

Certified Medication Aide Practice (Sample)

Study Guide



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SAMPLE

Questions

- 1. What does the term "AM" stand for in medical language?**
 - A. Morning; before noon**
 - B. With**
 - C. Blood vessel**
 - D. Refers to cough**
- 2. What is the best storage recommendation for insulin, liquid antibiotics, and suppositories?**
 - A. Room temperature**
 - B. Avoid sunlight exposure**
 - C. Heat exposure**
 - D. Always refrigerate**
- 3. What does the term "algia" mean?**
 - A. Antibiotic**
 - B. Pain**
 - C. Life**
 - D. Against**
- 4. What does the term "convulsion" mean in medical language?**
 - A. Seizure**
 - B. Life**
 - C. Clot**
 - D. Against**
- 5. What is the recommended action if a medication appears discolored or has sediment?**
 - A. Administer the medication immediately**
 - B. Store the medication for future use**
 - C. Report it to a supervisor and do not administer**
 - D. Mix it with another medication**

- 6. What is a throat lozenge?**
- A. Flavored tablet or disc containing medication released into the throat**
 - B. Liquid drug form in which the drug is evenly dissolved**
 - C. Softening and soothing, especially of the skin**
 - D. Gelatin type container which holds medicine and dissolves in the stomach**
- 7. Which type of medication works by blocking the action of histamine to decrease allergy symptoms?**
- A. Skeletal muscle relaxants**
 - B. Anti-neoplastics**
 - C. Antihistamines**
 - D. Topical medicines**
- 8. Which type of medication is used to neutralize stomach acid?**
- A. Anti-neoplastics**
 - B. Skeletal muscle relaxants**
 - C. Anti-inflammatories**
 - D. Antacids**
- 9. What should a CMA do if a patient refuses medication?**
- A. Force the patient to take the medication**
 - B. Ignore the refusal**
 - C. Respect the patient's decision and document it**
 - D. Notify the family instead of the supervising nurse**
- 10. What do antihistamines primarily target in the body to reduce symptoms?**
- A. Reduce fluid pressure in the eye**
 - B. Block histamine action to decrease allergy symptoms**
 - C. Suppress appetite**
 - D. Relax skeletal muscles**

Answers

SAMPLE

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

SAMPLE

Explanations

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1. What does the term "AM" stand for in medical language?

A. Morning; before noon

B. With

C. Blood vessel

D. Refers to cough

AM stands for Ante Meridiem, which is a Latin term for "before midday" or "before noon". Its use in medical language is often seen when noting the time of day for medication dosages or procedures. The term "with" (B) is typically abbreviated as "c" in medical terminology, and is usually used to indicate that two things are being taken together, such as two medications or two symptoms. "Blood vessel" (C) is not typically abbreviated as "AM" in medical language. "Refers to cough" (D) is also an incorrect option, as there is no common abbreviation for "cough" that uses the letters "AM". Overall, the term "AM" is used specifically to indicate time of day and should not be confused with other abbreviations or medical terms.

2. What is the best storage recommendation for insulin, liquid antibiotics, and suppositories?

A. Room temperature

B. Avoid sunlight exposure

C. Heat exposure

D. Always refrigerate

Insulin, liquid antibiotics, and suppositories are medications that are sensitive to temperature and humidity. Storing them at room temperature might lead to degradation and reduced effectiveness. Sunlight exposure can also impact the stability of these medications. Heat exposure can further accelerate the breakdown of these sensitive medications. Refrigeration is the best storage recommendation for insulin, liquid antibiotics, and suppositories as it helps maintain their potency and stability. Keeping them in the refrigerator ensures that these medications are stored in a cool and stable environment, preventing any potential degradation that could occur at higher temperatures. Therefore, option D is the correct choice for storing insulin, liquid antibiotics, and suppositories.

3. What does the term "algia" mean?

A. Antibiotic

B. Pain

C. Life

D. Against

The term "algia" is a suffix derived from the Greek word "álgos," which translates to pain. In medical terminology, "algia" is used to denote pain or a painful condition in a specific part of the body. Therefore, the correct answer is B. The other options are incorrect: A. Antibiotic - This term refers to a type of medication used to treat bacterial infections and has no relation to the meaning of "algia." C. Life - This term does not relate to the suffix "algia" and does not have a connection to pain. D. Against - This term does not have a relationship with the meaning of the suffix "algia," which specifically denotes pain.

4. What does the term "convulsion" mean in medical language?

A. Seizure

B. Life

C. Clot

D. Against

The term "convulsion" in medical language refers to a seizure. A convulsion is a sudden, violent, and involuntary contraction of muscles, often caused by abnormal electrical activity in the brain. Seizure is the correct term that best describes the meaning of "convulsion" in medical terminology. Options B, C, and D are not correct in this context. "Life" does not relate to convulsion, "clot" refers to a solid or semi-solid mass formed by coagulation of blood, and "against" does not have any direct connection to convulsion in medical terminology.

5. What is the recommended action if a medication appears discolored or has sediment?

A. Administer the medication immediately

B. Store the medication for future use

C. Report it to a supervisor and do not administer

D. Mix it with another medication

In situations where a medication appears discolored or contains sediment, the recommended action is to report it to a supervisor and refrain from administering the medication. This is important for several reasons. First, changes in a medication's appearance can indicate potential problems such as degradation, contamination, or a chemical reaction that could affect its efficacy and safety. Administering a compromised medication could lead to adverse effects for the patient, including therapeutic failure or harmful reactions. Reporting to a supervisor ensures that a trained professional can assess the situation, determine the appropriate course of action, and ensure patient safety. This procedure is in line with best practices for medication administration, which prioritize patient health and safety above all else. Taking any action such as administering, storing for future use, or mixing with another medication without professional guidance would be irresponsible and could jeopardize the patient's well-being. Therefore, the correct response is to report the issue to a supervisor.

6. What is a throat lozenge?

- A. Flavored tablet or disc containing medication released into the throat**
- B. Liquid drug form in which the drug is evenly dissolved**
- C. Softening and soothing, especially of the skin**
- D. Gelatin type container which holds medicine and dissolves in the stomach**

A throat lozenge is a flavored tablet or disc containing medication that is released into the throat. Throat lozenges are designed to be dissolved slowly in the mouth to help alleviate sore throats, coughs, and other throat irritations. They often contain ingredients like menthol, peppermint, or honey to provide soothing relief. Liquid drug forms (option B), softening and soothing of the skin (option C), and gelatin type containers that dissolve in the stomach (option D) do not accurately describe what a throat lozenge is used for or its typical form.

7. Which type of medication works by blocking the action of histamine to decrease allergy symptoms?

- A. Skeletal muscle relaxants**
- B. Anti-neoplastics**
- C. Antihistamines**
- D. Topical medicines**

Antihistamines are medications that work by blocking the action of histamine in the body. Histamine is a chemical released by the immune system during an allergic reaction, leading to symptoms such as itching, sneezing, and runny nose. By blocking histamine's action, antihistamines help reduce or alleviate allergy symptoms. Skeletal muscle relaxants are used to reduce muscle spasms, anti-neoplastics are used to treat cancer, and topical medicines are applied to the skin or mucous membranes for local effects. These types of medications do not work by blocking the action of histamine to decrease allergy symptoms.

8. Which type of medication is used to neutralize stomach acid?

- A. Anti-neoplastics**
- B. Skeletal muscle relaxants**
- C. Anti-inflammatories**
- D. Antacids**

Antacids are used specifically to neutralize stomach acid. Anti-neoplastics and anti-inflammatories are used to treat and prevent the growth of cancer and reduce inflammation, respectively. Skeletal muscle relaxants are used to relieve muscle tension and pain. Therefore, these options are not correct for treating stomach acid.

9. What should a CMA do if a patient refuses medication?

- A. Force the patient to take the medication**
- B. Ignore the refusal**
- C. Respect the patient's decision and document it**
- D. Notify the family instead of the supervising nurse**

When a patient refuses medication, it is essential for a Certified Medication Aide (CMA) to respect the patient's decision. This supports the principle of patient autonomy, which emphasizes the importance of allowing individuals to make their own healthcare choices. Documenting the refusal is crucial, as it provides a record of the patient's decision and ensures that all members of the healthcare team are aware of the situation. This documentation can also guide future interactions and care plans. Respecting a patient's wishes can help build trust and rapport between the patient and the healthcare provider, fostering a more effective therapeutic relationship. Moreover, understanding the reasons behind a refusal can lead to meaningful conversations about the patient's concerns and potential alternatives. In contrast, forcing a patient to take medication violates ethical standards and can lead to significant adverse reactions, both physically and emotionally. Ignoring the refusal disregards the patient's autonomy and can result in legal and ethical issues. Notifying the family instead of the supervising nurse does not address the patient's rights or ensure appropriate patient care; the supervising nurse should be informed to provide further instruction and support. This highlights the importance of patient involvement in their own care and the need for healthcare providers to respect and document individuals' choices regarding their treatment.

10. What do antihistamines primarily target in the body to reduce symptoms?

- A. Reduce fluid pressure in the eye**
- B. Block histamine action to decrease allergy symptoms**
- C. Suppress appetite**
- D. Relax skeletal muscles**

Antihistamines are medications designed to block the action of histamines in the body. Histamines are chemicals released by the immune system in response to an allergen, causing allergy symptoms such as itching, sneezing, and runny nose. By targeting and blocking the histamines, antihistamines help to decrease and alleviate these allergy symptoms. Option A is incorrect because while antihistamines may also have a mild effect on reducing fluid pressure in the eye, it is not their primary target. Option C is incorrect because antihistamines do not have any impact on appetite suppression. Option D is incorrect because antihistamines do not have any effect on skeletal muscles and are not used for muscle relaxation.