

SHOPKO OPTICIAN CERTIFICATION PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE

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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 plastic frame material is most widely used and comes in a variety of colors?**
 - A. Acetate
 - B. Nylon
 - C. Zyl
 - D. Metal
- 2. True or false: A copy of a patient's prescription can be given to their spouse without a signed release of information.**
 - A. True
 - B. False
 - C. It depends on the state
 - D. Not applicable
- 3. A prescription written as +1.00 OU indicates what?**
 - A. Cylinder power +1.00 in both eyes
 - B. Spherical power +1.00 in both eyes
 - C. Pupillary distance +1.00
 - D. Plus lens power measurement
- 4. Contact lenses can be stored in water for a short period of time. True or False?**
 - A. True
 - B. False
 - C. Only with saline
 - D. Only for rigid lenses
- 5. The term E.O.B. stands for:**
 - A. End Of Benefits
 - B. Explanation Of Benefits
 - C. Electronic Of Billing
 - D. Estimated Operational Budget

- 6. If a patient asks to order the older cheaper lenses after a change, the appropriate response is to:**
- A. Sell them the cheaper lenses immediately
 - B. Apologize and tell them that you will have to check with the doctor and will get back to them
 - C. Tell them the price is non-negotiable
 - D. Refer them to the lab
- 7. Which of the following is NOT a way to reduce your center's remake percentage?**
- A. Training staff on proper fitting
 - B. Double-checking prescriptions
 - C. Using accurate measurements
 - D. Ordering exactly what the patient had the time before
- 8. Which frame style should you avoid when a patient has a high plus prescription?**
- A. Semi-rimless
 - B. Full rim
 - C. Rimless
 - D. Clip-on
- 9. When converting a plus cylinder Rx to a minus cylinder Rx, by how many degrees should the axis be adjusted?**
- A. 0 degrees
 - B. 90 degrees
 - C. 180 degrees
 - D. 270 degrees
- 10. Which of the following is not used on a contact lens prescription?**
- A. Pupillary distance
 - B. Frame size
 - C. Base curve
 - D. Diameter

Answers

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

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Explanations

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1. Which plastic frame material is most widely used and comes in a variety of colors?

- A. Acetate
- B. Nylon
- C. Zyl**
- D. Metal

Cellulose acetate, commonly called Zyl, is the most widely used plastic for eyeglass frames because it's exceptionally versatile and takes color exceptionally well. It can be formulated in a vast array of colors, transparencies, and patterns—from solid hues to tortoise and multi-tone designs—giving designers and wearers a huge palette to choose from. The material is lightweight, comfortable, and easy to shape into intricate frame styles, and it holds finishes and prints well, making color and pattern longevity practical in daily wear. This combination of broad color options and practical wear properties is why acetate (Zyl) stands out as the go-to plastic for frames. Nylon and metal serve different purposes—nylon for flexible, impact-resistant sport frames and metal for strength with thin profiles—but they don't offer the same wide color variety as acetate.

2. True or false: A copy of a patient's prescription can be given to their spouse without a signed release of information.

- A. True
- B. False**
- C. It depends on the state
- D. Not applicable

This tests confidentiality and authorization for sharing patient information. A copy of a patient's prescription contains protected health information, and you may not disclose PHI to someone outside the treatment team without the patient's written authorization. Without a signed release, giving the prescription copy to a spouse would breach privacy rules. If the patient wants to share, obtain a signed authorization that specifies what can be shared and with whom. There are narrow exceptions only if the spouse is a legally designated personal representative or if a lawful exception applies, but these still require proper documentation. In practice, don't provide the copy to the spouse without a signed release.

3. A prescription written as +1.00 OU indicates what?

- A. Cylinder power +1.00 in both eyes
- B. Spherical power +1.00 in both eyes**
- C. Pupillary distance +1.00
- D. Plus lens power measurement

The plus sign with a number on an eyeglass prescription indicates spherical power, and OU means both eyes. A cylinder value isn't present, so there's no astigmatism correction listed. Therefore, +1.00 OU means +1.00 diopters of spherical power for each eye, i.e., a hyperopic correction of +1.00 diopters in both eyes. The other options don't fit because a cylinder value would appear if astigmatism were corrected, pupillary distance is a separate measurement (PD), and "plus lens power measurement" isn't how prescriptions are described.

4. Contact lenses can be stored in water for a short period of time. True or False?

- A. True
- B. False**
- C. Only with saline
- D. Only for rigid lenses

Storing contact lenses in water is unsafe because water is not a disinfectant and can harbor microbes. Soft and rigid lenses can absorb water, causing swelling or distortion that alters fit and comfort. If lenses sit in water, any present microorganisms—bacteria, protozoa, etc.—can reach the eye and increase the risk of serious infections such as keratitis. Approved lens solutions provide disinfection and proper cleaning, while water does not. So the statement is false, since lenses should never be stored in water.

5. The term E.O.B. stands for:

- A. End Of Benefits
- B. Explanation Of Benefits**
- C. Electronic Of Billing
- D. Estimated Operational Budget

It stands for Explanation of Benefits. After a claim is processed, the insurance company sends an Explanation of Benefits that details what services were billed, the allowed amount, how much the insurer paid, and what the patient is responsible for (such as deductible, coinsurance, or copays). It isn't a bill itself, but a breakdown of how the benefits were applied and what remains the patient's responsibility. In an optical setting, the EOB helps staff explain coverage for eyewear and verify exactly what portion of the cost the insurance will cover versus what the patient must pay. The other options aren't standard terms in this context: End Of Benefits isn't a recognized document, Electronic Of Billing is not correct wording, and Estimated Operational Budget relates to internal budgeting rather than claim explanations.

6. If a patient asks to order the older cheaper lenses after a change, the appropriate response is to:

- A. Sell them the cheaper lenses immediately
- B. Apologize and tell them that you will have to check with the doctor and will get back to them**
- C. Tell them the price is non-negotiable
- D. Refer them to the lab

Always verify with the prescribing doctor before substituting lenses after a change. When a lens prescription or situation has changed, you can't just switch to older, cheaper stock without confirming that it's still medically appropriate. A respectful, professional response is to acknowledge the request, apologize for any inconvenience, and tell the patient you need to check with the doctor and will get back to them. This keeps patient safety at the forefront, ensures the selected lenses match the updated prescription and fit, and maintains proper clinical authorization. Rushing to sell cheaper lenses or promising a price deal bypasses important medical review; referring to the lab without doctor confirmation can also delay or derail the correct course of action.

7. Which of the following is NOT a way to reduce your center's remake percentage?

- A. Training staff on proper fitting
- B. Double-checking prescriptions
- C. Using accurate measurements
- D. Ordering exactly what the patient had the time before**

Reducing the remake percentage comes from addressing common sources of glasses returns: how the frames fit the face, the accuracy of the prescription, and the precision of measurements used to generate lenses. Training staff on proper fitting helps ensure frames sit correctly, sit flush, and align with the eyes, which reduces discomfort and the need for adjustments after the fact. Double-checking prescriptions catches mistakes before lenses are made, so the final product matches what the patient actually needs. Using accurate measurements ensures the lens powers, PD, vertex distance, and other critical factors are correct, preventing issues that would require a remake. Ordering exactly what the patient had before doesn't tackle these underlying problems. If the prior remake happened because of a change in prescription, a misfit, or an inaccurate measurement, simply duplicating the previous order would likely reproduce the same issue. It also ignores updates to the patient's needs, facial measurements, or frame choices.

8. Which frame style should you avoid when a patient has a high plus prescription?

- A. Semi-rimless**
- B. Full rim
- C. Rimless
- D. Clip-on

With a high plus prescription, the lens is thickest in the middle while the edges stay relatively thin. A semi-rimless frame only supports the lens along a partial rim, which means less even support and more potential for flexing in the center. That increased flex can put stress on the mounting area and the lens edge, raising the risk of cracking, chipping, or the lens becoming loose over time. A full rim surrounds the entire lens and provides more uniform support, making it a safer, more stable choice for thick center lenses. Clip-ons don't address frame support and rimless styles add their own mounting stresses, so the semi-rimless option is the least suitable for a high plus prescription.

9. When converting a plus cylinder Rx to a minus cylinder Rx, by how many degrees should the axis be adjusted?

- A. 0 degrees
- B. 90 degrees**
- C. 180 degrees
- D. 270 degrees

In astigmatism prescriptions, the axis designates the meridian with no cylindrical power, while the cylinder adds power to the perpendicular meridian (90 degrees away). To keep the same overall correction when switching from plus cylinder to minus cylinder, you rotate the axis by 90 degrees, so the cylinder's effect remains aligned with the same meridians. Practically, you take the original axis and add 90 degrees (wrapping around at 180 if needed). This means the axis should be adjusted by 90 degrees.

10. Which of the following is not used on a contact lens prescription?

A. Pupillary distance

B. Frame size

C. Base curve

D. Diameter

Pupillary distance isn't used on a contact lens prescription because contact lenses sit directly on the cornea and move with the eye, so there's no eyewear frame to align to. The measurements that matter for contacts are those that describe how the lens fits the eye: the base curve, which matches the corneal curvature for a comfortable, stable fit, and the diameter, which ensures the lens covers the necessary area without causing lid interaction or movement issues. Frame size is a term tied to glasses rather than contacts, since the prescription for contact lenses focuses on how the lens sits on the eye rather than how a frame sits in front of it.

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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://shopkooptician.examzify.com>

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

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