

NHA CCMA GENERAL PATIENT CARE PRACTICE TEST (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. 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
- 2. What condition does a diabetic coma primarily result from?**
 - A. Hypoglycemia
 - B. Dehydration
 - C. Hyperglycemia
 - D. Insulin shock
- 3. What is the most commonly used syringe size?**
 - A. 1 mL
 - B. 3 mL
 - C. 5 mL
 - D. 10 mL
- 4. Which of the following is NOT a part of a complete physical exam?**
 - A. Height
 - B. Visual acuity for adults
 - C. EKG
 - D. Urinalysis
- 5. What is macular degeneration primarily characterized by?**
 - A. Gradual loss of vision in individuals under 40
 - B. Progressive damage to the macula of the retina
 - C. Sudden onset of blindness
 - D. Only affects women over 60
- 6. What does the BCG vaccine provide protection against?**
 - A. Flu viruses
 - B. Varicella (chickenpox)
 - C. Tuberculosis (TB)
 - D. Pneumonia

7. What is the formula to convert Celsius to Fahrenheit?

- A. $F = (C - 32) \times 5/9$
- B. $F = (C \times 9/5) + 32$
- C. $F = C + 32$
- D. $F = C \times 32$

8. A healthcare provider measures the respiratory rate as 24 breaths per minute. Is this within normal limits for an adult?

- A. Yes, it is normal
- B. No, it is high
- C. No, it is low
- D. Yes, it is high

9. What is the primary treatment for anaphylaxis?

- A. Administer oxygen and call 911
- B. Give the patient food and water
- C. Apply ice packs to the affected area
- D. Encourage the patient to breathe deeply

10. Which Korotkoff sound is characterized by soft tapping?

- A. 2nd Korotkoff sound
- B. 3rd Korotkoff sound
- C. 4th Korotkoff sound
- D. 5th Korotkoff sound

Answers

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

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Explanations

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1. 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.

2. What condition does a diabetic coma primarily result from?

- A. Hypoglycemia
- B. Dehydration
- C. Hyperglycemia**
- D. Insulin shock

A diabetic coma primarily results from hyperglycemia, which is a condition characterized by excessively high levels of glucose in the blood. In individuals with diabetes, this elevated blood sugar can occur due to insufficient insulin production or ineffective use of insulin by the body. When blood glucose levels rise significantly, the body may attempt to rid itself of the excess sugar through urination, leading to dehydration and the subsequent risk of diabetic ketoacidosis (DKA) or hyperglycemic hyperosmolar state (HHS). In DKA, the lack of insulin prompts the body to break down fat for energy, producing ketones that can accumulate and cause acidosis—which is dangerous and can lead to a coma. In hyperglycemic hyperosmolar state, severe dehydration occurs alongside extreme hyperglycemia, often affecting elderly patients with type 2 diabetes. Understanding this process is crucial because it helps in recognizing the signs and symptoms of a diabetic coma and the urgency of treatment required to stabilize the patient.

3. What is the most commonly used syringe size?

- A. 1 mL
- B. 3 mL**
- C. 5 mL
- D. 10 mL

The 3 mL syringe is the most commonly used syringe size in clinical settings, particularly for administering medications via injection. This size strikes a balance between being large enough to hold a sufficient volume for most intramuscular or subcutaneous injections while still being manageable for the healthcare provider to handle and for patients to receive an accurate dose. The 3 mL syringe is versatile and is often utilized for a range of medication types, including vaccines, insulin, and other pharmaceuticals. Its standardization in practice ensures that healthcare professionals can easily determine dosages while maintaining accuracy in administration. Smaller syringes, such as the 1 mL, are typically reserved for very small volume doses or specific applications like insulin administration, while larger syringes like the 5 mL and 10 mL are generally used for larger volume medications or irrigation purposes, which are less common in routine administration. Therefore, the 3 mL syringe is favored for its practicality in everyday patient care.

4. Which of the following is NOT a part of a complete physical exam?

- A. Height
- B. Visual acuity for adults**
- C. EKG
- D. Urinalysis

A complete physical exam typically includes several components aimed at assessing the overall health of a patient. Among these components, height measurement is standard as it helps track growth and health status. EKGs (electrocardiograms) are commonly performed to evaluate heart health, particularly in older adults or those with specific risk factors. Urinalysis is also a routine part of many physical exams as it provides critical information about kidney function and metabolic processes. Visual acuity testing, however, while important, is not universally included in all comprehensive physical exams. It is often specifically reserved for eye exams or situations where there's a known concern regarding vision. Thus, visual acuity testing is not considered a standard element of a complete physical exam like the other options mentioned. This context clarifies why visual acuity for adults stands out as the correct answer in this scenario.

5. What is macular degeneration primarily characterized by?

- A. Gradual loss of vision in individuals under 40
- B. Progressive damage to the macula of the retina**
- C. Sudden onset of blindness
- D. Only affects women over 60

Macular degeneration is primarily characterized by progressive damage to the macula, which is the small central area of the retina responsible for sharp, detailed vision. This condition leads to a gradual loss of central vision, which is crucial for activities such as reading, driving, and recognizing faces. The macula degenerates over time due to various factors, including age-related changes, and this can manifest in two primary forms: dry and wet macular degeneration. In dry macular degeneration, yellowish deposits called drusen form under the retina. In wet macular degeneration, abnormal blood vessels grow beneath the retina and can leak fluid or blood, causing further damage. The emphasis on progressive damage highlights the chronic nature of the disease rather than an acute condition, so this choice accurately reflects the underlying pathology of macular degeneration. While the condition is more common in older adults, particularly those over 50, its hallmark is the gradual decline in central visual acuity rather than sudden vision loss or gender-specific prevalence.

6. What does the BCG vaccine provide protection against?

- A. Flu viruses
- B. Varicella (chickenpox)
- C. Tuberculosis (TB)**
- D. Pneumonia

The BCG vaccine is specifically designed to provide protection against tuberculosis (TB), a serious infectious disease caused by the bacterium *Mycobacterium tuberculosis*. This vaccine is particularly important in countries or areas where TB is prevalent, as it significantly reduces the risk of developing severe forms of the disease, especially in children. The BCG vaccine works by introducing a weakened strain of the bacteria into the body, prompting the immune system to respond and build immunity against future TB infections. This protective effect is particularly vital in populations at higher risk of TB exposure or those living in environments where the disease is common. In contrast, the other options relate to different pathogens or diseases. The flu vaccine protects against various strains of the influenza virus, while the varicella vaccine is aimed at preventing chickenpox. Lastly, pneumonia can have several causes, including bacteria, viruses, and fungi, and does not have a specific vaccine provided by BCG. Therefore, the emphasis on the BCG vaccine's protection against tuberculosis makes it the correct answer.

7. What is the formula to convert Celsius to Fahrenheit?

- A. $F = (C - 32) \times 5/9$
- B. $F = (C \times 9/5) + 32$**
- C. $F = C + 32$
- D. $F = C \times 32$

The formula to convert Celsius to Fahrenheit is expressed as $F = (C \times 9/5) + 32$. This equation effectively converts the temperature measured in degrees Celsius (C) into degrees Fahrenheit (F). To break down the formula: 1. The factor of 9/5 represents the proportional relationship between the Celsius and Fahrenheit scales. To understand this, note that the freezing point of water is 0 degrees Celsius and 32 degrees Fahrenheit, while the boiling point is 100 degrees Celsius and 212 degrees Fahrenheit. The 9/5 ratio reflects the difference in size of the two temperature intervals. 2. Adding 32 is necessary to adjust the starting point of the scale from the Celsius value to its equivalent Fahrenheit value, given that the two scales have different reference points (where 0 in Celsius does not equal 0 in Fahrenheit). This conversion is crucial in various practical applications including healthcare settings, where temperature measurement is key in diagnosing and monitoring patients. The other formulas provided do not accurately reflect the conversion process, either by rearranging the terms incorrectly or by not converting Celsius to Fahrenheit properly.

8. A healthcare provider measures the respiratory rate as 24 breaths per minute. Is this within normal limits for an adult?

- A. Yes, it is normal**
- B. No, it is high
- C. No, it is low
- D. Yes, it is high

The measurement of a respiratory rate at 24 breaths per minute is actually below the typical range considered for adults at rest. Normal respiratory rates for adults generally range from 12 to 20 breaths per minute. A rate above this range would be classified as tachypnea, which indicates a potential underlying issue or physiological response, such as anxiety or hyperventilation. Therefore, the correct choice acknowledges that 24 breaths per minute exceeds the threshold for normalcy in adult respiratory rates. This figure would typically suggest that the patient may experience some distress or other conditions warranting further investigation.

9. What is the primary treatment for anaphylaxis?

- A. Administer oxygen and call 911**
- B. Give the patient food and water
- C. Apply ice packs to the affected area
- D. Encourage the patient to breathe deeply

The primary treatment for anaphylaxis is administering epinephrine, which is not explicitly mentioned in the provided options but is often accompanied by calling emergency medical services for further assistance. Administering oxygen and calling 911 underscores the urgency of the situation. Anaphylaxis is a severe, life-threatening allergic reaction that can lead to respiratory distress, cardiovascular issues, and ultimately, shock. Oxygen may be administered to help the patient breathe more easily, and calling 911 ensures that the patient will receive advanced medical care quickly, including the potential administration of epinephrine and other necessary treatments. In the context of the other options, giving food and water is inappropriate during anaphylaxis, as it may exacerbate the condition if the patient is having difficulty swallowing or breathing. Applying ice packs to the affected area may be applicable in cases of localized reactions, but it would not address the systemic nature of anaphylaxis. Encouraging the patient to breathe deeply may be helpful in conditions like anxiety or hyperventilation but is not a definitive treatment for the immediate threats posed by anaphylaxis. Therefore, emphasizing the need for immediate medical intervention and potential life-saving treatments is necessary, making the choice to administer oxygen and call for emergency help the most appropriate in this scenario.

10. Which Korotkoff sound is characterized by soft tapping?

- A. 2nd Korotkoff sound
- B. 3rd Korotkoff sound
- C. 4th Korotkoff sound**
- D. 5th Korotkoff sound

The sound characterized by soft tapping during a blood pressure measurement is the 2nd Korotkoff sound. This sound occurs after the first sound (which is a sharp thud) and signifies the beginning of the transition from laminar to turbulent blood flow in the arteries as the pressure in the cuff is released. In the context of blood pressure readings, the Korotkoff sounds are critical for determining both systolic and diastolic pressures. The first Korotkoff sound marks the systolic pressure, while the sounds that follow give insight into diastolic pressure. The second sound is softer and more tapping compared to the first. The third sound is more abrupt and represents further changes in the blood flow dynamics as the pressure continues to drop. The fourth sound is characterized by a softer, muffled quality, indicating a further decrease in blood pressure. The fifth Korotkoff sound represents the disappearance of all sounds and indicates diastolic pressure in adults. Understanding the characteristics of these sounds is vital for accurate blood pressure assessment and interpretation. Thus, the 2nd Korotkoff sound stands out for its distinctively soft tapping quality.

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://nhaccmagenpatientcare.examzify.com>

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

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