

LEVEL 1 NURSING MEDICAL TERMINOLOGY PRACTICE TEST (SAMPLE) STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE**

<https://lvl1nursingmedterms.examzify.com>



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Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	14

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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. Which abbreviation is used to indicate a patient is not yet out of bed?**
 - A. OOB
 - B. OBO
 - C. OBD
 - D. OO Bed

- 2. What does the abbreviation q indicate in medical terms?**
 - A. Every
 - B. Daily
 - C. Sometimes
 - D. Noon

- 3. Essential amino acids are best described as which of the following?**
 - A. An alpha-amino acid that is required for protein synthesis but cannot be synthesized by humans and must be obtained in the diet.
 - B. A carbohydrate that provides quick energy
 - C. A lipid used to store energy
 - D. An enzyme that speeds up chemical reactions

- 4. Kypho- indicates which description?**
 - A. Flat
 - B. Curved
 - C. Twisted
 - D. Humped

- 5. The prefix Supra- means which of the following?**
 - A. Below
 - B. Above
 - C. Between
 - D. Around

- 6. The prefix chole- refers to which body component?**
 - A. Bile, gall
 - B. Blood
 - C. Bone
 - D. Brain

7. The prefix dys- means:

- A. Easy
- B. Normal
- C. Difficult, painful
- D. Large

8. Geriatric is best defined as which?

- A. Care for newborns
- B. Surgical specialty
- C. Branch of health care dealing with the physiology and psychology of aging
- D. Study of diseases

9. In physical examination, which term refers to visually inspecting the patient?

- A. Inspection
- B. Auscultation
- C. Palpation
- D. Percussion

10. The suffix -tomy means:

- A. Cutting
- B. Opening
- C. Stopping
- D. Widening

Answers

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

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Explanations

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1. Which abbreviation is used to indicate a patient is not yet out of bed?

- A. OOB**
- B. OBO
- C. OBD
- D. OO Bed

Understanding mobility status in nursing notes is the key idea here. OOB is the standard shorthand for Out Of Bed, used to show that the patient has left the bed for activities, care, or assessment. This is why it's the best fit among the options: it's the widely recognized abbreviation that clearly communicates the patient is out of bed. The other strings aren't recognized standard abbreviations for this status, so they don't convey the same clear meaning. If you ever need to indicate the patient remains in bed, you'd use different wording or a different established status, but for noting that a patient has left the bed, OOB is the conventional choice.

2. What does the abbreviation q indicate in medical terms?

- A. Every**
- B. Daily
- C. Sometimes
- D. Noon

In medical shorthand, the letter q comes from the Latin quaque, meaning every. It's used to show how often something should occur when it's paired with a time interval. For example, q4h means the medication is given every 4 hours, and qd means every day. Noon isn't indicated by q; it would be a specific clock time rather than a frequency. So the correct meaning of q is "every."

3. Essential amino acids are best described as which of the following?

- A. An alpha-amino acid that is required for protein synthesis but cannot be synthesized by humans and must be obtained in the diet.
- B. A carbohydrate that provides quick energy
- C. A lipid used to store energy
- D. An enzyme that speeds up chemical reactions**

Essential amino acids are indispensable building blocks that must come from the diet because humans cannot synthesize them in sufficient amounts for protein synthesis. They are alpha-amino acids whose primary role is to be incorporated into proteins, not to serve as quick energy sources or as catalysts themselves. The option that describes them as an alpha-amino acid required for protein synthesis and not synthesized by humans fits this role precisely. The other descriptions refer to carbohydrates (quick energy), lipids (energy storage), or enzymes (proteins that catalyze reactions), which are not what essential amino acids are.

4. Kypho- indicates which description?

- A. Flat
- B. Curved
- C. Twisted
- D. Humped**

Kypho- denotes a humped or bent shape, especially the outward, posterior curve of the upper spine seen in kyphosis. The prefix comes from Greek kyphos meaning hump or bent. In medical terms, kyphosis describes the abnormal convex curvature of the thoracic spine, producing a humped back. So the description most aligned with kypho- is humped. Flat is outside this idea, curved is too general, and twisted refers to rotation, not the hump itself. Knowing prefixes like kypho- helps you decode many terms quickly.

5. The prefix Supra- means which of the following?

- A. Below
- B. Above**
- C. Between
- D. Around

Supra- means above or over. In medical terminology, prefixes describe where something sits in relation to another structure, and supra- signals an upper position. You can think of terms like suprarenal glands (above the kidneys) or supraclavicular area (above the clavicle) to see this idea in action. By contrast, sub- means below, inter- means between, and peri- means around. So the meaning of supra- in this question is above.

6. The prefix chole- refers to which body component?

- A. Bile, gall**
- B. Blood
- C. Bone
- D. Brain

Chole- denotes bile, the digestive fluid produced by the liver and stored in the gallbladder. When you see this element in a term, it points to something involving bile or the gallbladder, such as cholecystitis (inflammation of the gallbladder) or cholelithiasis (gallstones). This is different from terms tied to blood (hemo-), bone (osteo-), or brain (encephal- or cerebr-), which helps you quickly recognize when chole- is relevant.

7. The prefix dys- means:

- A. Easy
- B. Normal
- C. Difficult, painful**
- D. Large

The prefix dys- signals abnormality or difficulty, often with a sense of pain. In medical terms it attaches to a root to describe conditions that are not normal and are troublesome or painful, such as dysuria (painful urination) or dysphagia (difficulty swallowing), and dyspnea (difficult breathing). So the best match is "difficult, painful." The other options don't fit because easy isn't a standard medical prefix, large is conveyed by macro- or mega-, and normal is shown by prefixes like eu- or normo-.

8. Geriatric is best defined as which?

- A. Care for newborns
- B. Surgical specialty
- C. Branch of health care dealing with the physiology and psychology of aging**
- D. Study of diseases

Geriatrics is the field of health care focused on older adults, addressing how aging changes body functions and mental health, and how to manage multiple chronic conditions, maintain independence, and support cognition and safety. That's why the description emphasizing physiology and psychology of aging is the best fit. It isn't newborn care, nor a surgical specialty, nor simply the study of diseases.

9. In physical examination, which term refers to visually inspecting the patient?

- A. Inspection**
- B. Auscultation
- C. Palpation
- D. Percussion

Inspection is the visual part of the physical examination. It means using sight to assess the patient's general appearance, skin color and condition, level of distress, posture and gait, movements, symmetry, and any obvious abnormalities. This initial look helps you gather a lot of information right away and guides what to check next. Auscultation is listening to internal sounds with a stethoscope, such as heart, lung, and bowel sounds. Palpation involves using the hands to feel texture, temperature, tenderness, edema, and organ size. Percussion is tapping on surfaces to elicit sounds that reveal underlying structures or fluid presence.

10. The suffix -tomy means:

- A. Cutting**
- B. Opening
- C. Stopping
- D. Widening

The suffix -tomy denotes a surgical incision—cutting into a body part. It signals that the procedure involves making an incision, not merely creating an opening or enlarging a passage. That's why it's best understood as cutting. For example, a tracheotomy is an incision into the trachea. Opening would be described with -ostomy (creating an opening to the outside or to another surface), widening with terms using -ektasis or -plasty in different contexts, and stopping is not conveyed by -tomy.

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://lvl1nursingmedterms.examzify.com>

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

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