Colorado QMAP Practice Exam (Sample)

Study Guide

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Questions

1. Which of the following procedures is QMAP not permitted to perform?

A. Inserting an intravenous line

B. Blood glucose testing

C. Giving oral medications

D. Administering eye drops

2. What term is represented by the abbreviation 'sol' in medication terms?

A. Salve

B. Salt solution

C. Solution

D. Solvent

3. What does Gm typically refer to in a medical or scientific context?

A. Milligram

B. Cubic centimeter

C. Gram

D. Milliliter

4. What distinguishes an enteric-coated medication?

A. It is absorbed directly in the stomach.

B. It is resistant to stomach acid.

C. It is meant for injection only.

D. It must be taken with a full glass of water.

5. What does it mean if a dosage is scheduled as "TID"?

A. Once a day

B. Three times a day

C. Every other day

D. Twice a week

6. Which of the following abbreviations indicates that a drug is not to be taken together with food?

A. R

B. s

C. c

D. XL

7. What does 'EC' signify in relation to medication?

A. Extended release

B. Enteric coated

C. Emergency care

D. Calcium supplement

8. What unit is represented by the abbreviation oz?

A. ounce

B. liter

C. pint

D. cup

9. Which abbreviation would indicate a liquid medication that is administered orally?

A. Oint

B. Sol

C. Cap

D. Supp

10. What is the abbreviation for teaspoon?

A. kg

B. tsp

C. Tbsp

D. oz

Answers

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

Explanations

1. Which of the following procedures is QMAP not permitted to perform?

A. Inserting an intravenous line

B. Blood glucose testing

C. Giving oral medications

D. Administering eye drops

The procedure that a QMAP (Qualified Medication Administration Person) is not permitted to perform is inserting an intravenous line. QMAPs are specifically trained to administer medications in various forms, such as oral medications and eye drops, as well as to conduct blood glucose testing. However, inserting an intravenous line requires advanced training and is typically within the scope of practice for licensed healthcare professionals, such as nurses. This distinction is important because it ensures that individuals receive appropriate care based on their needs and the level of training of the person administering the treatment. Blood glucose testing, giving oral medications, and administering eye drops are all within the scope of practice for QMAPs, allowing them to effectively support the healthcare needs of individuals in assisted living or supportive environments.

2. What term is represented by the abbreviation 'sol' in medication terms?

A. Salve

B. Salt solution

C. Solution

D. Solvent

The term represented by the abbreviation 'sol' in medication terms is 'solution.' In pharmacology and medicine, a solution refers to a homogeneous mixture where substances are dissolved in a solvent. This concept is crucial, as many medications are prepared in liquid form as solutions for easier administration and absorption. When a medicine is referred to as a solution, it typically means that the active ingredient is completely dissolved in a liquid medium, ensuring uniformity in dosage and effectiveness upon administration. Understanding the terminology is particularly important in the context of medication preparation and administration, as solutions can vary in concentration and solubility. This helps healthcare professionals accurately convey and manage patient treatment plans. Other terms, while related, do not align directly with the abbreviation 'sol' in pharmaceutical contexts. For instance, a 'salve' pertains more to topical ointments, while 'salt solution' denotes a specific type of solution that may not encompass the broader definition required by 'sol.' Additionally, 'solvent' refers to the liquid that dissolves a solute but does not encompass the entirety of what 'solution' entails.

3. What does Gm typically refer to in a medical or scientific context?

A. Milligram

B. Cubic centimeter

C. Gram

D. Milliliter

In a medical or scientific context, "Gm" typically refers to gram. A gram is a unit of mass in the metric system, and it is commonly used to measure the weight of substances, particularly in laboratories and clinical settings. This unit is fundamental in pharmacology and medicine, as medication dosages are often expressed in grams or milligrams. The other options are units that serve different purposes: milligrams are also a metric unit of mass but represent a smaller quantity, cubic centimeters are units of volume, typically used for liquids, while milliliters are also used to measure liquid volume. Understanding the distinction between these units is important in various scientific and medical applications, particularly for accurate dosing and measurements.

4. What distinguishes an enteric-coated medication?

A. It is absorbed directly in the stomach.

B. It is resistant to stomach acid.

C. It is meant for injection only.

D. It must be taken with a full glass of water.

An enteric-coated medication is specifically designed to be resistant to stomach acid. This unique coating allows the medication to pass through the stomach intact and dissolve in the more alkaline environment of the small intestine. This characteristic is particularly important for medications that can be degraded by the acidic conditions in the stomach or that may cause irritation to the stomach lining. In contrast, medications that are meant for injection will have a different formulation and delivery method, and therefore would not typically include an enteric coating. Additionally, enteric-coated medications do not require absorption in the stomach, as their design permits absorption to occur in the intestines. While some medications may need to be ingested with a full glass of water for efficacy or to aid in swallowing, this is not a defining feature of enteric-coated medications.

5. What does it mean if a dosage is scheduled as "TID"?

A. Once a day

B. Three times a day

C. Every other day

D. Twice a week

When a dosage is scheduled as "TID," it specifically means that the medication should be taken three times a day. This abbreviation comes from the Latin term "ter in die," which translates to "three times a day." This schedule helps ensure that the medication maintains therapeutic levels in the bloodstream throughout the day, providing consistent treatment. In contrast, the other options represent different dosing schedules. For instance, "once a day" indicates a daily frequency, "every other day" suggests taking the medication every second day, and "twice a week" refers to taking it on two different days within a week. Each of these options clearly differs from the requirement of taking a medication TID, which emphasizes the importance of understanding medication schedules for effective patient care.

6. Which of the following abbreviations indicates that a drug is not to be taken together with food?

A. R

B. s

C. c

D. XL

The abbreviation that indicates a drug is not to be taken together with food is commonly represented by the letter "s," which stands for "sin" in Latin and means "without." This is often used in prescription writing to instruct the patient to take the medication on an empty stomach. By directing the patient to take the drug "s" or without food, it helps to ensure optimal absorption and effectiveness of the medication, as certain foods can interfere with how well the drug is absorbed in the body. In contrast, other abbreviations like "R" typically stands for "right" or "rectally," "c" means "with," emphasizing the need to take the medication along with food, and "XL" indicates a "extended-release" formulation. Knowledge of these abbreviations is crucial for proper medication guidance and adherence, thereby enhancing patient care.

7. What does 'EC' signify in relation to medication?

A. Extended release

B. Enteric coated

C. Emergency care

D. Calcium supplement

The term 'EC' in relation to medication specifically denotes 'Enteric coated.' Enteric-coated tablets or capsules are designed with a special coating that prevents them from dissolving in the acidic environment of the stomach. Instead, this coating allows the medication to pass through the stomach and dissolve in the more alkaline environment of the intestines. This design is particularly beneficial for medications that can be irritating to the stomach lining or that are more effective when absorbed in the intestines. While 'Extended release' also describes a method of drug formulation aimed at delivering medication over an extended period, it is not what 'EC' stands for. 'Emergency care' relates to medical treatment provided in urgent situations and does not pertain to medication formulations. Lastly, 'Calcium supplement' is a category of dietary supplements and is not directly relevant to the definition of 'EC' in medication contexts. Therefore, the correct identification of 'EC' as 'Enteric coated' aligns perfectly with how certain medications are formulated and intended to be used.

8. What unit is represented by the abbreviation oz?

A. ounce

B. liter

C. pint

D. cup

The abbreviation "oz" stands for ounce, which is a unit of measurement commonly used to measure weight or volume. In the context of liquids, an ounce is part of the customary system used predominantly in the United States. This unit is especially prevalent in cooking and nutritional information, where it is utilized to specify the volume of ingredients or beverages. On the other hand, the other options represent different units of measurement. Liter is a metric unit used to measure volume, while pint is another unit of liquid capacity that is larger than an ounce, and a cup typically refers to a smaller volume than a pint but larger than an ounce. Understanding the specific usage and context of these units is crucial, particularly when interpreting recipes or nutritional labels.

9. Which abbreviation would indicate a liquid medication that is administered orally?

A. Oint

B. Sol

C. Cap

D. Supp

The abbreviation "Sol" stands for "solution," which is widely used to describe a liquid medication that is prepared in a solvent, allowing it to be easily administered orally. Liquid solutions are designed to be taken by mouth, making them one of the common forms of oral medication. This preparation allows for accurate dosing and is often utilized for patients who may have difficulty swallowing solid forms of medication, such as tablets or capsules. In contrast, the other abbreviations refer to different forms of medications. "Oint" typically indicates an ointment, which is a semi-solid topical application and not meant for oral consumption. "Cap" is short for capsule, a solid dosage form that is taken orally but does not imply that it is in liquid form. "Supp" refers to suppository, which is a dosage form intended for insertion into the rectum or vagina, and is not applicable to oral administration. Thus, "Sol" is the correct choice as it specifically designates a liquid medication administered orally.

10. What is the abbreviation for teaspoon?

A. kg

B. tsp

C. Tbsp

D. oz

The abbreviation for teaspoon is "tsp." This abbreviation is commonly used in recipes, medication dosages, and dietary guidelines to specify the amount of a teaspoon. The term "teaspoon" itself refers to a unit of measurement for volume, typically equal to approximately 5 milliliters in liquid measurement. Other options refer to different measurements: "kg" stands for kilogram, which is a metric unit of weight; "Tbsp" stands for tablespoon, which is a larger unit of measurement than a teaspoon (1 tablespoon equals 3 teaspoons); and "oz" stands for ounce, which can refer to either weight (in ounces) or volume (fluid ounces). Understanding these abbreviations is essential in contexts where precise measurements are required, making "tsp" the correct choice for teaspoon.