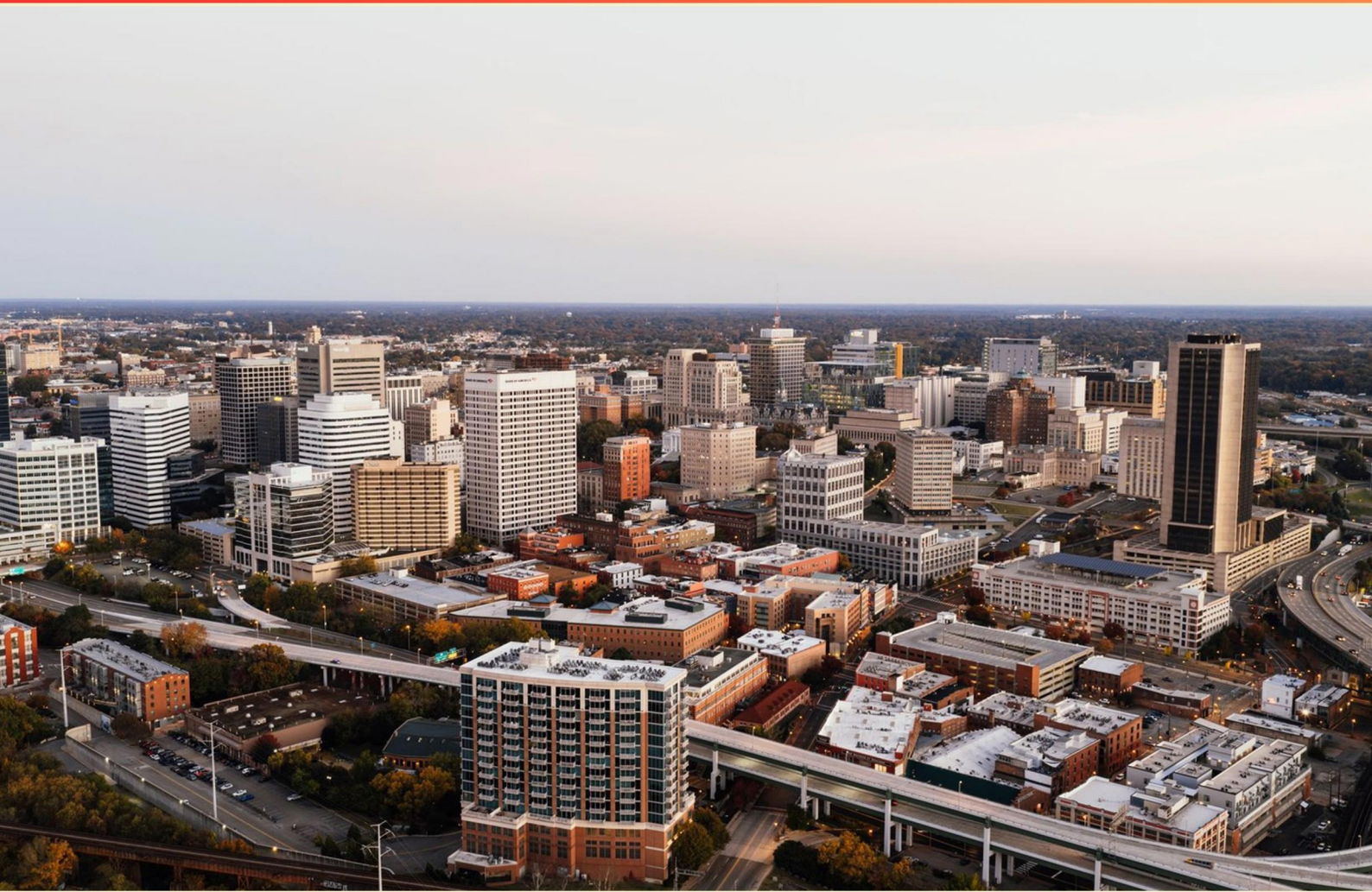


OKLAHOMA PMU PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE

<https://oklahomapmu.examzify.com>



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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. Which action best prepares a client before starting the procedure?**
 - A. Provide a detailed medical history
 - B. Explain risks and obtain consent
 - C. Limit questions to speed things up
 - D. Create a comfortable environment for the client to ask questions
- 2. An ideal face is**
 - A. Two eyes widths apart
 - B. No spacing considerations
 - C. 1 eye width apart in eyebrows
 - D. Eyebrow alignment with nose
- 3. Aspirin, blood thinners and high blood pressure can cause what during procedures?**
 - A. Decreased bleeding
 - B. Increased bleeding
 - C. No change in bleeding
 - D. Hyperglycemia
- 4. Which practice is prohibited on the treated area immediately after the initial procedure?**
 - A. Avoid direct contact with the area
 - B. Apply cosmetics on unbroken skin nearby
 - C. Apply cosmetics over treatment area
 - D. Engage in vigorous activity near the area
- 5. What happens when you raise the bar or spring on a coil machine?**
 - A. Hits softer and decreases tension
 - B. Hits harder and increases tensions
 - C. Stops functioning
 - D. Becomes louder but same tension

- 6. Which practice is a key element of standard precautions?**
- A. Hand hygiene before and after patient contact
 - B. Wearing sunglasses during examinations
 - C. Using the same gloves for every patient without changing
 - D. Disinfecting the room only after discharge
- 7. Which elements should be included in a PMU clinical note?**
- A. Date/time and patient identifiers only
 - B. Reason for visit and plan of care
 - C. Signature and credentials only
 - D. Date/time, patient identifiers, reason for visit, assessment, plan, interventions, outcomes, signature, and informed consent if applicable
- 8. According to OSHA, when should you recap and remove the needle from a cartridge?**
- A. When it's contaminated
 - B. After every use
 - C. Before starting work
 - D. When the client complains
- 9. Which elements constitute documentation integrity in PMU practice?**
- A. Accuracy, completeness, timeliness, and unaltered records
 - B. Secure systems and audit trails
 - C. Strict editing controls only
 - D. Timeliness and patient consent only
- 10. Which spacing is described as ideal for eyebrows in relation to eye width?**
- A. 2 eye widths apart
 - B. 1.5 eye widths apart
 - C. 1 eye width apart
 - D. 0.5 eye widths apart

Answers

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

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Explanations

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1. Which action best prepares a client before starting the procedure?

- A. Provide a detailed medical history
- B. Explain risks and obtain consent
- C. Limit questions to speed things up
- D. Create a comfortable environment for the client to ask questions**

Opening a dialogue in a comfortable, supportive setting before a procedure helps ensure the client understands what will happen and feels free to express concerns. When the environment invites questions, the clinician can explain each step, address fears, and confirm that the client understands and agrees to the plan. This kind of preparation supports informed consent and cooperation during the procedure. While collecting medical history and discussing risks are important parts of the process, they work best when the client feels welcome to ask questions and seek clarification. Creating that welcoming space is the action that best prepares the client.

2. An ideal face is

- A. Two eyes widths apart
- B. No spacing considerations
- C. 1 eye width apart in eyebrows**
- D. Eyebrow alignment with nose

An ideal face follows simple proportional rules for spacing and balance. A common standard is that the distance between the eyes is about the width of one eye. When this same unit is applied to the eyebrows, the inner edges of the eyebrows should be about one eye width apart. This spacing helps frame the eyes evenly and keeps the upper facial features harmonious and symmetrical. If the brows were placed with a larger gap, it would look unbalanced; if they were too close, it could crowd the center of the face. The idea that there's no spacing to consider ignores a fundamental measure of harmony, and aligning eyebrow position with the nose isn't a standard proportional cue used to determine ideal facial symmetry.

3. Aspirin, blood thinners and high blood pressure can cause what during procedures?

- A. Decreased bleeding
- B. Increased bleeding**
- C. No change in bleeding
- D. Hyperglycemia

The key idea is how certain medicines and high blood pressure affect the body's ability to stop bleeding during procedures. Aspirin and other antiplatelet drugs prevent platelets from sticking together to form the initial plug in a damaged vessel, because aspirin irreversibly inhibits COX-1 and reduces thromboxane A2. That weakens primary hemostasis, so bleeding can be heavier or last longer. Blood thinners, or anticoagulants, interfere with the coagulation cascade, so forming a stable fibrin clot takes longer or is incomplete, which also increases bleeding risk. High blood pressure raises the force at which blood presses against vessel walls, which can cause more bleeding when a vessel is cut and can make it harder to control the bleed. Hyperglycemia isn't the direct driver of acute increased bleeding in this context, though diabetes can affect healing over time; the immediate effect described here is increased bleeding. So the combination of impaired platelet function, impaired coagulation, and higher vascular pressure all point to more bleeding during procedures.

4. Which practice is prohibited on the treated area immediately after the initial procedure?

- A. Avoid direct contact with the area
- B. Apply cosmetics on unbroken skin nearby
- C. Apply cosmetics over treatment area**
- D. Engage in vigorous activity near the area

When skin is treated, it's in a healing state and can be easily irritated or infected if something is put directly on it. Applying cosmetics over the treated area right away can seal in bacteria, trap irritants, and interfere with healing, which is why it's prohibited. The area should be kept clean and free from makeup until your clinician says it's safe to use cosmetics there. You can usually use makeup around the treated zone if needed, but not on the area itself. Direct contact and activity near the area are still managed carefully to protect healing, but the specific restriction focused on the treated area is not to apply cosmetics over it.

5. What happens when you raise the bar or spring on a coil machine?

- A. Hits softer and decreases tension
- B. Hits harder and increases tensions**
- C. Stops functioning
- D. Becomes louder but same tension

Raising the armature bar or increasing spring tension makes the coil machine deliver a stronger, more forceful hit. The springs store energy; when you tighten them, more energy is needed to move the armature bar, so when the circuit fires, that stored energy is released as a harder impact. The result is a deeper needle penetration and greater overall force on each stroke. It wouldn't soften the strike, stop the machine, or just change the sound without changing impact—the main effect is a harder hit due to higher spring tension.

6. Which practice is a key element of standard precautions?

- A. Hand hygiene before and after patient contact**
- B. Wearing sunglasses during examinations
- C. Using the same gloves for every patient without changing
- D. Disinfecting the room only after discharge

Standard precautions are a baseline approach to infection control used with all patients, because you never know who might be carrying an infection. The key element is hand hygiene before and after patient contact. Hands are the main way germs spread, so cleaning them before touching a patient prevents contaminating them, and cleaning them after care or after removing gloves prevents carrying germs to other patients, surfaces, or yourself. Hand hygiene should be done with an alcohol-based hand rub unless hands are visibly soiled, in which case soap and water is preferred. The other options don't fit standard precautions. Sunglasses don't address infection control. Reusing the same gloves for multiple patients ignores their single-use purpose and easy cross-contamination. Disinfecting the room only after discharge overlooks the need to clean and disinfect between patients and after procedures; high-touch surfaces should be addressed as part of ongoing care, not just at the end.

7. Which elements should be included in a PMU clinical note?

- A. Date/time and patient identifiers only
- B. Reason for visit and plan of care
- C. Signature and credentials only
- D. Date/time, patient identifiers, reason for visit, assessment, plan, interventions, outcomes, signature, and informed consent if applicable**

A complete PMU clinical note should capture who was seen, when, and why, and then clearly document what was found, what will be done, and how the patient responded, with proper accountability and consent where applicable. The date and time establish when the encounter occurred, and patient identifiers ensure the record belongs to the correct person. Stating the reason for the visit sets the context for the assessment. The assessment explains the clinician's findings and judgment about the patient's condition. The plan spells out the next steps, including treatments, tests, referrals, or follow-up, so anyone reviewing knows the intended course of care. Interventions note the concrete actions taken during the visit, such as medications given or procedures performed. Outcomes track the patient's response to the care provided, which is essential for continuity and future decision-making. The signature and credentials provide accountability, showing who authored the note and their authority. Informed consent, when applicable, documents that the patient agreed to the proposed interventions, protecting both patient autonomy and the clinician. Exactly these elements together create a complete, usable record for ongoing care, legal protection, and quality assurance. Other options omit several of these critical pieces, which is why they're not sufficient on their own.

8. According to OSHA, when should you recap and remove the needle from a cartridge?

- A. When it's contaminated**
- B. After every use
- C. Before starting work
- D. When the client complains

The main idea is preventing exposure to contaminated sharps during handling and disposal. OSHA emphasizes careful control of used needles to reduce the risk of needle-stick injuries. In the specific scenario where a needle has become contaminated while attached to a cartridge, recapping the needle is the controlled step used to contain the contamination and protect the worker during removal from the cartridge. Once recapped, you can safely detach the needle and dispose of it according to your facility's sharps protocol. Recapping isn't a routine step after every use or something done before starting work, and it isn't prompted by a client's complaint; those situations don't align with the goal of minimizing exposure during handling.

9. Which elements constitute documentation integrity in PMU practice?

A. Accuracy, completeness, timeliness, and unaltered records

B. Secure systems and audit trails

C. Strict editing controls only

D. Timeliness and patient consent only

Documentation integrity hinges on keeping records that are accurate, complete, timely, and unaltered. Accuracy ensures what happened is reflected truthfully in the record, so clinicians, patients, and any reviewers can rely on the data. Completeness means including all essential information—history, findings, decisions, actions, and rationale—so the record tells the full story and supports safe care and proper billing. Timeliness reduces the risk of memory distortions and ensures that the documentation aligns with what was actually done or observed. Keeping records unaltered preserves trust in the document's authenticity; when updates are needed, they should be made transparently with a proper audit trail or addendum, leaving the original content intact and traceable. While secure systems and audit capabilities help maintain integrity, they do not substitute for the fundamental requirements of accurate, complete, timely, and unaltered documentation.

10. Which spacing is described as ideal for eyebrows in relation to eye width?

A. 2 eye widths apart

B. 1.5 eye widths apart

C. 1 eye width apart

D. 0.5 eye widths apart

Eyebrow spacing is guided by proportional units based on the eye width to keep the face looking balanced. The ideal distance between the inner edges of the two brows is about one eye width. This proportion frames the eyes naturally and maintains symmetry across different face shapes. If the space is wider—around two eye widths—the brows can look too far apart and the eyes may appear less framed. If the space is narrower—about half an eye width—it can make the center of the face feel crowded and reduce open expression. Using one eye width as the standard helps achieve a natural, harmonious look.

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://oklahomapmu.examzify.com>

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

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