy, making it the best way to assess structures and any pathology related to the ducts. Other features, such as skin thickness, chest wall orientation, or lymph node distribution, aren't defined by these scanning orientations in the same way.

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://breastscreeningdiagnostic.examzify.com

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