

# Missouri State CMT Practice Test (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. What is an adverse drug effect (adverse drug reaction)?**
  - A. A harmful, unintended reaction to a drug administered at normal dosage**
  - B. A mild symptom that improves with dosage**
  - C. The intended therapeutic outcome of a drug**
  - D. A drug interaction that enhances antibiotic activity**
  
- 2. What is the purpose of an enteric-coated tablet?**
  - A. Protect drug and taste**
  - B. Dissolves in the small intestine**
  - C. Increase shelf life**
  - D. Mask odor**
  
- 3. Conduct refers to which of the following?**
  - A. One's actions in general**
  - B. A long-established practice**
  - C. A standard of perfection**
  - D. Pertaining to the ear**
  
- 4. The abbreviation NKA is used to indicate what patient allergy status?**
  - A. Not known allergy**
  - B. No known allergy**
  - C. Not known antibody**
  - D. Normal potassium assessment**
  
- 5. Duty of care means what?**
  - A. The right of a patient to refuse treatment.**
  - B. The obligation under law for a health care worker to perform services that meet the common standards of practice in the community for a comparable worker.**
  - C. A formal agreement between hospital and insurer.**
  - D. The ethical code guiding patient interactions.**

- 6. Which abbreviation means 'as desired, freely'?**
- A. ASAP**
  - B. Ad lib**
  - C. c/o**
  - D. Caps**
- 7. Which term describes the administration of any medication not ordered?**
- A. LOA Medication**
  - B. Unordered Drug**
  - C. Wrong Dosage Form**
  - D. Wrong Time**
- 8. Which of the following is a sensory system structure?**
- A. Brain**
  - B. Eyes, Ears, Mouth, Nose, Throat, Skin**
  - C. Heart**
  - D. Lungs**
- 9. pc (with line above) indicates what?**
- A. Before meals**
  - B. During meals**
  - C. With meals**
  - D. After meals**
- 10. Dysarthria is primarily caused by**
- A. Damage to the inner ear affects balance**
  - B. Inability to understand language**
  - C. Weakness/paralysis of muscles causes slurred speech**
  - D. Visual impairment causes words to blur**

## Answers

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

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## **Explanations**

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## 1. What is an adverse drug effect (adverse drug reaction)?

- A. A harmful, unintended reaction to a drug administered at normal dosage**
- B. A mild symptom that improves with dosage**
- C. The intended therapeutic outcome of a drug**
- D. A drug interaction that enhances antibiotic activity**

An adverse drug reaction is a harmful or unintended response to a medication given at normal, approved doses. It isn't the intended therapeutic effect, and it can range from mild side effects to serious, life-threatening effects. This distinguishes it from therapeutic benefits and from drug interactions, which involve how drugs affect each other rather than how a single drug harms a patient. For example, a rash after starting penicillin is an adverse reaction, whereas the drug's job is to treat an infection; an interaction that boosts antibiotic activity is about interactions, not an adverse response. ADRs can be dose-related or idiosyncratic, but the key point is that they are undesired and potentially harmful.

## 2. What is the purpose of an enteric-coated tablet?

- A. Protect drug and taste**
- B. Dissolves in the small intestine**
- C. Increase shelf life**
- D. Mask odor**

Enteric-coated tablets use a coating that resists dissolving in the stomach's acidic environment and only breaks down when it reaches the higher pH of the small intestine. This protects drugs that would be damaged by stomach acid and also helps prevent irritation of the stomach lining from certain medications. So, the drug is released in the small intestine, not in the stomach. Other options aren't the primary purpose of this coating: taste masking or odor masking can be achieved by other formulations, and simply increasing shelf life isn't the main function of an enteric coating.

## 3. Conduct refers to which of the following?

- A. One's actions in general**
- B. A long-established practice**
- C. A standard of perfection**
- D. Pertaining to the ear**

Conduct is about how someone behaves—the actions a person takes in general. When you hear about someone's conduct, you're thinking of their behavior in different situations, not about traditions, ideals, or anatomy. So describing conduct as "one's actions in general" fits best. A long-established practice would mean a tradition or custom, a standard of perfection would be an ideal, and something pertaining to the ear refers to anatomical terms like aural or otic.

4. The abbreviation NKA is used to indicate what patient allergy status?

- A. Not known allergy
- B. No known allergy**
- C. Not known antibody
- D. Normal potassium assessment

NKA means No Known Allergies. This shorthand is used in patient records to indicate there are no documented allergies to drugs, foods, or other substances. It helps clinicians choose medications safely, though it doesn't guarantee there won't be an allergy discovered later. The other phrases don't fit standard medical terminology: "Not known allergy" isn't a typical label, "Not known antibody" refers to a different concept in immunology, and "Normal potassium assessment" is a lab result, not allergy status.

5. Duty of care means what?

- A. The right of a patient to refuse treatment.
- B. The obligation under law for a health care worker to perform services that meet the common standards of practice in the community for a comparable worker.**
- C. A formal agreement between hospital and insurer.
- D. The ethical code guiding patient interactions.

Duty of care is the legal obligation a health care professional has to provide care that meets the standard of practice expected in the community for someone with similar training and experience. This means acting competently, following accepted protocols, making reasonable judgments, and avoiding harm through negligent care. When care falls short of that standard and causes injury or harm, liability can arise. This isn't about a patient's right to refuse treatment—that's about autonomy and informed consent. It's also not a contract between a hospital and an insurer, which is administrative. And while ethical guidelines shape how professionals should behave, duty of care is a legal obligation tied to the standards of professional practice.

6. Which abbreviation means 'as desired, freely'?

- A. ASAP
- B. Ad lib**
- C. c/o
- D. Caps

The idea being tested is an instruction that means you may act without fixed limits, doing something "as desired" or "at one's pleasure." The abbreviation that fits this is the one that stands for ad libitum, often shortened to ad lib. It literally conveys freedom to improvise or consume as much as you want, depending on the context—like a musician improvising in a performance or a patient allowed to eat ad libitum. That's why it's the best choice for "as desired, freely." The other options convey different meanings: one means speed (as soon as possible), another is used in addresses or patient notes as care of or complaints, and the last is a shorthand for capsules or capitals, none of which match the idea of acting freely or by choice.

**7. Which term describes the administration of any medication not ordered?**

- A. LOA Medication**
- B. Unordered Drug**
- C. Wrong Dosage Form**
- D. Wrong Time**

The key idea here is medication safety and authorization. When a drug is given without a current order, the situation is described as an unordered drug. That means the medication was administered without a physician's or prescriber's directive and without being documented as approved for that patient in the chart or electronic system. This bypasses the proper checks and can lead to serious harm, since the patient may be allergic to it, already on a conflicting therapy, or have conditions that make that drug unsafe for them at that moment. Think of it as the failure of the usual verification process that protects patients: before giving any medication, you check the order, the patient's allergies, and the current standing orders. If there's no order, there's no basis to administer, regardless of how familiar the drug might be or how harmless it seems. That's why unordered drug administration is considered a serious safety error and must be addressed immediately—stop, verify, inform the supervising clinician, document the incident, and monitor the patient for adverse reactions. The other terms describe different issues. A wrong dosage form means the drug is the same medicine but in an incorrect presentation (for example, giving a liquid when a tablet is ordered). Wrong time refers to when a drug is given outside the scheduled window. One term, however, specifically captures the absence of an approved order, which is why it is the correct description in this scenario.

**8. Which of the following is a sensory system structure?**

- A. Brain**
- B. Eyes, Ears, Mouth, Nose, Throat, Skin**
- C. Heart**
- D. Lungs**

The key idea is identifying the parts of the body that detect stimuli and send sensory information to the brain. Sensory system structures are the organs that perceive the world—eyes for sight, ears for hearing (and balance), the nose for smell, the tongue and mouth for taste, and the skin for touch. The throat is included because it plays a role in sensing certain sensations as part of the mouth and airway region, and overall these structures together form the body's sense organs that detect changes in the environment. The brain, while essential for processing these signals, is a processing center rather than a sensory structure itself. The heart and lungs aren't sensory organs; they are primarily responsible for circulation and respiration, respectively. So the option listing eyes, ears, mouth, nose, throat, and skin best represents the sensory system structures.

**9. pc (with line above) indicates what?**

- A. Before meals**
- B. During meals**
- C. With meals**
- D. After meals**

pc with a line over it is a dosing instruction written in Latin. It stands for post cibum, meaning after meals. This tells the patient to take the medicine after eating, which helps with stomach comfort and can affect how well the drug is absorbed. In contrast, ante cibum means before meals, and there isn't a standard use for this line over pc to indicate taking with meals. So the correct interpretation is: after meals.

**10. Dysarthria is primarily caused by**

- A. Damage to the inner ear affects balance**
- B. Inability to understand language**
- C. Weakness/paralysis of muscles causes slurred speech**
- D. Visual impairment causes words to blur**

Dysarthria is a motor speech disorder caused by weakness or paralysis of the muscles used to speak—lip, tongue, jaw, vocal cords, and the breathing muscles. When these muscles can't be controlled precisely, speech becomes slurred, imprecise, and may have abnormal rhythm or voice quality. This reflects a problem with the nerves and muscles that actually produce speech, not with understanding language, seeing, or hearing. So the description of weakness or paralysis of the speaking muscles leading to slurred speech best captures what dysarthria is.

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

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

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