

NHA Pharmacy Technician Practice Exam (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

- 1. Which organization is responsible for regulating how medication waste should be shipped?**
 - A. Food and Drug Administration**
 - B. Department of Transportation**
 - C. Environmental Protection Agency**
 - D. National Institutes of Health**
- 2. What does the Poison Prevention Packaging Act of 1970 require?**
 - A. Only prescription drugs need child-resistant packaging**
 - B. Uses of child-resistant containers for all medications**
 - C. Patients should be educated on safe medication storage**
 - D. No packaging regulations for over-the-counter drugs**
- 3. Why is it important to dispense eszopiclone with a medication guide?**
 - A. Risk of addiction**
 - B. Risk of sleep-related activities you may not remember**
 - C. Risk of severe headaches**
 - D. Risk of rapid heartbeat**
- 4. At what age is the pneumococcal polysaccharide vaccine recommended?**
 - A. 2 years and older**
 - B. 6 months and older**
 - C. 1 year and older**
 - D. 3 years and older**
- 5. Why is it advantageous for sublingual tablets to bypass the digestive tract?**
 - A. To avoid any taste issues**
 - B. To enhance absorption directly into the bloodstream**
 - C. To reduce the dosage needed**
 - D. To increase medication shelf life**

- 6. 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**
- 7. What is the maximum dose of the substance represented by the Roman numeral "D"?**
- A. 500**
 - B. 1000**
 - C. 100**
 - D. 50**
- 8. What is a tort in legal terms?**
- A. An act that causes harm or injury to a person intentionally or negligently**
 - B. A violation of governmental regulations**
 - C. A contractual breach between healthcare providers**
 - D. A criminal act against society**
- 9. What guidelines were established to protect healthcare workers from potential hazards?**
- A. OSHA regulations**
 - B. Bloodborne Pathogen Standard**
 - C. Standard precautions**
 - D. HIPAA regulations**
- 10. What is the definition of an effervescent tablet?**
- A. A tablet that extends release over time**
 - B. A tablet that dissolves in water and produces fizz**
 - C. A solid form of liquid medication**
 - D. A tablet designed to coat the stomach**

Answers

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

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Explanations

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1. Which organization is responsible for regulating how medication waste should be shipped?

- A. Food and Drug Administration**
- B. Department of Transportation**
- C. Environmental Protection Agency**
- D. National Institutes of Health**

The Department of Transportation (DOT) is responsible for regulating how medication waste should be shipped. This organization sets forth the guidelines and regulations for the transportation of hazardous materials, which includes certain categories of medication waste. The DOT ensures that the shipping of these materials is conducted safely to protect public health and the environment during transportation. When it comes to medication waste, adherence to DOT regulations is crucial for preventing leaks, spills, and other hazardous situations that could arise while transporting these substances. The DOT outlines specific packaging and labeling requirements to ensure that all carriers and handlers are aware of the risks associated with the materials being transported. Other organizations, such as the Food and Drug Administration (FDA) and Environmental Protection Agency (EPA), have roles concerning medication safety, efficacy, and environmental protections, respectively, but when specifically focusing on the shipping logistics of medication waste, the DOT's regulations are the primary authority. The National Institutes of Health (NIH) mainly provides information and conducts research, but it does not have direct regulatory authority over shipping practices.

2. What does the Poison Prevention Packaging Act of 1970 require?

- A. Only prescription drugs need child-resistant packaging**
- B. Uses of child-resistant containers for all medications**
- C. Patients should be educated on safe medication storage**
- D. No packaging regulations for over-the-counter drugs**

The Poison Prevention Packaging Act of 1970 is significant in establishing requirements for child-resistant packaging to prevent accidental poisoning in young children. This act mandates that certain substances, particularly over-the-counter and prescription drugs, be packaged in containers that are difficult for children to open but accessible to adults. The primary purpose is to safeguard children from the dangers of ingesting potentially harmful medications. The act encompasses a wide range of medications, not limiting its focus solely to prescription drugs, thus reinforcing the necessity of using child-resistant containers for all applicable medications. By ensuring that these provisions are applied across both prescription and over-the-counter medications, the act seeks to enhance the safety and protection of children in households. This broad applicability is key to understanding the overarching intent of the legislation and its critical role in public health and safety.

3. Why is it important to dispense eszopiclone with a medication guide?

A. Risk of addiction

B. Risk of sleep-related activities you may not remember

C. Risk of severe headaches

D. Risk of rapid heartbeat

Dispensing eszopiclone with a medication guide is crucial primarily due to the risk of engaging in sleep-related activities that the patient may not remember. This includes behaviors such as sleepwalking, sleep driving, and other actions performed while not fully awake, which can pose significant safety risks to the patient and potentially to others. The medication guide informs patients of these risks and educates them about the potential for engaging in such dangerous activities. Providing this information helps to ensure that patients are aware and can take precautions, such as not taking the medication when they anticipate needing to be fully alert or when they have a history of such behaviors. By highlighting this specific risk, the medication guide serves as an important tool in promoting patient safety and awareness when using eszopiclone.

4. At what age is the pneumococcal polysaccharide vaccine recommended?

A. 2 years and older

B. 6 months and older

C. 1 year and older

D. 3 years and older

The pneumococcal polysaccharide vaccine is recommended starting at 2 years of age. This vaccine, known as PPSV23, is crucial for protecting individuals from pneumococcal disease, particularly in those who are at higher risk due to underlying health conditions, age, or compromised immune systems. The initiation of vaccination at 2 years aligns with public health guidelines, which aim to ensure that children are adequately protected against serious infections caused by *Streptococcus pneumoniae*, particularly as they begin to engage more in community settings where exposure risk increases. The other age options do not align with current recommendations for the pneumococcal polysaccharide vaccine. The vaccine is generally not advised for administration to those younger than 2 years because the immune response and the effectiveness of the vaccine in this age group may not be as beneficial. Instead, younger children are typically given the pneumococcal conjugate vaccine, which is specifically formulated for infants and young children to provide protection earlier in life.

5. Why is it advantageous for sublingual tablets to bypass the digestive tract?

- A. To avoid any taste issues**
- B. To enhance absorption directly into the bloodstream**
- C. To reduce the dosage needed**
- D. To increase medication shelf life**

Sublingual tablets are designed to dissolve under the tongue, allowing the medication to be absorbed directly into the bloodstream through the mucous membranes in the mouth. This route of administration is advantageous because it bypasses the digestive tract, where many medications can be broken down or metabolized before they reach systemic circulation. By avoiding the gastrointestinal tract, the onset of action is quicker, and the drug's bioavailability is improved, often leading to more effective and rapid therapeutic effects. This is particularly useful for medications that need to act quickly or for patients who may have difficulty swallowing pills. This avoidance of the digestive process enhances absorption and is the primary reason sublingual forms are used for certain medications, making rapid relief possible compared to those that must endure the digestive system. Other factors, such as taste issues, dosage requirements, or shelf life, are not the main reasons for utilizing sublingual tablets, thus making them less relevant in this context.

6. 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.

7. What is the maximum dose of the substance represented by the Roman numeral “D”?

A. 500

B. 1000

C. 100

D. 50

The Roman numeral “D” represents the number 500. In Roman numeral notation, “D” specifically signifies five hundred, distinguishing it from other numerals. Understanding Roman numerals is particularly useful in pharmaceutical contexts, especially when interpreting prescriptions or dosage calculations. The other options represent different values, with 100 being “C,” 1000 being “M,” and 50 being “L.” Thus, it is clear that the numeral for 500, which is represented by “D,” corresponds correctly to the maximum dose indicated by the question. Having strong familiarity with these numerals can aid pharmacy technicians in accurately interpreting medication dosages, ensuring patient safety and effective care.

8. What is a tort in legal terms?

A. An act that causes harm or injury to a person intentionally or negligently

B. A violation of governmental regulations

C. A contractual breach between healthcare providers

D. A criminal act against society

A tort in legal terms refers specifically to a civil wrong where an act causes harm or injury to another person, either intentionally or as a result of negligence. This encompasses a wide range of scenarios where one individual's actions lead to damages incurred by another, and the harmed party may seek compensation through a civil lawsuit. The defining element of a tort is that it is negligent or intentional wrongdoing that disrupts personal rights or property, not necessarily impacting public safety or involving malfeasance towards society as a whole. For example, personal injury claims from accidents, defamation cases, or product liability lawsuits are all variations of torts. Understanding tort law is vital for those in the healthcare field, as it relates to how providers must exercise reasonable care to avoid harming patients and the legal consequences that result from failing to uphold that standard.

9. What guidelines were established to protect healthcare workers from potential hazards?

- A. OSHA regulations**
- B. Bloodborne Pathogen Standard**
- C. Standard precautions**
- D. HIPAA regulations**

Standard precautions are a set of guidelines established to protect healthcare workers from potential hazards, especially when dealing with potentially infectious materials. This approach includes the use of personal protective equipment (PPE), safe handling of sharps, proper hand hygiene, and practices that minimize the risk of transmission of pathogens. These precautions are essential because they apply to all patients, regardless of their diagnosis or presumed infection status, ensuring a consistent and proactive approach in maintaining safety in healthcare settings. While OSHA regulations primarily focus on workplace safety and health standards, including provisions to protect employees from various workplace hazards, standard precautions specifically target infection control. Similarly, the Bloodborne Pathogen Standard is a specific regulation under OSHA that pertains to protecting against bloodborne pathogens. HIPAA regulations center on the protection of patient data privacy rather than physical safety concerns in the healthcare environment. Therefore, standard precautions serve as the comprehensive framework for protecting healthcare workers from exposure to infectious agents, making it the most accurate choice regarding the guidelines established for their safety.

10. What is the definition of an effervescent tablet?

- A. A tablet that extends release over time**
- B. A tablet that dissolves in water and produces fizz**
- C. A solid form of liquid medication**
- D. A tablet designed to coat the stomach**

An effervescent tablet is specifically designed to dissolve in water and release carbon dioxide, which creates fizz or bubbles. This process not only facilitates the rapid dispersion of the active ingredients in the solution, allowing for quicker absorption in the body when ingested, but it also masks the taste of certain medications that may not be pleasant to consume. The other choices describe different types of tablets or forms of medication. For example, some tablets are formulated for extended-release to provide a gradual release of medication over an extended period, ensuring consistent delivery of the drug. Solid forms of liquid medications refer to products like suspensions that have been dried into a powdered form, which when mixed with water would reconstitute into liquid medication. Lastly, there are tablets specifically designed to coat the stomach, which are formulated to be more tolerable when taken by patients who have sensitive stomachs. However, none of these options capture the unique fizzy dissolution characteristic of an effervescent tablet.

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://nhapharmacytech.examzify.com>

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