

NHA Pretest Practice (Sample)

Study Guide



Everything you need from our exam experts!

Copyright © 2025 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain from reliable sources accurate, complete, and timely information about this product.

SAMPLE

Questions

SAMPLE

- 1. What should a medical assistant ensure before providing handouts to a patient with cognitive limitations?**
 - A. Handouts are concise and complex**
 - B. Handouts are colorful and distracting**
 - C. Handouts are easy to read and comprehend**
 - D. Handouts include technical jargon**
- 2. What is a safeguard for all healthcare employees and patients at risk of exposure to infections?**
 - A. Airborne precautions**
 - B. Standard precautions**
 - C. Droplet precautions**
 - D. Contact precautions**
- 3. Which of the following describes a proper intervention when a patient has difficulty using mobility aids like crutches?**
 - A. Suggest using a wheelchair**
 - B. Refer to a physiotherapist for mobility training**
 - C. Instruct the patient to bear weight on the injured foot**
 - D. Advise the patient to rest until healed**
- 4. What should a medical assistant do to effectively communicate with a patient who is hard of hearing?**
 - A. Speak while walking away from the patient**
 - B. Use a loud voice and shout**
 - C. Face the patient when speaking**
 - D. Use written instructions only**
- 5. Which type of allergy testing involves applying an allergen to the skin?**
 - A. Skin prick testing**
 - B. Patch testing**
 - C. Intravenous testing**
 - D. Blood testing**

- 6. Which of the following is a key characteristic of an ACO?**
- A. Increased focus on individual procedures**
 - B. Development of cost-effective care strategies**
 - C. Limitation of patient access to specialists**
 - D. Strictly operates on a fee-for-service basis**
- 7. Which of the following is an advantage of using an electronic practice management software for scheduling appointments?**
- A. Increased paper usage**
 - B. Ability to generate reports**
 - C. Manual entry of patient data**
 - D. Decreased accessibility of patient records**
- 8. During a well-child exam, which measurement is taken to determine if a child has microcephaly?**
- A. Weight**
 - B. Height**
 - C. Head circumference**
 - D. Chest circumference**
- 9. What describes the BMI weight status category for a 24-year-old patient with a BMI of 30.5?**
- A. Underweight**
 - B. Normal weight**
 - C. Obesity class 1**
 - D. Obesity class 2**
- 10. What type of personal protective equipment (PPE) is required by OSHA when performing venous blood draws?**
- A. Face shield**
 - B. Gloves**
 - C. Gown**
 - D. Mask**

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. What should a medical assistant ensure before providing handouts to a patient with cognitive limitations?

- A. Handouts are concise and complex**
- B. Handouts are colorful and distracting**
- C. Handouts are easy to read and comprehend**
- D. Handouts include technical jargon**

Ensuring that handouts are easy to read and comprehend is crucial when providing information to a patient with cognitive limitations. This approach facilitates better understanding and retention of the material presented. Clarity in language, simple sentences, and a straightforward layout help to avoid confusion and enable the patient to grasp essential information effectively. Focusing on readability also means using appropriate font sizes, avoiding complex vocabulary, and presenting information in a logical sequence. This consideration is particularly important for patients facing challenges with cognition, as it helps build their confidence in managing their health and following instructions. In contrast, handouts that are concise and complex would likely overwhelm the patient, leading to misunderstanding. Handouts that are colorful and distracting may divert attention from the essential information rather than enhancing comprehension. Lastly, including technical jargon would create barriers to understanding, making it difficult for the patient to engage with the content meaningfully.

2. What is a safeguard for all healthcare employees and patients at risk of exposure to infections?

- A. Airborne precautions**
- B. Standard precautions**
- C. Droplet precautions**
- D. Contact precautions**

Standard precautions are a foundational practice in healthcare that serve as a safeguard for all employees and patients against infection exposure. These precautions are designed to reduce the risk of transmissions of bloodborne and other pathogens in any healthcare setting. They apply to all patients, regardless of their known or suspected infection status, and include practices such as hand hygiene, the use of personal protective equipment (PPE), proper handling of sharps, and safe waste disposal. By implementing standard precautions, healthcare workers minimize the potential spread of infections, protecting themselves and all individuals within the healthcare environment. This universality is what distinguishes standard precautions from the other options, which are more specific approaches applied in certain situations based on the mode of transmission of particular pathogens.

3. Which of the following describes a proper intervention when a patient has difficulty using mobility aids like crutches?

A. Suggest using a wheelchair

B. Refer to a physiotherapist for mobility training

C. Instruct the patient to bear weight on the injured foot

D. Advise the patient to rest until healed

Referring a patient to a physiotherapist for mobility training is a proper intervention when they have difficulty using mobility aids like crutches. A physiotherapist is trained to evaluate a patient's unique situation and can create a tailored rehabilitation plan to address their specific needs. This might include teaching the patient the correct technique for using crutches, ensuring they understand how to transfer their weight appropriately, and helping them regain strength and balance, which are crucial for effective mobility. This active approach to rehabilitation not only aids in proper recovery but also empowers the patient, promoting independence and confidence as they learn to navigate their environment with the mobility aid. Additionally, physiotherapists can identify any underlying issues that may be contributing to the difficulty the patient is experiencing, offering solutions that can improve the overall process of recovery. Options like suggesting a wheelchair or advising rest may not directly address the skills needed to effectively use crutches or improve the patient's mobility in the long term. Similarly, instructing the patient to bear weight on the injured foot without a professional's guidance could lead to improper healing and further injury. Thus, the referral to a physiotherapist stands out as the most beneficial intervention in this scenario.

4. What should a medical assistant do to effectively communicate with a patient who is hard of hearing?

A. Speak while walking away from the patient

B. Use a loud voice and shout

C. Face the patient when speaking

D. Use written instructions only

Effective communication with a patient who is hard of hearing requires strategies that foster clarity and connection. Facing the patient when speaking is key because it allows them to see not only your lips but also your facial expressions, which can aid in understanding and provide visual cues. This approach also shows respect and engagement, helping to build rapport and trust. Additionally, facing the patient allows for better use of any assistive listening devices they may have, and it minimizes distractions from surrounding noise. This method fosters an environment conducive to clear communication, while simply using a loud voice or shouting could distort the message and may be perceived as disrespectful. Relying solely on written instructions might not engage the patient fully, as it may not address their specific concerns or questions in real-time. Thus, facing the patient ensures that the communication is as effective and supportive as possible.

5. Which type of allergy testing involves applying an allergen to the skin?

- A. Skin prick testing**
- B. Patch testing**
- C. Intravenous testing**
- D. Blood testing**

The correct answer involves a method where allergens are applied directly to the skin to identify sensitivities. In patch testing, small amounts of potential allergens are applied to patches, which are then adhered to the skin, typically on the back. The patches remain in place for 48 hours, during which time any reaction to the allergens is assessed. This method is particularly useful for identifying delayed allergic reactions, such as those caused by substances like poison ivy, metals, or certain chemicals in personal care products. In contrast, skin prick testing involves making small punctures to the skin and applying allergens directly to those punctures, allowing for immediate reactions to be observed. Intravenous testing typically involves delivering allergens through an IV, and blood testing measures specific IgE antibodies in the blood rather than testing on the skin. Therefore, patch testing is the specific method of skin application used to test for particular allergies.

6. Which of the following is a key characteristic of an ACO?

- A. Increased focus on individual procedures**
- B. Development of cost-effective care strategies**
- C. Limitation of patient access to specialists**
- D. Strictly operates on a fee-for-service basis**

A key characteristic of an Accountable Care Organization (ACO) is the development of cost-effective care strategies. ACOs are designed to coordinate care among different providers and settings, aiming to improve quality and reduce costs. They emphasize preventive care and better management of chronic conditions, which ultimately leads to improved health outcomes for patients while restraining the rising costs of healthcare. This approach involves collaboration among various healthcare providers to create a seamless experience for patients, where care is focused on the value and outcomes rather than the volume of services provided. By implementing strategies that promote efficiency and patient engagement, ACOs seek to achieve better care at lower costs, aligning the interests of patients, providers, and payers. The other choices reflect aspects that do not align with the fundamental goals of an ACO. For instance, focusing on individual procedures contradicts the holistic approach of ACOs, which prioritizes comprehensive care. Limiting patient access to specialists would undermine the ACO's goal of providing coordinated care across a variety of services. Additionally, operating strictly on a fee-for-service basis does not accurately describe ACOs, as they often use value-based payment models that incentivize care quality over quantity.

7. Which of the following is an advantage of using an electronic practice management software for scheduling appointments?

- A. Increased paper usage**
- B. Ability to generate reports**
- C. Manual entry of patient data**
- D. Decreased accessibility of patient records**

The ability to generate reports is a significant advantage of using electronic practice management software for scheduling appointments. This feature allows healthcare providers to analyze various aspects of their practice, such as appointment frequencies, patient demographics, trends in service utilization, and staff performance. By having access to these reports, practices can make informed decisions regarding resource allocation, marketing strategies, and operational improvements, enhancing patient care and overall efficiency. Utilizing electronic systems streamlines data processing, enabling practices to track and manage patient appointments more effectively. This capability contributes to better organization and reduces the likelihood of scheduling conflicts, thus improving the patient experience. Furthermore, reports can assist with compliance and regulatory requirements by providing necessary documentation and insights into practice performance.

8. During a well-child exam, which measurement is taken to determine if a child has microcephaly?

- A. Weight**
- B. Height**
- C. Head circumference**
- D. Chest circumference**

To determine if a child has microcephaly, the measurement taken is head circumference. Microcephaly is a condition where a child's head is significantly smaller than expected for their age and sex, which can be indicative of abnormal brain development or other health issues. During a well-child exam, measuring head circumference allows healthcare providers to assess whether a child's head size is within the normal growth range for their age. This measurement is critical because it offers insights into the child's neurological development and can be used to monitor for potential developmental delays. Other measurements, such as weight and height, are important for overall growth assessment but do not specifically indicate issues related to head size or brain development.

9. What describes the BMI weight status category for a 24-year-old patient with a BMI of 30.5?

- A. Underweight**
- B. Normal weight**
- C. Obesity class 1**
- D. Obesity class 2**

A patient with a Body Mass Index (BMI) of 30.5 falls into the category known as Obesity class 1. The classification of BMI is based on established ranges for different weight status categories. According to the World Health Organization guidelines, a BMI between 30 and 34.9 is classified as Obesity class 1. This category indicates that the individual has a higher body weight than is considered healthy, which can be associated with an increased risk for various health issues, such as heart disease, diabetes, and other related conditions. In this case, the patient's BMI of 30.5 places them within this specific classification due to its numerical value. Understanding these categories is essential for health care providers to better assess and address the health needs of patients. The other classifications, such as underweight, normal weight, and higher obesity class categories, do not apply based on the BMI value presented.

10. What type of personal protective equipment (PPE) is required by OSHA when performing venous blood draws?

- A. Face shield**
- B. Gloves**
- C. Gown**
- D. Mask**

When performing venous blood draws, the primary concern is to prevent exposure to bloodborne pathogens. The Occupational Safety and Health Administration (OSHA) mandates the use of gloves as a crucial piece of personal protective equipment (PPE) in such procedures. Gloves serve as a barrier between the healthcare worker's skin and any potential contaminants, including blood or other bodily fluids, thus significantly reducing the risk of infection and ensuring both the worker's and patient's safety. While additional PPE such as gowns, face shields, or masks may be required in specific situations where there is a risk of splatter or contact with larger volumes of blood, gloves are the fundamental requirement for any procedure that involves direct contact with blood. They help in maintaining hygiene and protecting against the transmission of diseases. This makes gloves the essential, standard PPE for venous blood draws as outlined by OSHA's Bloodborne Pathogens Standard.