

NHA Pharmacy Technician Practice Exam (Sample)

Study Guide



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Questions

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- 1. Which of the following indicates the right ear in medication instructions?**
 - A. ad**
 - B. as**
 - C. au**
 - D. bu**
- 2. What is the purpose of the Orphan Drug Act of 1983?**
 - A. To promote generic drug production**
 - B. To develop drugs for common diseases**
 - C. To incentivize the development of drugs for rare diseases**
 - D. To reduce the cost of medications**
- 3. How many grams are there in one ounce?**
 - A. 15 g**
 - B. 20 g**
 - C. 30 g**
 - D. 35 g**
- 4. Which abbreviation signifies a dosage to be taken before meals?**
 - A. pc**
 - B. ac**
 - C. bid**
 - D. sl**
- 5. What is a key benefit of stocking medications using the first in, first out method?**
 - A. Reduces storage space needed**
 - B. Minimizes medication waste due to expiration**
 - C. Enhances patient access to medications**
 - D. Ensures patients receive newer medications**

- 6. What does the 'first in, first out' method of stocking medications refer to?**
- A. Restocking medications as they arrive**
 - B. Storing medications by their manufacture date**
 - C. Arranging medications so that those with earlier expiration dates are positioned at the front**
 - D. Using the oldest medications first**
- 7. What requirement do all antidepressants have?**
- A. A prescription requirement**
 - B. A black box warning**
 - C. A specific dosage form**
 - D. Patient monitoring**
- 8. What does OBRA '90 emphasize in terms of patient interaction?**
- A. Regulations on drug pricing**
 - B. Obligations for record keeping and counseling**
 - C. Prohibition of certain medications**
 - D. Standardization of pharmacy practices**
- 9. What is the minimum age to receive the pneumococcal vaccine?**
- A. Older than 6 weeks**
 - B. 1 year and older**
 - C. 3 months and older**
 - D. 6 months and older**
- 10. What does the abbreviation "bid" indicate regarding dosage frequency?**
- A. Once a day**
 - B. Twice daily**
 - C. Three times daily**
 - D. Daily at bedtime**

Answers

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

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Explanations

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1. Which of the following indicates the right ear in medication instructions?

- A. ad**
- B. as**
- C. au**
- D. bu**

In medication instructions, the abbreviation used to indicate the right ear is "ad," which stands for "auris dextra." This term is derived from Latin, where "auris" means ear, and "dextra" means right. Therefore, when a prescription or medication label specifies "ad," it is directing that the medication should be administered in the right ear. Understanding medical abbreviations is crucial in the pharmacy setting to ensure proper administration of medications. The other options represent different ear-related instructions: "as" refers to the left ear (auris sinistra), "au" indicates both ears (auris utraque), and "bu" is not a standard abbreviation in this context. Recognizing these distinctions is essential for safe and accurate patient care.

2. What is the purpose of the Orphan Drug Act of 1983?

- A. To promote generic drug production**
- B. To develop drugs for common diseases**
- C. To incentivize the development of drugs for rare diseases**
- D. To reduce the cost of medications**

The Orphan Drug Act of 1983 was specifically established to incentivize the development of drugs for rare diseases, which are often overlooked due to the limited market potential. Rare diseases, by definition, affect a small percentage of the population, making it less attractive for pharmaceutical companies to invest in research and development for these conditions. The Act provides various incentives, including tax credits, grants, and seven years of market exclusivity for new orphan drugs. This support encourages pharmaceutical companies to pursue the development of treatments that would otherwise be neglected, addressing significant unmet medical needs for individuals with rare conditions. Other options, while related to pharmaceutical development, do not align with the specific intent of the Orphan Drug Act. For instance, the promotion of generic drug production focuses on increasing market competition for existing medications rather than addressing the development of new drugs for rare diseases. Similarly, developing drugs for common diseases does not relate to the core mission of the Orphan Drug Act, which is to support treatments for conditions that impact fewer patients. Reducing the cost of medications is an important healthcare issue but is not the primary goal of this legislation.

3. How many grams are there in one ounce?

- A. 15 g
- B. 20 g
- C. 30 g**
- D. 35 g

One ounce is equivalent to approximately 28.35 grams. However, when rounded to the nearest whole number for simplicity in everyday calculations and contexts such as pharmacy or cooking, it is commonly stated as 30 grams. This rounded figure is useful for quick conversions and is widely accepted in many practical applications. Choosing 30 grams as the conversion for one ounce is not only convenient, but it also helps facilitate easier calculations when dealing with pharmaceutical formulas, dosages, or ingredient measurements in recipes. Understanding this conversion is especially important for pharmacy technicians who need to accurately prepare medications and ensure proper dosages are administered. The other options do not align with the established conversion of ounces to grams according to standard measures. They may cause confusion in situations where precise measurement is critical, such as compounding medications or managing patient care in pharmacy settings. By using 30 grams as a standard reference point, pharmacy technicians can achieve both accuracy and efficiency in their daily tasks.

4. Which abbreviation signifies a dosage to be taken before meals?

- A. pc
- B. ac**
- C. bid
- D. sl

The abbreviation that signifies a dosage to be taken before meals is "ac," which stands for "ante cibum" in Latin. This term translates to "before meals." It is commonly used in medical prescriptions to indicate that a medication should be taken prior to food intake, ensuring that the drug is absorbed effectively without interference from food.

Understanding the context of such abbreviations is essential for ensuring proper medication administration and patient compliance. In contrast, "pc," meaning "post cibum," refers to after meals, which indicates a different timing for medication intake.

"Bid" signifies that a medication should be taken twice a day, and "sl" stands for sublingually, indicating a method of administration rather than timing. Hence, recognizing the specific meanings of these abbreviations is crucial for effective pharmacy practice.

5. What is a key benefit of stocking medications using the first in, first out method?

- A. Reduces storage space needed**
- B. Minimizes medication waste due to expiration**
- C. Enhances patient access to medications**
- D. Ensures patients receive newer medications**

The first in, first out (FIFO) method is designed to minimize medication waste due to expiration, which makes it a crucial practice in pharmacy inventory management. By using FIFO, the oldest stock of medications is used or dispensed first, ensuring that these medications are consumed before they reach their expiration date. This approach helps reduce the likelihood of having to discard outdated medications, which can lead to significant financial losses for the pharmacy and limits unnecessary waste in a healthcare setting. The other options relate to different aspects of pharmacy management but do not capture the primary advantage offered by the FIFO method. While enhancing patient access or ensuring the availability of newer medications is important, those factors do not directly address the critical issue of waste management that FIFO effectively mitigates. Reducing storage space may be a byproduct of effective inventory management but is not the primary benefit of the FIFO strategy. Therefore, focusing on waste reduction highlights the importance and effectiveness of this method in maintaining a healthy and responsible pharmacy inventory.

6. What does the 'first in, first out' method of stocking medications refer to?

- A. Restocking medications as they arrive**
- B. Storing medications by their manufacture date**
- C. Arranging medications so that those with earlier expiration dates are positioned at the front**
- D. Using the oldest medications first**

The 'first in, first out' method of stocking medications is essential for pharmacy practice and inventory management. This method refers to the practice of arranging medications so that those with earlier expiration dates are positioned at the front of the shelf. By doing so, pharmacists and technicians can ensure that medications are used in the order they were received, minimizing the risk of dispensing medications that may be nearing or past their expiration dates. This approach helps maintain the integrity and safety of patient care by ensuring that the freshest and most viable medications are used first, thereby reducing waste and enhancing the effectiveness of treatments. Implementing this strategy is a best practice in both pharmacy settings and healthcare environments in general, as it ensures compliance with safety standards and regulatory requirements regarding medication management.

7. What requirement do all antidepressants have?

- A. A prescription requirement
- B. A black box warning**
- C. A specific dosage form
- D. Patient monitoring

All antidepressants are required to carry a black box warning. This warning is the strongest safety warning that the U.S. Food and Drug Administration (FDA) can issue and indicates that studies have shown a significant risk of a serious or life-threatening hazard associated with the medication. In the case of many antidepressants, the black box warning specifically addresses the increased risk of suicidal thoughts and behaviors, particularly in children, adolescents, and young adults. The presence of a black box warning is particularly important because it serves as a critical alert to both healthcare providers and patients about the potential risks, ensuring that appropriate precautions are taken. It encourages closer monitoring of patients, especially when they first start treatment or when their doses are adjusted. While prescriptions are generally required for antidepressants, not all medications in this category are prescribed in the same manner. There are also various dosage forms available for antidepressants, and patient monitoring is essential but may not be a formalized requirement across all treatments. The black box warning provides a uniform and significant safety guideline applicable to all antidepressants, distinguishing this choice as the correct answer.

8. What does OBRA '90 emphasize in terms of patient interaction?

- A. Regulations on drug pricing
- B. Obligations for record keeping and counseling**
- C. Prohibition of certain medications
- D. Standardization of pharmacy practices

The emphasis of OBRA '90, or the Omnibus Budget Reconciliation Act of 1990, revolves significantly around patient interaction through the establishment of requirements for record keeping and counseling. Specifically, this legislation introduced guidelines that aim to enhance the quality of care provided to patients by ensuring pharmacists engage in meaningful interactions with them. Under OBRA '90, pharmacists are required to perform prospective drug utilization reviews, offer counseling to patients regarding their medications, and maintain accurate and comprehensive patient records. This focus on patient interaction is key because it encourages pharmacists to educate patients about their medications, understand their health conditions, and ensure that patients have the information needed to use their prescriptions safely and effectively. While regulations on drug pricing, prohibition of certain medications, and standardization of pharmacy practices are all significant aspects of the pharmaceutical landscape, they do not reflect the specific emphasis that OBRA '90 places on the active role of pharmacists in patient care and communication. By prioritizing patient counseling and thorough record-keeping, OBRA '90 ultimately aims to promote better health outcomes and enhance patient safety.

9. What is the minimum age to receive the pneumococcal vaccine?

- A. Older than 6 weeks**
- B. 1 year and older**
- C. 3 months and older**
- D. 6 months and older**

The minimum age to receive the pneumococcal vaccine is indeed older than 6 weeks. The pneumococcal conjugate vaccine (PCV13) is recommended for infants, starting as early as 6 weeks of age, and is part of the routine immunization schedule. This vaccine is crucial in protecting against pneumococcal diseases, which can cause serious infections such as pneumonia, meningitis, and sepsis in children and adults. Understanding the correct age for vaccination is important for ensuring that individuals are immunized at the optimal time to prevent these infections. The other choices either set the age too high or do not consider the earliest recommendations for immunization, thereby missing the critical window for protection in infancy.

10. What does the abbreviation "bid" indicate regarding dosage frequency?

- A. Once a day**
- B. Twice daily**
- C. Three times daily**
- D. Daily at bedtime**

The abbreviation "bid" stands for the Latin term "bis in die," which translates to "twice a day." In medical and pharmacological contexts, it is used to indicate that a medication should be administered twice daily, typically spaced evenly to maintain consistent therapeutic levels of the drug in the bloodstream. This dosing schedule is crucial in managing certain conditions, ensuring that the medication remains effective throughout the day. Understanding dosage frequencies is important for pharmacy technicians as it ensures accurate medication dispensing and patient adherence. Misinterpretation of abbreviations can lead to dosing errors, which can have significant implications for patient safety and treatment efficacy.