Readyward
Make up ground, intelligently.

FREE STUDY AID

NHA CCMA

1-PAGE QUICK CRAM

Reviewed October 2026

150 scored + 30 pretest questions • 3 hours • **56%: Clinical Patient Care**

01 PATIENT INTAKE & VITALS

Safety first: use two approved patient identifiers (not a room number). **Resting adult:** pulse 60–100/min; respirations commonly 12–20/min; SpO_2 often 95–100% in healthy adults. **BP:** normal <120 AND <80; stage 1 = 130–139 OR 80–89; stage 2 ≥140 OR ≥90.

02 INFECTION CONTROL & SHARPS

Standard Precautions apply to everyone; hand hygiene before/after contact and after gloves. **Contact:** gown + gloves; **droplet:** mask; **airborne:** fit-tested N95 or higher + isolation room. **Exposure:** wash/flush immediately → report → prompt evaluation; never routinely recap needles.

03 MEDICATIONS & CLINICAL PROCEDURES

Medication rights: patient, drug, dose, route, time; check allergies and document after administration. Unclear/unsafe order? **Stop and clarify. Angles:** intradermal 5–15°; subcutaneous 45° or 90° as appropriate; intramuscular 90°. **Dose:** (ordered ÷ available) × quantity.

04 PHLEBOTOMY & POINT-OF-CARE TESTS

Venous order of draw: cultures → light blue → red/gold → green → lavender → gray. **Blue:** citrate/coagulation; **lavender:** EDTA/CBC; **gray:** commonly glucose. Release tourniquet within 1 minute; label specimen in patient's presence. **Failed quality control?** Stop testing.

05 EKG & CARDIOVASCULAR TESTING

12-lead EKG = 10 electrodes. V1/V2: 4th intercostal space, right/left sternal border. V4: 5th intercostal space, left midclavicular; V3: between V2 and V4. **At 25 mm/s:** one small box = 0.04 sec; normal PR interval = 0.12–0.20 sec.

06 URGENT PATIENT RESPONSE

Adult CPR: 100–120 compressions/min, depth 2–2.4 in; 30:2 before advanced airway; use AED promptly. **Stroke:** facial droop, arm weakness or speech change → emergency response. **Glucose <70 mg/dL:** if alert and able to swallow, 15 g fast carbs → recheck in 15 min; no oral intake if unsafe.

07 ANATOMY & MEDICAL TERMINOLOGY

Cardiac conduction: SA → AV → His → bundle branches → Purkinje. **Alveoli:** gas exchange; **nephrons:** kidney filtration. **Word roots:** tachy-/brady- = fast/slow; -itis = inflammation; -ectomy = removal. **Medial/lateral:** toward/away from midline.

08 COMMUNICATION, ADMIN & LAW

Teach-back: patient explains instructions in own words. **SBAR:** Situation, Background, Assessment, Recommendation. **HIPAA:** protect health information; access only what your role requires. **ICD-10-CM:** diagnoses; **CPT:** procedures/services. **Stay within scope** and obtain appropriate consent. **Insurance:** copay = fixed fee; coinsurance = percentage.

HOW TO USE Cover a bold term, recall the answer, check it, and focus on missed facts.

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