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Practice Questions

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1. a-/an-

- A. Without, absence of
- B. With, presence of
- C. Excessive, above
- D. Before, in front of

2. Cranium

- A. The bony skull that encloses and protects the brain
- B. The vertebral column
- C. The pelvic girdle
- D. The thoracic cage

3. BID (bis in die)

- A. Twice daily
- B. Once daily
- C. Three times daily
- D. Four times daily

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4. Normal fasting blood glucose

- A. 70–99 mg/dL
- B. 50–69 mg/dL
- C. 100–125 mg/dL
- D. 126–200 mg/dL

5. Normal troponin I (cardiac)

- A. Less than 0.04 ng/mL (varies by assay)
- B. 0.04–0.1 ng/mL
- C. 0.1–0.5 ng/mL
- D. 0.5–1.0 ng/mL



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6. Afterload

- A. The resistance the ventricle must overcome to eject blood (systemic vascular resistance)
- B. The filling volume before contraction
- C. The heart's intrinsic contractile force
- D. The heart rate

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7. Nuchal rigidity

- A. Stiffness of the neck, hallmark of meningeal irritation (meningitis, subarachnoid hemorrhage)
- B. Abnormal neck muscle spasm from torticollis
- C. Neck pain from cervical disc disease
- D. Normal neck muscle tone

8. V/Q mismatch (ventilation-perfusion mismatch)

- A. Imbalance between alveolar ventilation and pulmonary blood flow, leading to impaired gas exchange
- B. Equal ventilation and perfusion in all lung segments
- C. Complete absence of ventilation in one lung
- D. Excessive ventilation with inadequate circulation

9. NSAIDs (non-steroidal anti-inflammatory drugs)

- A. Inhibit COX-1 and/or COX-2 enzymes, reducing prostaglandin synthesis; provide analgesia, antipyresis, and anti-inflammation
- B. Block opioid receptors to reduce pain
- C. Block histamine receptors to reduce inflammation
- D. Inhibit leukotriene synthesis

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10. Range of motion (ROM)

- A. The degree of movement possible at a joint in all planes
- B. The strength of a muscle group
- C. The stability of a joint's ligamentous support
- D. The endurance of a muscle during repetitive activity



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11. Which suffix means "blood condition"?

- A. -emia
- B. -iasis
- C. -plasty
- D. -uria

12. brady-

- A. Slow
- B. Fast
- C. Above normal
- D. Excessive

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13. Cerebrum

- A. Largest part of the brain; controls voluntary movement, cognition, sensation
- B. Brain stem controlling breathing and heart rate
- C. Cerebellum controlling balance
- D. Diencephalon controlling hormones

14. TID (ter in die)

- A. Three times daily
- B. Twice daily
- C. Once daily
- D. Four times daily

15. HbA1c (glycated hemoglobin) normal range

- A. Below 5.7%
- B. 5.7–6.4%
- C. 6.5–7.9%
- D. Above 8%

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16. Systole

- A. The contraction phase of the heart when it pumps blood out
- B. The relaxation phase when the heart fills with blood
- C. The electrical conduction pause between beats
- D. The refractory period of the myocardium

17. Neurons

- A. The fundamental excitable cells of the nervous system that transmit electrical impulses
- B. Support cells that nourish and insulate neurons
- C. Cells that produce myelin in the peripheral nervous system
- D. Cells that produce myelin in the central nervous system

18. Hypoxia

- A. Deficiency of oxygen in body tissues
- B. Deficiency of oxygen in blood only
- C. Excess carbon dioxide in blood
- D. Deficiency of oxygen in inspired air only

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19. Pharmacokinetics

- A. What the body does to a drug: absorption, distribution, metabolism, excretion (ADME)
- B. What the drug does to the body: therapeutic and toxic effects
- C. The study of drug interactions
- D. The mechanisms of drug action at receptor sites

20. Fracture

- A. A break in the continuity of a bone
- B. Displacement of a joint
- C. Softening of bone tissue
- D. Inflammation of the periosteum

21. Peristalsis

- A. Coordinated, wave-like muscle contractions propelling contents through the GI tract
- B. Rhythmic contractions of the heart
- C. Random movement of intestinal contents
- D. Backward movement of digestive contents



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22. Which prefix means "two"?

- A. Bi-
- B. Hemi-
- C. Mono-
- D. Pan-

23. tachy-

- A. Fast, rapid
- B. Slow, sluggish
- C. Normal rate
- D. Absent

24. Cerebellum

- A. Part of brain that coordinates balance and fine motor movements
- B. Controls conscious thought and memory
- C. Regulates autonomic functions like breathing
- D. Produces hormones

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25. QID (quater in die)

- A. Four times daily
- B. Once daily
- C. Twice daily
- D. Every hour

26. Normal serum sodium (Na⁺)

- A. 136–145 mEq/L
- B. 120–135 mEq/L
- C. 146–155 mEq/L
- D. 150–165 mEq/L



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27. Diastole

- A. The relaxation phase when the heart fills with blood
- B. The contraction phase when the heart pumps blood
- C. The electrical activation of the heart
- D. The period of maximum cardiac output

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28. Myelin sheath

- A. Insulating layer of fatty tissue around axons that speeds electrical conduction
- B. The cell body of a neuron
- C. Dendrites that receive signals
- D. The synapse between two neurons

29. Hypoxemia

- A. Low oxygen level in arterial blood ($\text{PaO}_2 < 80 \text{ mmHg}$; $\text{SpO}_2 < 95\%$)
- B. Low oxygen in body tissues
- C. High CO_2 in arterial blood
- D. Absent oxygen in inspired air

30. Pharmacodynamics

- A. What the drug does to the body: mechanisms of action, therapeutic and toxic effects
- B. What the body does to a drug (ADME)
- C. The rate at which a drug is cleared from the body
- D. Drug interactions affecting absorption



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Answer Key & Explanations

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1. A — Without, absence of

The prefix a- or an- means 'without.' Example: anemia (without blood/iron), apnea (without breathing), anuria (no urine output).

2. A — The bony skull that encloses and protects the brain

The cranium is the bony skull protecting the brain. It includes the frontal, parietal, temporal, occipital, sphenoid, and ethmoid bones. The face is formed by separate facial bones.

3. A — Twice daily

BID = bis in die (Latin: twice a day). Medications prescribed BID are given every 12 hours (e.g., 8 AM and 8 PM). Always verify the schedule with facility policy.

4. A — 70–99 mg/dL

Normal fasting blood glucose is 70–99 mg/dL. 100–125 mg/dL = prediabetes (impaired fasting glucose). ≥ 126 mg/dL on two occasions = diabetes mellitus diagnosis.

5. A — Less than 0.04 ng/mL (varies by assay)

Troponin I and T are highly sensitive and specific for myocardial injury. Elevated troponin (above the assay's 99th percentile) indicates myocardial damage. In MI, troponin rises 3–4 hours after injury and remains elevated for days.

6. A — The resistance the ventricle must overcome to eject blood (systemic vascular resistance)

Afterload is the resistance against which the heart pumps. In the left ventricle, this is primarily systemic vascular resistance (SVR). High afterload (hypertension) increases cardiac workload. Vasodilators reduce afterload.

7. A — Stiffness of the neck, hallmark of meningeal irritation (meningitis, subarachnoid hemorrhage)

Nuchal rigidity is involuntary resistance to neck flexion (chin-to-chest). A key sign of meningeal irritation from meningitis or subarachnoid hemorrhage (SAH). Assessed alongside Kernig's sign and Brudzinski's sign.

8. A — Imbalance between alveolar ventilation and pulmonary blood flow, leading to impaired gas exchange

V/Q mismatch occurs when some alveoli are ventilated but poorly perfused (dead space, e.g., PE) or perfused but poorly ventilated (shunt, e.g., pneumonia). Most common cause of hypoxemia. V/Q scan evaluates this in suspected PE.

9. A — Inhibit COX-1 and/or COX-2 enzymes, reducing prostaglandin synthesis; provide analgesia, antipyresis, and anti-inflammation

NSAIDs (ibuprofen, naproxen, diclofenac) block COX enzymes, reducing prostaglandins. Side effects: GI ulceration (COX-1 inhibition reduces gastric mucosa protection), renal impairment, platelet inhibition, cardiovascular risk (especially selective COX-2 inhibitors).



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10. A — The degree of movement possible at a joint in all planes

ROM is assessed as active (patient moves own joint) or passive (examiner moves it). Reduced ROM indicates joint disease, contracture, pain, or muscle weakness. Degrees measured with a goniometer. Occupational/physical therapy aims to restore ROM.

11. A — -emia

12. A — Slow

Brady- means slow. Bradycardia = slow heart rate (<60 bpm). Bradypnea = slow breathing. From Greek 'bradys.'

13. A — Largest part of the brain; controls voluntary movement, cognition, sensation

The cerebrum is the largest brain region, divided into left and right hemispheres. It controls voluntary movement, speech, memory, perception, and higher thinking.

14. A — Three times daily

TID = ter in die (Latin: three times a day). Medications given approximately every 8 hours. Example: metformin 500 mg TID with meals.

15. A — Below 5.7%

HbA1c reflects average blood glucose over the past 2–3 months. <5.7% = normal. 5.7–6.4% = prediabetes. ≥6.5% = diabetes. Target for diabetics varies, often <7–8% depending on guidelines and patient factors.

16. A — The contraction phase of the heart when it pumps blood out

Systole is when the ventricles contract and eject blood. Systolic blood pressure (the top number) represents arterial pressure during ventricular contraction. Normal systolic BP: <120 mmHg.

17. A — The fundamental excitable cells of the nervous system that transmit electrical impulses

Neurons are the basic functional units of the nervous system. They have a cell body (soma), dendrites (receive signals), and an axon (transmits signals). Action potentials propagate along axons to communicate between neurons.

18. A — Deficiency of oxygen in body tissues

Hypoxia = insufficient oxygen at the tissue level. Causes: hypoxemia (low blood PaO₂), anemia (reduced O₂ carrier), circulatory failure (poor delivery), cytotoxic (cells can't use O₂). Leads to cell dysfunction and death if prolonged.

19. A — What the body does to a drug: absorption, distribution, metabolism, excretion (ADME)

Pharmacokinetics = ADME: Absorption (how drug enters circulation), Distribution (how it spreads through body), Metabolism (how it is chemically altered, mainly by liver), Excretion (how it leaves the body, mainly via kidneys).

20. A — A break in the continuity of a bone

A fracture is a broken bone. Types: closed (no skin break), open/compound (bone through skin), comminuted (multiple fragments), stress (hairline from repeated stress), pathological (from weakened bone — osteoporosis, cancer).

21. A — Coordinated, wave-like muscle contractions propelling contents through the GI tract

Peristalsis is the coordinated involuntary contraction and relaxation of smooth muscle, moving food/stool forward through the esophagus, stomach, and intestines. Absent or reduced peristalsis = ileus. Reversed =



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vomiting.

22. A — Bi-

23. A — Fast, rapid

Tachy- means fast. Tachycardia = heart rate >100 bpm. Tachypnea = rapid breathing (>20 breaths/min in adults).

24. A — Part of brain that coordinates balance and fine motor movements

The cerebellum sits at the back of the brain. It coordinates smooth, precise movements, balance, and posture. Cerebellar damage causes ataxia (uncoordinated movement).

25. A — Four times daily

QID = quater in die (Latin: four times a day). Given approximately every 6 hours. Example: acetaminophen 500 mg QID = every 6 hours, max 4 doses/day.

26. A — 136–145 mEq/L

Normal serum sodium is 136–145 mEq/L. Hyponatremia (<136) causes confusion, seizures, and in severe cases cerebral edema. Hypernatremia (>145) causes thirst, agitation, and brain cell shrinkage.

27. A — The relaxation phase when the heart fills with blood

Diastole is the relaxation phase when ventricles fill with blood. Diastolic blood pressure (the bottom number) is the arterial pressure during ventricular relaxation. Normal diastolic BP: <80 mmHg.

28. A — Insulating layer of fatty tissue around axons that speeds electrical conduction

Myelin is produced by oligodendrocytes (CNS) and Schwann cells (PNS). It insulates axons and allows saltatory conduction (jumping between Nodes of Ranvier), dramatically speeding impulse transmission. Demyelination (MS) slows conduction.

29. A — Low oxygen level in arterial blood (PaO₂ < 80 mmHg; SpO₂ < 95%)

Hypoxemia is specifically low O₂ in the blood. Causes: hypoventilation, V/Q mismatch (most common), shunt, diffusion impairment, low inspired O₂. Leads to tissue hypoxia if not corrected.

30. A — What the drug does to the body: mechanisms of action, therapeutic and toxic effects

Pharmacodynamics = drug's effects on the body. Includes receptor binding, dose-response relationships, agonism/antagonism, therapeutic window, and mechanisms of toxicity.



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