

# CMMA CAMESE Practice Exam (Sample)

## Study Guide



**Everything you need from our exam experts!**

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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. In a business letter, what is the proper left margin alignment?**
  - A. Right margin flush**
  - B. Center**
  - C. Justified**
  - D. Left margin flush**
  
- 2. What does the abbreviation BID stand for in scheduling frequencies?**
  - A. TID**
  - B. Autoclave**
  - C. BID**
  - D. QID**
  
- 3. Cytobrush is used for Pap smear.**
  - A. Blood draw**
  - B. Wound cleaning**
  - C. Pap smear**
  - D. Suture**
  
- 4. During a 24-hour urine collection, which container is commonly used to collect all samples?**
  - A. A gallon jug**
  - B. A large labeled bottle**
  - C. A plastic bag**
  - D. A sealed jar**
  
- 5. Antiemetic drugs are used to treat what symptom?**
  - A. Dizziness**
  - B. Headache**
  - C. Nausea**
  - D. Cough**

- 6. Epidemiology focuses on which of the following?**
- A. Distribution and determinants of diseases in populations**
  - B. Individual treatment plans**
  - C. Microbial culture techniques**
  - D. Nutritional analysis**
- 7. In Weber test, the vibration is felt louder in one ear or the other.**
- A. Lateralization to one ear**
  - B. Equally in both ears**
  - C. Ear canal blockage**
  - D. No vibration heard**
- 8. Tramadol is used for which conditions?**
- A. Infection**
  - B. Fever**
  - C. Pain and depression**
  - D. Anxiety**
- 9. The study of tissue to check for disease is called**
- A. Pathology**
  - B. Physiology**
  - C. Anatomy**
  - D. Immunology**
- 10. What does releasing mean in the context of medical records?**
- A. Archiving old records**
  - B. Deleting a duplicate entry**
  - C. Marking a document to indicate the record is ready for filing**
  - D. Requesting a copy of the file**

## Answers

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

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## **Explanations**

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**1. In a business letter, what is the proper left margin alignment?**

- A. Right margin flush**
- B. Center**
- C. Justified**
- D. Left margin flush**

Left margin flush means every line begins at the same point along the left edge of the page. In a business letter, this is the standard because it creates a clean, professional block of text that's easy to read and skim. Aligning text to the right edge would look awkward and formal letters usually aren't centered; full justification can create uneven spacing and isn't as common for letters. Maintaining consistent margins, typically about one inch on all sides, reinforces this neat left alignment and contributes to a professional appearance.

**2. What does the abbreviation BID stand for in scheduling frequencies?**

- A. TID**
- B. Autoclave**
- C. BID**
- D. QID**

In prescribing, these abbreviations show how often a medication should be taken. BID stands for bis in die, meaning twice daily. So a prescription like 500 mg BID means you take 500 mg every day, usually about 12 hours apart. The other familiar ones are TID for three times daily and QID for four times daily. The word Autoclave isn't related to dosing frequency; it's a sterilization device, included here to test recognition of the dosing terms.

**3. Cytobrush is used for Pap smear.**

- A. Blood draw**
- B. Wound cleaning**
- C. Pap smear**
- D. Suture**

The cytobrush is a sampling device used to collect cells from the cervix, especially from the endocervical canal and the transformation zone, so they can be examined in a Pap smear. The purpose of a Pap smear is to screen for cervical abnormalities and potential precancerous changes by analyzing the collected cervical cells under a microscope. The cytobrush helps obtain a representative sample from the area most likely to show abnormalities, which is why it's the appropriate tool for this test. It isn't used for drawing blood, cleaning wounds, or placing sutures, which involve entirely different instruments and purposes.

**4. During a 24-hour urine collection, which container is commonly used to collect all samples?**

- A. A gallon jug**
- B. A large labeled bottle**
- C. A plastic bag**
- D. A sealed jar**

In a 24-hour urine collection, you need one container that can hold all the urine produced in that period so nothing is lost or spilled. A gallon jug is used because it has enough capacity to accommodate the total daily volume, making collection practical and reducing the risk of needing to divide the sample or transfer it between containers. It also provides a sturdy, easy-to-seal container that can be clearly labeled for accurate handling and transport. The other options aren't ideal for this purpose: a plastic bag isn't reliable for containing liquid urine over a full day and can leak or contaminate the sample; a sealed jar is typically too small and cumbersome for a complete 24-hour collection; a large labeled bottle may not always offer sufficient capacity for the full daily output and can be awkward to manage.

**5. Antiemetic drugs are used to treat what symptom?**

- A. Dizziness**
- B. Headache**
- C. Nausea**
- D. Cough**

Nausea is the symptom antiemetic drugs target. These medications work by blocking signals in the brain and gut that trigger the vomiting reflex, such as dopamine receptors in the chemoreceptor trigger zone and serotonin receptors in the gut and brainstem. By dampening these pathways, they relieve the feeling of sickness and the urge to vomit, which is why they're commonly used for nausea from motion, surgery, or chemotherapy. Dizziness, headache, and cough are not the primary symptoms treated by antiemetics, though some antiemetics may have ancillary effects in certain contexts.

**6. Epidemiology focuses on which of the following?**

- A. Distribution and determinants of diseases in populations**
- B. Individual treatment plans**
- C. Microbial culture techniques**
- D. Nutritional analysis**

Epidemiology is about how diseases occur and spread in groups of people. It focuses on patterns of disease across populations—who gets sick, where it happens, and when it occurs—and seeks to understand the factors that influence risk, such as exposures, behaviors, environment, genetics, and social conditions. By measuring incidence and prevalence and comparing different groups, epidemiology identifies determinants that can be targeted to prevent illness and control outbreaks. This population-level focus on distribution and causes is what sets it apart from pursuing individual clinical care, lab culture techniques, or nutritional analysis, which are more about treating a person, identifying microbes, or studying diet, respectively.

**7. In Weber test, the vibration is felt louder in one ear or the other.**

- A. Lateralization to one ear**
- B. Equally in both ears**
- C. Ear canal blockage**
- D. No vibration heard**

In the Weber test, the key idea is sound lateralization: you place a tuning fork at the midline and see which ear perceives the vibration louder. In a normal person, it should feel equal in both ears. If one ear has conductive hearing loss, the bone-conduction signal is relatively stronger in that ear, so the vibration is perceived louder there. If one ear has sensorineural loss, the sound is perceived louder in the opposite, better-hearing ear. So the observation that the vibration is felt louder in one ear or the other is exactly describing lateralization, which is how this test identifies unilateral hearing differences.

**8. Tramadol is used for which conditions?**

- A. Infection**
- B. Fever**
- C. Pain and depression**
- D. Anxiety**

Tramadol is an analgesic that relieves pain through a combination of weak opioid receptor activation and inhibition of serotonin and norepinephrine reuptake. This dual action makes it effective for moderate to moderately severe pain, including postoperative and some chronic or neuropathic pain. The mood-related effect comes from its SNRI activity, which can help with depressive symptoms in people whose pain is tied to mood issues, but it isn't a primary antidepressant. It's not used for infections or fever, which are treated with antibiotics and antipyretics, nor is it a standard treatment for anxiety. So the best match is pain—with possible mood benefits in certain contexts.

**9. The study of tissue to check for disease is called**

- A. Pathology**
- B. Physiology**
- C. Anatomy**
- D. Immunology**

Studying tissue to detect disease is pathology. Pathology is the medical discipline that examines tissues and cells to understand and diagnose disease, using both gross examination (what the tissue looks like to the naked eye) and microscopic analysis (histology and cytology) to identify abnormal changes such as cancer, infection, or inflammation. This focus on tissue changes as the basis for diagnosis is what makes pathology the best fit. In contrast, physiology is about how the body functions, anatomy is about structure, and immunology concerns the immune system and its responses.

**10. What does releasing mean in the context of medical records?**

**A. Archiving old records**

**B. Deleting a duplicate entry**

**C. Marking a document to indicate the record is ready for filing**

**D. Requesting a copy of the file**

In medical records, releasing a document means marking it as ready to be filed. It's the step in the workflow where a newly received or updated record is reviewed for completeness and then prepared to go into the patient's file so it can be found later when needed. This is about making the document available in the correct filing location, not about long-term storage, removing duplicates, or obtaining copies for others. Archiving old records moves items to long-term storage; deleting a duplicate entry is cleanup; and requesting a copy of the file is an outside access action (release of information). So the action described—signaling that the document is ready to be filed—best matches the idea of releasing.

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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://cmmacamese.examzify.com>**

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

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