

NHA Medical Assistant Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

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SAMPLE

Questions

SAMPLE

- 1. Where should lead V5 be placed on a patient?**
 - A. Mid-clavicular line and 5th intercostal space**
 - B. Left arm and right leg**
 - C. Right shoulder and left hip**
 - D. Mid-sternal line and 4th intercostal space**
- 2. In a medical setting, which distinction does bio hazardous waste refer to?**
 - A. Non-infectious waste**
 - B. Materials that are safe to throw away**
 - C. Waste that can cause potential harm to health**
 - D. Reusable medical instruments**
- 3. What type of injection should be given at a 15-degree angle without aspiration?**
 - A. IM injection**
 - B. IV injection**
 - C. Subcutaneous injection**
 - D. Intramuscular injection**
- 4. When dealing with a medical emergency, what is the first action you should take?**
 - A. Call for help**
 - B. Assess the situation**
 - C. Administer CPR**
 - D. Begin taking notes**
- 5. What is the recommended compression rate for administering CPR?**
 - A. 80 compressions per minute**
 - B. 100 compressions per minute**
 - C. 120 compressions per minute**
 - D. 150 compressions per minute**

- 6. What should you do with the first drop of blood in a capillary blood sample?**
- A. Use it for testing**
 - B. Wipe it away**
 - C. Save it for later**
 - D. Mix it with saline**
- 7. What instrument is used to evaluate contact lenses in a patient?**
- A. Stethoscope**
 - B. Otoscope**
 - C. Ophthalmoscope**
 - D. Dermatoscope**
- 8. When drawing PT/INR Prothrombin Time, which tube should be filled first?**
- A. Gold tube**
 - B. Lavender tube**
 - C. Light blue tube**
 - D. Green tube**
- 9. Where should an IM injection be administered in an infant?**
- A. In the deltoid muscle**
 - B. In the vastus lateralis**
 - C. In the gluteus medius**
 - D. In the abdominal muscles**
- 10. Which of the following is essential to include during a quality control procedure in a medical setting?**
- A. Patient consent forms**
 - B. Documentation of inspection results**
 - C. Review of insurance policies**
 - D. Staff training schedules**

Answers

SAMPLE

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

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Explanations

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1. Where should lead V5 be placed on a patient?

- A. Mid-clavicular line and 5th intercostal space**
- B. Left arm and right leg**
- C. Right shoulder and left hip**
- D. Mid-sternal line and 4th intercostal space**

Lead V5 should be placed at the mid-clavicular line and the 5th intercostal space to accurately monitor the heart's electrical activity from the left lateral aspect. This specific location allows for optimal viewing of the electrical changes occurring in the left side of the heart, which is essential for diagnosing various cardiac conditions, such as ischemia or infarction. The mid-clavicular line serves as a vertical reference that helps standardize the positioning of the electrode in relation to other leads, while the 5th intercostal space is the appropriate horizontal position, corresponding to the anatomical landmarks of the heart. Accurate placement of lead V5 is crucial, as it provides critical information from a vantage point that is important for assessing the heart's function in clinical settings.

2. In a medical setting, which distinction does bio hazardous waste refer to?

- A. Non-infectious waste**
- B. Materials that are safe to throw away**
- C. Waste that can cause potential harm to health**
- D. Reusable medical instruments**

Biohazardous waste specifically refers to any waste that poses a risk to human health, animals, or the environment due to its infectious nature. This category includes items that are potentially contaminated with pathogens, such as blood, bodily fluids, or any materials that have been in contact with infectious agents. Their classification is critical for ensuring proper handling, disposal, and avoidance of exposure, as failure to manage such waste appropriately can lead to serious health risks. Understanding the nature of biohazardous waste is essential in medical settings to implement safety protocols that protect both healthcare workers and patients. This type of waste requires specific disposal methods that comply with regulations designed to prevent any risk of spreading infections. In contrast, the other options do not align with the definition of biohazardous waste. Non-infectious waste does not pose any health risk, materials that are safe to throw away do not potentially harm health, and reusable medical instruments are typically sterilized and are not categorized as waste. Thus, the identification and management of biohazardous waste are crucial in minimizing health hazards in medical environments.

3. What type of injection should be given at a 15-degree angle without aspiration?

- A. IM injection**
- B. IV injection**
- C. Subcutaneous injection**
- D. Intramuscular injection**

A subcutaneous injection is administered at a 15-degree angle because this angle allows the needle to enter the subcutaneous tissue, which is the layer of fat just beneath the skin. This technique minimizes discomfort for the patient and ensures that the medication is delivered to the appropriate area for absorption. Aspiration, which is the practice of pulling back on the plunger to check for blood return, is not necessary with subcutaneous injections. This is because the needle is unlikely to penetrate a blood vessel in the subcutaneous tissue, reducing the risk of complications and making the process more efficient for administering medications such as insulin or certain vaccines. The other types of injections mentioned either require different angles or techniques, or involve direct access to veins or muscle tissue, where aspiration might be a more critical step. For example, intramuscular injections would typically be administered at a 90-degree angle to ensure that the medication is delivered deep into the muscle.

4. When dealing with a medical emergency, what is the first action you should take?

- A. Call for help**
- B. Assess the situation**
- C. Administer CPR**
- D. Begin taking notes**

In a medical emergency, assessing the situation is critical as the first step. This action allows you to quickly gather important information about the environment and the patient's condition. By assessing the situation, you can identify immediate dangers, determine the severity of the medical issue, and decide the necessary next steps. This assessment includes looking for any hazards that may pose a risk to you or the patient and understanding what may have caused the emergency. If the situation is deemed unsafe, calling for help is essential, but you must first ensure that you can safely approach the patient. Administering CPR or other interventions could be rushed without a proper assessment. Additionally, taking notes would be a secondary action to document the event after ensuring immediate care is provided if necessary. Therefore, assessing the situation provides a foundation from which to respond effectively and safely in any medical emergency.

5. What is the recommended compression rate for administering CPR?

- A. 80 compressions per minute**
- B. 100 compressions per minute**
- C. 120 compressions per minute**
- D. 150 compressions per minute**

The recommended compression rate for administering CPR is 100 to 120 compressions per minute. This rate is supported by guidelines set forth by organizations such as the American Heart Association. Maintaining a compression rate within this range helps to circulate blood effectively during cardiac arrest, ensuring that vital organs receive adequate oxygenated blood until emergency medical services can take over. The emphasis on a minimum of 100 compressions per minute reflects the importance of delivering high-quality chest compressions that are both deep and fast enough to maintain blood flow. In practice, compressions should ideally be delivered at a rate closer to 120 per minute, as this increases the chances of survival and improves outcomes for individuals experiencing cardiac arrest. While a rate of 80 compressions per minute is insufficient and does not meet the necessary guidelines, compressing at 150 per minute would also exceed the effective range, potentially compromising the quality of compressions. Hence, the optimal training for responders emphasizes aiming for a compression rate of 100 to 120 per minute to provide the best chance for a successful resuscitation.

6. What should you do with the first drop of blood in a capillary blood sample?

- A. Use it for testing**
- B. Wipe it away**
- C. Save it for later**
- D. Mix it with saline**

When collecting a capillary blood sample, the first drop of blood is generally not used for testing purposes. Instead, it should be wiped away. This is primarily due to the possibility of contamination from tissue fluids, which can affect the accuracy of the test results. By wiping away the first drop, healthcare professionals ensure that the sample collected for analysis is more representative of the blood itself, free from any potential contaminants that may be present from the initial puncture. The next drops of blood, following the first, are usually more suitable for testing, as they are less likely to be mixed with these unwanted substances. This practice is important for maintaining the integrity and reliability of laboratory results, which are critical for patient diagnosis and treatment.

7. What instrument is used to evaluate contact lenses in a patient?

- A. Stethoscope**
- B. Otoscope**
- C. Ophthalmoscope**
- D. Dermatoscope**

The appropriate instrument used to evaluate contact lenses in a patient is the ophthalmoscope. This device allows healthcare providers, particularly eye care professionals, to closely examine the interior structures of the eye, including the cornea and lens, which is crucial when assessing the proper fit and condition of contact lenses. By using an ophthalmoscope, clinicians can determine if there are any signs of irritation, corneal damage, or infection that might be associated with contact lens wear. In this context, the other instruments listed serve different purposes. A stethoscope is primarily used to listen to heart sounds and evaluate respiratory function, while an otoscope is designed for examining the ears. A dermatoscope is utilized for skin examinations, focusing on dermatological conditions. Therefore, the specialization of the ophthalmoscope in ocular assessments makes it the correct choice for evaluating contact lenses.

8. When drawing PT/INR Prothrombin Time, which tube should be filled first?

- A. Gold tube**
- B. Lavender tube**
- C. Light blue tube**
- D. Green tube**

In the case of drawing blood for Prothrombin Time (PT) and International Normalized Ratio (INR) tests, the light blue tube should be filled first. This is because the light blue tube contains sodium citrate, which is an anticoagulant that helps preserve the sample for coagulation studies. It is crucial to fill this tube first to minimize any contamination from other additives that might be present in subsequent tubes. Filling the light blue tube first ensures that there is an accurate measurement of the patient's clotting time. Adequate filling is also important, as the blood-to-anticoagulant ratio must be correct for reliable test results. If another tube containing different additives, such as those found in the gold, lavender, or green tubes, is filled first, it could affect the accuracy of the PT/INR test by introducing anticoagulants or other substances that may alter the coagulation process. Proper order of draw minimizes the risk of sample contamination and ensures that the laboratory results will be valid. Understanding this protocol is vital for medical assistants when performing venipunctures and collecting samples for accurate diagnostic testing.

9. Where should an IM injection be administered in an infant?

- A. In the deltoid muscle**
- B. In the vastus lateralis**
- C. In the gluteus medius**
- D. In the abdominal muscles**

The vastus lateralis is the preferred site for intramuscular (IM) injections in infants due to its size and location. This muscle is located on the outer thigh and is well-developed in infants, making it a safe and effective injection site. Additionally, using this area reduces the risk of injury to nerves and blood vessels, which are more densely located in other areas like the deltoid or gluteus medius. The vastus lateralis is also more accessible and allows for proper absorption of the medication. In contrast, using the deltoid muscle is generally reserved for older children and adults, as it may not be sufficiently developed in infants. The gluteus medius is not recommended for infants due to the risk of hitting the sciatic nerve, and the abdominal muscles are not appropriate for IM injections as they are not designed for this purpose. Therefore, the vastus lateralis stands out as the safest and most effective site for administering IM injections in infants.

10. Which of the following is essential to include during a quality control procedure in a medical setting?

- A. Patient consent forms**
- B. Documentation of inspection results**
- C. Review of insurance policies**
- D. Staff training schedules**

During a quality control procedure in a medical setting, the documentation of inspection results is fundamental because it provides a record of compliance with established standards and protocols. This documentation serves as evidence that processes and equipment are functioning properly, and it helps identify any areas needing improvement. By meticulously documenting inspection results, healthcare facilities can track trends over time, ensuring consistent quality and safety in patient care. Furthermore, this documentation supports regulatory compliance and accreditation requirements, which is crucial for maintaining the facility's operational integrity. Accurate records allow for accountability and facilitate corrective actions in case of deviations from expected standards. Therefore, having documented inspection results is essential to uphold quality and safety in a medical environment.