

BMST Practice Test Questions and Answers

1. What does BMST typically stand for in medical testing?

- A) Basic Medical Skills Test
- B) Basic Military Skills Test
- C) Biomedical Science Test
- D) Blood Management Skills Test

2. Which skill is commonly assessed in basic medical competency testing?

- A) Advanced surgical procedures
- B) Basic patient assessment and vital signs
- C) Complex diagnostic imaging
- D) Hospital administration

3. What is the normal range for adult resting heart rate?

- A) 40-60 beats per minute
- B) 60-100 beats per minute
- C) 100-120 beats per minute
- D) 120-140 beats per minute

4. Which is the correct procedure for hand hygiene in healthcare settings?

- A) Rinse hands quickly with water only
- B) Wash hands with soap and water for at least 20 seconds
- C) Use hand sanitizer occasionally
- D) Wear gloves without washing hands

Answers: 1-A 2-B 3-B 4-B

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