

# NHA CCMA General Patient Care 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. What is a primary characteristic of heat stroke?**
  - A. Cool, pale skin**
  - B. Faintness and dizziness**
  - C. Hot, red, dry skin**
  - D. Rapid, weak pulse**
  
- 2. Which lifestyle change can significantly aid in the treatment of hypertension?**
  - A. Cessation of caffeine intake**
  - B. Regular exercise of at least 30 minutes**
  - C. Increased fat consumption**
  - D. Reduced protein intake**
  
- 3. What should be done before conducting a glucose test?**
  - A. Test the blood on the skin**
  - B. Check the code on glucose cuvettes**
  - C. Smear the blood on the test pad**
  - D. Apply first drop of blood for accuracy**
  
- 4. What is the main purpose of a testicular self-exam?**
  - A. To assess nutritional health**
  - B. To identify any unusual lumps or changes**
  - C. To measure hormone levels**
  - D. To determine age-related changes**
  
- 5. What is the purpose of the Mantoux test?**
  - A. To test for diabetes**
  - B. To identify exposure to tuberculosis**
  - C. To measure blood pressure**
  - D. To assess kidney function**
  
- 6. When selecting a syringe for administration, which size is generally preferred?**
  - A. The largest size available**
  - B. The smallest size that can hold the required fluid**
  - C. A medium size for comfort**
  - D. Any size will work**

- 7. In which position would a patient be placed for a rectal exam?**
- A. Fowler's position**
  - B. Smith's position**
  - C. Sims' position**
  - D. Lithotomy position**
- 8. 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**
- 9. How should eye ointment be applied?**
- A. In a circular motion around the eye**
  - B. In a thick line along the eyelid**
  - C. In a thin ribbon along the conjunctival sac**
  - D. Directly onto the cornea**
- 10. Why should fingers and toes not be bandaged tightly?**
- A. To prevent swelling**
  - B. To allow for evaluation of circulation**
  - C. To reduce warmth**
  - D. To prevent movement**

## Answers

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

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## **Explanations**

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## 1. What is a primary characteristic of heat stroke?

- A. Cool, pale skin
- B. Faintness and dizziness
- C. Hot, red, dry skin**
- D. Rapid, weak pulse

Heat stroke is a severe condition that occurs when the body overheats, typically due to prolonged exposure to high temperatures or excessive physical exertion in hot weather. One of the primary characteristics of heat stroke is hot, red, dry skin. This occurs because the body's thermoregulatory mechanisms have failed, leading to an inability to cool itself through sweating. In heat stroke, the skin's temperature rises significantly as the body can no longer release heat, resulting in the skin appearing red and feeling hot to the touch. Unlike heat exhaustion, where the skin may be cool and clammy due to sweating, individuals experiencing heat stroke will lack sufficient perspiration, hence the dry skin. Understanding this characteristic is vital for recognizing heat-related illnesses and ensuring prompt treatment, as heat stroke can lead to serious complications or even death if not addressed quickly.

## 2. Which lifestyle change can significantly aid in the treatment of hypertension?

- A. Cessation of caffeine intake
- B. Regular exercise of at least 30 minutes**
- C. Increased fat consumption
- D. Reduced protein intake

Regular exercise of at least 30 minutes is highly beneficial in the treatment of hypertension. Engaging in physical activity helps lower blood pressure by strengthening the heart, allowing it to pump blood more efficiently. Exercise promotes better circulation and contributes to maintaining a healthy weight, which is crucial since excess weight can raise blood pressure. Additionally, physical activity supports overall cardiovascular health by reducing stress levels, improving insulin sensitivity, and enhancing the functioning of blood vessels. Incorporating regular exercise into daily routines generally leads to sustained improvements in blood pressure control. It is recommended to aim for activities such as brisk walking, cycling, swimming, or any form of aerobic exercise that gets the heart rate up for at least 150 minutes per week, which can contribute significantly to both immediate and long-term health benefits related to hypertension management.

### 3. What should be done before conducting a glucose test?

- A. Test the blood on the skin
- B. Check the code on glucose cuvettes**
- C. Smear the blood on the test pad
- D. Apply first drop of blood for accuracy

Before conducting a glucose test, checking the code on glucose cuvettes is essential to ensure accuracy in the test results. Glucose meters and strips often have a coding system that may vary from batch to batch. Each vial of test strips is typically associated with a specific code that correlates with the calibration of the meter. If the code on the cuvettes does not match the code set on the meter, the readings could be inaccurate, which is critical in managing a patient's blood sugar levels effectively. Verifying this code helps in ensuring that the equipment is functioning as intended and provides reliability in the glucose measurement. This step is crucial for the overall accuracy and trustworthiness of the results that will influence patient care decisions.

### 4. What is the main purpose of a testicular self-exam?

- A. To assess nutritional health
- B. To identify any unusual lumps or changes**
- C. To measure hormone levels
- D. To determine age-related changes

The main purpose of a testicular self-exam is to identify any unusual lumps or changes in the testicles. Regular self-examinations allow individuals to become familiar with the normal size, shape, and texture of their testicles, making it easier to notice any abnormalities that may develop, such as lumps, swelling, or changes in consistency. Early detection of such changes can be crucial for identifying potential medical issues like testicular cancer, which is most effectively treated when caught early. While assessing nutritional health, measuring hormone levels, or determining age-related changes might be relevant in a broader health context, these are not the primary reasons for performing a testicular self-exam. The focus here is on personal awareness and early detection of testicular health issues, making it an important practice for men's health.

**5. What is the purpose of the Mantoux test?**

- A. To test for diabetes
- B. To identify exposure to tuberculosis**
- C. To measure blood pressure
- D. To assess kidney function

The Mantoux test is specifically designed to identify exposure to tuberculosis (TB). It involves the intradermal injection of a small amount of purified protein derivative (PPD) and is commonly used as a screening tool to determine if someone has been infected with the bacteria that cause TB. When a person has been exposed to the bacteria, their immune system responds to the PPD, resulting in a localized reaction at the injection site within 48 to 72 hours. The size of this reaction is measured to interpret the results. A positive reaction suggests that the individual has been exposed to the TB bacteria, warranting further investigation or treatment. This test is crucial for controlling the spread of tuberculosis, especially in healthcare settings or areas with high transmission rates. Its specificity in identifying TB exposure makes it an essential tool in public health. Other options do not align with the purpose of the Mantoux test; for instance, measuring blood pressure or assessing kidney function relates to entirely different medical evaluations.

**6. When selecting a syringe for administration, which size is generally preferred?**

- A. The largest size available
- B. The smallest size that can hold the required fluid**
- C. A medium size for comfort
- D. Any size will work

The preferred choice in selecting a syringe for administration is the smallest size that can hold the required fluid. This approach minimizes discomfort for the patient and allows for more precise administration of medications or fluids. Using a smaller syringe can reduce the volume of the dead space, which is the small amount of fluid that remains in the syringe after the injection is complete. This is particularly important in instances where medication accuracy is critical. Additionally, utilizing a smaller syringe often leads to better control during injection, which can enhance patient comfort and improve the overall experience. For example, using a smaller needle with an appropriate-sized syringe can contribute to a less painful injection process, which is especially important in pediatric or sensitive populations. Larger syringes may hold more fluid but can lead to a greater chance of discomfort and may not provide the necessary precision for smaller dosages. Similarly, medium sizes, while potentially more comfortable than large syringes, may still not be optimal when a smaller size can meet the requirements. Therefore, the focus is on safety, comfort, and accuracy, making selecting the smallest appropriate syringe the best practice.

**7. In which position would a patient be placed for a rectal exam?**

- A. Fowler's position**
- B. Smith's position**
- C. Sims' position**
- D. Lithotomy position**

For a rectal exam, the appropriate position for the patient is Sims' position. This lateral position involves the patient lying on their left side, with the right knee bent and brought up toward the chest. This position is advantageous for several reasons: it allows for easier access to the rectal area while providing comfort and maintaining the patient's dignity. Positioning the patient in Sims' position also ensures that gravity assists in the examination, allowing for better visualization and access, which is crucial for a thorough assessment. Additionally, this position can help to relax the anal sphincter and make the examination less uncomfortable for the patient. The other positions listed serve different purposes; Fowler's position is often used for patients who have difficulty breathing or need to be seated for certain examinations. Smith's position is not a standard term widely recognized in medical practice. Lithotomy position, commonly used for gynecological examinations, places the patient on their back with legs in stirrups, which is not suitable for a rectal exam.

**8. 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.

## 9. How should eye ointment be applied?

- A. In a circular motion around the eye
- B. In a thick line along the eyelid
- C. In a thin ribbon along the conjunctival sac**
- D. Directly onto the cornea

Applying eye ointment correctly is crucial for effective treatment and minimal irritation. The appropriate technique is to place a thin ribbon of ointment along the conjunctival sac, which is the space between the eyelid and the eyeball. This method allows the medication to spread evenly across the surface of the eye, maximizing its therapeutic effect. When you apply a thin ribbon, the ointment can be easily distributed when the eyelid closes and blinks, ensuring that the entire area gets the necessary treatment. It's important to avoid using too much ointment to prevent blurriness of vision and to ensure that too much medication does not overwhelm the eye, leading to discomfort. Other application methods can lead to issues. For example, applying ointment directly onto the cornea can irritate the sensitive surface of the eye and lead to potential injury. A circular motion around the eye or applying a thick line along the eyelid doesn't target the conjunctival sac effectively and can also cause unnecessary irritation or ointment to get into areas where it may not be beneficial.

## 10. Why should fingers and toes not be bandaged tightly?

- A. To prevent swelling
- B. To allow for evaluation of circulation**
- C. To reduce warmth
- D. To prevent movement

Bandaging fingers and toes tightly can impede circulation, which is why it is important to ensure that they are wrapped in a way that allows for the evaluation of circulation. It is crucial to maintain blood flow to these extremities to avoid complications such as tissue damage or necrosis. A loose bandage will allow for proper blood circulation, and caregivers can easily assess the circulation status by checking the color and temperature of the digits as well as capillary refill time. This assessment is important in monitoring the healing process and ensuring that there are no issues stemming from restricted blood flow. While preventing swelling and reducing warmth might be important considerations in some contexts, the primary concern with tight bandaging is the risk of impairing circulation. Similarly, while keeping fingers and toes immobile may be a goal in certain situations, it should not come at the expense of proper blood flow. Therefore, the importance of evaluating circulation as a priority makes this the correct choice.

## 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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