

Musculoskeletal and Medication 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. A client is receiving diazepam for skeletal muscle relaxation; which side effect would the nurse monitor?**
 - A. Incoordination**
 - B. Sedation**
 - C. Nausea**
 - D. Tachycardia**

- 2. A client with a left arm fracture reports severe, diffuse pain unrelieved by analgesics. What should the nurse do?**
 - A. Notify the registered nurse.**
 - B. Call the physician directly**
 - C. Increase analgesic dose without consult**
 - D. Apply heat to the area**

- 3. Which disorder should alert the nurse to contact the primary health care provider when a client is prescribed baclofen?**
 - A. Hypertension**
 - B. A seizure disorder**
 - C. Diabetes mellitus**
 - D. Asthma**

- 4. When monitoring a client receiving etanercept, which data should be collected?**
 - A. Serum glucose**
 - B. White blood cell and platelet counts**
 - C. Urinalysis for protein**
 - D. Serum sodium and potassium**

- 5. Which statement about meloxicam is true?**
 - A. It is an antibiotic**
 - B. It has analgesic, antipyretic, and anti-inflammatory effects**
 - C. It is a sedative**
 - D. It is a diuretic**

- 6. To determine effectiveness of leflunomide, which question would you ask?**
- A. Do you have any joint pain?**
 - B. Has your blood pressure been stable?**
 - C. Have you had headaches recently?**
 - D. Are you taking any vitamins?**
- 7. A client with rheumatoid arthritis taking acetylsalicylic acid 5 g daily would demonstrate understanding by reporting which symptom?**
- A. Ring-ing in the ears**
 - B. Headache**
 - C. Dizziness**
 - D. Nausea**
- 8. Which medication is used to manage chronic tophaceous gout?**
- A. Indomethacin**
 - B. Allopurinol**
 - C. Meloxicam**
 - D. Cyclobenzaprine**
- 9. Which condition would contraindicate alendronate use aside from hypocalcemia?**
- A. GERD**
 - B. Hypertension**
 - C. Hyperkalemia**
 - D. Hypothyroidism**
- 10. Dantrolene is best described as what type of medication in clinical practice?**
- A. Muscle relaxant for spasticity**
 - B. Analgesic**
 - C. Antibiotic**
 - D. Antipyretic**

Answers

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

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Explanations

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1. A client is receiving diazepam for skeletal muscle relaxation; which side effect would the nurse monitor?

- A. Incoordination**
- B. Sedation**
- C. Nausea**
- D. Tachycardia**

The main idea is that benzodiazepines used for skeletal muscle relaxation act in the central nervous system and can slow motor control. Diazepam enhances GABA activity, which relaxes muscles but also depresses CNS functions involved in coordination. Incoordination (ataxia) directly reflects this motor impairment, making it a key side effect to monitor to prevent falls and unsafe movement. Sedation is also common and important for safety, but the ability to coordinate movements is the more specific indicator of CNS depressant effect on motor control. Nausea and tachycardia are less typical in this context.

2. A client with a left arm fracture reports severe, diffuse pain unrelieved by analgesics. What should the nurse do?

- A. Notify the registered nurse.**
- B. Call the physician directly**
- C. Increase analgesic dose without consult**
- D. Apply heat to the area**

Severe, unrelieved pain after a fracture can signal a serious complication such as compartment syndrome, where swelling compromises nerves and blood flow. The best immediate action is to notify the registered nurse so they can perform a focused neurovascular assessment and determine whether urgent physician involvement or a rapid-response is needed. Increasing the analgesic dose without an order or applying heat wouldn't address the underlying issue and could mask or worsen the problem. In the meantime, perform ongoing neurovascular checks (pulses, sensation, movement, cap refill), keep the limb immobilized and at heart level, remove any constrictive items, and document the patient's pain and findings. Prompt escalation helps ensure timely evaluation and treatment.

3. Which disorder should alert the nurse to contact the primary health care provider when a client is prescribed baclofen?

- A. Hypertension**
- B. A seizure disorder**
- C. Diabetes mellitus**
- D. Asthma**

Baclofen is a CNS-acting muscle relaxant that can influence neural excitability and, in some cases, lower the seizure threshold or precipitate seizures, especially if withdrawal occurs. Because of this, starting baclofen in someone with a preexisting seizure disorder requires close medical supervision and possible dose adjustment or alternative therapy. The nurse should contact the primary health care provider to review the seizure history and plan safe use of the medication. Other listed conditions don't carry this same immediate concern with baclofen initiation, so they don't necessitate urgent provider notification in the same way.

4. When monitoring a client receiving etanercept, which data should be collected?

- A. Serum glucose
- B. White blood cell and platelet counts**
- C. Urinalysis for protein
- D. Serum sodium and potassium

White blood cell and platelet counts should be monitored because etanercept is a TNF inhibitor that can dampen the immune response and cause hematologic adverse effects such as neutropenia and thrombocytopenia. Regular CBC monitoring helps detect infections early and catch cytopenias before they become serious, guiding timely management. Other data like serum glucose, urinalysis for protein, or electrolytes aren't the primary safety signals for this therapy and don't directly address its main risks.

5. Which statement about meloxicam is true?

- A. It is an antibiotic
- B. It has analgesic, antipyretic, and anti-inflammatory effects**
- C. It is a sedative
- D. It is a diuretic

Meloxicam is a nonsteroidal anti-inflammatory drug, so it has analgesic, antipyretic, and anti-inflammatory effects. These come from its ability to inhibit cyclooxygenase enzymes, which lowers the production of prostaglandins that mediate pain, fever, and inflammation. Meloxicam is COX-2-preferential, which helps reduce inflammation with potentially fewer gastrointestinal side effects than nonselective NSAIDs. It is not an antibiotic, it does not have sedative properties, and it is not a diuretic.

6. To determine effectiveness of leflunomide, which question would you ask?

- A. Do you have any joint pain?**
- B. Has your blood pressure been stable?
- C. Have you had headaches recently?
- D. Are you taking any vitamins?

When evaluating how well leflunomide is working, the focus is on how well the arthritis symptoms are being controlled. Leflunomide helps reduce inflammation in rheumatoid arthritis, so a direct question about current joint pain captures whether the patient is experiencing relief and improved function. If the patient reports less pain and stiffness, it suggests the medication is effective. Asking about blood pressure stability, headaches, or vitamin intake doesn't directly measure disease activity or response to therapy. Blood pressure or headaches relate more to safety and nonspecific symptoms, and vitamins don't reflect how well the inflammatory process is being controlled. In practice, clinicians also look at swollen joint counts, morning stiffness duration, functional status, and inflammatory markers to gauge overall effectiveness, but the most immediate cue is whether joint pain is diminishing.

7. A client with rheumatoid arthritis taking acetylsalicylic acid 5 g daily would demonstrate understanding by reporting which symptom?

- A. Ringing in the ears**
- B. Headache**
- C. Dizziness**
- D. Nausea**

High-dose aspirin can affect the inner ear, leading to ototoxicity. At about 5 g daily, ringing in the ears (tinnitus) is a classic early sign of salicylate toxicity and indicates the body is responding to the high dose. This symptom is more specific to aspirin's effects on the ear than the others, which can arise from many causes. While nausea, dizziness, or headaches can occur with aspirin use, tinnitus specifically points to cochlear involvement from high-dose salicylates and should prompt clinical assessment and possible adjustment of therapy.

8. Which medication is used to manage chronic tophaceous gout?

- A. Indomethacin**
- B. Allopurinol**
- C. Meloxicam**
- D. Cyclobenzaprine**

Lowering uric acid production over the long term is the key for chronic tophaceous gout, because tophi form and persist when uric acid remains high. Allopurinol fits this need by inhibiting xanthine oxidase, the enzyme that produces uric acid. By reducing uric acid synthesis, it helps dissolve tophi and prevents new ones from forming, which is exactly what chronic tophaceous gout requires. It's a long-term urate-lowering therapy, not a treatment for an acute flare—that role is served by anti-inflammatory meds. It's also not a muscle relaxant, which is why another option would not address the underlying issue here. In practice, you start after the acute attack subsides and titrate to reach and maintain a target serum urate level (often below 6 mg/dL, sometimes lower in tophaceous disease), with monitoring of kidney function and uric acid levels.

9. Which condition would contraindicate alendronate use aside from hypocalcemia?

- A. GERD**
- B. Hypertension**
- C. Hyperkalemia**
- D. Hypothyroidism**

Alendronate can irritate the esophagus, so significant esophageal disease is a contraindication. Because the medication can cause esophagitis or ulcers if esophageal mucosa is already irritated (as in GERD), patients with gastroesophageal reflux disease should not use it. The other conditions listed—hypertension, hyperkalemia, and hypothyroidism—do not directly raise this esophageal safety concern, so they are not contraindications. (Hypocalcemia is a known contraindication, but this question asks aside from that.)

10. Dantrolene is best described as what type of medication in clinical practice?

- A. Muscle relaxant for spasticity**
- B. Analgesic**
- C. Antibiotic**
- D. Antipyretic**

Dantrolene is a direct-acting skeletal muscle relaxant. It works by blocking calcium release from the sarcoplasmic reticulum in skeletal muscle cells, via the ryanodine receptor, which lowers intracellular calcium and weakens the excitation-contraction coupling that drives muscle contraction. This peripheral action reduces muscle stiffness and spasticity, making it useful for conditions with spasticity and for the malignant hyperthermia crisis during anesthesia. It does not relieve pain like an analgesic, does not fight infections like an antibiotic, and does not reduce fever like an antipyretic.

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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://muscoskeletalmedication.examzify.com>

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

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