

GMA COMPREHENSIVE PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED 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. 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 the FAST stroke assessment, which symptom corresponds to the 'F' component?**
 - A. Arm weakness
 - B. Face drooping
 - C. Speech difficulty
 - D. Time to call emergency

- 2. What does the FAST stroke assessment stand for?**
 - A. Arm weakness, Face drooping, Speech difficulty, Time to call emergency.
 - B. Face drooping, Arm weakness, Speech difficulty, Time to call emergency.
 - C. Face swelling, Arm stiffness, Speech improvement, Time to rest.
 - D. Feet numbness, Ankle swelling, Speech clarity, Time to seek help.

- 3. Which components does the HIPAA Privacy Rule require to protect patient information in routine clinic operations?**
 - A. Safeguarding PHI, sharing information freely with all staff.
 - B. PHI must be safeguarded but there is no need for breach notifications.
 - C. Disclosures can be made freely for marketing purposes.
 - D. Safeguarding PHI, restricting disclosures to the minimum necessary, and providing patient rights to access and amend records; practice policies, training, and breach notification.

- 4. In CPR with an AED, what is the correct rate and ratio for chest compressions?**
 - A. 100-120 compressions per minute with a 30:2 ratio.
 - B. 60-80 compressions per minute.
 - C. 120-140 compressions per minute with continuous compressions.
 - D. 80-100 compressions per minute with a 15:2 ratio.

- 5. Which are the three primary body planes?**
 - A. Sagittal and transverse only.
 - B. Frontal/coronal, transverse, and sagittal.
 - C. Sagittal (left-right), frontal/coronal (front-back), and transverse (upper-lower).
 - D. Coronal, horizontal, and transverse.

6. What is the duration of the temporary assignment involving arms to arms?

- A. 6 months
- B. 3 months
- C. 12 months
- D. 9 months

7. Which item on a medical claim indicates where the service occurred?

- A. Patient's date of birth
- B. Place of service
- C. Payer's telephone number
- D. Physician's license number

8. Which color combination identifies incendiary rounds?

- A. Red with blue ring
- B. Orange with white ring
- C. Blue with yellow ring
- D. Dark blue with light blue ring

9. Which is a true statement about the M2HB's cooling and operation?

- A. Water cooled, gas operated
- B. Air cooled, gas operated
- C. Air cooled, recoil operated weapon
- D. Liquid cooled, recoil operated

10. Which option represents the correct sequence of the nursing process ADPIE?

- A. Assess, Diagnose, Plan, Implement, Evaluate
- B. Assess, Plan, Diagnose, Implement, Evaluate
- C. Plan, Assess, Diagnose, Implement, Evaluate
- D. Assess, Diagnose, Implement, Plan, Evaluate

Answers

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

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Explanations

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1. In the FAST stroke assessment, which symptom corresponds to the 'F' component?

- A. Arm weakness
- B. Face drooping**
- C. Speech difficulty
- D. Time to call emergency

The main idea here is recognizing signs of a possible stroke quickly using the FAST mnemonic. F stands for Face, so the symptom linked to this component is face drooping. To check it, ask the person to smile or show their teeth and look for an uneven smile or a face that appears numb on one side. That facial weakness on one side is a common stroke sign. Arm weakness would relate to raising both arms to see if one drifts down, and speech difficulty involves repeating a simple sentence to check for slurred or strange speech. Time to call emergency emphasizes acting fast once a stroke is suspected. So, the symptom matching the F component is face drooping.

2. What does the FAST stroke assessment stand for?

- A. Arm weakness, Face drooping, Speech difficulty, Time to call emergency.
- B. Face drooping, Arm weakness, Speech difficulty, Time to call emergency.**
- C. Face swelling, Arm stiffness, Speech improvement, Time to rest.
- D. Feet numbness, Ankle swelling, Speech clarity, Time to seek help.

FAST stands for Face drooping, Arm weakness, Speech difficulty, Time to call emergency. This mnemonic helps you quickly spot signs of a possible stroke and act fast because every minute counts. Face drooping points to facial weakness on one side, Arm weakness suggests a motor deficit on one side of the body, and Speech difficulty indicates trouble with language centers in the brain. The reminder to Time to call emergency emphasizes getting urgent medical help right away so imaging and treatment can begin as soon as possible, which improves outcomes. If any of these signs appear, seek emergency care immediately—even if symptoms seem to improve later. Other listed ideas like swelling or unrelated symptoms aren't part of this FAST checklist.

3. Which components does the HIPAA Privacy Rule require to protect patient information in routine clinic operations?

- A. Safeguarding PHI, sharing information freely with all staff.
- B. PHI must be safeguarded but there is no need for breach notifications.
- C. Disclosures can be made freely for marketing purposes.
- D. Safeguarding PHI, restricting disclosures to the minimum necessary, and providing patient rights to access and amend records; practice policies, training, and breach notification.**

Protecting patient information in routine clinic operations comes from combining safeguards for PHI, limiting disclosures to the minimum necessary, and upholding patients' rights, all supported by clear practice policies, staff training, and a plan for breach notification. Safeguarding PHI means using administrative, physical, and technical safeguards to prevent unauthorized access, use, or disclosure. Limiting disclosures to the minimum necessary ensures staff only share the information needed to accomplish a task or provide care. Providing patients with access to their records and the ability to amend them preserves their control over personal health information. In addition, documented privacy policies and ongoing staff training establish consistent expectations and behaviors, and breach notification ensures that individuals and authorities are informed if a privacy incident occurs. The other options ignore these essential protections—free sharing with all staff, no breach notifications, or marketing disclosures without proper safeguards—so they don't align with how PHI must be handled under HIPAA.

4. In CPR with an AED, what is the correct rate and ratio for chest compressions?

- A. 100-120 compressions per minute with a 30:2 ratio.**
- B. 60-80 compressions per minute.
- C. 120-140 compressions per minute with continuous compressions.
- D. 80-100 compressions per minute with a 15:2 ratio.

Understanding how fast to push and how to pair compressions with breaths when an AED is involved is essential for effective CPR. The recommended rate is 100 to 120 compressions per minute, and when a single rescuer is performing CPR with an AED, the cycle is 30 compressions followed by 2 breaths (30:2). This rhythm maintains blood flow to vital organs while allowing brief pauses for breaths and defibrillation checks. The other options miss either the correct pace or the correct single-rescuer ratio: 60-80 per minute is too slow to sustain circulation, 120-140 per minute with continuous compressions overlooks the necessary breaths and cadence, and 80-100 per minute with a 15:2 ratio reflects a two-rescuer protocol while not matching the standard single-rescuer guidance.

5. Which are the three primary body planes?

- A. Sagittal and transverse only.
- B. Frontal/coronal, transverse, and sagittal.
- C. Sagittal (left-right), frontal/coronal (front-back), and transverse (upper-lower).**
- D. Coronal, horizontal, and transverse.

Three primary body planes form a basic framework for describing location and direction in anatomy: sagittal, frontal (coronal), and transverse. The sagittal plane slices the body into left and right portions. The frontal or coronal plane separates front from back. The transverse plane, also called horizontal, divides the body into upper and lower parts. The answer lists these three planes with their standard orientations: sagittal (left-right), frontal/coronal (front-back), and transverse (upper-lower). Other options either omit a plane or use alternate terms without adding a distinct plane, which can blur the standard three-plane system.

6. What is the duration of the temporary assignment involving arms to arms?

- A. 6 months**
- B. 3 months
- C. 12 months
- D. 9 months

Temporary assignments involving arms to arms are managed with a defined time window so there's clear oversight and a reachable endpoint. Six months offers a practical balance: it's long enough to plan, implement, and observe initial outcomes, but short enough to allow a timely review or termination if needed. Shorter periods, like three months, often don't provide enough time to accomplish meaningful objectives or see results. Longer durations, such as nine or twelve months, increase ongoing exposure and require more extensive approvals and management. So, six months is the most workable duration for a temporary, arms-to-arms assignment.

7. Which item on a medical claim indicates where the service occurred?

- A. Patient's date of birth
- B. Place of service**
- C. Payer's telephone number
- D. Physician's license number

The main thing this item covers is where the medical service was provided. The place of service field on a claim specifies the setting of the encounter—office, hospital inpatient, outpatient facility, emergency department, home, or another location. That location data is important because it can change how the services are billed and paid, since facility charges may apply differently from professional charges. Other pieces like the patient's date of birth are used for identifying the patient, the payer's phone number is for contact, and the physician's license number identifies the clinician. None of those indicate where the service occurred, which is why the place of service is the correct element to determine the service location on a claim.

8. Which color combination identifies incendiary rounds?

- A. Red with blue ring
- B. Orange with white ring
- C. Blue with yellow ring
- D. Dark blue with light blue ring**

Color coding on ammunition uses body color plus a ring to signal the type of round at a glance. For incendiary rounds, the recognized marking in this system is a dark blue body with a light blue ring. That combination provides a distinct, quick cue so handlers know the payload is incendiary and handle it accordingly. The other color patterns don't match this incendiary marker, so they'd be interpreted as different types of rounds. Keep in mind that color codes can vary by country and era, but within this framework, dark blue with a light blue ring identifies incendiary rounds.

9. Which is a true statement about the M2HB's cooling and operation?

- A. Water cooled, gas operated
- B. Air cooled, gas operated
- C. Air cooled, recoil operated weapon**
- D. Liquid cooled, recoil operated

The M2HB is an air-cooled, recoil-operated heavy machine gun. It relies on a heavy barrel whose heat is dissipated primarily by surrounding air rather than by circulating water, and it uses a recoil-driven cycling action where the barrel and bolt move together for a short distance after firing to unlock and cycle the mechanism. This combination—air cooling and recoil operation—fits the M2HB's design, whereas water cooling or gas operation would describe different configurations or variants not characteristic of the standard M2HB.

10. Which option represents the correct sequence of the nursing process ADPIE?

- A. Assess, Diagnose, Plan, Implement, Evaluate
- B. Assess, Plan, Diagnose, Implement, Evaluate
- C. Plan, Assess, Diagnose, Implement, Evaluate
- D. Assess, Diagnose, Implement, Plan, Evaluate

The sequence tested is a data-driven, stepwise workflow: you start by gathering and assessing all relevant information about the patient, then interpret that information to identify nursing diagnoses, next plan with specific goals and actions, then implement the planned interventions, and finally evaluate the outcomes to determine if goals were met and adjust as needed. This sequence begins with Assess to build a complete picture of the patient, then Diagnose to translate that data into clear nursing diagnoses, followed by Plan to outline goals and chosen interventions, then Implement to put the plan into action, and finally Evaluate to check effectiveness and modify the plan if necessary. Any deviation—like planning before gathering data or implementing without a plan—disrupts the logical flow and hinders patient care.

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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://gmacomp.examzify.com>

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

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