

Nail Structure, Disorders and Diseases Practice Test (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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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

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- 1. Which nail growth pattern is considered abnormal?**
 - A. Even growth across the nail**
 - B. Growth with ridges**
 - C. Smooth and flat appearance**
 - D. Uniform width**

- 2. What condition occurs when the eponychium or surrounding living tissue is split or torn?**
 - A. Onychoryptosis**
 - B. Hangnail**
 - C. Pyogenic granuloma**
 - D. Trumpet nail**

- 3. The portion of living skin that supports the nail plate is the:**
 - A. nail bed**
 - B. nail root**
 - C. nail matrix**
 - D. nail groove**

- 4. Which visible part of the matrix extends from underneath the living skin?**
 - A. Lunula**
 - B. Nail grooves**
 - C. Nail plate**
 - D. Natural nail**

- 5. The fingernail on the __ typically grows slowest?**
 - A. middle finger**
 - B. pinky finger**
 - C. index finger**
 - D. thumb**

6. What is the term for bitten nails?

- A. Onychomycosis**
- B. Onychophagy**
- C. Hangnail**
- D. Lateral nail fold**

7. What is the scientific name for the natural nail, which is composed mainly of keratin?

- A. Nail plate**
- B. Lateral nail fold**
- C. Lunula**
- D. Natural nail**

8. What does an abnormal nail appearance often signify?

- A. Improper nail care**
- B. The presence of a fungal infection**
- C. Potential underlying health conditions**
- D. Charitable donation of nails**

9. What type of organism can cause infections to the feet and hands under certain conditions?

- A. Flagella**
- B. Fungi**
- C. Pedis**
- D. Tinea**

10. Where are splinter hemorrhages typically located?

- A. Across the nail**
- B. Lengthwise in the direction of growth**
- C. On the cuticle**
- D. Under the nail bed**

Answers

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

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Explanations

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1. Which nail growth pattern is considered abnormal?

- A. Even growth across the nail**
- B. Growth with ridges**
- C. Smooth and flat appearance**
- D. Uniform width**

The growth pattern characterized by the presence of ridges is considered abnormal because it often indicates an underlying issue with nail health or systemic health problems. Ridges can manifest as either longitudinal (running from the cuticle to the tip of the nail) or transverse (across the nail) and may be a sign of various conditions such as nutritional deficiencies, trauma, or other health concerns. Healthy nails typically exhibit even growth and a smooth appearance, without any irregularities such as ridges. Therefore, the presence of ridges suggests a deviation from normal nail growth, warranting potential investigation for nail disorders or other health issues.

2. What condition occurs when the eponychium or surrounding living tissue is split or torn?

- A. Onychoryptosis**
- B. Hangnail**
- C. Pyogenic granuloma**
- D. Trumpet nail**

The condition that occurs when the eponychium or the surrounding living tissue is split or torn is referred to as a hangnail. A hangnail typically manifests as a small piece of skin or a flap that is separated from the nail fold, which can be due to several factors such as dryness, trauma, or the habit of biting nails. This condition can be both unsightly and uncomfortable, and if not managed properly, it may lead to inflammation or infection in the affected area, as it exposes the underlying skin. Hangnails are often confused with other nail disorders due to their association with the nail area. Onychoryptosis, for example, is a condition related to the ingrowth of the nail into the surrounding tissue, leading to pain and swelling. Pyogenic granuloma involves a benign growth that can appear around the nail bed, often accompanied by bleeding, and is not primarily a result of tearing of the tissue. Trumpet nail refers to a deformity where the nail curves to resemble a trumpet shape, which does not relate to any splits or tears of the surrounding tissue. Understanding the specific details of hangnails emphasizes their direct relation to issues with the eponychium and surrounding tissue, highlighting why this condition is

3. The portion of living skin that supports the nail plate is the:

- A. nail bed**
- B. nail root**
- C. nail matrix**
- D. nail groove**

The portion of living skin that supports the nail plate is indeed the nail bed. The nail bed is the part of the finger or toe under the nail plate and is made of soft tissue that provides a stable base for the nail. It contains blood vessels and nerves, which contribute to the overall health and growth of the nail. The nail bed plays a crucial role in the attachment of the nail plate, ensuring it stays securely in place while allowing for some flexibility during everyday activities. In contrast, the nail root is the hidden part of the nail that lies beneath the fold of the skin at the base of the nail. The nail matrix, which is located under the nail root, is where the actual growth of the nail occurs, producing new cells that contribute to the formation of the nail plate as it grows outwards. The nail groove, on the other hand, refers to the channels on either side of the nail that facilitate its growth but does not provide support. Each of these components serves a distinct function in the overall structure and health of the nail, but it is the nail bed that is specifically recognized for supporting the nail plate.

4. Which visible part of the matrix extends from underneath the living skin?

- A. Lunula**
- B. Nail grooves**
- C. Nail plate**
- D. Natural nail**

The lunula is the correct answer because it represents the visible part of the matrix that is situated at the base of the nail, just under the skin. It appears as a semi-circular white area and is the only part of the matrix that is visible, indicating the growth area of the nail. The matrix itself is responsible for producing new nail cells, which harden and form the nail plate. In contrast, the nail grooves are the indentations along the side of the nail that help guide the nail as it grows. The nail plate is the hard part of the nail that is visible and extends beyond the fingertip, but it is not a part of the matrix itself. The natural nail refers to the complete structure of the nail including the nail plate and matrix, but it does not specifically denote the visible part of the matrix that extends under the skin. Therefore, the lunula is the distinct visible part of the matrix that aligns with the question's focus on what is seen under the skin.

5. The fingernail on the __ typically grows slowest?

- A. middle finger**
- B. pinky finger**
- C. index finger**
- D. thumb**

The fingernail on the thumb typically grows slowest due to several anatomical and physiological factors. Nail growth rate can be influenced by the thickness of the nail, blood supply to the finger, and the frequency of use. The thumb, being thicker and more robust than the other fingers, generally has a slower growth rate. This can also be attributed to its functionality; as it often engages in activities that may cause wear and tear, the growth rate may adjust accordingly to accommodate. In contrast, other fingers tend to grow at slightly different rates due to their size, thickness, and exposure to various stimuli. The pinky finger, for example, while it may also grow slowly, does not typically experience the same degree of engagement and mechanical stress as the thumb. The middle and index fingers, which are more utilized in daily tasks, generally show higher growth rates as well. Thus, the thumb's unique characteristics and its role in hand function contribute to its distinct nail growth dynamics.

6. What is the term for bitten nails?

- A. Onychomycosis**
- B. Onychophagy**
- C. Hangnail**
- D. Lateral nail fold**

The term for bitten nails is onychophagy. This condition is characterized by the habitual biting of one's nails, which can lead to various problems, including damage to the nail bed and surrounding skin, infection, and changes in the shape and appearance of the nails. Onychophagy is often associated with stress or anxiety, prompting individuals to resort to nail-biting as a coping mechanism. Understanding onychophagy is crucial in nail care and management, especially for individuals seeking to maintain healthy nails and avoid potential complications from the habit. The other terms listed refer to different nail-related issues, such as onychomycosis, which is a fungal infection of the nails, and hangnails, which are small, torn pieces of skin next to the nails. Lateral nail fold pertains to the sides of the nail, but none of these terms describe the act of biting nails like onychophagy does.

7. What is the scientific name for the natural nail, which is composed mainly of keratin?

- A. Nail plate**
- B. Lateral nail fold**
- C. Lunula**
- D. Natural nail**

The term "natural nail" refers to the entire structure that forms the fingernail or toenail. The natural nail is primarily composed of keratin, a tough protein that provides strength and resilience. This composition allows the nail to protect the distal phalanx (the fingertip bone) and enhance the dexterity of fingers and toes. While "nail plate" refers specifically to the hard, visible part of the nail that sits on top and is made of keratin, it does not encompass the entirety of the nail structure as "natural nail" does. The "lateral nail fold" pertains to the skin folds on each side of the nail plate that help protect it, but again, does not represent the nail itself. The "lunula" is the crescent-shaped area at the base of the nail plate, which is just a small part of the overall structure. Thus, "natural nail" is the term that accurately describes the entire entity made mostly of keratin, making it the most appropriate choice in this context.

8. What does an abnormal nail appearance often signify?

- A. Improper nail care**
- B. The presence of a fungal infection**
- C. Potential underlying health conditions**
- D. Charitable donation of nails**

An abnormal nail appearance often indicates potential underlying health conditions because nails can serve as indicators of a person's overall health. Changes in nail color, texture, or shape may be associated with various medical issues. For instance, a pale or bluish tint can indicate low oxygen levels, while ridges or pitting may suggest conditions such as psoriasis or alopecia areata. Therefore, the state of the nails is an important diagnostic tool that can help identify health problems that might not be evident through other means. While improper nail care and the presence of a fungal infection can lead to changes in nail appearance, these are generally more superficial and can often be corrected with appropriate treatment and care. Charitable donation of nails does not relate to abnormal nail appearance, as it refers to a practice that does not have health implications. In summary, the most significant implications of abnormal nail appearance point to underlying health conditions that may require further investigation.

9. What type of organism can cause infections to the feet and hands under certain conditions?

- A. Flagella**
- B. Fungi**
- C. Pedis**
- D. Tinea**

Infections of the feet and hands can be caused by fungi, which are microorganisms capable of thriving in various environments, particularly in warm and moist areas. Fungal infections, such as athlete's foot and nail fungus, often occur when skin is damaged or when there is excessive moisture, creating an ideal environment for fungal growth. Fungi reproduce via spores that can spread easily, leading to infections that manifest as itching, redness, swelling, and sometimes more severe symptoms depending on the individual's immune response. It's common to find these infections on the feet and hands because they are frequent sites of contact with contaminated surfaces or environments, such as public showers or swimming pools. While terms like "flagella," "pedis," and "tinea" are related to organisms or conditions, they do not accurately capture the type of organism responsible for the infections mentioned in this context. Flagella refer to a structure that aids in the movement of certain microorganisms but do not describe a specific type of pathogen that causes infections. "Pedis" usually refers to conditions like "tinea pedis," which is a specific fungal infection of the foot, but it is not a type of organism. Similarly, "tinea" refers to fungal infections in general but is also not a

10. Where are splinter hemorrhages typically located?

- A. Across the nail**
- B. Lengthwise in the direction of growth**
- C. On the cuticle**
- D. Under the nail bed**

Splinter hemorrhages are small, linear streaks of bleeding that occur underneath the nails, and they are typically oriented lengthwise in the direction of nail growth. This particular alignment is due to the way the blood vessels beneath the nail matrix can sustain trauma or damage, leading to the characteristic pattern of these hemorrhages. The lengthwise orientation corresponds with the natural growth direction of the nail, which grows from the nail matrix at the base toward the tip. As the nail grows, any trauma that leads to bleeding manifests as splinter-shaped marks that follow this direction, making option B the correct choice. Other options like across the nail or on the cuticle do not accurately describe the typical presentation of splinter hemorrhages, as they are not typically found in those areas. Additionally, while splinter hemorrhages can occur under the nail bed, their defining characteristic is their alignment along the growth direction.

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://nailstructuredisordersdiseases.examzify.com>

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

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