

CPT Study Guide

- 1) A patient was rushed to the ER because of dehydration due to severe vomiting. The ER physician orders a test for STAT electrolytes. Which tube is used?
a) Green top tubes.
- 2) What is the term used to describe the intentional attempt to touch a patient without the patient's consent?
a) Battery.
- 3) Point of care testing...
a) Is typically performed at the patient's bedside.
- 4) Failure to give a patient appropriate care is called?
a) Negligence.
- 5) The most common cause of blood culture contamination is?
a) Improper skin preparation.
- 6) What is the purpose of warming the site prior to a dermal puncture?
a) Increases blood flow.
- 7) The most frequently occurring lab nosocomial (originating in hospitals) infection is?
a) HBV
- 8) Which vessels have valves?
a) Veins.
- 9) All the employees at risk of BBP (blood borne pathogens) exposure are required by OSHA to?
a) Vaccinate for HBV or sign a waiver.
- 10) What is the most critical mistake a phlebotomist can make?
a) Failing to properly identify a patient.
- 11) What is referred to as serum separator tubes (SST)?
a) Red/gray top tubes.
- 12) How long can a tourniquet remain in place during a venipuncture?
a) No longer than 1 minute.
- 13) What is the proper technique in obtaining capillary blood?
a) Wipe off the first drop of blood.
- 14) Which tube is used for PT and PTT?
a) Light blue top tube.

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Joshua Rueda



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NASM CPT Audio Study Guide! Certified Personal Trainer Exam Prep Practice Questions for the National Academy of Sports Medicine Jenny Schaefer, 2021-05-03 If you want to pass the NASM Exam but don't have a lot of time for studying keep reading You are no doubt a busy professional with a lot of things going on It can be challenging to find the time to read and study for the NASM CPT Exam However the truth is that the NASM exam is a challenging exam It is normal to have some anxiety about taking this test Thorough preparation cannot be overlooked That is why the author Jenny Schaefer developed the NASM CPT Study Guide This Edition is a PRACTICE QUESTIONS EDITION It comes in text audio format so that you can listen to it wherever life takes you Its sections include Introduction Basic and Applied Sciences and Nutritional Concepts Assessment Program Design Exercise Techniques and Training Instruction Professional Development and Responsibility Client Relations and Behavioral Coaching Randomized Practice Questions MUCH MUCH MORE Conclusion Each section is divided into subsections making sure all aspects of the exam are covered If you listen to or read our study guide in addition to pursuing other study methods we are confident you will pass the NASM CPT Exam So go ahead and scroll up and click buy for me today *NASM CPT Study Guide 2024-2025* Shawn Blake, 2023-12-15 Find everything you need to confidently prepare and pass the NASM CPT exam with this all in one study guide You can feel it you're closer to starting your fitness career as a personal trainer than ever The only thing standing between you and your dream is the certification exam And if you plan to work with People who want to maintain their health People with health conditions limited mobility and high risk of injury Professional athletes who want to improve their performance The National Academy of Sports Medicine or NASM CPT exam can provide the certification you need to succeed in your career With its comprehensive and practical approaches to ensure safe but effective training a NASM certificate can provide the knowledge and competence you need to safely guide and train your clients to achieve their fitness goals However due to its varying and often challenging topics approximately only 74% of exam takers pass the NASM CPT exam But don't let numbers stop you from trying your best With the right study guide and strategies to maximize preparation time anyone can pass the NASM CPT exam and start their career And if you're Looking for a comprehensive but simple approach to understanding the various topics included in the exam Searching for strategies and techniques to overcome test anxiety and other challenges from preparing to taking the exam Ready to take the next step to jumpstart your career as a certified NASM personal trainer Then you're in the right place Grab a pen and don't forget to take notes as you discover How to physically and mentally prepare yourself for the exam with the ACE Method An in depth discussion on basic and applied sciences and nutritional concepts you will find in the NASM CPT exam The importance of understanding the psychology of exercise and strategies to coach your clients using behavioral approaches Why conducting assessments can help you create an effective and successful exercise program for your potential clients How to use the OPT model and design a program for clients with various fitness levels The

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