

NATIONALLY REGISTERED CERTIFIED MEDICAL ASSISTANT (NRCMA) (NAHP) PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE

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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. For which procedure is the lithotomy position primarily used?**
 - A. Abdominal surgery
 - B. Vaginal examination
 - C. Cardiac assessment
 - D. Leg surgery
- 2. What does 'conducting away' refer to?**
 - A. Afferent
 - B. Efferent
 - C. Adherent
 - D. Effluent
- 3. What organs compose the urinary system?**
 - A. Liver, Gallbladder, Kidney, Pancreas
 - B. Kidneys, Ureters, Bladder, Urethra
 - C. Heart, Arteries, Veins, Capillaries
 - D. Stomach, Esophagus, Intestines, Rectum
- 4. What is the outermost cellular layer of the skin called?**
 - A. Epidermis
 - B. Dermis
 - C. Hypodermis
 - D. Subcutis
- 5. What is the voice box called?**
 - A. Trachea
 - B. Esophagus
 - C. Larynx
 - D. Pharynx
- 6. The doctor's office is most concerned with?**
 - A. Civil and criminal law
 - B. Health and safety regulations
 - C. Privacy laws
 - D. Bioethics

- 7. What is an agent that excites and promotes functional activity known as?**
- A. Sedative
 - B. Stimulant
 - C. Antidepressant
 - D. Antipsychotic
- 8. What is one complete heartbeat combining the contraction and relaxation phases known as?**
- A. Cardiac arrest
 - B. Heart rhythm
 - C. Cardiac cycle
 - D. Pulse
- 9. What is the opposite of superficial?**
- A. External
 - B. Peripheral
 - C. Deep
 - D. Eternal
- 10. Which of the following may precipitate individual attacks of asthma?**
- A. Only allergens
 - B. Only physical activity
 - C. Only certain medications
 - D. All of the choices

Answers

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

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Explanations

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1. For which procedure is the lithotomy position primarily used?

- A. Abdominal surgery
- B. Vaginal examination**
- C. Cardiac assessment
- D. Leg surgery

The lithotomy position is primarily used for vaginal examinations because it allows for better access to the pelvic area and allows the patient to relax their muscles. This position is not commonly used for abdominal surgery as it does not provide adequate access to the abdomen. It is also not recommended for cardiac assessments as it can put strain on the heart. While it may sometimes be used for leg surgery, this is not the primary use of the lithotomy position.

2. What does 'conducting away' refer to?

- A. Afferent
- B. Efferent**
- C. Adherent
- D. Effluent

'Conducting away' refers to the efferent pathway in neurophysiology. Afferent and efferent pathways are important parts of the nervous system that are responsible for carrying information to and from the brain. Adherent refers to something sticking or clinging, which is not related to neurophysiology. Effluent refers to liquid waste, which is not related to neurophysiology or the nervous system in any way. Therefore, options A, C, and D are incorrect and the correct answer is B.

3. What organs compose the urinary system?

- A. Liver, Gallbladder, Kidney, Pancreas
- B. Kidneys, Ureters, Bladder, Urethra**
- C. Heart, Arteries, Veins, Capillaries
- D. Stomach, Esophagus, Intestines, Rectum

The urinary system is responsible for filtering and eliminating waste products from the body, and consists of the kidneys, ureters, bladder, and urethra. These organs work together to remove excess water, salts, and toxins from the blood, which are then excreted as urine. Option A is incorrect because the liver, gallbladder, and pancreas are all part of the digestive system, not the urinary system. Option C is incorrect because the heart, arteries, veins, and capillaries make up the cardiovascular system, not the urinary system. Option D is also incorrect because the stomach, esophagus, intestines, and rectum are all part of the digestive system, not the urinary system.

4. What is the outermost cellular layer of the skin called?

- A. Epidermis**
- B. Dermis
- C. Hypodermis
- D. Subcutis

The outermost cellular layer of the skin is called the epidermis. The dermis, option B, is the layer beneath the epidermis. The hypodermis, option C, is the deepest layer of the skin located beneath the dermis. And the subcutis, option D, is another term for the hypodermis.

5. What is the voice box called?

- A. Trachea
- B. Esophagus
- C. Larynx**
- D. Pharynx

The voice box is also known as the larynx. While the trachea and esophagus are both located in close proximity to the voice box, they have different functions. The trachea carries air to and from the lungs, while the esophagus is responsible for transporting food and liquids to the stomach. The pharynx is also involved in the production of sound, but it is not the specific organ known as the voice box or larynx. Therefore, the larynx is the correct answer for the voice box's name.

6. The doctor's office is most concerned with?

- A. Civil and criminal law**
- B. Health and safety regulations
- C. Privacy laws
- D. Bioethics

The doctor's office may need to comply with health and safety regulations, privacy laws, and bioethics, as well as civil and criminal law. However, civil and criminal law is a primary concern for the doctor's office, as it governs the legal rights and responsibilities of all parties involved in a medical practice. Health and safety regulations, privacy laws, and bioethics are important considerations, but they are not the primary concern of the doctor's office in terms of legal compliance.

7. 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.

8. What is one complete heartbeat combining the contraction and relaxation phases known as?

- A. Cardiac arrest
- B. Heart rhythm
- C. Cardiac cycle**
- D. Pulse

Option A, Cardiac arrest, is incorrect because it refers to a condition where the heartbeat stops completely, while the question is asking for the complete heartbeat cycle. Option B, Heart rhythm, is incorrect because it refers to the pattern of heartbeats, not the complete cycle. Option D, Pulse, is incorrect because it refers to the rhythmic expansion and contraction of arteries due to the heartbeat, not the complete cycle of contraction and relaxation phases.

9. 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.

10. Which of the following may precipitate individual attacks of asthma?

- A. Only allergens
- B. Only physical activity
- C. Only certain medications
- D. All of the choices**

Asthma attacks can be triggered by a variety of factors and each person's triggers may differ. Allergens, such as pollen, mold, and animal dander, are common triggers for asthma attacks. Physical activity and exercise can also trigger asthma attacks in some individuals. Certain medications, such as aspirin and beta-blockers, can also precipitate asthma attacks. Therefore, all of the choices listed in the options may potentially trigger asthma attacks. It is important for individuals with asthma to identify and manage their specific triggers to prevent attacks.

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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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