# PATIENT CARE EOPA PRACTICE TEST (SAMPLE)

## STUDY GUIDE

## SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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 organ filters blood and forms urine?**

A. Liver
B. Kidneys
C. Spleen
D. Pancreas

**2. Which tissue covers outside of the body and lines organs and cavities?**

A. Connective tissue
B. Epithelial tissue
C. Muscle tissue
D. Nervous tissue

**3. Which blood pressure reading is within the normal adult range?**

A. 120/80
B. 140/90
C. 90/60
D. 118/78

**4. What is 13:00 hours in 12-hour format?**

A. 1:00 pm
B. 12:00 pm
C. 1:00 am
D. 11:00 pm

**5. Which plane divides the body into equal left and right halves?**

A. Frontal plane
B. Transverse plane
C. Midsagittal plane
D. Coronal plane

**6. Where is the brachial pulse typically palpated?**

A. Antecubital space
B. Carotid artery in the neck
C. Radial artery at the wrist
D. Femoral triangle

**7. In the PQRST pain assessment, what does the acronym stand for?**

A. Provocation/palliation, Quality, Region/radiation, Severity, Timing.

B. Pain, Quality, Radius, Severity, Time.

C. Physical activity, Quadrant, Response, Severity, Timing.

D. Provocation, Quality, Radius, Severity, Time.

**8. Which of the following is a digestive system organ?**

A. Stomach

B. Teeth

C. Liver

D. Heart

**9. The pectoralis major is a major muscle in which region of the body?**

A. Chest

B. Arm

C. Back

D. Abdomen

**10. What is Cheyne-Stokes respiration?**

A. A pattern of alternating periods of hypopnea or apnea, followed by hyperpnea

B. A pattern of alternating periods of apnea followed by hypopnea

C. No breathing irregularity

D. A pattern of rapid, shallow breathing

# Answers

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

# Explanations

## 1. Which organ filters blood and forms urine?

A. Liver

B. Kidneys

C. Spleen

D. Pancreas

*Filtering blood and forming urine is the job of the kidneys. They receive blood, filter it through tiny filtering units called nephrons to remove waste products like urea and excess substances, and concentrate what remains into urine. This process also helps regulate fluid balance, electrolyte levels, and acid-base balance, and the kidneys can influence blood pressure and produce hormones such as erythropoietin. Other organs have different roles: the liver detoxifies chemicals and makes bile; the spleen helps filter blood and fight infection; the pancreas secretes digestive enzymes and hormones. But when asked which organ handles both filtering blood and forming urine, the kidneys are the match.*

## 2. Which tissue covers outside of the body and lines organs and cavities?

A. Connective tissue

B. Epithelial tissue

C. Muscle tissue

D. Nervous tissue

*Epithelial tissue forms protective coverings and lining surfaces, which is exactly what's described here. It covers the outside of the body—the skin's outer layer—and lines the internal surfaces of organs and cavities such as the mouth, digestive tract, airways, and the walls of body cavities. This tissue is typically arranged as continuous sheets, is often avascular, and regenerates quickly. Its roles include protection, absorption, secretion, and filtration, and it comes in various shapes (squamous, cuboidal, columnar) and arrangements (simple or stratified), which fits the idea of both covering and lining. Connective tissue provides support and connection, muscle tissue contracts to produce movement, and nervous tissue transmits signals. None of these alone describes both covering outside and lining internal surfaces as epithelial tissue does.*

## 3. Which blood pressure reading is within the normal adult range?

A. 120/80

B. 140/90

C. 90/60

D. 118/78

*Normal adult blood pressure is typically about systolic under 120 mm Hg and diastolic under 80 mm Hg. The reading 118/78 fits this range well, with a systolic of 118 and a diastolic of 78, both below the upper limits. The other numbers don't sit as clearly in the normal zone: 140/90 shows high blood pressure (hypertension); 90/60 is on the low side for many adults; and 120/80 is at the upper edge of normal and can be considered borderline. So 118/78 is the reading that clearly lies within the normal adult range.*

## 4. What is 13:00 hours in 12-hour format?

A. 1:00 pm

B. 12:00 pm

C. 1:00 am

D. 11:00 pm

*Converting time from 24-hour format to 12-hour format. In 24-hour time, hours run from 00 to 23. For afternoon times (13:00 and above), subtract 12 from the hour and add PM. If the hour is 12, it's 12:xx PM (noon); if the hour is 00, it's 12:xx AM (midnight). So 13:00 becomes 1:00 PM. The minutes stay the same, so 13:00 is 1:00 pm. The other options would represent different times: noon, early morning, or late night.*

## 5. Which plane divides the body into equal left and right halves?

A. Frontal plane

B. Transverse plane

C. Midsagittal plane

D. Coronal plane

*The main idea here is how anatomical planes slice the body. The plane that divides the body into equal left and right halves runs along the body's midline, giving two mirror-image sides. This is the midsagittal plane. It's a specific sagittal plane located exactly at the center. In contrast, a frontal (coronal) plane cuts the body into front and back, and a transverse plane cuts into top and bottom. A sagittal plane in general divides left and right, but only the midsagittal plane yields equal halves.*

## 6. Where is the brachial pulse typically palpated?

A. Antecubital space

B. Carotid artery in the neck

C. Radial artery at the wrist

D. Femoral triangle

*The brachial pulse is felt where the artery runs through the inner elbow area, known as the antecubital space. This location is ideal because the brachial artery travels along the upper arm and becomes relatively close to the surface as it crosses the elbow, making the pulse easy to feel with the fingertips. This spot is also the standard site used when taking blood pressure, since it provides a clear, accessible pulse and a reliable landmark. The neck has the carotid artery, another pulse point but not the brachial. The radial artery, felt at the wrist, is a different artery downstream from the brachial. In the groin, the femoral artery is located within the femoral triangle—again a different pulse site.*

## 7. In the PQRST pain assessment, what does the acronym stand for?

A. Provocation/palliation, Quality, Region/radiation, Severity, Timing.

B. Pain, Quality, Radius, Severity, Time.

C. Physical activity, Quadrant, Response, Severity, Timing.

D. Provocation, Quality, Radius, Severity, Time.

*PQRST pain assessment uses five elements to gather a clear picture of the patient's pain and guide care. Provocation or palliation asks what triggers the pain or makes it better, which helps you identify possible causes and effective interventions. Quality describes the character of the pain—whether it feels sharp, dull, burning, or aching. Region or radiation notes where the pain is located and whether it radiates to other areas. Severity measures how intense the pain is, usually on a 0–10 scale. Timing covers when the pain began, how long it lasts, and how it changes over time. This framework helps you ask targeted questions and tailor treatment. The description that matches these five elements is the one that includes Provocation/palliation, Quality, Region/Radiation, Severity, and Timing; terms like starting with Pain or using Radius instead of Region aren't consistent with the standard structure.*

## 8. Which of the following is a digestive system organ?

A. Stomach

B. Teeth

C. Liver

D. Heart

*Digestive system organs are parts of the body that directly participate in breaking down food and preparing nutrients for absorption. The stomach is a central hollow organ where both chemical and mechanical digestion occur: it secretes gastric juice, including acid and enzymes, to chemically break down proteins, and its muscular walls churn the contents to mix food into a semi-liquid chyme. This combination of secretion and churning happens right in the digestive tract, making the stomach a primary digestive organ. Teeth help with breaking food apart but are not an organ of the digestive tract itself; they're structures in the mouth used for mastication. The liver assists digestion by producing bile but is often considered an accessory organ, while the heart belongs to the circulatory system and does not digest food.*

## 9. The pectoralis major is a major muscle in which region of the body?

A. Chest

B. Arm

C. Back

D. Abdomen

*The pectoralis major is located in the chest region, on the front of the thorax. This large muscle sits on the anterior chest wall, extending from the sternum and clavicle toward the upper arm. Because its bulk is on the front of the chest, its regional name is the chest, and its actions—like pushing or bringing the arm toward the body—reflect its position there. It isn't part of the arm, back, or abdomen, which involve different regions and muscle groups.*

## 10. What is Cheyne-Stokes respiration?

A. A pattern of alternating periods of hypopnea or apnea, followed by hyperpnea

B. A pattern of alternating periods of apnea followed by hypopnea

C. No breathing irregularity

D. A pattern of rapid, shallow breathing

*Cheyne-Stokes respiration is a rhythmic, cyclical breathing pattern where periods of apnea or shallow breaths (hypopnea) alternate with progressively deeper and faster breaths (hyperpnea), and then the pattern returns to a pause before starting again. The key is the waxing and waning of breath depth, with an intervening apnea or hypopnea followed by a hyperpnea phase. This central breathing abnormality often appears in advanced heart failure or neurologic injury and reflects a delayed, unstable feedback response to carbon dioxide levels. It's not simply rapid shallow breathing and it's not a stable, normal pattern, nor does it describe a plain apnea followed by a brief change without the subsequent hyperpnea phase.*

# 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://patientcareeopa.examzify.com

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