

# **Free Questions for NRCMA**

**Shared by Williams on 04-10-2024**

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# Question 1

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**Question Type:** MultipleChoice

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The nerve to be concerned with when giving an injection into the buttocks is:

**Options:**

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- A- sacral
- B- sciatic
- C- brachial
- D- femoral

**Answer:**

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B

**Explanation:**

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When giving an injection into the buttocks, the sciatic nerve is the nerve to be most concerned with. The sciatic nerve is the largest nerve in the body, running from the lower back down through the buttocks and into the legs. To avoid injuring this nerve, intramuscular injections in the buttocks are typically given in the upper outer quadrant of the gluteal muscle. This area is safely away from the path of

the sciatic nerve, minimizing the risk of nerve damage.

## Question 2

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**Question Type:** MultipleChoice

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A tray for a pelvic examination normally includes

### Options:

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- A- glove, lubricant, vaginal
- B- vaginal speculum, glove, speculum, tenaculum hemostat forceps
- C- lubricant, vaginal speculum.
- D- otoscope.glove, lubricant glove

### Answer:

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C

### **Explanation:**

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A tray for a pelvic examination normally includes a vaginal speculum and lubricant. The speculum is a medical tool used to open the vaginal walls for visual inspection and access to the cervix during the examination. Lubricant is applied to the speculum to ease insertion and increase patient comfort. Other instruments that may be included depending on the specific examination or procedure are gloves, tenaculum, and hemostat forceps. Proper preparation of the examination tray ensures that the healthcare provider has all necessary tools readily available, facilitating a smooth and efficient examination process.

## **Question 3**

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**Question Type:** MultipleChoice

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Liver enlargement is referred to as:

### **Options:**

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- A-** Ixjpomegaly
- B-** hyper hcpat
- C-** hyperliver

D- hepatomegaly

**Answer:**

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D

**Explanation:**

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Liver enlargement is medically referred to as hepatomegaly. The term 'hepatomegaly' comes from 'hepato,' meaning liver, and 'megaly,' meaning enlargement. This condition can be indicative of various underlying health issues, such as liver disease, congestive heart failure, infections, or cancer. Diagnosing hepatomegaly typically involves physical examination, imaging studies such as ultrasound or CT scans, and sometimes liver function tests. Recognizing and understanding the term hepatomegaly is essential for healthcare providers in diagnosing and managing conditions related to liver health.

## Question 4

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**Question Type:** MultipleChoice

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The 'master' gland of the human body is called the:

**Options:**

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- A- thyroid gland
- B- adrenal gland
- C- pituitary gland
- D- exocrine gland

**Answer:**

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C

**Explanation:**

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The pituitary gland is often referred to as the 'master' gland of the human body. It is located at the base of the brain and is a critical part of the endocrine system. The pituitary gland secretes hormones that regulate a wide range of bodily functions, including growth, metabolism, and reproductive processes. It controls the function of other endocrine glands such as the thyroid, adrenal glands, and reproductive glands. Because of its broad regulatory functions, the pituitary gland plays a crucial role in maintaining homeostasis in the body.

## Question 5

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**Question Type:** MultipleChoice

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When preparing the patient for a vaginal examination you position them in the position.

**Options:**

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- A- Sims
- B- Fowler's
- C- Lithotomy
- D- Prone

**Answer:**

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C

**Explanation:**

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For a vaginal examination, the patient is typically positioned in the lithotomy position. This position involves the patient lying on their back with their legs flexed at the hips and knees, and the feet placed in stirrups. This positioning provides the healthcare provider with optimal access to the pelvic area for examination. Proper patient positioning is crucial for both the comfort of the patient and the effectiveness of the examination. The lithotomy position is standard for many gynecological procedures, including pelvic exams, Pap smears, and certain surgical procedures.

## Question 6

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**Question Type:** MultipleChoice

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The first way to communicate courtesy to the telephone caller is to:

### Options:

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- A- put them on hold
- B- answer promptly, identify
- B- yourself, and ask how you may help them
- C- excuse yourself if you must put the person on hold
- D- noneofthechoices

### Answer:

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B, B

### Explanation:

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The first step in demonstrating courtesy to a telephone caller involves promptly answering the call. Once answered, it's important to clearly identify yourself and your role, followed by inquiring how you can assist the caller. This approach shows respect, acknowledges



the caller, and sets a professional tone for the conversation. It's critical to avoid immediately putting the caller on hold, as this can be perceived as dismissive. Additionally, if you must place the caller on hold at any point, it's courteous to ask for their permission and provide a brief explanation. Proper telephone etiquette is essential in medical settings to ensure clear communication and patient satisfaction.

## Question 7

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**Question Type:** MultipleChoice

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A chronic disease of insulin deficiency or resistance:

**Options:**

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- A- Cushings syndrome
- B- diabetes mellitus positk
- C- cretinism
- D- insulin transfusion

**Answer:**

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B

**Explanation:**

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Diabetes mellitus is a chronic disease characterized by insulin deficiency or resistance. There are two main types of diabetes: Type 1, where the body does not produce insulin, and Type 2, where the body becomes resistant to insulin or does not produce enough. Insulin is a hormone produced by the pancreas that regulates blood glucose levels. Without effective insulin function, blood sugar levels can become dangerously high, leading to various health complications.

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