

# NHA CCMA General Patient Care 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. What is the normal oral temperature for a healthy individual?**
  - A. 97.6 °F (36.4 °C)**
  - B. 98.6 °F (37 °C)**
  - C. 99.6 °F (37.6 °C)**
  - D. 100.4 °F (38 °C)**
- 2. What type of injury is caused by a sharp object leading to a straight cut?**
  - A. Fracture**
  - B. Contusion**
  - C. Incision**
  - D. Concussion**
- 3. What is the primary goal when assisting a patient during a seizure?**
  - A. Administer medication**
  - B. Provide emotional support**
  - C. Ensure their safety**
  - D. Record the duration of the seizure**
- 4. What is a sign that indicates successful administration of an intradermal injection?**
  - A. Bruising at the site**
  - B. No visible reaction**
  - C. A wheal at the injection site**
  - D. Pain at the injection site**
- 5. What is the role of towel clamps during surgery?**
  - A. To hold tissues away from the surgical area**
  - B. To keep towels in place**
  - C. To scrape away tissue**
  - D. To irrigate the surgical site**

**6. What should be done immediately after performing CPR and confirming no pulse?**

- A. Administer rescue breaths**
- B. Call for emergency assistance**
- C. Perform 100-120 compressions per minute**
- D. Check for breathing**

**7. Which arm should be used for blood pressure measurement?**

- A. Arm with weaker pulse**
- B. Left arm only**
- C. Arm with stronger pulse or right arm**
- D. Either arm is acceptable**

**8. What should occur after administering a deltoid injection?**

- A. Immediate suction**
- B. Massage the area**
- C. Apply ice**
- D. Leave the site untouched**

**9. What solution is used to prepare an examination table for the next patient?**

- A. 1:5 bleach**
- B. 1:10 bleach**
- C. 1:20 bleach**
- D. 1:15 bleach**

**10. What is the primary function of surgical scissors?**

- A. To scrape tissue**
- B. To cut and dissect**
- C. To grasp and clamp objects**
- D. To hold tissues away from the site**

## **Answers**

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

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## **Explanations**

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**1. What is the normal oral temperature for a healthy individual?**

- A. 97.6 °F (36.4 °C)
- B. 98.6 °F (37 °C)**
- C. 99.6 °F (37.6 °C)
- D. 100.4 °F (38 °C)

The normal oral temperature for a healthy individual is generally recognized as 98.6 °F (37 °C). This value serves as a standard reference point in clinical practice and is based on the average body temperature measured orally in a resting state. It is important to note that body temperature can vary slightly among individuals due to factors such as time of day, activity level, and individual metabolism. In the context of the provided options, this value is commonly accepted in medical references and is what healthcare professionals typically refer to when determining if a patient's temperature falls within the normal range. Variations around this average can be considered normal, but 98.6 °F remains the established benchmark for evaluating body temperature in a clinical setting.

**2. What type of injury is caused by a sharp object leading to a straight cut?**

- A. Fracture
- B. Contusion
- C. Incision**
- D. Concussion

An injury caused by a sharp object leading to a straight cut is classified as an incision. Incisions are characterized by their clean, straight edges, typically resulting from surgical instruments, knives, or other sharp objects. This type of injury can vary in depth and severity but is distinct from other injuries because of its sharp, linear nature. Fractures refer to broken bones and are not injuries from sharp objects. Contusions, commonly known as bruises, are caused by blunt force trauma resulting in blood vessels breaking under the skin, while concussions are a type of traumatic brain injury caused by a blow to the head, leading to temporary disruptions in brain function. These other injuries do not match the description of a direct cut made by a sharp object, which is why incision is the most appropriate term for this type of injury.

### 3. What is the primary goal when assisting a patient during a seizure?

- A. Administer medication**
- B. Provide emotional support**
- C. Ensure their safety**
- D. Record the duration of the seizure**

The primary goal when assisting a patient during a seizure is to ensure their safety. During a seizure, a person may lose consciousness or have uncontrolled movements that can lead to injury. By focusing on safety, caregivers can help prevent the individual from falling, hitting objects, or experiencing other accidents. This may involve moving harmful items away from the patient, cushioning their head with a soft surface, and guiding them to the floor gently if they are standing. It is also crucial to monitor the environment around the patient to avoid potential hazards. While administering medication or recording the duration of the seizure may be important in different contexts or follow-up care, the immediate priority is to protect the patient from harm. Providing emotional support may be beneficial for the patient after the seizure ends, but during the event itself, safety takes precedence. Ensuring a safe environment allows for a more effective response to the seizure and may help in managing any subsequent complications.

### 4. What is a sign that indicates successful administration of an intradermal injection?

- A. Bruising at the site**
- B. No visible reaction**
- C. A wheal at the injection site**
- D. Pain at the injection site**

A wheal at the injection site indicates successful administration of an intradermal injection because this localized raised area forms when the substance injected is deposited within the dermal layer of the skin. Intradermal injections are specifically designed to introduce a small volume of fluid just beneath the skin's surface, and the formation of a wheal is the expected response. This reaction occurs as the body responds to the injected material, leading to localized edema and a specific immune response. Other potential responses such as bruising, no visible reaction, or pain may arise in various scenarios but are not definitive indicators of a successful intradermal injection. Bruising may occur due to damage to blood vessels in the area, indicating a problem rather than success. A lack of visible reaction does not confirm the effectiveness of the injection, as no wheal means the injection may not have been properly administered. Pain at the site can happen with various types of injections, but it does not provide a reliable sign of successful intradermal administration. Thus, the presence of a wheal serves as the key indicator of a successful intradermal injection.

## 5. What is the role of towel clamps during surgery?

- A. To hold tissues away from the surgical area
- B. To keep towels in place**
- C. To scrape away tissue
- D. To irrigate the surgical site

The role of towel clamps during surgery primarily revolves around their function to keep towels in place. These clamps are specifically designed to secure drapes and towels to the patient's skin or surgical field, providing a sterile environment necessary for the procedure. Keeping towels in position prevents contamination and helps maintain the surgical area's integrity. Towel clamps are not intended for holding tissues away from the surgical area, scraping away tissue, or irrigating the surgical site. Each of those tasks is handled by different instruments designed for their specific functions, ensuring safety and efficiency during the surgical process. By effectively securing towels, towel clamps contribute significantly to the overall organization and cleanliness of the surgical setting.

## 6. What should be done immediately after performing CPR and confirming no pulse?

- A. Administer rescue breaths
- B. Call for emergency assistance
- C. Perform 100-120 compressions per minute**
- D. Check for breathing

After performing CPR and confirming there is no pulse, the most critical action to take involves immediately continuing high-quality chest compressions, which should be maintained at a rate of 100-120 compressions per minute. This continuous cycle of compressions is vital for maintaining blood flow to vital organs, particularly the brain and heart, until professional medical help arrives or the patient is stabilized. High-quality compressions should be prioritized as they are essential for the effectiveness of CPR. They help to circulate blood throughout the body, providing some degree of oxygenation to tissues. This is crucial because the longer a person remains without a pulse and adequate blood flow, the greater the risk of irreversible damage and death. In addition, while administering rescue breaths, calling for emergency assistance, or checking for breathing are all important components of the overall CPR process, they should be performed by alternating with chest compressions rather than immediately after confirming no pulse. During CPR, maintaining the rhythm of compressions provides a greater chance of survival than delaying compressions to perform these other actions.

## 7. Which arm should be used for blood pressure measurement?

- A. Arm with weaker pulse**
- B. Left arm only**
- C. Arm with stronger pulse or right arm**
- D. Either arm is acceptable**

The correct answer is that the arm with the stronger pulse or the right arm should be used for blood pressure measurement because using the arm with the stronger pulse typically provides a more accurate reflection of the central arterial pressure. Blood pressure readings can vary between arms due to differences in vascular resistance and anatomical variations. In cases where the brachial artery, which is where the blood pressure cuff is placed, is more prominent or better perfused in one arm, that arm will yield a more reliable measurement. If one arm demonstrates a markedly weaker or diminished pulse, it can indicate potential vascular issues, thereby making the stronger arm the preferred choice for assessing blood pressure. Using either arm can be accepted under certain conditions, but for consistency and accuracy, especially in clinical settings, it is recommended to use the arm with the stronger pulse. Furthermore, specific guidelines often suggest measuring blood pressure in the arm that is more dominant or provides a clearer pulse for the best results.

## 8. What should occur after administering a deltoid injection?

- A. Immediate suction**
- B. Massage the area**
- C. Apply ice**
- D. Leave the site untouched**

After administering a deltoid injection, it is recommended to massage the area. Massaging the injection site can help disperse the medication, improving absorption into the muscle tissue. This practice may also alleviate some discomfort and stimulate blood flow to the area, which can further enhance absorption and limit local irritation. While performing any injection, it's important for the healthcare provider to follow the proper technique to ensure effective delivery of the medication. Massaging after an injection can be particularly beneficial in the case of certain vaccines or medications that can cause soreness or inflammation at the injection site. In contrast, immediate suction is not necessary as the injection technique itself does not typically require it and could introduce complications. Applying ice can also be an option, but the timing and method of application vary depending on the specific medication and the provider's instructions. Finally, leaving the site untouched may not provide the same benefits in terms of medication absorption and comfort for the patient.

**9. What solution is used to prepare an examination table for the next patient?**

- A. 1:5 bleach**
- B. 1:10 bleach**
- C. 1:20 bleach**
- D. 1:15 bleach**

The appropriate solution used to prepare an examination table for the next patient is a 1:10 bleach solution. This concentration is effective for disinfection purposes, providing a strong enough solution to eliminate a variety of pathogens including bacteria, viruses, and fungi that may be present on surfaces in a healthcare setting. Using a 1:10 bleach solution ensures that the surfaces are properly sanitized while also being safe for the materials of the examination table. It is essential to use the correct dilution to balance efficacy against pathogens with the potential for damage to tools or equipment. The other concentrations would not achieve the same level of disinfection; a more diluted solution such as 1:20 would lack the necessary potency to ensure thorough sanitization, while a more concentrated solution could risk damaging the surfaces of the examination table. Therefore, the 1:10 concentration is widely accepted in healthcare settings for this purpose.

**10. What is the primary function of surgical scissors?**

- A. To scrape tissue**
- B. To cut and dissect**
- C. To grasp and clamp objects**
- D. To hold tissues away from the site**

The primary function of surgical scissors is to cut and dissect. These specialized instruments are designed with sharp blades that enable precise cutting of various tissues, including soft tissues and sutures, during surgical procedures. Their design allows for controlled and delicate dissection, which is critical for successfully navigating around delicate anatomy and minimizing trauma to surrounding tissues. Different types of surgical scissors serve specific purposes; for example, some may be used for cutting tissue, while others might be designed for suture cutting or even for specific procedures, such as dissecting tissue during operations. The importance of the cutting and dissecting function lies in its primary role in facilitating surgical access, allowing surgeons to perform necessary interventions effectively. Other options present functions for different instruments; scraping tissue is typically done with a curette, grasping and clamping objects is the role of forceps or clamps, and holding tissues away from the site is accomplished by retractors. Each of these instruments serves distinct and necessary functions in the surgical context, but the fundamental role of scissors remains focused on cutting and dissecting.

# 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://nhaccmagenpatientcare.examzify.com>**

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

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