

Nationally Registered Certified Medical Assistant (NRCMA) (NAHP) Practice Exam (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 cervical x-ray takes a film of the?**
 - A. Chest region**
 - B. Abdominal region**
 - C. Neck region**
 - D. Pelvic region**

- 2. What is the purpose of applying paste or jelly when running an ECG?**
 - A. To improve the image quality**
 - B. To cool the skin**
 - C. To reduce skin resistance**
 - D. To disinfect the skin**

- 3. What does the prefix 'dys' indicate?**
 - A. Normal**
 - B. Painful**
 - C. Without**
 - D. Below**

- 4. A condition indicating that certain elements are lacking in the blood is called:**
 - A. Hemophilia**
 - B. Leukemia**
 - C. Thrombosis**
 - D. Anemia**

- 5. Intradermal injections are usually given**
 - A. For vaccination**
 - B. For allergy testing**
 - C. For antibiotic treatment**
 - D. For pain relief**

6. What is an agent that excites and promotes functional activity known as?

- A. Sedative**
- B. Stimulant**
- C. Antidepressant**
- D. Antipsychotic**

7. What do hot packs provide in physical therapy?

- A. Reduction of swelling**
- B. Improvement of blood flow**
- C. Pain relief**
- D. Both improvement of blood flow and pain relief**

8. Under what program may the retired military or the dependents or active military personnel receive care

- A. Medicaid**
- B. Medicare**
- C. CHAMPUS**
- D. Private insurance**

9. What are characteristics of infantile eczema?

- A. Red, raised, pruritic, scaling areas on cheeks, scalp and diaper area**
- B. Smooth, shiny areas on cheeks**
- C. Dark, thick patches on legs**
- D. White, scaly patches on scalp**

10. What is the opposite of superficial?

- A. External**
- B. Peripheral**
- C. Deep**
- D. Eternal**

Answers

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

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Explanations

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1. A cervical x-ray takes a film of the?

- A. Chest region
- B. Abdominal region
- C. Neck region**
- D. Pelvic region

A cervical x-ray is used to take an image of the neck region, which includes the vertebrae of the neck, the muscles, and other surrounding structures. Option A is incorrect because a cervical x-ray is focused on the neck region and not the chest region. Option B is incorrect because the abdominal region is located below the neck and is not part of the targeted area. Option D is also incorrect because the pelvic region is located at the bottom of the spine and is not part of the neck region. Therefore, the correct answer is C.

2. What is the purpose of applying paste or jelly when running an ECG?

- A. To improve the image quality
- B. To cool the skin
- C. To reduce skin resistance**
- D. To disinfect the skin

Applying paste or jelly when running an ECG helps to reduce skin resistance. This is important because it allows for a better conduction of electrical signals from the heart to the ECG machine, resulting in a clearer and more accurate reading. Option A is incorrect because although it may seem logical to improve image quality, that is not the primary purpose of applying paste or jelly. Option B is incorrect because cooling the skin is not a necessary step in preparing for an ECG. Option D is incorrect because disinfecting the skin is typically done before applying the paste or jelly and is not the main purpose of its application. Overall, the purpose of applying paste or jelly is to enhance the accuracy and quality of the ECG reading by reducing skin resistance.

3. What does the prefix 'dys' indicate?

- A. Normal
- B. Painful**
- C. Without
- D. Below

The prefix 'dys' is often used to indicate abnormality or difficulty. For example, 'dysfunction' refers to an abnormal or impaired functioning of a specific organ or system. The prefix can also indicate pain or discomfort, such as in 'dysuria' (painful urination) or 'dysmenorrhea' (painful menstruation). The other options are incorrect because the prefix 'dys' does not indicate normality (A) or lack thereof (C), nor does it indicate something being below a normal level (D).

4. A condition indicating that certain elements are lacking in the blood is called:

- A. Hemophilia**
- B. Leukemia**
- C. Thrombosis**
- D. Anemia**

Anemia is a medical condition that occurs when the person's blood does not have enough healthy red blood cells or hemoglobin. This can happen due to multiple reasons such as iron deficiency, vitamin deficiency, excessive blood loss, or genetic disorders. Hemophilia (option A) is a genetic disorder that affects the body's ability to form blood clots and does not necessarily indicate a lack of elements in the blood. Leukemia (option B) is a type of cancer that affects the blood and bone marrow, but it does not cause a lack of elements in the blood. Thrombosis (option C) is a condition where a blood clot forms in a blood vessel, blocking the flow of blood, but it does not indicate a lack of elements in the blood. Therefore, the most appropriate answer is D Anemia.

5. Intradermal injections are usually given

- A. For vaccination**
- B. For allergy testing**
- C. For antibiotic treatment**
- D. For pain relief**

Intradermal injections are usually given for allergy testing. This is because the intradermal route allows for a small amount of medication to be injected just below the skin's surface. This allows for a more accurate and localized reaction, which is important in allergy testing. Additionally, intradermal injections are not typically used for vaccination, as a larger amount of medication is needed and it is more effective to administer it through a different route. They are also not commonly used for antibiotic treatment or pain relief. These treatments typically require a larger amount of medication and are administered through different routes such as oral, intramuscular, or intravenous.

6. What is an agent that excites and promotes functional activity known as?

- A. Sedative**
- B. Stimulant**
- C. Antidepressant**
- D. Antipsychotic**

A sedative is a type of drug that produces a calming or relaxing effect. An antidepressant is a medication used to treat depression. An antipsychotic is a medication used to manage symptoms of psychosis. In contrast, a stimulant is an agent that excites and promotes functional activity, making it the correct answer. Stimulants are often used to treat attention deficit hyperactivity disorder (ADHD) and narcolepsy. It should also be noted that while some agents may have multiple effects, a stimulant is specifically known for its ability to increase activity and alertness. Therefore, the best answer to this question is B.

7. What do hot packs provide in physical therapy?

- A. Reduction of swelling**
- B. Improvement of blood flow**
- C. Pain relief**
- D. Both improvement of blood flow and pain relief**

Hot packs provide both improvement of blood flow and pain relief in physical therapy. Option A is incorrect because while hot packs may temporarily reduce swelling due to increased blood flow, they are not primarily used for this purpose. Option B is not the correct answer because while hot packs do improve blood flow to the area, they also provide other benefits such as pain relief. Option C is also incorrect because while pain relief is a beneficial outcome of using hot packs, it is not the only benefit provided. Overall, hot packs are used in physical therapy for a combination of effects, making option D the best choice.

8. Under what program may the retired military or the dependents or active military personnel receive care

- A. Medicaid**
- B. Medicare**
- C. CHAMPUS**
- D. Private insurance**

CHAMPUS stands for Civilian Health and Medical Program of the Uniformed Services. This program is specifically for retired military, dependents, and active military personnel to receive healthcare. Option A (Medicaid) is a government funded health insurance program for low-income individuals and families, so it does not apply to retired or active military. Option B (Medicare) is a federal health insurance program for individuals over 65 years old or with certain disabilities, so it also does not apply to this group. Option D (Private insurance) is a type of health insurance that individuals must purchase themselves, which is typically not available to retired or active military personnel as they have access to CHAMPUS.

9. What are characteristics of infantile eczema?

- A. Red, raised, pruritic, scaling areas on cheeks, scalp and diaper area**
- B. Smooth, shiny areas on cheeks**
- C. Dark, thick patches on legs**
- D. White, scaly patches on scalp**

Infantile eczema is a common skin disorder characterized by red, raised, pruritic, and scaling areas on the cheeks, scalp, and diaper area. These symptoms are not seen in the other options provided. Option B describes smooth, shiny areas on cheeks which is not a characteristic of infantile eczema. Option C describes dark, thick patches on legs which typically do not occur in infantile eczema. Option D describes white, scaly patches on the scalp which may be present in other types of eczema, but not specifically infantile eczema. Thus, option A is the correct answer.

10. What is the opposite of superficial?

- A. External
- B. Peripheral
- C. Deep**
- D. Eternal

Superficial means “existing on the surface” or “apparent rather than actual”. For example, a person can have a superficial wound on the skin or have a superficial understanding of a topic. The opposite of this is something that is not just on the surface but goes below or beyond it. Therefore, the correct opposite for superficial is C deep. Option A: External could be interpreted as the opposite of superficial since it also refers to something on the outside. However, external does not necessarily imply depth or going beyond the surface. It can also refer to something being outside or separate from something else. Option B: Peripheral means “relating to, situated on, or affecting a part of something”. While superficial can also refer to something being a part of something else, the main defining characteristic is that it is on the surface. Therefore, peripheral is not the opposite of superficial.

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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://nahp-nrcma.examzify.com>

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

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