

# WELLSTAR CERTIFIED MEDICAL ASSISTANT (CMA) TRAINEE 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

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- 1. What is the medical term for high blood pressure?**
  - A. Hypertension
  - B. Hypotension
  - C. Arrhythmia
  - D. Tachycardia
- 2. What term is used to indicate the presence of cancer cells?**
  - A. Benign
  - B. Malignant
  - C. Latent
  - D. Metastatic
- 3. Which prefix is used to indicate a condition that is counter to something else?**
  - A. Anti-
  - B. Pseud/o-
  - C. Macro-
  - D. Dors/o-
- 4. Which prefix means many or multiple?**
  - A. Poly-
  - B. Contra-
  - C. Macro-
  - D. Melan/o-
- 5. What does "Cyt/o" refer to in medical terminology?**
  - A. Tissue
  - B. Cell
  - C. Organ
  - D. Pathogen
- 6. Which of the following terms refers to bone?**
  - A. Col/o
  - B. Oste/o
  - C. Path/o
  - D. Or/o

**7. What does the suffix -lysis imply concerning a medical condition?**

- A. Surgical repair
- B. Destruction
- C. Study of
- D. Inflammation

**8. Which of the following prefixes indicates thick?**

- A. Hemi-
- B. Pachy-
- C. Sym-
- D. Pano-

**9. What does the suffix -rrhea signify?**

- A. weakness
- B. flow, discharge
- C. pertaining to nutrition
- D. to sleep

**10. What is the normal height of EKG waves measured in mm?**

- A. 5mm
- B. 10mm
- C. 15mm
- D. 20mm

## **Answers**

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

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## **Explanations**

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## 1. What is the medical term for high blood pressure?

A. Hypertension

B. Hypotension

C. Arrhythmia

D. Tachycardia

*The medical term for high blood pressure is hypertension. This condition occurs when the force of the blood against the artery walls is consistently too high. Hypertension is significant because it can have serious health consequences, including an increased risk of heart disease, stroke, and kidney damage. Understanding this term is essential in the medical field, as monitoring and managing blood pressure is a fundamental aspect of patient care. In contrast, hypotension refers to low blood pressure, which may also cause health issues but is quite different from hypertension. Arrhythmia describes an irregular heartbeat and does not pertain to blood pressure levels. Tachycardia refers specifically to an increased heart rate, which can be a symptom or a consequence of various health conditions but again does not directly relate to high blood pressure. Hence, the choice of hypertension as the correct term for high blood pressure is clear and well-supported by medical definitions.*

## 2. What term is used to indicate the presence of cancer cells?

A. Benign

B. Malignant

C. Latent

D. Metastatic

*The term "malignant" is used to indicate the presence of cancer cells. Malignant tumors are characterized by their ability to invade surrounding tissues and spread to other parts of the body. This invasive behavior is a hallmark of cancer and is what distinguishes malignant tumors from benign ones, which do not invade nearby tissues or spread. The presence of malignant cells typically indicates the existence of cancer and necessitates medical intervention. Understanding this distinction is crucial for medical assistants, as it helps them recognize the seriousness of a diagnosis and the potential treatment options that may need to be considered for patients diagnosed with cancer.*

## 3. Which prefix is used to indicate a condition that is counter to something else?

A. Anti-

B. Pseud/o-

C. Macro-

D. Dors/o-

*The prefix "anti-" is used to indicate a condition that is against or counter to something else. In medical terminology, it is often used in various contexts, such as "antibiotic," which refers to substances that kill or inhibit the growth of bacteria, thereby countering infections. Another example is "antigen," which refers to substances that induce an immune response, opposing the body's normal state. In contrast, the other prefixes do not convey this meaning. "Pseud/o-" refers to something that is false or not genuine, "macro-" indicates something large or oversized, and "dors/o-" pertains to the back or posterior part of the body. These prefixes represent different concepts that do not involve the idea of countering or opposing a condition.*

#### 4. Which prefix means many or multiple?

- A. Poly-
- B. Contra-
- C. Macro-
- D. Melan/o-

The prefix "poly-" is derived from Greek and means "many" or "multiple." It is commonly used in medical terminology to indicate a condition involving a large number of something. For example, "polyuria" refers to excessive urination, indicating a condition characterized by the production of large volumes of urine. The other prefixes provided have different meanings; "contra-" refers to opposition or against, typically used in terms like "contraindications," which highlight factors that would prevent the use of a certain treatment. "Macro-" signifies something large or abnormal in size, such as in "macrophage," which is a type of large white blood cell. Lastly, "melan/o-" pertains to black or dark pigment, often used in terms related to skin conditions or pigmentation, such as "melanoma." Each of these prefixes serves distinct purposes in medical terminology, making "poly-" the clear choice for denoting multiplicity.

#### 5. What does "Cyt/o" refer to in medical terminology?

- A. Tissue
- B. Cell
- C. Organ
- D. Pathogen

In medical terminology, "Cyt/o" is a prefix that specifically means "cell." This root word originates from the Greek word "kytos," which also translates to "cell." Understanding this terminology is crucial for medical professionals, as cells are the fundamental units of life and serve various functions within different tissues and organs. For instance, when discussing cellular biology, pathology, or laboratory tests, identifying terms that utilize "Cyt/o" can alert healthcare providers or medical assistants to the presence of issues related to cells, such as cytology (the study of cells) or cytopathology (the study of disease at the cellular level). This foundational knowledge aids in effective communication within the healthcare field and enhances the understanding of diagnostic processes and treatments.

#### 6. Which of the following terms refers to bone?

- A. Col/o
- B. Oste/o
- C. Path/o
- D. Or/o

The term that refers to bone is "Oste/o." In medical terminology, "oste/o" is derived from the Greek word "osteon," meaning bone. This prefix is commonly used in various medical contexts, particularly when discussing conditions, procedures, or diseases related to bone. For example, "osteoporosis" refers to a condition characterized by the weakening of bones, while "osteotomy" involves the surgical cutting of bone. In contrast, "Col/o" refers to the colon, which is part of the digestive system, while "Path/o" indicates a disease or suffering and is often used in terms like "pathology." The term "Or/o" pertains to the mouth. Understanding these prefixes is crucial for deciphering medical terms and effectively communicating in a healthcare environment.

## 7. What does the suffix -lysis imply concerning a medical condition?

- A. Surgical repair
- B. Destruction**
- C. Study of
- D. Inflammation

The suffix -lysis pertains to the process of destruction or breaking down of substances or tissues in a medical context. This can refer to various situations, such as the breakdown of cells in a medical condition (like hemolysis, where red blood cells are destroyed) or the dissolution of a substance (like a stone in the urinary tract). In medical terminology, recognizing suffixes like -lysis is essential for understanding the nature of conditions being discussed. For instance, when used in terms like "autolysis," it describes the self-destruction of cells, further emphasizing the destruction aspect associated with the suffix. Understanding this allows medical professionals to communicate effectively about procedures, diagnoses, and medical treatments.

## 8. Which of the following prefixes indicates thick?

- A. Hemi-
- B. Pachy-**
- C. Sym-
- D. Pano-

The prefix that indicates "thick" is "pachy-." This term derives from the Greek word "pachys," which literally translates to "thick." In medical terminology, it is often used to describe conditions or anatomical structures characterized by an increased thickness. For example, "pachycephaly" refers to an abnormal thickening of the skull. The other prefixes do not relate to thickness. "Hemi-" generally refers to half, as in "hemiplegia," which means paralysis of one side of the body. "Sym-" means together or with, often used in terms such as "symbiosis," where different organisms live together. Similarly, "pano-" means all or everything, used in words like "panorama," which refers to a comprehensive view. Thus, "pachy-" is distinctly related to the concept of thickness, making it the correct choice.

## 9. What does the suffix -rrhea signify?

- A. weakness
- B. flow, discharge**
- C. pertaining to nutrition
- D. to sleep

The suffix -rrhea signifies "flow" or "discharge." This term is commonly used in medical terminology to describe an excessive or abnormal discharge from various parts of the body. For example, in conditions such as diarrhea, the "rrhea" denotes a flow of liquid, while in scenarios like rhinorrhea, it indicates a discharge from the nose. Understanding this suffix is crucial for recognizing and interpreting medical conditions related to bodily discharges, thereby aiding in diagnosis and treatment. This context emphasizes the importance of accurate medical vocabulary in effective communication within healthcare settings.

**10. What is the normal height of EKG waves measured in mm?**

- A. 5mm
- B. 10mm**
- C. 15mm
- D. 20mm

*The normal height of EKG waves can vary depending on the specific leads and individual physiological factors, but generally, the standard amplitude of the EKG waves, particularly the QRS complex, is often referenced as being around 10 mm. This measurement is important because it indicates normal electrical activity of the heart observed through the EKG. When assessing an EKG, the height of the waves can provide insights into various cardiac conditions. An amplitude around 10 mm allows healthcare providers to easily visualize and interpret the electrical activity of the heart, ensuring that they can diagnose or monitor various heart conditions accurately. Waves that are significantly higher or lower than this standard may indicate potential abnormalities, such as hypertrophy or poor electrical function. Therefore, understanding that the normal height of EKG waves is around 10 mm is crucial for accurate EKG interpretation and effective patient assessment.*

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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](mailto:hello@examzify.com).

Or visit your dedicated course page for more study tools and resources:

<https://wellstarcmatrainee.examzify.com>

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

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