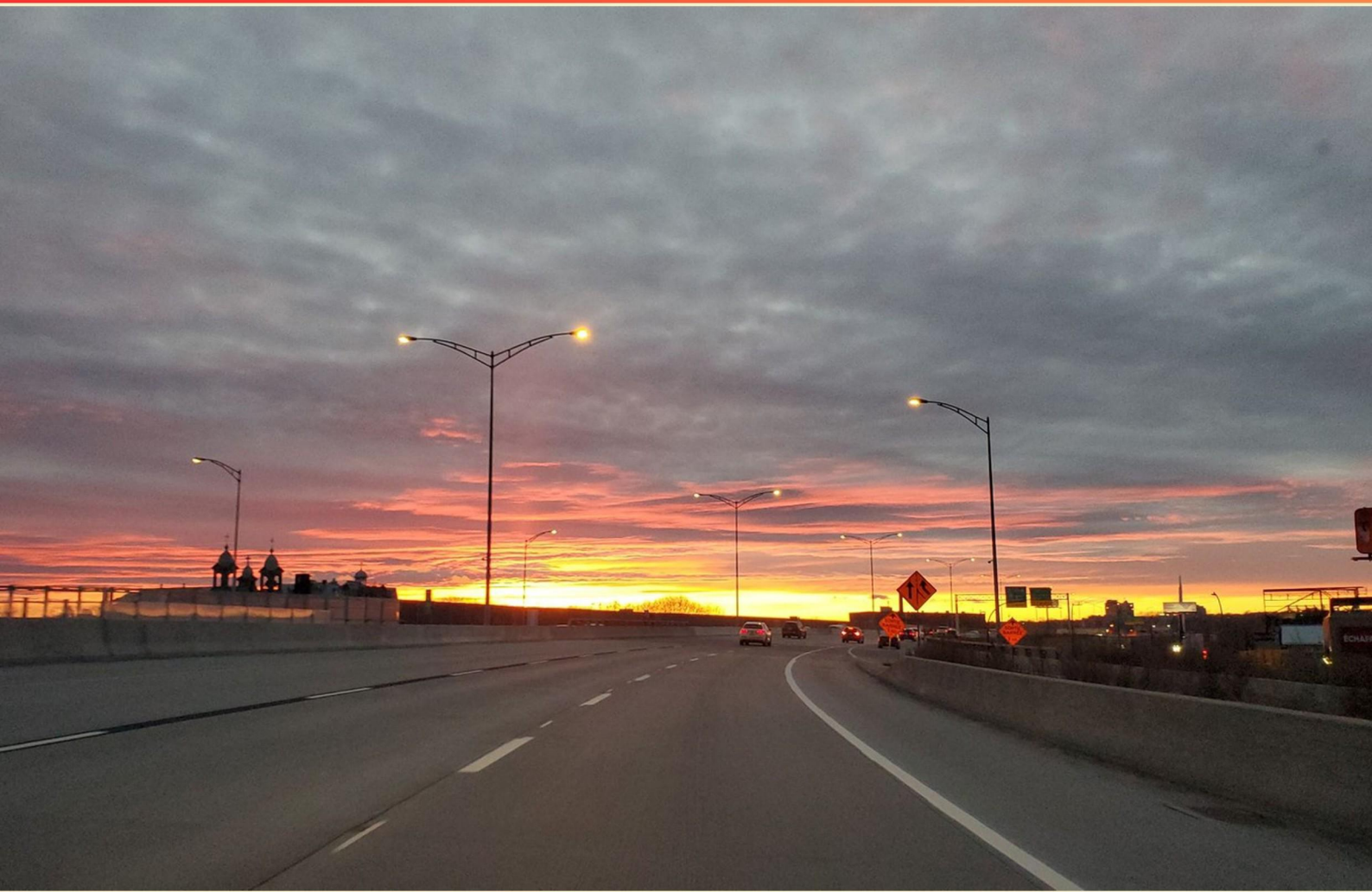


MISSOURI STATE CMT PRACTICE TEST (SAMPLE)

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. What are drug side effects?

- A. The primary therapeutic effect
- B. Any effect of a drug other than the one for which it is given
- C. The drug's price
- D. The drug's mechanism

2. Which category includes Hormones, Corticosteroids, Thyroid medication, Insulin, and Oral hypoglycemics?

- A. Digestive system medications
- B. Reproductive System medications
- C. Immune/Lymphatic system medications
- D. Endocrine system medications

3. CHD is an acronym used in medical terminology. What does CHD stand for?

- A. Congenital Hip Dislocation
- B. Chronic Hepatic Disease
- C. Coronary Heart Disease
- D. Central Heart Disorder

4. Which abbreviation is used for a heart attack?

- A. MI
- B. TIA
- C. URI
- D. UTI

5. What does it mean when a tablet is scored?

- A. Groove to break
- B. Dissolve in mouth for effect to mouth/throat
- C. Placed between gum and cheek to dissolve
- D. Multi-layer that dissolve at a different rate, can have spansules, uses diffusion, dissolution, osmotic systems. Ex. Plateau caps, Sequels, Extentabs, Repetabs

- 6. Drug Administration State Regulations include which of the following laws or acts?**
- A. Federal regulations for Skilled Nursing Facilities
 - B. State regulations including licensure acts
 - C. Brand name
 - D. MO Nursing Home Licensure Law & Regulations; MO Pharmacy and Nurse Practice Act; MO Controlled Substance Act
- 7. Which role is listed second in the chain of command for medication management?**
- A. Medical Provider
 - B. Pharmacist
 - C. DON
 - D. Charge nurse
- 8. Which metric unit is used for mass?**
- A. Meter
 - B. Liter
 - C. Second
 - D. Gram
- 9. Which respiratory system medication is used to reduce airway inflammation?**
- A. Bronchodilators
 - B. Antiinflammatory
 - C. Cough/cold preparations
 - D. Decongestants
- 10. Unjustified detention of a person. Example: Preventing a competent resident from leaving a facility?**
- A. Assault
 - B. False imprisonment
 - C. Neglect
 - D. Libel

Answers

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

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Explanations

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1. What are drug side effects?

- A. The primary therapeutic effect
- B. Any effect of a drug other than the one for which it is given**
- C. The drug's price
- D. The drug's mechanism

Drug side effects are any effect of a drug other than the one for which it is given. This means medicines can produce responses beyond the intended therapeutic benefit. For example, a drug used to relieve allergy symptoms might also cause drowsiness, or a medication to treat infection might upset the stomach. These unintended effects can be mild or more serious and can vary from person to person or change with dose. The primary therapeutic effect is the specific benefit the medicine is meant to provide. The drug's price is about cost, not a biological effect. The drug's mechanism describes how the drug works to produce its effects, not the extra, unintended responses.

2. Which category includes Hormones, Corticosteroids, Thyroid medication, Insulin, and Oral hypoglycemics?

- A. Digestive system medications
- B. Reproductive System medications
- C. Immune/Lymphatic system medications
- D. Endocrine system medications**

Endocrine system medications include drugs that either are hormones or modify hormonal activity. Hormones are chemical messengers carried in the blood to regulate metabolism, growth, and other body functions. Corticosteroids are steroid hormones produced by the adrenal glands and have widespread effects on metabolism and inflammation. Thyroid medications provide or influence thyroid hormones that set the body's metabolic rate. Insulin is itself a hormone that controls blood glucose. Oral hypoglycemics help manage blood sugar by affecting how insulin works or how glucose is produced and utilized, tying into the body's hormonal regulation of glucose. Because these drugs all relate to how the body uses or responds to hormones, they fit under endocrine system medications.

3. CHD is an acronym used in medical terminology. What does CHD stand for?

- A. Congenital Hip Dislocation
- B. Chronic Hepatic Disease
- C. Coronary Heart Disease**
- D. Central Heart Disorder

CHD most commonly stands for coronary heart disease, which refers to disease of the arteries that supply blood to the heart muscle. When these arteries become narrowed or blocked by atherosclerosis, blood flow to the heart is reduced, which can cause chest pain (angina) or a heart attack. This is why this meaning is the one you'll encounter most often in medical contexts. The other phrases could technically form the same initials, but they aren't the standard usage in everyday medical language: congenital hip dislocation and chronic hepatic disease are not the meanings doctors rely on for CHD, and central heart disorder isn't a widely used term. So the widely accepted meaning is coronary heart disease.

4. Which abbreviation is used for a heart attack?

- A. MI**
- B. TIA
- C. URI
- D. UTI

MI stands for myocardial infarction, the medical term for a heart attack. When a coronary artery is blocked, part of the heart muscle is deprived of oxygen and begins to die, making this a medical emergency. In clinical practice, MI is the standard abbreviation used to convey that specific condition quickly. The other abbreviations refer to different problems: transient ischemic attack is a brief stroke-like event, URI is an upper respiratory infection, and UTI is a urinary tract infection. So, MI is the correct abbreviation for a heart attack.

5. What does it mean when a tablet is scored?

- A. Groove to break**
- B. Dissolve in mouth for effect to mouth/throat
- C. Placed between gum and cheek to dissolve
- D. Multi-layer that dissolve at a different rate, can have spansules, uses diffusion, dissolution, osmotic systems. Ex. Plateau caps, Sequels, Extentabe, Repetabs

Scoring on a tablet means there's a shallow groove down the middle so the tablet can be split into equal portions. This helps when a smaller dose is needed or when a patient has difficulty taking a full-strength tablet. The groove is a manufacturing cue for breaking the tablet, not a hint about how it should dissolve or where it should be placed in the mouth. The other ideas describe different ways a medicine can be released or absorbed (dissolving in the mouth for rapid effect, placing between the gum and cheek for buccal absorption, or complex multi-layer release mechanisms), which are unrelated to the purpose of a score line. Split tablets only if the product labeling or guidance from a healthcare professional allows it, since some tablets should not be split due to coating or extended-release design.

6. Drug Administration State Regulations include which of the following laws or acts?

- A. Federal regulations for Skilled Nursing Facilities
- B. State regulations including licensure acts
- C. Brand name
- D. MO Nursing Home Licensure Law & Regulations; MO Pharmacy and Nurse Practice Act; MO Controlled Substance Act**

State rules for giving medications in Missouri come from a trio of laws and acts that together govern who can administer drugs, how facilities operate, and how controlled substances are handled. The Nursing Home Licensure Law and Regulations set the overall standards for operating long-term care facilities, including safe medication practices and staff qualifications. The Missouri Pharmacy and Nurse Practice Acts define what licensed professionals—like nurses and pharmacists—are allowed to do, including prescribing, dispensing, and administering medications, along with the training and competency required. The Missouri Controlled Substance Act is focused on the storage, documentation, and administration of drugs that are controlled, with strict rules to prevent misuse. These together outline the state-specific framework for drug administration, making them the best description of what state regulations include.

7. Which role is listed second in the chain of command for medication management?

- A. Medical Provider**
- B. Pharmacist
- C. DON
- D. Charge nurse

Medication management relies on a clear sequence of roles to add safety checks before a drug reaches the patient. The Pharmacist performs a key verification step, confirming the drug, dose, route, frequency, interactions, and compatibility with the patient's chart. After this pharmacist verification, the Medical Provider reviews the medication plan and finalizes the order to be carried out. That combination, with the pharmacist's check followed by the provider's final authorization, places the Medical Provider as the next role in the chain, or the second position. The Director of Nursing and the charge nurse are important for overall nursing supervision and day-to-day administration, but they come later in the process and don't occupy the second slot in this medication-management sequence.

8. Which metric unit is used for mass?

- A. Meter
- B. Liter
- C. Second
- D. Gram**

Mass is the amount of matter in an object. In the metric system, different kinds of quantities use different units: length is measured in meters, volume in liters, and time in seconds. Mass is measured in grams, with kilograms used for larger amounts (1 kilogram = 1000 grams). So grams are the metric unit used to express mass, which is why this option is correct. The meter measures length, the liter measures volume, and the second measures time.

9. Which respiratory system medication is used to reduce airway inflammation?

- A. Bronchodilators
- B. Antiinflammatory**
- C. Cough/cold preparations
- D. Decongestants

Antiinflammatory medications target airway inflammation, a central factor in conditions like asthma. By reducing the inflammatory response in the airways, these drugs decrease swelling, mucus production, and irritation, which helps air passages stay open and breathing become easier over time. Inhaled corticosteroids are a common example and are key for long-term control of inflammatory airway diseases. Bronchodilators, on the other hand, relieve symptoms by relaxing smooth muscle to open the airways but don't address the underlying inflammation. Cough/cold remedies and decongestants treat other symptoms and do not specifically reduce airway inflammation.

10. Unjustified detention of a person. Example: Preventing a competent resident from leaving a facility?

A. Assault

B. False imprisonment

C. Neglect

D. Libel

False imprisonment means unjustified confinement or restraint of a person's freedom of movement without legal authority. In this example, preventing a competent resident from leaving a facility restraints their ability to go where they choose, without a valid justification or consent, which fits false imprisonment. The other concepts don't fit because they involve different harms: assault is about harming or threatening bodily harm, neglect is failing to provide necessary care, and libel is making false written statements about someone.

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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://mostatecmt.examzify.com>

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

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