

# Kansas Certified Medication Aide (CMA) State Practice Exam (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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**SAMPLE**

# Table of Contents

<b>Copyright</b> .....	<b>1</b>
<b>Table of Contents</b> .....	<b>2</b>
<b>Introduction</b> .....	<b>3</b>
<b>How to Use This Guide</b> .....	<b>4</b>
<b>Questions</b> .....	<b>6</b>
<b>Answers</b> .....	<b>9</b>
<b>Explanations</b> .....	<b>11</b>
<b>Next Steps</b> .....	<b>17</b>

# 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

- 1. What does the abbreviation "a.c." mean?**
  - A. Before meals**
  - B. After meals**
  - C. At bedtime**
  - D. As needed**
  
- 2. What is the purpose of the Medication Administration record (MAR)?**
  - A. To provide a summary of residents' medical histories**
  - B. To document every administration of medication**
  - C. To list medications available in the facility**
  - D. To track the expiration dates of medications**
  
- 3. What should be done if a resident's family questions a medication being administered?**
  - A. Ignore the concerns and proceed with medication**
  - B. Listen to their concerns and provide information**
  - C. Recommend that they seek their own medical advice**
  - D. Change the medication without consultation**
  
- 4. How should a CMA approach a resident who is confused about their medications?**
  - A. By ignoring their confusion**
  - B. By offering reassurance and clear explanations**
  - C. By changing their medication regimen**
  - D. By instructing them to read the labels**
  
- 5. Why is it important to verify resident identity before administering medication?**
  - A. To meet legal requirements**
  - B. To ensure the right medication is given to the right person**
  - C. To expedite the medication administration process**
  - D. To avoid reimbursement issues**



- 6. How do you properly measure liquid medication?**
- A. By using a kitchen measuring cup**
  - B. Using a calibrated measuring device**
  - C. By visual estimation**
  - D. Using an unmarked glass**
- 7. What measure can help prevent aspirin's most common side effect?**
- A. Give in crushed form**
  - B. Make sure it is given no more often than every 5 hours**
  - C. Give along with food**
  - D. Give on an empty stomach**
- 8. What type of medications are used to alleviate allergy symptoms like runny nose and itchy eyes?**
- A. Immunizations**
  - B. Bronchodilators**
  - C. Antispasmodics**
  - D. Antihistamines**
- 9. What are controlled substances?**
- A. Medications that can be purchased over the counter**
  - B. Medications that have a high potential for abuse**
  - C. Medications that are prescribed only in limited quantities**
  - D. Medications which are safe for use without supervision**
- 10. What is the abbreviation meaning "without"?**
- A. s**
  - B. c**
  - C. p**
  - D. et**

## **Answers**

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

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## **Explanations**

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**1. What does the abbreviation "a.c." mean?**

- A. Before meals**
- B. After meals**
- C. At bedtime**
- D. As needed**

The abbreviation "a.c." stands for "ante cibum," which is Latin for "before meals." It is commonly used in medication administration to instruct that a particular medication should be taken before a meal to ensure optimal absorption or effectiveness. This timing is crucial, as certain medications may interact with food or may be better absorbed on an empty stomach. Understanding this abbreviation is essential for providing proper medication administration and ensuring patient safety. The other options represent different timing related to medication administration but are not applicable to "a.c.," which specifically indicates taking a medication before eating.

**2. What is the purpose of the Medication Administration record (MAR)?**

- A. To provide a summary of residents' medical histories**
- B. To document every administration of medication**
- C. To list medications available in the facility**
- D. To track the expiration dates of medications**

The Medication Administration Record (MAR) is an essential tool in medication management within healthcare settings. Its primary purpose is to document every administration of medication to residents. This record provides a detailed account of which medications were given, the dosage, the time of administration, and the person who administered the medication. This documentation is crucial for ensuring patient safety, maintaining accurate medication administration histories, and facilitating communication among healthcare providers. The MAR also helps in monitoring for potential side effects or interactions, thus playing a significant role in the overall care of residents. The other options do not capture the primary purpose of the MAR. While a summary of residents' medical histories is important for health care, it is documented elsewhere and not the focus of the MAR. The list of medications available in the facility pertains more to inventory management rather than administration details. Tracking expiration dates is a task related to medication supplies but not the function of the MAR itself, which is specifically concerned with documenting the administration process.

**3. What should be done if a resident's family questions a medication being administered?**

- A. Ignore the concerns and proceed with medication**
- B. Listen to their concerns and provide information**
- C. Recommend that they seek their own medical advice**
- D. Change the medication without consultation**

Listening to a resident's family concerns about medication is crucial as it helps ensure the safety and well-being of the resident. When family members express questions or concerns, engaging with them and providing information fosters trust and communication. This approach allows the CMA to clarify any misunderstandings about the medication, its purpose, potential side effects, and how it contributes to the resident's care plan. By actively listening, you can also gather valuable information that may contribute to the resident's care. This demonstrates respect for the role that families play in the resident's health and highlights the importance of teamwork in healthcare. Addressing their concerns appropriately ensures that families feel heard and involved in the care process, which can ultimately enhance the resident's treatment experience.

**4. How should a CMA approach a resident who is confused about their medications?**

- A. By ignoring their confusion**
- B. By offering reassurance and clear explanations**
- C. By changing their medication regimen**
- D. By instructing them to read the labels**

Offering reassurance and clear explanations to a resident who is confused about their medications is essential for several reasons. First, confusion can lead to anxiety and apprehension, particularly when it comes to health and medication management. By providing reassurance, the CMA helps to alleviate any fears the resident may have and fosters a supportive environment. Clear explanations are critical as they ensure that the resident understands what medications they are taking, why they are important, and how to take them correctly. This not only promotes medication adherence but also empowers the resident to take an active role in their own healthcare. When residents feel informed and supported, they are more likely to engage positively with their treatment plans. Moreover, effective communication can help to identify any misconceptions or specific concerns the resident might have about their medications. This dialogue can assist in preventing potential medication errors and enhancing the overall safety of the resident's care. Therefore, this approach aligns with best practices in promoting health literacy and patient-centered care.

**5. Why is it important to verify resident identity before administering medication?**

- A. To meet legal requirements**
- B. To ensure the right medication is given to the right person**
- C. To expedite the medication administration process**
- D. To avoid reimbursement issues**

Verifying resident identity before administering medication is crucial to ensure that the correct medication is given to the right person. This step is fundamental in medication administration as it directly impacts patient safety and treatment efficacy. If the wrong medication is administered to an individual, it can lead to serious health complications, adverse reactions, or even life-threatening situations. In healthcare settings, especially where multiple residents may receive similar medications or have similar names, ensuring that the identity of the person receiving the medication matches the medication order is essential. This verification process minimizes the risk of medication errors and supports the overall goal of providing safe and effective care to each resident. It is a critical step in the "five rights" of medication administration: right patient, right drug, right dose, right route, and right time.

**6. How do you properly measure liquid medication?**

- A. By using a kitchen measuring cup**
- B. Using a calibrated measuring device**
- C. By visual estimation**
- D. Using an unmarked glass**

Using a calibrated measuring device is the correct method for measuring liquid medication because it ensures accuracy and precision. Calibrated measuring devices, such as graduated cylinders, syringes, or medicine cups, are specifically designed for this purpose. These devices have clear markings that allow for precise measurement of the liquid, which is crucial in the administration of medications to ensure the right dosage is given. Accurate dosing is vital to effective treatment and safety, as administering too much or too little of a medication can lead to negative health outcomes. The use of calibrated devices minimizes the risk of human error that can occur with less precise methods. In contrast, kitchen measuring cups are generally not designed for medical use and may not provide the level of accuracy needed. Visual estimation lacks precision and can lead to significant dosing errors, particularly in medication administration, where small differences can be critical. Using unmarked glasses does not provide any guidance for measurement, making it an unreliable choice. Therefore, the most reliable and safe approach is to use a calibrated measuring device.

**7. What measure can help prevent aspirin's most common side effect?**

- A. Give in crushed form**
- B. Make sure it is given no more often than every 5 hours**
- C. Give along with food**
- D. Give on an empty stomach**

Aspirin is known to cause gastrointestinal irritation and potential bleeding as its most common side effect. Administering aspirin along with food is an effective measure to help mitigate these risks. When taken with food, the presence of the food in the stomach can help buffer the acidic nature of aspirin, thereby reducing irritation to the stomach lining and digestive tract. This approach also slows the absorption of the medication, which can help further lessen the chance of gastrointestinal upset. While administering aspirin in crushed form might aid in easier swallowing, it does not specifically target the prevention of gastrointestinal issues. Timing between doses, such as ensuring it is given no more often than every five hours, helps to avoid overdose or excessive medication levels in the system but does not address the issue of irritation. Giving aspirin on an empty stomach is actually likely to increase the risk of stomach upset and bleeding, as there would be no food present to buffer the medication. Thus, providing aspirin with food is the most effective way to reduce its common side effects related to gastrointestinal distress.

**8. What type of medications are used to alleviate allergy symptoms like runny nose and itchy eyes?**

- A. Immunizations**
- B. Bronchodilators**
- C. Antispasmodics**
- D. Antihistamines**

Antihistamines are specifically designed to relieve symptoms caused by allergies, such as a runny nose and itchy eyes. They work by blocking the action of histamine, a substance in the body that triggers allergy symptoms during an allergic reaction. By inhibiting histamine's effect, antihistamines help reduce inflammation and the effects that lead to discomfort associated with allergies, making them the most appropriate choice for alleviating such symptoms. Other options like immunizations, bronchodilators, and antispasmodics serve different purposes. Immunizations are primarily preventive measures against infectious diseases. Bronchodilators are used to open airways and are typically prescribed for conditions like asthma. Antispasmodics are aimed at reducing spasms in smooth muscles and may not directly address allergy symptoms.



## 9. What are controlled substances?

- A. Medications that can be purchased over the counter
- B. Medications that have a high potential for abuse**
- C. Medications that are prescribed only in limited quantities
- D. Medications which are safe for use without supervision

Controlled substances are defined as medications that have a high potential for abuse and may lead to severe psychological or physical dependence. These substances are regulated by law due to their potential for misuse and addiction. For this reason, they are categorized into schedules, which determine how strictly they are regulated based on their potential for abuse, accepted medical use, and safety level. Understanding the nature of controlled substances is crucial for medication aides, as they must handle these medications responsibly and adhere to strict protocols regarding their distribution and administration. Options that mention over-the-counter medications, limited quantities, or safe use without supervision do not accurately capture the essence of what makes a substance "controlled." Controlled substances specifically refer to those that require careful monitoring and regulation due to their risks.

## 10. What is the abbreviation meaning "without"?

- A. s**
- B. c
- C. p
- D. et

The abbreviation that means "without" is represented by the letter "s," which stands for "sine" in Latin. In medical terminology and prescription writing, "s" is commonly used to denote that something is to be excluded from a treatment or regimen. For example, "s" can appear in notations concerning medications, indicating that they should not be included or that a particular condition exists whereby a treatment is not applicable. The other abbreviations mentioned have distinct meanings. The letter "c" usually stands for "cum," which means "with," while "p" can represent "post," indicating after something; "et" is an abbreviation for "et cetera," meaning "and other things." Understanding these abbreviations is crucial for medication administration and ensuring clear communication in a healthcare setting.

## 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://kansascmastate.examzify.com>**

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