

Certified Paraoptometric (CPO) Practice Exam 2026 (Sample)

Study Guide



Everything you need from our exam experts!

This is a sample study guide. To access the full version with hundreds of questions,

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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. Don't worry about getting everything right, 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, and take breaks to retain information better.

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.

7. Use Other Tools

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!

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Questions

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- 1. Which of the following is NOT part of implementing HIPAA?**
 - A. Minimum necessary standard for PHI disclosure**
 - B. Regular training for staff**
 - C. Unlimited PHI disclosure for staff developing crisis**
 - D. Patient privacy protection measures**
- 2. In terms of paperwork, the age of a patient is considered what in terms of PHI?**
 - A. Mandatory information**
 - B. Optional information**
 - C. Restricted information**
 - D. Confidential information**
- 3. What does "ED" stand for in lens measurements?**
 - A. Eye diameter**
 - B. Effective diameter**
 - C. Edge displacement**
 - D. Entire diameter**
- 4. What is the purpose of the optical zone diameter (OZD) in a contact lens?**
 - A. To provide lens thickness measurements**
 - B. To offer optical correction for a patient's vision**
 - C. To determine lens base curve**
 - D. To assess overall lens comfort**
- 5. What is known as a thickening of connective tissue on the sides of the cornea?**
 - A. Pterygium**
 - B. Pinguecula**
 - C. Keratoconus**
 - D. Nystagmus**

6. Which correction is generally not needed for a patient with emmetropia?

- A. Glasses for distance vision**
- B. Glasses for near vision**
- C. No corrective lenses are required**
- D. Contact lenses**

7. Which type of lens should always be kept in solution when being stored?

- A. Gas-permeable**
- B. Soft**
- C. Rigid**
- D. Scleral**

8. What is the primary role of additional curves in the back surface of contact lenses?

- A. To improve visual clarity**
- B. To assist in fitting the lens**
- C. To provide UV filtering**
- D. To enhance aesthetic appeal**

9. When placing an order for a soft contact lens, which of the following is necessary to specify?

- A. Only the lens power**
- B. Lens brand or type, case curve, overall diameter, and lens power**
- C. Only the overall diameter and lens power**
- D. The prescription for glasses instead**

10. Which of the following describes patient confidentiality?

- A. Sharing information freely with anyone**
- B. Keeping medical information private and secure**
- C. Documenting everything about the patient**
- D. Discussing patient cases in public**

Answers

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

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Explanations

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1. Which of the following is NOT part of implementing HIPAA?

- A. Minimum necessary standard for PHI disclosure**
- B. Regular training for staff**
- C. Unlimited PHI disclosure for staff developing crisis**
- D. Patient privacy protection measures**

The correct choice is indeed that unlimited PHI disclosure for staff developing a crisis is not part of implementing HIPAA. The Health Insurance Portability and Accountability Act (HIPAA) establishes strict guidelines regarding the handling of Protected Health Information (PHI) to ensure patient privacy and confidentiality. Under HIPAA regulations, there is a "minimum necessary" standard that requires healthcare providers to limit the disclosure of PHI to the minimum amount necessary to achieve a particular purpose. Regular training for staff is a crucial component of compliance, educating them on privacy policies and the importance of protecting patient information. Additionally, implementing measures to protect patient privacy is fundamental to complying with HIPAA's requirements. In contrast, the concept of unlimited PHI disclosure contradicts the very essence of HIPAA's purpose, which is to safeguard health information against unauthorized access and disclosure. This option highlights a misunderstanding of HIPAA regulations, emphasizing that even during a crisis, appropriate safeguards and limits must be maintained regarding the sharing of PHI.

2. In terms of paperwork, the age of a patient is considered what in terms of PHI?

- A. Mandatory information**
- B. Optional information**
- C. Restricted information**
- D. Confidential information**

The age of a patient is considered mandatory information in the context of Protected Health Information (PHI) because it is vital for accurately identifying patients and providing appropriate care. Patient age can impact diagnoses, treatment plans, and health history assessments, making it an essential piece of information in a medical record. Mandatory information typically includes items that are crucial for healthcare providers to offer appropriate services and comply with regulations regarding patient care. Additionally, under regulations like HIPAA, certain demographic information, including age, is required to ensure that healthcare providers can deliver tailored care based on age-related factors. In contrast, optional information might pertain to details that aren't necessary for treatment but could enhance understanding of the patient's lifestyle or preferences, while restricted information refers to sensitive data that's only available to authorized personnel. Confidential information pertains broadly to any details that must be protected to maintain patient privacy, but in the case of age, it's more specifically categorized as mandatory due to its importance in clinical practice.

3. What does "ED" stand for in lens measurements?

- A. Eye diameter
- B. Effective diameter**
- C. Edge displacement
- D. Entire diameter

The term "ED" in lens measurements stands for "Effective Diameter." This measurement is crucial as it reflects the diameter of the lens that is effective for optical purposes and fitting into frames. Understanding the effective diameter helps in determining how the lens will perform optically when placed in a frame, ensuring appropriate fitting and alignment with the wearer's requirements. The other terms, while they may seem related, do not accurately capture the definition used in optical measurements. "Eye diameter" pertains to a different anatomical measurement, "edge displacement" does not directly relate to lens sizing in the context of fitting and optics, and "entire diameter" is a somewhat vague term that does not specifically refer to the measurements used in the optical lens industry. Thus, "Effective Diameter" is the correct interpretation in the context of lens measurements.

4. What is the purpose of the optical zone diameter (OZD) in a contact lens?

- A. To provide lens thickness measurements
- B. To offer optical correction for a patient's vision**
- C. To determine lens base curve
- D. To assess overall lens comfort

The optical zone diameter (OZD) is primarily responsible for offering optical correction for a patient's vision. This is the central part of the contact lens that contains the prescription, and its size can impact the effectiveness of vision correction. A properly sized optical zone ensures that the area providing the correction aligns with the pupil's position, thereby allowing the patient to achieve optimal clarity of vision. While other measurements such as lens thickness, base curve, and comfort factors play roles in contact lens fitting and overall performance, the OZD's main function is to ensure that the corrective properties of the lens are positioned correctly in relation to the wearer's eye, directly affecting visual acuity. Therefore, understanding the OZD is critical for achieving the best possible vision correction with contact lenses.

5. What is known as a thickening of connective tissue on the sides of the cornea?

- A. Pterygium**
- B. Pinguecula**
- C. Keratoconus**
- D. Nystagmus**

The correct answer is the thickening of connective tissue on the sides of the cornea known as a pinguecula. This condition refers specifically to a yellowish, raised growth that commonly appears on the conjunctiva, which is the membrane covering the white part of the eye. It often occurs in response to UV exposure, dryness, or irritants, leading to the development of this thickening. While pterygium is also related to growth on the eye, it is different in that it often extends onto the cornea itself and can impact vision. Keratoconus refers to a condition where the cornea thins and begins to bulge into a conical shape, which is not a thickening of connective tissue. Nystagmus is a condition characterized by involuntary eye movements and is unrelated to corneal tissue thickening. Thus, pinguecula is the most accurate descriptor of the thickening of connective tissue specifically on the sides of the cornea.

6. Which correction is generally not needed for a patient with emmetropia?

- A. Glasses for distance vision**
- B. Glasses for near vision**
- C. No corrective lenses are required**
- D. Contact lenses**

Patients with emmetropia have normal vision, meaning their eyes can focus light correctly on the retina without the need for corrective lenses. As a result, these patients do not require any corrective lenses for either distance or near vision. This is why the correct answer indicates that no corrective lenses are required. In this context, options suggesting the need for glasses for distance vision, glasses for near vision, or contact lenses are unnecessary, as individuals with emmetropia do not experience refractive errors that require correction. Therefore, the assertion that corrective lenses are not needed aligns perfectly with the definition of emmetropia.

7. Which type of lens should always be kept in solution when being stored?

- A. Gas-permeable**
- B. Soft**
- C. Rigid**
- D. Scleral**

The correct type of lens that should always be kept in solution when being stored is soft lenses. Soft contact lenses are made from hydrophilic materials that are designed to retain moisture. When stored in a solution, they are less likely to dry out, which could potentially damage the lens and make it unusable. The solution not only keeps the lenses hydrated but also helps to preserve their shape and optical properties. In contrast, gas-permeable lenses, when not in use, can be stored in a dry environment and do not necessarily require a solution as they are made from rigid materials that are less susceptible to damage from desiccation. Rigid lenses also do not need to be immersed in solution when stored, as their composition allows for greater durability outside of liquid. Scleral lenses, while they do require a moist environment when worn, can also be stored in a disinfecting solution, but their care is a bit different from that of soft lenses. Proper practices may vary based on the specific manufacturer recommendations and patient instructions.

8. What is the primary role of additional curves in the back surface of contact lenses?

- A. To improve visual clarity**
- B. To assist in fitting the lens**
- C. To provide UV filtering**
- D. To enhance aesthetic appeal**

The primary role of additional curves in the back surface of contact lenses is indeed to assist in fitting the lens. The curvature of the back surface of a contact lens must match the curvature of the surface of the cornea to ensure proper alignment and comfort. A well-fitted lens will remain stable on the eye, allowing for optimal movement with the blinking of the eyelid, which is essential for tear exchange and lens hydration. This fitting process helps to minimize discomfort, vision distortion, and the risk of complications such as corneal abrasion. While improving visual clarity, providing UV filtering, and enhancing aesthetic appeal are important aspects of contact lenses, they are secondary to the essential function of fitting that the additional curves facilitate. Proper fitting is critical because a lens that does not fit well can lead to various issues, whereas aesthetics and visual clarity become significant only after the basic fit is achieved.

9. When placing an order for a soft contact lens, which of the following is necessary to specify?

- A. Only the lens power**
- B. Lens brand or type, case curve, overall diameter, and lens power**
- C. Only the overall diameter and lens power**
- D. The prescription for glasses instead**

The correct choice includes the lens brand or type, case curve, overall diameter, and lens power because these parameters are essential for ensuring that the contact lens fits the patient's eye correctly and meets their vision correction needs. Specifying the lens brand or type is crucial because different brands may have unique materials and designs that influence comfort, vision quality, and wearability. The base curve is important as it dictates how the lens will sit on the cornea, affecting both comfort and lens stability on the eye. The overall diameter ensures that the lens adequately covers the cornea while not being too large or too small, which could lead to complications in fitting or discomfort. Finally, lens power is necessary to correct the patient's specific refractive error. In order to provide a comprehensive and accurate order for soft contact lenses, all these details must be clearly stated to ensure that the patient receives lenses that are both effective and comfortable.

10. Which of the following describes patient confidentiality?

- A. Sharing information freely with anyone**
- B. Keeping medical information private and secure**
- C. Documenting everything about the patient**
- D. Discussing patient cases in public**

The correct answer focuses on the fundamental principle of patient confidentiality, which is to keep medical information private and secure. This principle is crucial in healthcare as it builds trust between the patient and the healthcare provider, ensuring that sensitive information is protected against unauthorized access and disclosure. Maintaining confidentiality aligns with ethical guidelines and legal standards, such as HIPAA in the United States, which regulates the use and disclosure of patients' protected health information. In contrast, the other options do not appropriately reflect the essence of patient confidentiality. Sharing information freely with anyone undermines the patient's right to privacy. Documenting everything about the patient is important, but it does not specifically address the concept of confidentiality, as documentation must still be handled securely. Discussing patient cases in public not only violates confidentiality but also risks exposing sensitive information to individuals who have no right to access it. Overall, safeguarding patient information is vital in fostering a secure healthcare environment.

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://certifiedparaoptometricexam.examzify.com>

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

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