

NAIL STRUCTURE, DISORDERS AND DISEASES PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE

<https://nailstructiredisordersdiseases.examzify.com>



Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

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	15

SAMPLE

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

SAMPLE

- 1. Which nail disorder can cause nails to separate from the nail bed?**
 - A. Onycholysis
 - B. Beau's lines
 - C. Onychorrhexis
 - D. Hypertrichosis
- 2. What is the medical term for ingrown nails?**
 - A. Onychopogy
 - B. Onychocryptosis
 - C. Onychomycosis
 - D. Onychorrhexis
- 3. What is the role of the nail matrix in nail growth?**
 - A. It provides moisture to the nail bed
 - B. It produces new cells that form the nail plate
 - C. It protects the nail from fungal infections
 - D. It absorbs nutrients for nail health
- 4. What is the first sign of nail growth after a nail injury?**
 - A. The appearance of a new nail matrix
 - B. The nail plate thickening
 - C. Color changes in the nail
 - D. Loss of nail bed sensitivity
- 5. What is the primary function of the nail matrix?**
 - A. To protect the nail
 - B. To produce new nail cells that form the nail plate
 - C. To nourish the nail
 - D. To shape the nail
- 6. What is an emery board used for?**
 - A. To apply nail polish evenly
 - B. To shape and smooth the edges of the nails
 - C. To remove hangnails and cuticles
 - D. To strengthen weak nails

7. How does nail health relate to overall health?

- A. It often shows emotional stress
- B. It reflects only local infections
- C. It can indicate systemic health issues
- D. It is unrelated to general health

8. Which of the following is a common preventive measure for nail infections?

- A. Wearing tight shoes
- B. Keeping nails dry and trimmed
- C. Using artificial nails
- D. Excessive filing

9. Nail fungi can be transmitted through which type of instruments?

- A. Disposable
- B. Sterilized
- C. Disinfected
- D. Contaminated

10. What is the dead, colorless tissue attached to the natural nail plate known as?

- A. Eponychium
- B. Cuticle
- C. Ligament
- D. Lunula

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. Which nail disorder can cause nails to separate from the nail bed?

- A. Onycholysis**
- B. Beau's lines
- C. Onychorrhexis
- D. Hypertrichosis

Onycholysis is the correct answer because it specifically refers to the condition where the nail separates from the nail bed. This detachment can occur at any part of the nail, but it is most commonly seen at the tip. Onycholysis can be caused by various factors, including trauma, fungal infections, and exposure to chemicals, leading to the visible lifting of the nail and potentially making it more susceptible to further damage or infection. Beau's lines, while related to the appearance of the nail, indicate temporary pauses in nail growth often due to systemic health issues rather than separation of the nail from the bed. Onychorrhexis refers to brittle nails characterized by longitudinal ridging, which can lead to splitting but does not involve separation from the nail bed. Hypertrichosis involves excessive hair growth and is unrelated to any nail condition, including onycholysis. Understanding the specific characteristics of nail disorders helps in accurately identifying and managing them.

2. What is the medical term for ingrown nails?

- A. Onychopogy
- B. Onychocryptosis**
- C. Onychomycosis
- D. Onychorrhexis

The medical term for ingrown nails is onychocryptosis. This condition occurs when the edge of a nail grows into the surrounding skin, typically on the toes, leading to pain, inflammation, and potential infection. The term "onycho-" refers to nails, while "cryptosis" indicates something that is hidden or buried, perfectly describing the situation where part of the nail is embedded within the skin. Understanding the other terms can help clarify why onychocryptosis is the specific term for ingrown nails. Onychopogy refers to a condition involving nail loss or detachment, which does not relate to the ingrowth of the nail itself. Onychomycosis is a fungal infection of the nails, leading to thickening or discoloration, and is also unrelated to the mechanical issue of ingrowth. Onychorrhexis is characterized by brittle nails that split and are prone to breaking but does not involve the phenomenon of a nail growing into surrounding tissue. Each of these terms addresses different nail disorders, reinforcing the uniqueness of onychocryptosis for ingrown nails.

3. What is the role of the nail matrix in nail growth?

- A. It provides moisture to the nail bed
- B. It produces new cells that form the nail plate**
- C. It protects the nail from fungal infections
- D. It absorbs nutrients for nail health

The nail matrix plays a crucial role in nail growth by producing new cells that form the nail plate. This matrix is located beneath the cuticle, where it is more protected from external elements. As these cells proliferate, they push older cells forward, causing the nail to grow outwards. Over time, these newly formed cells become keratinized, hardening and eventually forming the visible nail plate that you see. This process is essential for the maintenance and growth of healthy nails. The other options do not accurately describe the role of the nail matrix. While moisture is important for overall nail health, it is not the function of the nail matrix to provide moisture to the nail bed. The matrix does not serve a protective role against fungal infections, and it is not responsible for absorbing nutrients directly; instead, the nail bed and surrounding tissues support the health of the nail by providing necessary nutrients and moisture.

4. What is the first sign of nail growth after a nail injury?

A. The appearance of a new nail matrix

B. The nail plate thickening

C. Color changes in the nail

D. Loss of nail bed sensitivity

The appearance of a new nail matrix is indeed the first sign of nail growth after a nail injury. The nail matrix is the tissue located under the base of the nail, where nail growth occurs. When an injury happens, it can damage this matrix, and the regrowth of the nail is contingent upon the regeneration of a healthy matrix. As the matrix matures, it begins to produce new nail cells, which will eventually form a new nail plate that grows outward. In contrast, the other options represent subsequent changes or effects rather than the initial sign of regeneration after an injury. Nail plate thickening may occur later as part of the healing process or as a response to stress on the nail. Color changes in the nail could indicate underlying problems or changes in integrity, but they do not signify the initiation of nail growth. Loss of nail bed sensitivity might arise due to injury, but it is not an indicator of new nail growth; rather, it reflects nerve damage or trauma to the area. Hence, recognizing the emergence of a new nail matrix is crucial for understanding the nail regrowth process following injury.

5. What is the primary function of the nail matrix?

A. To protect the nail

B. To produce new nail cells that form the nail plate

C. To nourish the nail

D. To shape the nail

The primary function of the nail matrix is indeed to produce new nail cells that form the nail plate. The nail matrix, located beneath the base of the nail, is a vital area where cell division occurs. As new cells are generated, they push older cells forward, leading to nail growth. The keratinized cells produced in the matrix harden and compact together, which ultimately forms the visible nail plate that we see. Understanding this function illustrates the importance of the nail matrix in overall nail health and growth. An impairment to the matrix can adversely affect nail growth, leading to various disorders or abnormal nail development. Factors such as trauma, infections, or other health issues can damage the matrix, emphasizing its crucial role in maintaining nail integrity and ensuring proper nail formation.

6. What is an emery board used for?

A. To apply nail polish evenly

B. To shape and smooth the edges of the nails

C. To remove hangnails and cuticles

D. To strengthen weak nails

An emery board is specifically designed for the purpose of shaping and smoothing the edges of nails. It typically consists of a board with a rough surface on one or both sides that can file down the nail edges to achieve a desired shape or length. This tool is essential in nail care routines because it allows for precision in contouring the nail structure, ensuring that the nails look neat and polished. Other options do not accurately represent the function of an emery board. For example, applying nail polish evenly requires tools such as brushes or sponges, while removing hangnails and cuticles necessitates the use of cutters or trims. Additionally, strengthening weak nails involves treatments or products specifically formulated for enhancing nail health, rather than simply filing or shaping them. Thus, the function of an emery board focuses primarily on the shaping and smoothing aspects of nail care.

7. How does nail health relate to overall health?

- A. It often shows emotional stress
- B. It reflects only local infections
- C. It can indicate systemic health issues**
- D. It is unrelated to general health

Nail health is closely linked to overall health because the condition of the nails can provide significant insights into systemic health issues. Changes in nail appearance, such as discoloration, texture, or growth patterns, can be early indicators of various underlying medical conditions, including nutritional deficiencies, infections, or chronic diseases. For instance, yellowing nails may signify respiratory issues, while nail clubbing can indicate cardiovascular problems. This link allows healthcare providers to use nail health as a diagnostic tool to identify and address potential systemic concerns. While emotional stress can sometimes manifest through changes in nail habits—such as increased nail biting or picking—the primary relationship nails have with health encompasses broader systemic issues rather than being limited to mental health alone. Local infections may also affect nails, but they do not capture the wider implications of overall health status like systemic issues do. Therefore, considering the connection between nail integrity and internal health can be critical in recognizing and managing health effectively.

8. Which of the following is a common preventive measure for nail infections?

- A. Wearing tight shoes
- B. Keeping nails dry and trimmed**
- C. Using artificial nails
- D. Excessive filing

Keeping nails dry and trimmed is a crucial preventive measure for nail infections. Moist environments can promote the growth of fungi and bacteria, increasing the risk of infections. By trimming nails regularly, you reduce the chance of trauma to the nail, which can allow pathogens to enter. Additionally, maintaining dryness helps to keep the nails and surrounding skin healthy, as moisture can contribute to fungal growth. Wearing tight shoes can actually lead to issues such as ingrown nails or toenail fungus, as the pressure can damage the nail bed and create an environment conducive to infection. Similarly, using artificial nails may cover up existing problems but does not address the underlying health of the natural nails and can sometimes trap moisture underneath. Excessive filing can weaken the nail structure, making it more susceptible to damage and infection. Therefore, keeping nails dry and trimmed stands out as the most effective preventive measure against nail infections.

9. Nail fungi can be transmitted through which type of instruments?

- A. Disposable
- B. Sterilized
- C. Disinfected
- D. Contaminated**

Nail fungi, particularly those that cause conditions like onychomycosis, are typically transmitted through contaminated instruments. These instruments can include tools such as nail clippers, pushers, and files that have come into contact with the fungi from an infected individual. Fungi thrive in damp and warm environments, making nail salons and personal grooming tools a potential vector for transmission if proper hygiene measures are not followed. The use of contaminated instruments creates an environment where the spores can remain viable and subsequently infect another person when those tools are used. Even if an instrument appears clean, if it has not been properly sanitized or if it has come into contact with an infected area, it can still harbor fungal spores. Options like disposable, sterilized, and disinfected instruments do not pose a risk of spreading nail fungi, as they are designed to either be used once and then discarded or to undergo appropriate cleaning processes to eliminate pathogens. Therefore, the focus on contaminated instruments highlights the importance of proper hygiene practices in preventing fungal infections.

10. What is the dead, colorless tissue attached to the natural nail plate known as?

- A. Eponychium
- B. Cuticle**
- C. Ligament
- D. Lunula

The dead, colorless tissue attached to the natural nail plate is known as the cuticle. The cuticle serves an important protective function by acting as a barrier against infections and moisture that could affect the nail bed underneath. It helps to prevent bacteria and other pathogens from entering the area between the nail plate and nail bed, which is crucial for maintaining healthy nails. Understanding the cuticle's role is essential for proper nail care and hygiene practices, as improper handling or cutting of the cuticle can lead to infections or nail disorders. Unlike other options, the eponychium refers to the living skin at the base of the nail, the lunula is the crescent-shaped area at the base of the nail plate, and ligaments are connective tissues that attach bone to bone, but do not have a direct association with the nail's structure in this context.

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://nailstructiredisordersdiseases.examzify.com>

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

SAMPLE