

CALREGIONAL MEDICAL ASSISTANT PRACTICE EXAM (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

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THE FULL VERSION STUDY GUIDE**

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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 refers to the inflammatory condition of the colon?**
 - A. Peptic
 - B. Colitis
 - C. Sigmoidoscopy
 - D. Cholecystectomy

- 2. Proctoscope is used to examine which area?**
 - A. Stomach
 - B. Lower rectum and anal canal
 - C. Liver
 - D. Ileum

- 3. When a patient declines recommended treatment, which element is advisable to include in the medical record?**
 - A. The risks/benefits discussed, alternatives offered, and planned follow-up
 - B. The patient's insurance information
 - C. The physician's personal opinion
 - D. The date the patient was seen

- 4. Women who have had cystitis a few times can identify the characteristic symptoms and will start to drink water and:**
 - A. Tea
 - B. Cranberry juice
 - C. Coffee
 - D. Milk

- 5. Which of the following is an example of an adrenergic agonist?**
 - A. Epinephrine
 - B. Acetaminophen
 - C. Diphenhydramine
 - D. Citalopram

6. It is customary to weigh infants

- A. With a diaper on
- B. In a blanket
- C. Unclothed
- D. On a weighted scale

7. Which arrangement correctly represents the metric BMI formula?

- A. $\text{BMI} = \text{weight (kg)} / [\text{height (m)}]^2$
- B. $\text{BMI} = \text{weight (kg)} / [\text{height (m)}]^2$
- C. $\text{BMI} = \text{weight (lb)} / [\text{height (in)}]^2$
- D. $\text{BMI} = \text{height (m)} / \text{weight (kg)}$

8. Which document or method is typically used to record a patient's symptoms, diagnosis, treatment plan, and follow-up?

- A. Daily activity log
- B. Medical history form
- C. SOAP note
- D. Electronic health record synopsis

9. Myxedema is associated with deficiency of which hormone?

- A. Insulin
- B. Cortisol
- C. Growth hormone
- D. Thyroid hormone

10. By five months, a typical infant can perform which action?

- A. Sit up without support
- B. Hold the bottle
- C. Crawl
- D. Speak first words

Answers

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

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Explanations

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1. Which term refers to the inflammatory condition of the colon?

- A. Peptic
- B. Colitis**
- C. Sigmoidoscopy
- D. Cholecystectomy

Colitis means inflammation of the colon. The colon is the last part of the large intestine, and when it becomes inflamed it can cause symptoms like diarrhea, abdominal cramps, and sometimes blood in the stool. The word parts help you recognize it: "colo-" refers to the colon and "-itis" signals inflammation. Other terms describe something different. Peptic relates to ulcers in the stomach or first part of the small intestine, not the colon. Sigmoidoscopy is a procedure to look inside the lower colon, not a disease. Cholecystectomy is the surgical removal of the gallbladder, unrelated to inflammation of the colon. So the term that refers to the inflammatory condition of the colon is colitis.

2. Proctoscope is used to examine which area?

- A. Stomach
- B. Lower rectum and anal canal**
- C. Liver
- D. Ileum

A proctoscope is used to inspect the distal end of the large intestine—the lower rectum and anal canal. It's a short, rigid instrument designed to visualize the last portion of the rectum and the anal canal, where issues like hemorrhoids or fissures commonly occur. It does not reach the stomach, liver, or ileum; those areas require other scopes or imaging techniques (upper GI scopes for the stomach and different instruments to access the ileum). So, the area examined is the lower rectum and anal canal.

3. When a patient declines recommended treatment, which element is advisable to include in the medical record?

- A. The risks/benefits discussed, alternatives offered, and planned follow-up**
- B. The patient's insurance information
- C. The physician's personal opinion
- D. The date the patient was seen

When a patient declines recommended treatment, the medical record should document that the risks and benefits were discussed, alternatives offered, and a follow-up plan was arranged. This shows that the patient was informed and that their autonomous decision is being recorded alongside a plan to reassess or monitor the situation. Including the discussion of risks and benefits with alternatives demonstrates the informed decision-making process, which is essential for patient safety and legal protection. Insurance information, the physician's personal opinion, or merely the date of the visit do not capture the patient's decision-making process or the agreed-upon next steps.

4. Women who have had cystitis a few times can identify the characteristic symptoms and will start to drink water and:

- A. Tea
- B. Cranberry juice**
- C. Coffee
- D. Milk

Hydration plus cranberry products are often advised for recurrent bladder infections because they can help prevent bacteria from taking hold in the urinary tract. Cranberry juice contains compounds that interfere with the ability of certain bacteria, like E. coli, to adhere to the lining of the bladder, which lowers the chance of a reinfection. Drinking water helps by diluting urine and flushing bacteria out of the urinary tract, providing symptom relief and reducing the likelihood of persistence. The other beverages don't offer this anti-adhesion benefit; tea and coffee can irritate the bladder or act as diuretics/caffeine sources, and milk doesn't provide the same protective effect. So cranberry juice is the most appropriate supplement to choose alongside staying well hydrated. If symptoms persist, see a clinician for appropriate evaluation and treatment.

5. Which of the following is an example of an adrenergic agonist?

- A. Epinephrine**
- B. Acetaminophen
- C. Diphenhydramine
- D. Citalopram

An adrenergic agonist activates adrenergic receptors in the sympathetic nervous system, mimicking the effects of adrenaline. Epinephrine is a classic example because it binds to both alpha and beta receptors throughout the body, causing responses like increased heart rate, bronchodilation, and vasoconstriction needed in emergencies. The other substances don't activate these receptors: acetaminophen reduces pain and fever through non-adrenergic mechanisms; diphenhydramine blocks histamine receptors; citalopram increases serotonin by inhibiting its reuptake. So epinephrine best fits the definition of an adrenergic agonist.

6. It is customary to weigh infants

- A. With a diaper on
- B. In a blanket
- C. Unclothed**
- D. On a weighted scale

Weighing infants unclothed ensures the reading reflects the baby's true body weight, not the weight of clothing or coverings. Clothing, blankets, or diapers can add variable mass each time you weigh, which skews the result and makes it harder to track growth accurately over time. Using a clean, calibrated scale, you tare if possible and place the naked infant on the scale to get an accurate measurement. After weighing, you can wrap the baby as needed for comfort. Weighing with a diaper on or with a blanket on would introduce extra, inconsistent weight, and simply using a scale without addressing clothing does not give a true baseline.

7. Which arrangement correctly represents the metric BMI formula?

- A. BMI = weight (kg) / [height (m)]²
- B. BMI = weight (kg) / [height (m)]²**
- C. BMI = weight (lb) / [height (in)]²
- D. BMI = height (m) / weight (kg)

In the metric system, BMI is defined as weight in kilograms divided by the square of height in meters. This gives the index BMI = weight (kg) / [height (m)]², which simplifies to a unit of kg/m². Using kilograms and meters with the height squared normalizes body mass for a person's stature in a way that correlates with body fat without needing extra conversion factors. If you tried to use pounds and inches, you'd either get a different unit (lb/in²) or you'd have to include a conversion constant (the 703 factor) to match the kg/m² scale. Swapping the numerator and denominator would also make no sense for BMI, as it would not reflect how weight relates to height. So the correct metric form is weight in kilograms divided by the square of height in meters. For example, someone who is 70 kg and 1.75 m tall would have BMI $\approx 70 / (1.75^2) \approx 22.9$.

8. Which document or method is typically used to record a patient's symptoms, diagnosis, treatment plan, and follow-up?

- A. Daily activity log
- B. Medical history form
- C. SOAP note**
- D. Electronic health record synopsis

Recording a patient encounter in a structured way that clearly covers what the patient reports, what is observed, the working diagnosis, and the plan for treatment and follow-up is the defining use of a SOAP note. This format breaks the note into four parts: Subjective, where the patient's described symptoms and history are recorded; Objective, where the clinician notes exam findings and measurable data; Assessment, where the clinician states the diagnosis or impression and any differential diagnoses; and Plan, where the treatment steps, medications, referrals, and follow-up arrangements are outlined. This organization makes it easy for anyone reviewing the chart to follow the patient's story, understand the clinical reasoning, and know what to do next. The other options don't fit as well because they don't provide that concise, encounter-focused structure. A daily activity log tracks day-to-day activities and is not intended for documenting medical diagnoses and treatment plans. A medical history form collects past health information but doesn't capture the current encounter, assessment, or follow-up steps. An electronic health record synopsis might summarize records, but the standard method used during patient encounters to document symptoms, diagnosis, and follow-up in a single, structured note is the SOAP note.

9. Myxedema is associated with deficiency of which hormone?

- A. Insulin
- B. Cortisol
- C. Growth hormone
- D. Thyroid hormone**

Myxedema occurs with a deficiency of thyroid hormone. When thyroid hormone levels are too low, metabolic rate slows and mucopolysaccharides accumulate in the dermis, producing the characteristic nonpitting, puffed swelling of the skin—especially in the face and hands—along with symptoms like fatigue, cold intolerance, weight gain, and slowed thinking. This specific tissue edema is a hallmark of severe hypothyroidism, sometimes termed myxedema in adults. Other hormone deficiencies produce different problems (for example, insulin deficiency leads to diabetes symptoms, cortisol deficiency causes adrenal insufficiency, and growth hormone deficiency affects growth and metabolism) and do not cause the mucopolysaccharide-rich, nonpitting edema seen with thyroid hormone deficiency.

10. By five months, a typical infant can perform which action?

- A. Sit up without support
- B. Hold the bottle**
- C. Crawl
- D. Speak first words

At five months, babies are gaining better control of their arms and hands and starting to use a full-hand grasp to explore objects. This allows them to hold and manage a bottle during feeding, which is a typical skill for this age as hand-eye coordination and voluntary grasp are developing. Sitting up without support requires more trunk control and usually doesn't occur until around six to seven months. Crawling tends to start later, roughly eight to ten months, and first words generally appear closer to twelve months. So holding the bottle best fits the developmental stage around five months.

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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.

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

<https://calregionalmedassistant.examzify.com>

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

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