

# NHA Baseline 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. When administering an intradermal injection for allergy testing, where should the assistant locate the injection site?**
  - A. The palm of the hand**
  - B. The upper arm**
  - C. The middle portion of the anterior forearm**
  - D. The thigh**
  
- 2. What does the right route in medication administration ensure?**
  - A. Dispensing medication quickly**
  - B. Administering medication using the physical technique identified by the provider's order**
  - C. Using any available method to give the medication**
  - D. Giving medication at any time**
  
- 3. When checking in a patient, what spatial consideration should a medical assistant keep in mind?**
  - A. 3-6 feet**
  - B. 0-18 inches**
  - C. 1-2 feet**
  - D. 6-10 inches**
  
- 4. What supplies should a medical assistant hand to a provider for suturing a laceration?**
  - A. Bandages and antiseptic**
  - B. The needle holder with the suture attached**
  - C. A forceps and scissors**
  - D. Tweezers and gauze**
  
- 5. What is the preferred technique for measuring an adult's blood pressure?**
  - A. Using a digital monitor**
  - B. Manually with a sphygmomanometer and stethoscope**
  - C. Using an automatic inflate device**
  - D. In a sitting position only**

**6. What does a wandering baseline look like on an electrocardiogram?**

- A. Sharp peaks and valleys**
- B. Flat line**
- C. Slow, undulating baseline**
- D. Intermittent spikes**

**7. Where should a medical assistant document a patient's report of headaches while reading from a computer monitor using the SOAP approach?**

- A. Objective**
- B. Assessment**
- C. Plan**
- D. Subjective**

**8. What should a medical assistant do if a patient presents with symptoms of a suspected allergic reaction?**

- A. Ignore the symptoms and continue with the appointment**
- B. Evaluate and document the symptoms before proceeding**
- C. Give the patient over-the-counter medication immediately**
- D. Suggest the patient reschedule their appointment**

**9. What is an important aspect of maintaining a sterile environment after a procedure?**

- A. Cleaning all surfaces with soap and water**
- B. Wearing gloves throughout the cleaning process**
- C. Properly disposing of biohazardous waste**
- D. Using a damp cloth to wipe down equipment**

**10. What must a medical assistant include on the document to maintain chain of custody for blood samples?**

- A. Patient's medical history**
- B. Initials of the person transporting the specimen**
- C. Date and time of sample collection**
- D. Signature of the provider**

## **Answers**

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

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## **Explanations**

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- 1. When administering an intradermal injection for allergy testing, where should the assistant locate the injection site?**
  - A. The palm of the hand**
  - B. The upper arm**
  - C. The middle portion of the anterior forearm**
  - D. The thigh**

Intradermal injections for allergy testing are typically performed in areas where the skin is easily accessible and thin, allowing for accurate placement of the fluid just beneath the epidermis. The middle portion of the anterior forearm is commonly chosen because it provides a flat surface with good visibility and accessibility. This region has a rich vascular supply and is less likely to be heavily muscular compared to other sites, which aids in precise delivery of the allergen for testing purposes. The other sites mentioned are less suitable for this type of injection. The palm of the hand is not appropriate due to its thick skin and high sensitivity, which can lead to discomfort and inaccurate results. The upper arm, while a potential site, is not as preferred as the forearm because it may have more subcutaneous fat and muscle tissue, making it less ideal for detecting the subtle reactions expected during allergy testing. The thigh may also be used for some injections, but it is generally reserved for larger volumes or different types of injections, and it is less visible for monitoring the immediate allergic response. The anterior forearm remains the best choice for intradermal allergy testing.

- 2. What does the right route in medication administration ensure?**
  - A. Dispensing medication quickly**
  - B. Administering medication using the physical technique identified by the provider's order**
  - C. Using any available method to give the medication**
  - D. Giving medication at any time**

The correct answer highlights the importance of administering medication using the specific physical technique identified by the provider's order. This ensures that the medication reaches the intended site of action in the body effectively and safely. Different routes of administration (such as oral, intravenous, or intramuscular) can significantly impact the pharmacokinetics and pharmacodynamics of a medication, meaning that the route chosen can affect how quickly and effectively the medication works. Using the correct route also helps to minimize the risk of adverse effects and complications that can arise from administering medication incorrectly. For example, some medications are designed to be absorbed in the stomach or intestines and would not be effective if given through an injection. Following the outlined technique ensures compliance with safety protocols and contributes to optimal patient outcomes. This focus on adherence to the prescribed method is a critical aspect of effective medication management in healthcare settings.

**3. When checking in a patient, what spatial consideration should a medical assistant keep in mind?**

- A. 3-6 feet**
- B. 0-18 inches**
- C. 1-2 feet**
- D. 6-10 inches**

The correct choice emphasizes the appropriate personal space that should be maintained when checking in a patient. In a healthcare setting, the recommended distance of 0-18 inches facilitates a comfortable environment for communication, allowing the medical assistant to engage with the patient while respecting their personal space. This close proximity is essential for tasks such as confirming personal information or discussing sensitive health matters. Being within this range enables the medical assistant to establish rapport, listen attentively, and provide clear explanations, all of which contribute to the patient's comfort and willingness to share information. It is critical in fostering an environment of trust, which is especially important in healthcare settings. Maintaining this distance helps minimize feelings of intrusion while still allowing efficient interaction necessary for patient check-in processes. Balancing professionalism with personal interaction can significantly affect patient satisfaction and comfort.

**4. What supplies should a medical assistant hand to a provider for suturing a laceration?**

- A. Bandages and antiseptic**
- B. The needle holder with the suture attached**
- C. A forceps and scissors**
- D. Tweezers and gauze**

In the context of preparing for the suturing of a laceration, it is essential for the medical assistant to provide the appropriate supplies that will facilitate the procedure efficiently. Choosing the needle holder with the suture attached is correct because it streamlines the process for the provider, allowing them to quickly and safely execute the suturing without having to attach the suture to the needle holder themselves. The needle holder is specifically designed to securely grasp the needle, enabling precise and controlled stitching, which is crucial in such procedures. Providing only bandages and antiseptic or tools like tweezers and gauze does not directly support the suturing process itself, as they are not integral to the actual stitching of the laceration. While forceps and scissors are useful tools, they are not as critical as the needle holder and attached suture for the suturing step. Hence, presenting the needle holder with suture attached aligns with the medical assistant's role in ensuring preparedness for the provider, enhancing the efficiency and effectiveness of the laceration repair procedure.

**5. What is the preferred technique for measuring an adult's blood pressure?**

- A. Using a digital monitor**
- B. Manually with a sphygmomanometer and stethoscope**
- C. Using an automatic inflate device**
- D. In a sitting position only**

The preferred technique for measuring an adult's blood pressure is to do so manually with a sphygmomanometer and stethoscope. This method provides the most accurate readings and is the gold standard in clinical practice. When using a manual sphygmomanometer, the healthcare provider can carefully observe the sounds of the blood flow through the artery, known as Korotkoff sounds, which allows for precise determination of both systolic and diastolic pressures. The ability to hear and interpret these sounds is critical to accurately gauge blood pressure, especially in cases where the patient may have conditions that affect blood flow or in non-standard situations. While digital monitors and automatic inflate devices are convenient and can yield accurate results, they may not always perform as reliably in all patient populations or conditions, such as in patients with arrhythmias. Additionally, digital devices might require calibration or have limitations under certain circumstances. Measuring in a sitting position is helpful but is not as critical as the technique used; blood pressure can also be measured accurately when the patient is lying down or standing, as long as appropriate positioning is ensured. Thus, the manual technique is preferred for accuracy, allowing for better clinical assessment and management of blood pressure in adults.

**6. What does a wandering baseline look like on an electrocardiogram?**

- A. Sharp peaks and valleys**
- B. Flat line**
- C. Slow, undulating baseline**
- D. Intermittent spikes**

A wandering baseline on an electrocardiogram is characterized by a slow, undulating appearance, which reflects variations in the baseline level of the ECG recording. This can occur due to several factors, such as patient movement, respiratory variations, or poor electrode contact. The baseline does not maintain a consistent position but instead fluctuates gently up and down, which can make it harder to accurately assess other features of the ECG. In contrast, sharp peaks and valleys tend to indicate distinct deflections associated with heartbeats, while a flat line suggests a lack of electrical activity, which is not representative of a wandering baseline. Intermittent spikes might indicate artifact or interference but do not convey the continuous, smooth fluctuations characteristic of a wandering baseline. Therefore, the correct depiction of a wandering baseline is the gradual, undulating motion that can complicate the interpretation of the ECG readings.

**7. Where should a medical assistant document a patient's report of headaches while reading from a computer monitor using the SOAP approach?**

- A. Objective**
- B. Assessment**
- C. Plan**
- D. Subjective**

In the SOAP approach to documentation, subjective information refers to what the patient reports about their symptoms and experiences. When a patient mentions having headaches specifically while reading from a computer monitor, this observation falls under subjective data because it is based on the patient's personal experience and perception rather than measurable or observable facts. Subjective documentation captures the patient's feelings, thoughts, and symptoms as they describe them. This can include information like the intensity of the headache, frequency, triggers, and any other context the patient provides. By documenting this under subjective, the medical assistant ensures that the patient's concerns are recorded in a way that reflects their personal account, which is crucial for accurate diagnosis and treatment planning. In contrast, the other components of SOAP focus on different aspects: objective data involves measurable facts or observations made by the medical assistant; assessment refers to the conclusions drawn based on subjective and objective data; and plan outlines the next steps for patient care. Therefore, placing the report of headaches under subjective accurately captures the patient's experience and informs the rest of the medical evaluation process.

**8. What should a medical assistant do if a patient presents with symptoms of a suspected allergic reaction?**

- A. Ignore the symptoms and continue with the appointment**
- B. Evaluate and document the symptoms before proceeding**
- C. Give the patient over-the-counter medication immediately**
- D. Suggest the patient reschedule their appointment**

When a patient presents with symptoms of a suspected allergic reaction, it is critical for the medical assistant to evaluate and document the symptoms before proceeding with any further action. This process involves observing the patient's condition closely and identifying specific signs or symptoms, such as hives, swelling, or difficulty breathing. Thorough evaluation allows the medical assistant to assess the severity of the reaction, which is vital for determining the appropriate next steps. Documenting these symptoms is also essential, as it provides a clinical record that can inform any necessary further treatment by healthcare providers. This documentation can include the time of symptom onset, any known allergies, and any steps taken during the appointment. Addressing these symptoms properly ensures patient safety and facilitates appropriate medical responses, such as alerting a physician or summoning emergency assistance if needed. In contrast, ignoring the symptoms, administering over-the-counter medication without a medical directive, or suggesting the patient reschedule their appointment may not adequately address the potential severity of an allergic reaction and could jeopardize patient safety.

**9. What is an important aspect of maintaining a sterile environment after a procedure?**

- A. Cleaning all surfaces with soap and water**
- B. Wearing gloves throughout the cleaning process**
- C. Properly disposing of biohazardous waste**
- D. Using a damp cloth to wipe down equipment**

Maintaining a sterile environment after a procedure is crucial to prevent infections and ensure patient safety. Properly disposing of biohazardous waste is a key aspect of this process because it ensures that any potentially infectious materials are handled and discarded in a way that minimizes the risk of contamination or exposure to pathogens. Biohazardous waste includes any items that may have come into contact with bodily fluids, such as used needles, gloves, and dressings. By following established protocols for disposal, healthcare providers can effectively reduce the likelihood of cross-contamination and maintain a safe environment for both patients and staff. In contrast, while cleaning surfaces with soap and water can be part of a cleaning protocol, it may not be sufficient alone to ensure sterility after a procedure. Wearing gloves is important for protecting the individual performing the cleaning, but they don't guarantee a sterile environment if not combined with other practices like proper waste disposal. Using a damp cloth to wipe down equipment may help with surface cleanliness but also does not ensure proper disinfection or sterility. Thus, the emphasis should be on properly disposing of biohazardous waste to support a truly sterile environment post-procedure.

**10. What must a medical assistant include on the document to maintain chain of custody for blood samples?**

- A. Patient's medical history**
- B. Initials of the person transporting the specimen**
- C. Date and time of sample collection**
- D. Signature of the provider**

The correct answer emphasizes the importance of documenting the initials of the person transporting the specimen as part of maintaining the chain of custody for blood samples. Chain of custody refers to the process of maintaining and documenting the handling of evidence to ensure its integrity and validity, particularly in legal contexts or for certain medical testing scenarios. Including the initials of the person transporting the specimen is crucial because it provides a clear record of who was responsible for the sample at a specific point in its journey. This accountability ensures that every individual who handles the sample can be identified, which is vital if questions about the sample's integrity arise later. While other documents such as the patient's medical history, the date and time of sample collection, and the provider's signature are important in various contexts, they do not primarily serve the purpose of establishing the chain of custody. The focus on the initials specifically addresses the responsibility and traceability required to uphold the legal and procedural standards associated with blood samples.

# 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](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://nhabaseline.examzify.com>**

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

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