

EMT Study Guide:

Ultimate NREMT Test Prep to Help You Pass The National Registry of Emergency Medical Technicians Exam

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Chapter 1:

Introduction to the NREMT Exam

The National Registry of Emergency Medical Technicians (NREMT) exam is a key step for individuals seeking to become certified as emergency medical service (EMS) professionals. This standardized test is designed to assess the competencies required to perform as an emergency medical technician (EMT) or paramedic at a national level, ensuring that all certified practitioners meet the necessary standards of care.

The exam is administered by the National Registry of Emergency Medical Technicians, which is a non-profit organization established in 1970. The NREMT's objective is to set a uniform standard for EMS training and performance across the United States. By providing a consistent benchmark, the NREMT aims to help maintain high levels of patient care within the pre-hospital setting.

To take the NREMT exam, candidates must complete a state-approved education program for their desired level of EMS certification. This preparation includes both theoretical knowledge and hands-on skills. After fulfilling these educational requirements, aspiring EMS professionals must then apply for the exam, which includes both a cognitive (knowledge-based) component and a psychomotor (skills-based) component.

The cognitive portion of the NREMT exam is delivered in a computer adaptive test (CAT) format. This means that the difficulty of the questions is adjusted based on the test taker's performance as they progress through the exam. This section tests the candidate's grasp of the NREMT's practice areas, such as airway, respiration & ventilation; cardiology & resuscitation; trauma; medical and obstetrics/gynecology, among others.

On the other hand, the psychomotor exam evaluates the candidate's ability to perform critical EMS skills effectively and safely. It is typically administered by the State EMS Office or at approved testing centers. This portion of the exam involves scenarios that require candidates to demonstrate competence in various emergency care procedures and situations.

The NREMT is recognized in almost every U.S. state and provides certification at four levels: EMR (Emergency Medical Responder), EMT, AEMT (Advanced EMT), and Paramedic. It is important to note that individual state requirements may vary, and some states have additional testing or certification steps.

Preparing for the NREMT exam requires a significant investment in study and practice. Candidates often employ a variety of study materials, including textbooks, practice tests, and simulation software. Successfully passing the NREMT exam is a milestone in an EMS professional's career and an essential step in being eligible for state licensure and working on the front lines of emergency care.

1.1. Overview of the NREMT: Purpose, Structure, and Importance

The National Registry of Emergency Medical Technicians (NREMT) is a pivotal organization in the United States that provides national certification for Emergency Medical Technicians (EMTs) and paramedics. Established in 1970, the NREMT was designed to counter the inconsistencies in training and performance among EMTs and paramedics across various states. By defining a national standard, the NREMT ensures that all emergency medical service (EMS) professionals have met a minimum level of competency to safely and effectively care for patients.

The structure of the NREMT comprises an executive board and committees that oversee exams, recertification, and quality assurance processes. The executive board includes leaders in the EMS field who provide direction and governance for the organization. The committees consist of EMS practitioners, physicians, and public representatives who are responsible for the various aspects of certification and recertification. This structure ensures that the organization's activities align with the latest medical practices and community expectations.

One of the key functions of the NREMT is to administer certification exams for various levels of EMS professionals. These exams are based on the National EMS Education Standards and the National EMS Scope of Practice Model, which are essential components of the NREMT's certification process. The exams include cognitive (written) and psychomotor (skills) components to thoroughly assess the candidate's understanding and ability to apply their knowledge in practical situations.

Certification by the NREMT is regarded as a significant achievement in the EMS field and is often a prerequisite for state licensure. This national certification signifies to employers, peers, and the public that an individual has met nationally recognized standards for knowledge and skills. The importance of the NREMT certification is further underscored by its acceptance in almost all U.S. states for the purpose of licensure, thus enabling interstate mobility and employment opportunities for EMS professionals.

The NREMT's recertification process reinforces its commitment to continuous professional development and ensures that EMS providers maintain their skills and stay current with evolving medical practices. Recertification requires ongoing education and occasionally retaking the certification exams. This process not only solidifies the knowledge base of EMS professionals but also adapts to advancements in medical care and technologies.

Public recognition and trust in the EMS system are bolstered by the NREMT as it assures a consistent and reliable certification process. This trust is paramount in emergency medical situations where every second counts and the level of care provided can have life or death consequences. The NREMT thus plays a critical role in ensuring public safety and enhancing the professional standing of EMS personnel.

Lastly, the NREMT's importance extends into research and advocacy within the EMS field. By accumulating data and providing analysis on certification and recertification trends, the organization helps to inform policy decisions and educational practices. Furthermore, the registry works with other stakeholders to promote legislative and regulatory strategies that support the EMS profession's growth and evolution, ensuring that the infrastructure of emergency medical care in the U.S. remains robust and responsive to the needs of the community.

1.2. Understanding the Sections of the NREMT Exam

The National Registry of Emergency Medical Technicians (NREMT) exam is a comprehensive test that is designed to certify the competency of entry-level emergency medical technicians (EMTs) in the United

States. The examination is divided into several sections, each focusing on a critical area of knowledge and skills that an EMT must possess.

The Cognitive Exam is one such section, which evaluates the candidate's understanding of emergency medical care. Administered by computer, this adaptive test adjusts the level of question difficulty according to the test taker's ability. It includes topics such as airway, respiration and ventilation; cardiology and resuscitation; trauma; medical and obstetrics/gynecology; EMS operations; and treating patients with special needs.

Another key section of the NREMT exam is the Psychomotor Exam. This practical section assesses the ability of candidates to handle hands-on emergency care scenarios effectively. Within this exam, candidates are evaluated on a range of skills which may include patient assessment, management of trauma and medical emergencies, immobilization of spinal injuries, and more, depending on the certification level.

The exam is designed in such a way that it serves both to gauge the candidate's theoretical knowledge and to test their practical hands-on abilities. By doing so, the NREMT provides a holistic evaluation of an EMT's preparedness for real-world medical emergencies.

Moreover, it is important to note that the NREMT is not a single exam but rather a series of exams, catering respectively to different certification levels such as EMR, EMT, Advanced EMT, and Paramedic. Though the structure of each exam remains consistent across these levels, the depth and complexity of the questions vary in accordance with the higher responsibilities and knowledge expected at each subsequent level.

Each section of the NREMT exam is designed to test not only recall of information but also the application and analysis of that information in various scenarios. This ensures that the certified individual is ready to think on their feet and apply their knowledge in high-pressure situations that EMTs face daily.

Candidates preparing for the NREMT exam are advised to thoroughly study each section and understand the specific areas that will be evaluated. Preparation resources including textbooks, course materials, and practice tests are available to help candidates familiarize themselves with the format and content of the exam.

Lastly, as the field of emergency medical services is always evolving, the content of the NREMT exams is continually updated. This assures that the examinations remain relevant and reflect current best practices in pre-hospital emergency care. For aspiring EMTs, staying abreast of these changes and understanding the sections of the NREMT exam is instrumental in achieving certification and launching their careers in emergency medical services.

1.3. Strategies for Effective Study and Test Preparation

Effective study and test preparation are key components of academic success. Students who develop and employ a variety of study strategies tend to perform better on exams and retain information longer. Below are several strategies that have been proven to aid in effective study and test preparation:

1. **Set specific goals:** Establishing clear, achievable goals for each study session can help to maintain focus and motivation. These goals may involve understanding a concept, memorizing information, or applying knowledge to problem-solving situations.
2. **Create a study schedule:** Time management is vital to effective studying. Plan out your study time in advance, allocating specific time blocks for different subjects or topics. Consistent, regular study sessions are preferable to cramming, as they promote better retention and understanding.
3. **Develop a study environment:** Find or create a study space that is free from distractions, comfortable, and conducive to concentration. This might involve a quiet room, a library, or even a cafe with a calm atmosphere.

4. Utilize active learning techniques: Engaging actively with the material can enhance understanding and retention. Techniques include summarizing information in your own words, teaching concepts to someone else, creating mind maps, or using flashcards for memorization.
5. Practice retrieval: Regularly testing yourself on the material you are studying, without looking at your notes or the textbook, can significantly improve your ability to remember the information during a test.
6. Employ spaced repetition: Spacing out your study sessions and reviewing the material multiple times over a longer period leads to better long-term retention of information than massed practice, or studying the material in one extended session.
7. Take practice tests: Completing practice exams or quizzes can not only test your knowledge but also help you get used to the format and timing of actual tests. This practice can reduce anxiety and improve performance during the real examination.
8. Review past errors: Look over any previous exams or quizzes to identify areas of weakness. Understanding the mistakes you've made in the past can provide insight into areas that need further study and can prevent you from repeating the same errors.
9. Prioritize your health: Adequate sleep, proper nutrition, and regular exercise can dramatically impact cognitive performance. Ensure you are taking care of your physical needs to support your mental efforts in studying.
10. Seek help when needed: Don't hesitate to ask for assistance from teachers, tutors, or study groups if you encounter difficult material. Collaborating with others can provide new perspectives and a deeper understanding of complex topics.

By incorporating these strategies into your study habits, you can improve your efficiency and effectiveness in preparing for tests and mastering course content. Remember that different strategies work better for different individuals, so it's important to find what works best for you and adapt as necessary.

1.4. Tips for Using This Study Guide Effectively

Setting clear goals and expectations for your study can contribute significantly to your learning process. Begin by determining what you need to learn and by when. Divide your goals into manageable portions to avoid feeling overwhelmed. If you're preparing for a test, identify the exam date and work backward to create a schedule that allows for ample revision time.

Organizing your study environment is another critical step toward effective studying. Choose a quiet, well-lit spot where you won't be interrupted. Ensure that all necessary materials are within reach to minimize disruptions. Eliminating distractions, such as turning off your phone or social media notifications, can help you focus better on the material.

Time management is an important aspect of studying effectively. Allocate specific times of the day for study sessions and try to stick to them. If you find your concentration waning, take short breaks. The Pomodoro Technique, where you study for 25 minutes and then take a 5-minute break, is a popular method for maintaining focus and energy.

Active engagement with the material will make your study sessions more productive. This can involve taking notes, asking questions, and summarizing what you've learned in your own words. Teach what you've studied to someone else, which is a powerful method to reinforce your memory and understanding of the subject.

Incorporate various learning styles into your study routine. If you are a visual learner, use diagrams, charts, and color-coded notes. Auditory learners may benefit from reading aloud or using mnemonic devices. Kinesthetic learners should consider applying theory through practice or using physical objects to illustrate concepts.

Regular review is essential for retention. Do not cram all information into one session. Revisiting the material over several days or weeks helps transfer the information into long-term memory. Use this study guide to identify key concepts and areas that require more focus, revising them periodically.

Finally, assess your learning continuously. Use quizzes, flashcards, and practice questions to test your understanding of the material. If this study guide provides exercises or review questions, make diligent use of them. Tracking your progress will help you identify areas where you might need to put in more effort or adjust your study strategies.

1.5 Conclusion and Summary

In concluding the introduction to the National Registry of Emergency Medical Technicians (NREMT) exam, it is important to consolidate the major points that have been discussed. The NREMT provides a standardized measure of the competencies expected of an entry-level EMS professional. The certification process is renowned for its rigorous standards, and it serves to ensure that all emergency medical services professionals have the requisite skills and knowledge to administer care effectively.

The exam structure, divided into cognitive and psychomotor components, is designed to test a range of abilities. The cognitive portion assesses one's understanding and application of knowledge through multiple-choice questions, while the psychomotor exam evaluates the hands-on, practical skills required in various emergency scenarios. A candidate must excel in both these aspects to be certified, demonstrating both intellectual and operational competence.

Preparation for the NREMT exam is critical. Aspiring EMS professionals must undertake thorough study, often complemented by preparatory courses, practice exams, and review of guidelines such as the National EMS Education Standards and the EMS Scope of Practice Model. This preparation is not merely about passing the test but about ingraining the principles and procedures that will be applied in real-world medical emergencies.

Another key point discussed is the registration process for the exam, which requires attentiveness to deadlines, understanding the eligibility criteria, and meeting the educational and practical requirements prescribed by the NREMT. The certification's validity is also time-bound, necessitating recertification to ensure that EMS professionals maintain their skills and knowledge according to the latest medical practices and protocols.

The NREMT exam's role in the broader context of public health and safety cannot be understated. The certification afforded by passing the NREMT exam is recognized across the United States, granting credentialed individuals the authority to serve communities in a variety of emergency medical situations. The stringent assessment process thus serves a gatekeeping function, guaranteeing a high standard of pre-hospital care.

In summary, the NREMT exam represents a pivotal milestone in the career of any individual aspiring to work within the EMS system. Through successful certification, not only does an individual affirm their capability to perform under pressure, but they also join a community dedicated to ongoing professional development and excellence in patient care.

Lastly, it is worth noting that the pathways and experiences leading to the NREMT certification are as diverse as the candidates themselves. Each aspirant brings unique perspectives and knowledge to the field. Nonetheless, the universal challenge of the NREMT binds them together in a shared journey towards mastering the art and science of emergency medical response.

Chapter 2:

Mastering Medical Terminology and Anatomy

Medical terminology and anatomy are foundational elements in the healthcare field, enabling practitioners to communicate with precision and clarity. Medical terminology is essentially a language of its own, consisting of word roots, prefixes, and suffixes that describe the human body and its conditions, procedures, and processes in a standardized way.

Understanding the roots of medical terms is essential. Many terms are derived from Greek and Latin languages, and learning the common roots can help decode the meanings of complex terms. For instance, the word root “cardi” means heart, and when combined with “ology” to form “cardiology,” it refers to the study of the heart.

Anatomy, the study of the structure of the body, is closely intertwined with medical terminology. A clear understanding of anatomy is necessary to understand where in the body a medical term is referring to. For instance, terms that start with “arthro-” relate to joints, so “arthroscopy” is a procedure involving the examination of a joint.

Prefixes and suffixes modify the meanings of word roots to provide a more complete understanding of the condition or process. For example, the prefix “brady-” means slow, and when combined with “cardia,” it forms “bradycardia,” indicating a slower than normal heart rate. Conversely, “tachy-” means fast, and “tachycardia” is a condition characterized by a fast heart rate.

Medical terminology also frequently involves combining forms – a vowel, usually ‘o’, added between word parts to make terms easier to pronounce. For example, “oste/o/arthr/itis” breaks down into “oste” (bone), “o” (combining vowel), “arthr” (joint), and “itis” (inflammation), together meaning inflammation of the bone and joint.

As for learning anatomy, it’s common to start with the basic structural organization of the human body. This includes understanding the major body planes: sagittal (divides the body into left and right), frontal (divides the body into front and back), and transverse (divides the body into upper and lower parts). Memorizing the locations and functions of the various body systems, such as the skeletal, muscular, nervous, cardiovascular, respiratory, digestive, urinary, reproductive, endocrine, lymphatic, and integumentary systems, is also crucial.

A solid grasp of medical terminology and anatomy requires continuous study and practice. Visual aids, such as anatomical diagrams and flashcards for terminology, can be very helpful. Many healthcare programs incorporate a medical terminology course early in their curriculum to ensure that all students have a firm

grounding in the language used throughout their training and future careers. Practical exercises, such as case studies or medical record analysis, can provide context and reinforce the real-world application of terminology and anatomical knowledge.

2.1. Basic Medical Terminology

Medical terminology serves as the universal language in the healthcare industry, facilitating clear and precise communication among healthcare professionals. The language is structured around root words, prefixes, and suffixes, each generally derived from Greek or Latin. This unique structure allows for the expansion of medical vocabulary to describe new innovations and discoveries.

Root words form the core of medical terms and usually describe a body part or system. For example, the root word *cardi* refers to the heart, and *gastr* pertains to the stomach. Understanding the root words can frequently assist in deciphering the general area of medicine or the body that the term is referencing.

Prefixes are placed before root words to modify their meaning. They can describe a number, time, position, direction, or negation. For instance, the prefix *brady-* means slow, as in bradycardia (slow heart rate), while *tachy-* means fast, used in tachycardia (fast heart rate).

Suffixes are attached to the end of root words and often describe a condition, disease process, or a procedure. As an example, *-itis* indicates inflammation, so combining it with *gastr* creates gastritis, indicating inflammation of the stomach. Similarly, *-ectomy* implies the removal of a part, so appending it to *append* gives appendectomy, the surgical removal of the appendix.

The combination of root words with prefixes and/or suffixes results in a compound term which can precisely describe a condition, a symptom, a procedure, or an anatomy. It's important for healthcare professionals to be knowledgeable about these terms so they can accurately document, report and discuss clinical issues.

Eponyms are terms derived from the name of a person, often a physician or scientist who was the first to identify a disease or technique, such as Alzheimer's disease, named after Alois Alzheimer, or the Heimlich maneuver, named after Henry Heimlich. Though widely used, eponyms can sometimes create confusion as they do not provide descriptive information about the condition or procedure.

Abbreviations and acronyms are commonly used in medical terminology to simplify documentation and communication. These can refer to organizations (e.g., WHO for World Health Organization), conditions (e.g., COPD for Chronic Obstructive Pulmonary Disease), procedures (e.g., CABG for Coronary Artery Bypass Graft), and even medications (e.g., NSAIDs for Non-Steroidal Anti-Inflammatory Drugs). However, they can also lead to misunderstandings if not used or interpreted correctly.

Medical terminology also extends to **diagnostic terms** which describe diseases or conditions. These include terms such as *edema* for swelling, *anemia* for a lack of red blood cells, and *neuropathy* for nerve disease. Diagnostic terminology allows for a systematic and universal way to classify and discuss medical conditions.

Proficiency in medical terminology is essential for any healthcare professional, as it enhances communication and leads to more efficient and safer patient care. As medical science advances, the lexicon of medical terminology grows, incorporating new terms and phrases to encompass these advancements.

2.2. Human Anatomy and Physiology Overview

Human anatomy and physiology are vast subjects that delve into the structure of the human body and how it functions. Human anatomy is the scientific study of the body's structure, whereas physiology is the study of how the body works. Anatomy can be divided into two main categories: gross anatomy, which involves the study of body parts visible to the naked eye, and microscopic anatomy, which involves the study of structures that require magnification to be seen.

The human body can be organized into several levels of structural organization. At the most basic level are the chemical constituents, including atoms and molecules, which combine to form cells. Cells are the basic unit of life and are specialized to perform unique functions. Groups of similar cells make up tissues, which in turn organize into organs, collections of tissues working together for specific functions. Organs further combine to form organ systems, which work in unity to sustain the human body.

The integumentary system, comprising the skin, hair, nails, and exocrine glands, is the body's first defense against environmental hazards. It also assists in temperature regulation and sensation. Underneath the integumentary system is the musculoskeletal system, which includes bones, muscles, cartilage, tendons, ligaments, and joints. This system provides structure and support, allows for movement, and protects the inner organs.

The nervous system is tasked with the rapid control and communication of information throughout the body. It consists of the brain, spinal cord, nerves, and sensory receptors. This intricate system is responsible for receiving sensory information, processing it, and initiating responses.

The circulatory or cardiovascular system consists of the heart, blood, and blood vessels. It distributes oxygen and nutrients to tissues, removes carbon dioxide and metabolic wastes, and helps regulate temperature and pH balance. Along with the lymphatic system, it plays a crucial role in the body's immune response.

The respiratory system, which includes the nasal passages, pharynx, larynx, trachea, bronchi, and lungs, is responsible for gas exchange. It brings oxygen into the body and expels carbon dioxide. The respiratory system works closely with the cardiovascular system to maintain the blood's oxygen and carbon dioxide levels.

Other vital systems include the digestive system, which processes food into nutrients and manages waste excretion; the endocrine system, which produces hormones to regulate body processes; the urinary system, which removes waste products from the blood and maintains the body's water and electrolyte balance; and the reproductive system, responsible for producing gametes and, in females, sustaining the growth of offspring.

Understanding human anatomy and physiology is essential in many fields, including medicine, nursing, physical therapy, and sports science. It allows for a greater understanding of diseases and disorders, their diagnosis, and their treatment. It also provides a foundation for understanding how the human body interacts with its environment and adapts to both internal and external changes.

2.3. Body Systems and Functions

The human body is comprised of several systems that work in unison to maintain homeostasis and enable the body to function. Each system has distinct structures and functions that contribute to the overall health and activity of the body.

The **circulatory system** consists of the heart, blood, and a network of vessels that transport nutrients, gases, hormones, and waste products throughout the body. The heart acts as a pump to push blood through the vessels. This system also plays a key role in the immune response and temperature regulation.

The **respiratory system** includes the lungs, trachea, bronchi, and diaphragm. It's responsible for gas exchange; oxygen is inhaled into the lungs and carbon dioxide is expelled. This exchange is vital for cellular respiration, which is the process by which cells produce energy.

The **digestive system** encompasses the mouth, esophagus, stomach, intestines, liver, pancreas, and gallbladder. Its primary function is to break down food into nutrients that the body can absorb and use for energy, growth, and cell repair, as well as to excrete waste.

The **nervous system** comprises the brain, spinal cord, and nerves. It acts as the body's control system, responding to sensory information, and coordinating voluntary and involuntary actions. The nervous system is also responsible for cognition, emotions, and memory.

The **endocrine system** includes a set of glands, such as the pituitary, thyroid, and adrenal glands, which secrete hormones into the bloodstream. These hormones regulate metabolism, growth, reproduction, and other important body functions.

The **musculoskeletal system** provides form, support, stability, and movement to the body. It consists of the skeletal system – the bones – and the muscular system, which includes all muscles in the body. This system also protects vital organs and stores minerals like calcium.

The **integumentary system** comprises the skin, hair, nails, and exocrine glands. The skin is the largest organ of the body and serves as a barrier that protects internal structures, regulates body temperature, and has sensory receptors for detection of stimuli.

Each of these systems, while functioning independently, interacts closely with one another to maintain balance within the body. The interconnectivity ensures that the organism responds effectively to changes in the environment, maintains proper functioning of cells and organs, and supports the complexities of human growth and development.

2.4. Practice Questions for Medical Terminology and Anatomy

A. Medical Terminology Questions

1. **Define the term 'hematopoiesis' and explain where in the body this process takes place.**
 - *Answer:* Hematopoiesis is the process of forming new blood cells and occurs in the bone marrow.
2. **Differentiate between 'arthritis' and 'arthralgia'.**
 - *Answer:* Arthritis is an inflammation of the joints, while arthralgia is just joint pain without inflammation.
3. **What is the meaning of the prefix 'brady-' in medical terminology?**
 - *Answer:* The prefix 'brady-' means slow. For example, bradycardia means slow heart rate.
4. **Explain what 'nephrectomy' entails.**
 - *Answer:* Nephrectomy is the surgical removal of a kidney.
5. **What does the suffix '-itis' generally indicate in medical terms?**
 - *Answer:* The suffix '-itis' indicates inflammation, as in gastritis (inflammation of the stomach).
6. **Decode the term 'osteomalacia' by breaking down its root words.**
 - *Answer:* Osteomalacia: 'osteo' means bone and 'malacia' means softening; thus, it refers to softening of the bones.

B. Anatomy Practice Questions

- 1. Describe the structure and function of the human heart.**
 - *Answer:* The human heart is a muscular organ with four chambers (two atria and two ventricles) that pumps blood throughout the body.
- 2. Which organ is responsible for the production of insulin, and what role does insulin play in the body?**
 - *Answer:* The pancreas produces insulin, which helps regulate blood glucose levels.
- 3. List and describe the main types of tissue found in the human body.**
 - *Answer:* The main types are epithelial, connective, muscle, and nervous tissues.
- 4. Differentiate between the axial and appendicular skeletons.**
 - *Answer:* The axial skeleton includes the skull, spine, and rib cage; the appendicular skeleton comprises the limbs and girdles.
- 5. Name and define the three different types of muscle tissue.**
 - *Answer:* Skeletal (voluntary movement), smooth (involuntary control, in organs), and cardiac (heart muscle).
- 6. Explain how the nervous system is divided, and discuss the primary functions of each division.**
 - *Answer:* Divided into the central nervous system (brain and spinal cord) and peripheral nervous system (nerves outside the brain and spinal cord).
- 7. Identify the major lobes of the human brain and their associated functions.**
 - *Answer:* Frontal (reasoning, planning), Parietal (sensation), Temporal (hearing, memory), and Occipital (vision).

C. Combined Medical Terminology and Anatomy Questions

- 1. Using medical terminology, describe the implications of a ‘gastrectomy’ on the digestive system.**
 - *Answer:* Gastrectomy, the removal of part or all of the stomach, affects digestion and nutrient absorption.
- 2. What might ‘cystitis’ indicate about a patient’s urinary system condition?**
 - *Answer:* Cystitis, inflammation of the bladder, suggests a urinary tract infection or irritation.
- 3. If a patient is diagnosed with ‘tachycardia,’ what could this suggest about their cardiovascular health?**
 - *Answer:* Tachycardia, a fast heart rate, might indicate stress, heart disease, or other cardiovascular issues.
- 4. Discuss how ‘hepatomegaly’ can impact the digestive system.**
 - *Answer:* Hepatomegaly, an enlarged liver, can affect digestion and metabolism.
- 5. Describe the consequences of ‘myelopathy’ for the nervous system.**
 - *Answer:* Myelopathy, a pathology of the spinal cord, can lead to pain, weakness, or paralysis.
- 6. What is the function of the ‘bronchi’ and what could ‘bronchitis’ mean for respiratory health?**
 - *Answer:* Bronchi are air passages into the lungs; bronchitis, inflammation of these passages, can cause coughing and difficulty breathing.
- 7. Using anatomical terms, detail the impact of ‘rhabdomyolysis’ on muscular tissue.**
 - *Answer:* Rhabdomyolysis involves the breakdown of muscle tissue, releasing muscle fiber contents into the blood, potentially causing kidney damage.

2.5. Chapter 2: Mastering Medical Terminology and Anatomy | Conclusion and Summary

Medical terminology and anatomy are foundational elements in healthcare education and practice. Throughout Chapter 2, we have detailed the structure and function of various anatomical systems alongside

the medical terminology needed to accurately describe them. The ability to communicate using this specialized vocabulary is essential for healthcare professionals in order to provide quality care, facilitate collaboration, and ensure accurate documentation.

In this chapter, we have established the importance of understanding the roots, prefixes, and suffixes that constitute medical terms. Grasping the etymology of these terms enhances memory retention and provides clues to their meanings, making it easier for practitioners and students alike to comprehend complex medical language. Furthermore, recognizing the commonality in word construction can assist in deciphering terms that may be encountered in the future.

Anatomy has been explored with an emphasis on the interconnectivity of body systems. Each anatomical structure has been placed in context with its function and relevance to health and disease. This approach not only aids in visualizing the body in a holistic manner but also underlines the significance of each component in the larger framework of human physiology.

The chapter has employed a variety of educational techniques designed to cater to different learning styles. Illustrations, practical examples, and case studies have been presented to reinforce the material covered. These methods aim to bridge the gap between theoretical knowledge and practical application, a central aspect in mastering medical terminology and anatomy.

Practice exercises and self-assessment tools have been provided to solidify the reader's understanding of the content. By regularly testing oneself on the material, learners can identify areas of strength and weakness. This continuous assessment is an integral part of the learning process and it contributes to long-term retention of the subject matter.

Medical terminology and anatomy are not static fields; they are dynamic and ever-evolving with advancements in medical science and technology. Therefore, the chapter encourages ongoing education and the use of current and credible resources to stay abreast of new terms, procedures, and anatomical discoveries that are continuously reshaping the healthcare landscape.

In summary, the mastery of medical terminology and anatomy is critical for anyone seeking a career in healthcare. This chapter has aimed to provide a comprehensive overview while also equipping readers with the tools necessary for continued learning. With a solid foundation in these subjects, healthcare professionals can confidently navigate the complex world of medicine, enhance their communication skills, and ultimately improve patient outcomes.

2.6. 120 Review Questions and Answers for Chapter 2

1. What is the immediate priority when approaching the scene of an emergency?

- a. Begin patient assessment
- b. Ensure scene safety
- c. Obtain patient history
- d. Prepare for transportation

Answer: b. Ensure scene safety

2. During the primary assessment, what is the EMT assessing when checking "airway"?

- a. If the patient's airway is clear and not obstructed
- b. The patient's blood pressure
- c. Heart rate and rhythm
- d. Body temperature

Answer: a. If the patient's airway is clear and not obstructed

3. Which pulse is most commonly checked by EMTs on an adult patient during an initial assessment?
- Carotid
 - Radial
 - Brachial
 - Femoral
- Answer: a. Carotid
4. What does the acronym AVPU stand for when assessing a patient's level of consciousness?
- Airway, Ventilation, Pulse, Unconscious
 - Alert, Verbal, Pain, Unresponsive
 - Assessment, Vital signs, Pupils, Understanding
 - Alert, Voice, Pain, Unconscious
- Answer: b. Alert, Verbal, Pain, Unresponsive
5. What should an EMT do if a patient is found to have an open airway but is not breathing?
- Immediately start chest compressions
 - Administer high-flow oxygen
 - Start positive pressure ventilation
 - Position the patient for recovery
- Answer: c. Start positive pressure ventilation
6. What information is included in the SAMPLE history?
- Symptoms, Allergies, Medications, Past medical history, Last oral intake, Events leading up to the injury or illness
 - Simple triage, Age, Medical history, Previous episodes, Last vitals, Expected outcome
 - Symptoms, Assessment findings, Medications, Problems, Last meal, Emotional status
 - Significance, Allergies, Medications, Pain level, Last assessment, EKG readings
- Answer: a. Symptoms, Allergies, Medications, Past medical history, Last oral intake, Events leading up to the injury or illness
7. What information does the mnemonic OPQRST stand for when evaluating a patient's pain?
- Onset, Provocation, Quality, Region/Radiation, Severity, Time
 - Orientation, Perfusion, Quality, Respiratory rate, Skin signs, Temperature
 - Onset, Position, Quantity, Region/Radiation, Symptoms, Treatment
 - Oxygen, Pressure, Quickness, Range, Strength, Tenderness
- Answer: a. Onset, Provocation, Quality, Region/Radiation, Severity, Time
8. Which of the following best describes the term "capillary refill"?
- The replenishment of capillaries with blood after applying pressure to a nail bed
 - The time it takes for a patient to recover from a capillary hemorrhage
 - The process of hyperventilating a patient to increase oxygenation in the capillaries
 - A test to measure the electrolyte levels within capillaries
- Answer: a. The replenishment of capillaries with blood after applying pressure to a nail bed
9. How should an EMT approach a patient suspected of having a spinal injury?
- Apply manual stabilization to the head and neck immediately
 - Begin resuscitation efforts if patient is not breathing
 - Transport the patient to the hospital in a seated position
 - Perform the jaw-thrust maneuver without stabilizing the cervical spine
- Answer: a. Apply manual stabilization to the head and neck immediately
10. What does the "C" in the ABC's of a primary assessment stand for?
- Compression
 - Circulation

- c. Cervical spine
 - d. Contraction
- Answer:* b. Circulation

11. *When taking a blood pressure, what does the systolic pressure represent?*
- a. The pressure in the arteries when the ventricles are refilling
 - b. The pressure in the arteries during contractions of the heart
 - c. The resistance to blood flow within the vessels
 - d. The average pressure during the entire heart cycle
- Answer:* b. The pressure in the arteries during contractions of the heart

12. *What does the Glasgow Coma Scale (GCS) measure?*
- a. Hydration levels
 - b. Neurological function
 - c. Blood glucose levels
 - d. Pain response
- Answer:* b. Neurological function

13. *When assessing a patient's breathing, what does EMT stand for?*
- a. Emergency Medical Technician
 - b. Evaluate, Monitor, Treat
 - c. Exhalation, Movement, Temperature
 - d. Effort, Rate, and Quality of Breathing
- Answer:* d. Effort, Rate, and Quality of Breathing

14. *If a patient is suspected of having a stroke, what assessment tool can an EMT use?*
- a. FAST exam
 - b. OPQRST assessment
 - c. Rule of nines
 - d. SAMPLE history
- Answer:* a. FAST exam

15. *What is the most appropriate technique to control bleeding from a laceration on a forearm?*
- a. Elevation above heart level
 - b. Direct pressure and elevation
 - c. Tourniquet application
 - d. Applying ice and direct pressure
- Answer:* b. Direct pressure and elevation

16. *How can an EMT best protect themselves when managing a violent patient?*
- a. Restrain the patient immediately upon arrival
 - b. Request assistance and use de-escalation techniques
 - c. Leave the scene and wait for law enforcement
 - d. Engage the patient physically to show authority
- Answer:* b. Request assistance and use de-escalation techniques

17. *In the pre-hospital setting, which method is recommended for an EMT to obtain a patient's blood glucose level?*
- a. Venipuncture
 - b. Finger stick with a glucometer
 - c. Arterial blood gas analysis
 - d. Urine test strip
- Answer:* b. Finger stick with a glucometer

18. *What is the purpose of the “rapid trauma assessment” in EMT practice?*
- To transport the patient to the hospital as quickly as possible
 - To identify immediate threats to life in a trauma patient
 - To perform a detailed head-to-toe examination
 - To gather a comprehensive personal and medical history
- Answer:* b. To identify immediate threats to life in a trauma patient
19. *Which types of consent must an EMT obtain before providing patient care or transport?*
- Implied and informed
 - Written and verbal
 - Expressed and involuntary
 - Informed and unconscious
- Answer:* a. Implied and informed
20. *When assessing a patient for shock, which signs and symptoms might an EMT find?*
- Hypertension, bradypnea, and warm skin
 - Tachycardia, hypotension, and cool or clammy skin
 - Hypertension, flushed skin, and tachypnea
 - Bradycardia, hyperthermia, and dry skin
- Answer:* b. Tachycardia, hypotension, and cool or clammy skin
21. *Which of the following is a correct step in the sequence of performing CPR on an adult patient?*
- Deliver rescue breaths before checking for a pulse
 - Perform 30 chest compressions followed by two rescue breaths
 - Start with two rescue breaths before performing chest compressions
 - Check for a pulse for at least 20 seconds before starting compressions
- Answer:* b. Perform 30 chest compressions followed by two rescue breaths
22. *What is the primary goal for an EMT when providing care to a patient who has sustained a burn?*
- To cool the burn with ice
 - To apply a tourniquet proximal to the burn
 - To prevent further injury and begin cooling the burn
 - To remove all burned clothing and cover the area with a blanket
- Answer:* c. To prevent further injury and begin cooling the burn
23. *When should an EMT consider the use of a traction splint?*
- For all closed femur fractures
 - If there is a suspected tibial injury
 - For open fractures with severe bleeding
 - When a patient has a mid-shaft femur fracture and no pelvic or knee injury
- Answer:* d. When a patient has a mid-shaft femur fracture and no pelvic or knee injury
24. *Which of the following best describes the term ‘crepitus’?*
- Swelling of an injured body part
 - The sound or feeling of broken bone ends rubbing together
 - A whistling sound during respiration
 - Warm and red skin at the site of infection
- Answer:* b. The sound or feeling of broken bone ends rubbing together
25. *How should an EMT manage a patient who is experiencing a seizure upon arrival?*
- Restrict patient movement and insert an oral airway
 - Protect the patient from injury and maintain an open airway
 - Administer an immediate dose of oral glucose

d. Perform a head tilt-chin lift maneuver to open the airway
Answer: b. Protect the patient from injury and maintain an open airway

26. *When is it appropriate for an EMT to administer aspirin to a patient?*

- a. When the patient has a headache
- b. If the patient has a fever
- c. If the patient is experiencing chest pain suggestive of a cardiac event
- d. When the patient has abdominal pain

Answer: c. If the patient is experiencing chest pain suggestive of a cardiac event

27. *How does an EMT assess for the presence of a tension pneumothorax?*

- a. Noting jugular vein distention, tracheal deviation, and decreased breath sounds
- b. Checking for a sucking chest wound and crepitus
- c. Looking for unilateral chest rise and the presence of a flail segment
- d. Monitoring the patient for cough and fever

Answer: a. Noting jugular vein distention, tracheal deviation, and decreased breath sounds

28. *What is an EMT's role in childbirth?*

- a. Perform an episiotomy if necessary
- b. Coordinating delivery with obstetricians by phone
- c. Preparing to catch the baby and initiating newborn care
- d. Giving the mother painkillers upon request

Answer: c. Preparing to catch the baby and initiating newborn care

29. *What should an EMT do to properly assess a patient's abdomen?*

- a. Palpate the abdomen starting with the quadrant exhibiting pain
- b. Perform deep palpation in all quadrants to check for organ size
- c. Palpate the abdomen in a systematic manner, avoiding areas of pain until last
- d. Have the patient lie on their side and palpate from the back

Answer: c. Palpate the abdomen in a systematic manner, avoiding areas of pain until last

30. *In which situation would an EMT administer naloxone (Narcan)?*

- a. To a patient with hyperglycemia
- b. To a patient experiencing alcohol poisoning
- c. To a patient suspected of opioid overdose
- d. To a patient with a known allergy to pain medications

Answer: c. To a patient suspected of opioid overdose

31. *When performing a secondary assessment on a trauma patient, what should an EMT check first?*

- a. Assess the patient's history
- b. Head-to-toe examination
- c. Vital signs
- d. Re-assess the primary survey

Answer: d. Re-assess the primary survey

32. *What is considered a normal respiratory rate for a healthy adult?*

- a. 8-10 breaths per minute
- b. 12-20 breaths per minute
- c. 22-30 breaths per minute
- d. 30-40 breaths per minute

Answer: b. 12-20 breaths per minute

33. *When handling a patient with suspected tuberculosis, what personal protective equipment should the EMT wear?*
- Gloves
 - Goggles
 - HEPA or N95 respirator
 - Surgical mask
- Answer: c. HEPA or N95 respirator*
34. *What does the mnemonic “DCAP-BTLS” stand for in the physical examination of a patient?*
- Deformities, Contusions, Abrasions, Penetrations, Burns, Tenderness, Lacerations, Swelling
 - Dislocation, Cuts, Allergies, Punctures, Bleeding, Trauma, Lesions, Strain
 - Distention, Concussion, Aneurysm, Pulsation, Bruising, Tension, Lesions, Separation
 - Discoloration, Contusions, Aneurysm, Paresthesia, Bleeding, Tension, Lesions, Sprain
- Answer: a. Deformities, Contusions, Abrasions, Penetrations, Burns, Tenderness, Lacerations, Swelling*
35. *What is a common sign of hypoglycemia that an EMT might observe?*
- Slurred speech
 - Flushed skin
 - Hyperventilation
 - Slow pulse rate
- Answer: a. Slurred speech*
36. *What does the medical term “dyspnea” refer to?*
- Difficulty breathing
 - Double vision
 - Disoriented behavior
 - Decreased hearing
- Answer: a. Difficulty breathing*
37. *How does an EMT confirm that endotracheal intubation has been successfully performed?*
- By listening for bowel sounds
 - By seeing a drop in blood pressure
 - By checking for chest rise and auscultating breath sounds
 - By assessing the patient’s GCS score
- Answer: c. By checking for chest rise and auscultating breath sounds*
38. *In cases of suspected poisoning, what information is most important for an EMT to obtain?*
- The substance ingested and the time of ingestion
 - The patient’s favorite food
 - The patient’s medical history
 - The patient’s insurance information
- Answer: a. The substance ingested and the time of ingestion*
39. *For an adult patient in cardiac arrest, at what rate should chest compressions be given?*
- 60-80 compressions per minute
 - 80-100 compressions per minute
 - 100-120 compressions per minute
 - 120-140 compressions per minute
- Answer: c. 100-120 compressions per minute*
40. *What is the most appropriate first step when addressing an open chest wound?*
- Performing CPR
 - Covering the wound with a sterile, occlusive dressing

- c. Splinting the area
 - d. Applying a tourniquet
- Answer:* b. Covering the wound with a sterile, occlusive dressing

41. *Which of the following is not part of the patient's vital signs?*

- a. Blood pressure
- b. Respiratory rate
- c. Temperature
- d. Pupillary response

Answer: d. Pupillary response

42. *What is the correct position for transporting a patient with a suspected spinal injury?*

- a. Supine with head elevated
- b. Left lateral recumbent position
- c. Sitting up with spine immobilized
- d. Supine with neck and back in neutral, immobilized position

Answer: d. Supine with neck and back in neutral, immobilized position

43. *When providing bag-valve-mask (BVM) ventilations, what is important to ensure effective breaths?*

- a. Ventilate rapidly to ensure a high oxygen delivery
- b. Squeeze the bag as hard as possible
- c. Maintain a proper seal and ventilate at the appropriate rate and volume
- d. Only use BVM without supplemental oxygen

Answer: c. Maintain a proper seal and ventilate at the appropriate rate and volume

44. *How is oxygen typically administered to a patient with adequate breathing but showing signs of hypoxia?*

- a. Via a non-rebreather mask at 15 L/min
- b. Through a nasal cannula at 6 L/min
- c. Via a bag-valve-mask at 10 L/min
- d. Through a simple face mask at 5 L/min

Answer: a. Via a non-rebreather mask at 15 L/min

45. *When leaving a crime scene, what is the EMT's responsibility regarding the evidence?*

- a. Collect and catalog all evidence
- b. Preserve, do not touch or disturb any evidence
- c. Direct law enforcement to the evidence
- d. Take photographs of the scene and evidence

Answer: b. Preserve, do not touch or disturb any evidence

46. *When should an EMT use a long spine board?*

- a. When there is evidence of superficial bleeding
- b. For all patients as a precautionary measure
- c. For patients with suspected spinal trauma
- d. For all unconscious patients regardless of trauma

Answer: c. For patients with suspected spinal trauma

47. *What is the most effective way of preventing disease transmission?*

- a. Taking antibiotics before patient contact
- b. Wearing gloves and a face mask with all patients
- c. Thorough hand hygiene before and after patient contact
- d. Using a high-efficiency particulate arresting (HEPA) mask for every patient

Answer: c. Thorough hand hygiene before and after patient contact

48. *How should an EMT assess the circulation in an infant?*
- Check the carotid pulse
 - Check the radial pulse
 - Check the brachial pulse
 - Check the femoral pulse
- Answer:* c. Check the brachial pulse
49. *What is the purpose of the pediatric assessment triangle (PAT)?*
- To assess a pediatric patient's vital signs
 - To determine the pediatric patient's weight for medication dosing
 - To evaluate the pediatric patient's general appearance, work of breathing, and circulation to the skin
 - To confirm the presence of allergic reactions in pediatric patients
- Answer:* c. To evaluate the pediatric patient's general appearance, work of breathing, and circulation to the skin
50. *Which of the following is a sign of inadequate breathing in a patient?*
- Regular chest rise and fall
 - A respiratory rate of 16 breaths per minute
 - Use of accessory muscles to breathe
 - A clear and strong cough
- Answer:* c. Use of accessory muscles to breathe
51. *What is the EMT's role when called to a patient who has decided to undergo physician-assisted suicide?*
- Ensure the patient understands the consequences and has legal documentation
 - Persuade the patient to reconsider their decision
 - To assist in administering the medication
 - To provide comfort care and support for the patient without intervening in the process
- Answer:* d. To provide comfort care and support for the patient without intervening in the process
52. *When performing a jaw-thrust maneuver, what is the EMT's most important consideration?*
- To flex the neck for easier access
 - To protect the airway while minimizing movement of the cervical spine
 - To ensure that the mouth is opened as widely as possible
 - To use this maneuver only when oral airway adjuncts are unavailable
- Answer:* b. To protect the airway while minimizing movement of the cervical spine
53. *Which condition is characterized by the EMT finding a rapid, strong pulse in a trauma patient?*
- Hypovolemic shock
 - Cardiogenic shock
 - Neurogenic shock
 - Compensated shock
- Answer:* c. Neurogenic shock
54. *What medication can an EMT administer to a patient experiencing chest pain with prescribed nitroglycerin?*
- Aspirin
 - Ibuprofen
 - Acetaminophen
 - Morphine
- Answer:* a. Aspirin

55. *What is the benefit of using a 4x4 gauze pad for a small, open wound?*
a. It can be used to apply indirect pressure to control bleeding
b. It is the primary dressing for large, traumatic wounds
c. It can act as a tourniquet for life-threatening hemorrhages
d. It is typically used to clean the wound before applying other dressings
Answer: a. It can be used to apply indirect pressure to control bleeding
56. *When should an EMT consider ALS backup?*
a. When a patient has a nosebleed
b. When patient transport is likely to be delayed due to weather conditions
c. When the patient's condition is beyond the scope of BLS care
d. For every medical call as a standard operating procedure
Answer: c. When the patient's condition is beyond the scope of BLS care
57. *After delivering a baby, what is the EMT's next step?*
a. Immediately clamp and cut the umbilical cord
b. Ensure the baby is warm, dry, and has a clear airway
c. Place the baby on the mother's chest to promote bonding
d. Begin postpartum care of the mother
Answer: b. Ensure the baby is warm, dry, and has a clear airway
58. *How would an EMT categorize a contusion?*
a. An open wound with significant bleeding
b. A closed injury characterized by bruising
c. A break in the bone without an associated wound
d. An injury to organs within the abdominal cavity
Answer: b. A closed injury characterized by bruising
59. *In the event of an amputation, how should the amputated part be handled?*
a. Washed with sterile saline and directly placed on ice
b. Placed directly into a plastic bag and placed on ice
c. Wrapped in a moist sterile dressing and placed into a plastic bag kept cool
d. Placed in warm water to preserve tissue viability
Answer: c. Wrapped in a moist sterile dressing and placed into a plastic bag kept cool
60. *What does the "E" stand for in the "SAMPLE" history acronym for EMTs?*
a. Events leading to the illness or injury
b. Examination findings
c. Equipment that may have caused the injury
d. Estimated time of the last meal
Answer: a. Events leading to the illness or injury
61. *What is the EMT's best action when encountering a hazardous materials incident?*
a. Immediately rush in to rescue any victims
b. Wait for the hazardous materials team to arrive
c. Quickly don personal protective equipment and proceed
d. Secure the scene and establish a perimeter
Answer: d. Secure the scene and establish a perimeter
62. *In which situation should an EMT apply a pelvic binder?*
a. Suspected femur fracture
b. Confirmed lower rib fractures
c. Suspected pelvic fracture

d. Abdominal evisceration
Answer: c. Suspected pelvic fracture

63. *What is the ideal position to place an unresponsive patient with no suspected spinal injury?*

- a. Supine
- b. Prone
- c. Left lateral recumbent (recovery position)
- d. Fowler's position

Answer: c. Left lateral recumbent (recovery position)

64. *Which component is typically included in the Secondary Assessment?*

- a. Airway check
- b. Breathing assessment
- c. Circulation evaluation
- d. Detailed physical exam

Answer: d. Detailed physical exam

65. *How does an EMT assess a patient's neurological function during a secondary assessment?*

- a. Pupil dilation check using a penlight
 - b. Palpation of the radial pulse
 - c. Auscultation of breath sounds
 - d. Blood pressure measurement
- Answer:* a. Pupil dilation check using a penlight

66. *What type of consent is involved when a conscious, competent adult agrees to receive treatment?*

- a. Implied consent
- b. Informed consent
- c. Expressed consent
- d. Uninformed consent

Answer: c. Expressed consent

67. *When should an EMT perform a "rapid extrication technique"?*

- a. When a patient needs immediate transport to a facility for life-threatening injuries
- b. For comfortable transportation of a patient with non-urgent injuries
- c. As a routine for all patients involved in motor vehicle collisions
- d. When a patient requests to be moved out of the vehicle quickly

Answer: a. When a patient needs immediate transport to a facility for life-threatening injuries

68. *What does 'referred pain' mean in medical terms?*

- a. Pain felt in a part of the body other than its actual source
- b. A term for pain that is directly at the injury site
- c. Pain that refers to a psychic rather than a physical origin
- d. The pain experienced prior to arriving at the hospital

Answer: a. Pain felt in a part of the body other than its actual source

69. *When suspecting a patient has epiglottitis, what action should an EMT avoid?*

- a. Taking a thorough history
- b. Visual inspection of the throat
- c. Providing high-flow oxygen
- d. Maintaining a calm environment

Answer: b. Visual inspection of the throat

70. *What is a key sign of a tension pneumothorax?*
a. Unilateral chest rise and fall
b. Muffled heart sounds
c. JVD (Jugular Vein Distension)
d. Frothy sputum from the nose and mouth
Answer: c. JVD (Jugular Vein Distension)
71. *How often should an EMT reassess a stable patient during transport?*
a. Every 5 minutes
b. Every 10 minutes
c. Every 15 minutes
d. Every 30 minutes
Answer: c. Every 15 minutes
72. *What is the primary purpose of a head-tilt, chin-lift maneuver?*
a. To stabilize the cervical spine
b. To clear the airway of foreign material
c. To open the airway
d. To check for neck injuries
Answer: c. To open the airway
73. *Which method of oxygen delivery provides the highest concentration of oxygen?*
a. Nasal cannula
b. Non-rebreather mask
c. Venturi mask
d. Simple face mask
Answer: b. Non-rebreather mask
74. *In which type of shock might an EMT notice warm, flushed skin?*
a. Neurogenic shock
b. Hypovolemic shock
c. Septic shock
d. Cardiogenic shock
Answer: c. Septic shock
75. *What is the most appropriate action for an EMT when dealing with a patient who has ingested a toxic substance?*
a. Induce vomiting immediately
b. Provide activated charcoal, if protocol allows
c. Administer large quantities of water
d. Wait until arrival at the hospital for any interventions
Answer: b. Provide activated charcoal, if protocol allows
76. *When providing ventilations with a bag-valve-mask (BVM) to a patient who has a pulse but is not breathing, what is the correct ventilation rate for an adult?*
a. 5-6 ventilations per minute
b. 10-12 ventilations per minute
c. 16-18 ventilations per minute
d. 20-24 ventilations per minute
Answer: b. 10-12 ventilations per minute
77. *What type of move should an EMT use to transfer a patient from a bed to a stretcher when the patient does not have any suspected spinal injuries?*
a. Emergency move

- b. Urgent move
 - c. Non-urgent move
 - d. Rapid extrication technique
- Answer:* c. Non-urgent move

78. *Why is it important for the EMT to stabilize a patient's cervical spine manually during the initial assessment?*

- a. To check for neck swelling
- b. To prevent airway obstruction
- c. To prepare the patient for a surgical airway
- d. To prevent further spinal cord injury

Answer: d. To prevent further spinal cord injury

79. *An adult patient is suspected to be suffering from hypoperfusion. What is another term for this condition?*

- a. Stroke
- b. Cardiac arrest
- c. Shock
- d. Hypotension

Answer: c. Shock

80. *How can an EMT identify the presence of jugular vein distention (JVD)?*

- a. By inspecting the side of the patient's neck for raised veins while at a 45-degree angle
- b. By palpating the abdomen
- c. By observing for the Heimlich maneuver
- d. By checking for limb paralysis

Answer: a. By inspecting the side of the patient's neck for raised veins while at a 45-degree angle

81. *What is the first step an EMT should take when they suspect a patient has ingested a corrosive substance?*

- a. Administer activated charcoal
- b. Encourage the patient to eat bread
- c. Contact medical direction for advice
- d. Perform gastric lavage

Answer: c. Contact medical direction for advice

82. *What is the most appropriate EMT response for a nosebleed (epistaxis)?*

- a. Have the patient lean back and pinch the nostrils
- b. Have the patient blow their nose vigorously to clear blood clots
- c. Have the patient lean forward and pinch the nostrils
- d. Pack the nostrils with large cotton swabs

Answer: c. Have the patient lean forward and pinch the nostrils

83. *What condition is characterized by a sudden onset of difficulty breathing, sharp chest pain, and cyanosis?*

- a. Asthma
- b. Pneumothorax
- c. Myocardial infarction
- d. Pulmonary embolism

Answer: d. Pulmonary embolism

84. *How should an EMT assess a patient's skin as part of the primary assessment?*

- a. Check for pallor and note any tattoos or piercings
- b. Assess skin for temperature, moisture, and color

- c. Measure the skin's elasticity and look for jaundice
 - d. Use a dermascope to inspect the skin for lesions
- Answer:* b. Assess skin for temperature, moisture, and color

85. *What is a contraindication for the application of a cervical collar?*

- a. Brachial plexus injury
- b. Imminent risk of cardiac arrest
- c. Existence of an obvious deformity in the neck region
- d. Patient complains of mild neck discomfort

Answer: c. Existence of an obvious deformity in the neck region

86. *For which condition is the administration of epinephrine via auto-injector indicated?*

- a. Asthma attack
- b. Diabetic emergency
- c. Anaphylactic shock
- d. Opioid overdose

Answer: c. Anaphylactic shock

87. *When assessing a pediatric patient's respiratory status, which sign would be cause for immediate concern?*

- a. Clubbing of the fingers
- b. Nasal flaring and grunting
- c. An irregular breathing pattern
- d. A respiratory rate of 24 breaths per minute

Answer: b. Nasal flaring and grunting

88. *In which situation would an oropharyngeal airway (OPA) be contraindicated?*

- a. The patient is unresponsive without a gag reflex
- b. The patient has a robust, unaltered gag reflex
- c. The patient is being prepared for intubation
- d. The patient has profound tachypnea

Answer: b. The patient has a robust, unaltered gag reflex

89. *Which assessment finding necessitates the immediate application of high-flow oxygen?*

- a. Respirations of 22 breaths per minute
- b. Pulse oximetry reading of 96%
- c. Patient is reporting feelings of anxiety
- d. Respirations of 6 breaths per minute

Answer: d. Respirations of 6 breaths per minute

90. *What is the significance of paradoxical motion noted on a flail chest patient?*

- a. It indicates a section of the rib cage is detached from the rest of the chest wall.
- b. It is typically seen in patients with no significant underlying chest injury.
- c. It suggests an increase in intrathoracic pressure during exhalation.
- d. It constitutes a normal breathing pattern post injury.

Answer: a. It indicates a section of the rib cage is detached from the rest of the chest wall.

91. *How can an EMT differentiate between respiratory distress and respiratory failure?*

- a. By assessing the patient's ability to speak in full sentences
- b. By checking for abnormal breathing sounds only
- c. By measuring the respiratory rate alone
- d. By the presence of cyanosis and altered mental status

Answer: d. By the presence of cyanosis and altered mental status

92. *What is the primary purpose of the “recovery position”?*
- To provide comfort to a patient with back pain
 - To prevent aspiration in an unconscious patient with normal breathing
 - To stabilize a patient with a pelvic fracture
 - To prepare a patient for a surgical procedure
- Answer:* b. To prevent aspiration in an unconscious patient with normal breathing
93. *In which situation would an EMT administer activated charcoal?*
- During hypoglycemic events
 - To a patient experiencing a heart attack
 - To a patient with suspected oral poisoning
 - To control external bleeding
- Answer:* c. To a patient with suspected oral poisoning
94. *What is an indication for providing supplemental oxygen to a patient?*
- Pulse rate above 100 bpm
 - Oxygen saturation (SpO₂) below 94%
 - Patient is fully alert and oriented
 - Tremendous blood loss without shock
- Answer:* b. Oxygen saturation (SpO₂) below 94%
95. *Which of the following indicates full spinal immobilization is required for a trauma patient?*
- Localized tenderness in the extremities
 - Numbness in the fingers with no other symptoms
 - Pain in the neck with tingling down the arms
 - An abrasion on the forehead
- Answer:* c. Pain in the neck with tingling down the arms
96. *When an EMT is taking blood pressure manually, what indicates the diastolic pressure?*
- The first appearance of the thumping sound
 - When the thumping sound starts to muffle
 - The complete disappearance of the thumping sound
 - A constant humming sound throughout the measurement
- Answer:* c. The complete disappearance of the thumping sound
97. *How should an EMT respond to a patient who has signed a Do Not Resuscitate (DNR) order?*
- Proceed with full resuscitation efforts
 - Verify the validity of the DNR and comply with the patient’s wishes
 - Disregard the DNR and provide life-sustaining treatment
 - Only provide comfort measures and no resuscitation
- Answer:* b. Verify the validity of the DNR and comply with the patient’s wishes
98. *Which of the following might indicate a patient is suffering from inadequate perfusion (shock)?*
- Warm, dry skin
 - Constricted pupils
 - Delayed capillary refill
 - Hypertension
- Answer:* c. Delayed capillary refill
99. *How would an EMT most accurately categorize a ‘hematoma’?*
- A swelling filled with pus
 - A laceration needing stitches
 - A swelling of clotted blood within tissues

d. A bruise that is superficially discolored
Answer: c. A swelling of clotted blood within tissues

100. Which of the following patients would be a priority for spinal immobilization?

- a. A patient complaining of neck pain after a low-speed motor vehicle collision
- b. A patient with a twisted ankle from a fall
- c. A patient with a minor laceration on the head without neurological symptoms
- d. A patient with epistaxis after sneezing

Answer: a. A patient complaining of neck pain after a low-speed motor vehicle collision

101. What is the significance of 'stridor' in a pediatric patient?

- a. It indicates a lower airway obstruction
- b. It suggests gastroesophageal reflux
- c. It is a high-pitched sound indicating upper airway narrowing or obstruction
- d. It is the sound of a productive cough

Answer: c. It is a high-pitched sound indicating upper airway narrowing or obstruction

102. Under what condition would an EMT appropriately apply a PASG (pneumatic anti-shock garment)?

- a. Severe head trauma
- b. Pulmonary edema
- c. Pelvic fractures with signs of shock
- d. Extensive thermal burns

Answer: c. Pelvic fractures with signs of shock

103. Which assessment tool is used by EMTs to determine a stroke patient's severity and as a pre-hospital notification to the hospital?

- a. Cincinnati Prehospital Stroke Scale
- b. Montreal Cognitive Assessment
- c. Glasgow Coma Scale
- d. ABC assessment method

Answer: a. Cincinnati Prehospital Stroke Scale

104. What is a key difference between angina and a myocardial infarction (heart attack)?

- a. Angina pain is usually relieved with rest and nitroglycerin, while heart attack pain is not.
- b. Heart attack pain occurs only on the left side, but angina pain can occur anywhere.
- c. Angina is caused by a blocked artery, while a heart attack is caused by a muscle spasm.
- d. Angina can be diagnosed on the scene, but a heart attack can only be diagnosed in a hospital.

Answer: a. Angina pain is usually relieved with rest and nitroglycerin, while heart attack pain is not.

105. When assessing a patient with a potential extremity fracture, what sign would indicate a possible bone injury?

- a. Sudden, unexplained hypertension
- b. A history of chronic obstructive pulmonary disease (COPD)
- c. The presence of a 'snoring' respiratory sound
- d. Swelling and deformity at the site of injury

Answer: d. Swelling and deformity at the site of injury

106. What critical intervention should an EMT perform for a patient with severe epistaxis not controlled by direct pressure?

- a. Lay the patient flat and elevate the legs
- b. Pack the nose with hemostatic gauze
- c. Administer high-flow oxygen via non-rebreather mask

d. Have the patient blow their nose to clear blood clots

Answer: b. Pack the nose with hemostatic gauze

107. *How can an EMT best assess a patient for potential internal bleeding?*

- a. Checking the patient's blood pressure in different positions
- b. Asking about the patient's medical history and current medications
- c. Observing for signs and symptoms such as tachycardia and pale, cool, clammy skin
- d. Performing a finger-stick blood glucose test

Answer: c. Observing for signs and symptoms such as tachycardia and pale, cool, clammy skin

108. *When managing a patient with a suspected flail chest, what is the EMT's initial treatment?*

- a. Provide positive pressure ventilation with a BVM
- b. Administer pain medication if protocols allow
- c. Position the patient on the uninjured side
- d. Apply a bulky dressing and secure it with a bandage to stabilize the chest wall

Answer: d. Apply a bulky dressing and secure it with a bandage to stabilize the chest wall

109. *What does the term 'hypoxia' refer to?*

- a. The insufficient supply of oxygen to the tissues
- b. An excessive level of carbon dioxide in the bloodstream
- c. A high level of glucose in the blood
- d. Elevated heart rate and palpitations

Answer: a. The insufficient supply of oxygen to the tissues

110. *When should an EMT apply a tourniquet?*

- a. To any open wound with visible bleeding
- b. Only to extremities with life-threatening bleeding that cannot be controlled by direct pressure
- c. Whenever a patient has a pulse distal to the injury
- d. As a primary intervention for minor external bleeding

Answer: b. Only to extremities with life-threatening bleeding that cannot be controlled by direct pressure

111. *What is the significance of wheezing heard upon auscultation of a patient's lungs?*

- a. It indicates fluid in the alveoli
- b. It suggests a narrowing of the air passages
- c. It is a sign of increased respiratory effort
- d. It denotes a blockage in the upper airway

Answer: b. It suggests a narrowing of the air passages

112. *When an EMT performs a detailed physical exam, in which order should the body systems typically be assessed?*

- a. The order should be directed by the patient's presentation and injuries.
- b. Head, neck, chest, abdomen, pelvis, extremities, posterior
- c. Chest, abdomen, pelvis, extremities, posterior, head, neck
- d. Extremities, pelvis, abdomen, chest, head, neck, posterior

Answer: a. The order should be directed by the patient's presentation and injuries.

113. *Which of the following describes the purpose of the incident command system (ICS)?*

- a. To provide a tool for triaging patients in mass casualty incidents only
- b. To ensure all emergency workers receive the same level of training
- c. To structure and coordinate the response of multiple agencies in emergency situations
- d. To establish a legal framework for pre-hospital emergency care

Answer: c. To structure and coordinate the response of multiple agencies in emergency situations

114. *When a patient is experiencing angina pectoris, what is usually expected on their ECG?*
- Significant ST-segment elevation
 - Ventricular fibrillation
 - No changes, as angina often does not cause permanent heart damage
 - Tall, peaked T-waves indicating hyperkalemia
- Answer:* c. No changes, as angina often does not cause permanent heart damage
115. *In which condition is a rapid transport to a hospital more critical than spending time on scene interventions?*
- A patient with an isolated lower extremity fracture
 - A patient with stable vital signs and minor burns
 - A patient with moderate dyspnea but without cyanosis
 - A patient with symptoms of an acute stroke
- Answer:* d. A patient with symptoms of an acute stroke
116. *How might an EMT accurately determine the presence of orthostatic vital signs?*
- Measure the patient's blood pressure and heart rate at intervals after changing positions from lying to sitting to standing.
 - Take the patient's pulse and blood pressure only while the patient is sitting.
 - Take the patient's pulse and blood pressure once while the patient is lying down and again while standing.
 - Check the patient's temperature in different positions.
- Answer:* a. Measure the patient's blood pressure and heart rate at intervals after changing positions from lying to sitting to standing.
117. *In a patient with suspected spinal injury, what method should an EMT use to open the airway?*
- Head-tilt, chin-lift maneuver
 - Tongue-jaw lift maneuver
 - Jaw-thrust maneuver without neck extension
 - Neck flexion and hyperextension
- Answer:* c. Jaw-thrust maneuver without neck extension
118. *What is the best position to transport a pregnant patient in her third trimester?*
- Supine with legs raised
 - On her left side to prevent supine hypotensive syndrome
 - Sitting upright at a 90-degree angle
 - Prone with adequate cushioning
- Answer:* b. On her left side to prevent supine hypotensive syndrome
119. *When assessing distal extremity circulation in a limb that is splinted, it's important for the EMT to check for:*
- Capillary refill time, sensation, and motor function
 - The presence of a distal pulse only
 - Range of motion and reflexes
 - Skin temperature and color in the unaffected limb
- Answer:* a. Capillary refill time, sensation, and motor function
120. *What type of breathing pattern is characterized by an irregular rate, depth, and rhythm, occasionally interspersed with periods of apnea?*
- Eupneic breathing
 - Biot's respirations
 - Cheyne-Stokes respirations
 - Kussmaul's respirations
- Answer:* c. Cheyne-Stokes respirations

Chapter 3:

Understanding Patient Assessment

The process of patient assessment is integral to all healthcare settings, forming the foundation upon which medical care is provided. Patient assessment involves gathering information about a patient's health status to make informed decisions about diagnosis and treatment. This typically includes a combination of a patient's medical history, physical examination, and diagnostic tests. Understanding and performing patient assessments effectively is a critical skill for healthcare professionals.

The initial step in patient assessment is often taking a thorough medical history. This includes gathering information about the patient's present illness or chief complaint, past medical history, family history, social history, and a review of systems. These elements provide context about the patient's health and may highlight risk factors or patterns that are important for diagnosis or management. A detailed history can reveal key information that may direct the clinician towards a diagnosis or further investigative options.

An essential part of a patient's medical history is understanding the present illness or chief complaint. Healthcare providers must be able to elicit accurate information about the nature of the complaint, its duration, intensity, location, and any associated symptoms or factors that exacerbate or alleviate it. This helps in forming a differential diagnosis and subsequent plans for tests or treatments. Effective communication skills are important here, as patients may have difficulty articulating their experiences or may have anxieties about revealing sensitive information.

Physical examination follows the medical history and is a systematic process where the clinician uses observation, palpation, percussion, and auscultation to evaluate the patient's body for any signs of disease. For instance, observation can assess the patient's general appearance, behavior, and body type, while palpation can detect tenderness, organ size, and the presence of masses. Each body system requires specific examination techniques and knowledge of what constitutes normal and abnormal findings.

Utilizing diagnostic tests is another component of patient assessment. Tests such as blood tests, urinalysis, imaging studies, and electrocardiograms provide objective data about the patient's health status. This information complements the subjective data gathered from the history and physical exam, sometimes confirming hypotheses or revealing unexpected abnormalities. Healthcare providers must understand the indications, limitations, and potential risks of each diagnostic test they order.

Integrating the information from the medical history, physical examination, and diagnostic tests is key to forming a diagnosis. This process often involves the use of clinical reasoning and decision-making frameworks. Healthcare providers use evidence from the patient assessment to construct a list of possible diagnoses, known as the differential diagnosis, and then determine which are most likely. This can involve synthesizing complex information and is a critical aspect of patient care.

Beyond initial diagnosis, patient assessment is also ongoing and dynamic, continuing throughout the episode of care. Clinical monitoring is needed to evaluate the effectiveness of interventions or to detect changes in the patient's condition. Re-assessment can lead to a re-evaluation of the diagnosis and treatment, ensuring that patient care is continuously tailored to the individual's needs. Proper documentation of the assessment process is essential for communicating with other healthcare team members and providing continuity of care.

In summary, understanding patient assessment is paramount for the accurate evaluation and management of patients. It is a multistep process that must be executed with precision and consideration, from taking thorough histories to conducting detailed physical examinations and ordering pertinent diagnostic tests. Each step informs the next, and together they build a picture of the patient's health from which healthcare professionals can work to deliver the best care possible.

3.1. Scene Safety and Initial Assessment

The primary concern when arriving at the scene of an emergency is safety. First responders are taught to ensure the scene is safe before they provide care to the injured or ill. This is a fundamental concept in all emergency medical training programs and is critical for the protection of both the responders and the victims.

When assessing scene safety, a responder looks for potential dangers such as traffic, fire, electrical hazards, hazardous materials, signs of violence, and unstable structures. It is vital to be aware of environmental hazards such as extreme temperatures or unsafe air quality, which can pose risks to both the responder and the patient.

Once the scene is determined to be safe, the initial assessment of the patient can begin. This includes checking for responsiveness by asking the patient questions or by using physical stimuli, if necessary. If the patient is conscious, a rapid exam to identify any obvious signs of injury or illness is performed while ensuring not to cause further harm.

The initial assessment also involves checking the patient's airway to ensure it is clear and open. This may require repositioning of the head or possibly removing foreign material from the mouth or throat. If the patient is unconscious or has an altered level of consciousness, maintaining a clear airway is the immediate priority.

Breathing is the next critical element to assess. Observing chest rise and fall, listening for breath sounds, and feeling for air movement are all part of this assessment. If the patient is not breathing or has an obstructed airway, lifesaving interventions such as rescue breaths or advanced airway management techniques may be necessary.

Circulation must be evaluated following the assessment of breathing. This includes checking for a pulse, examining the color and temperature of the skin, and looking for any signs of severe bleeding. Proper control of bleeding and initiating CPR if there is no pulse are potential immediate actions.

The initial assessment also encompasses using personal protective equipment (PPE) correctly, such as gloves, face masks, or eye protection, as required by the situation. After the immediate threats to life have been addressed, the responder can then proceed to perform a more in-depth patient assessment and provide appropriate care or transportation.

3.2. Primary and Secondary Assessment Techniques

Primary and secondary assessments are critical components of patient evaluation in emergency care and trauma management. The goal is to quickly identify life-threatening conditions and gather a comprehensive understanding of the patient's overall status. The primary assessment, also known as primary survey, is designed to identify and manage immediate threats to life. It follows the ABCDE approach:

- **Airway:** Ensure that the patient's airway is clear. If the patient is unable to speak, is choking, or has signs of airway obstruction, immediate intervention is necessary.
- **Breathing:** Assess the patient's breathing quality, including rate, depth, and symmetry. Look for signs of respiratory distress and provide supplementary oxygen if needed.
- **Circulation:** Check the patient's pulse for rate and quality. Assess for signs of bleeding or shock and begin appropriate interventions, such as applying pressure to wounds or initiating fluid resuscitation.
- **Disability:** Quickly evaluate the patient's neurological status using the AVPU scale (Alert, Voice, Pain, Unresponsive) or the Glasgow Coma Scale to determine the level of consciousness.
- **Exposure/Environmental Control:** Expose the patient to assess for hidden injuries but take care to maintain their privacy and prevent hypothermia by controlling the environmental factors and using blankets or heaters as needed.

Once the primary assessment is complete and life-threatening issues are addressed or ruled out, a detailed secondary assessment follows. This involves a head-to-toe examination and taking a patient history to identify other injuries or medical problems. The secondary assessment can be structured into the following components:

- **History:** Using the SAMPLE tool (Symptoms, Allergies, Medications, Past medical history, Last meal, Events leading up to the injury/illness) to gather information from the patient or bystanders.
- **Head-to-toe examination:** A systematic approach to evaluate all body systems and look for signs of injury or illness. This includes assessment of the head, neck, chest, abdomen, pelvis, extremities, and posterior of the body.
- **Vital signs:** Measurement of vital signs such as blood pressure, heart rate, respiratory rate, and temperature can provide crucial information about the patient's physiological status.
- **Neurological assessment:** Further evaluation of the patient's neurological function includes checking pupil reaction, motor function, and sensory function.
- **Special considerations:** Depending on the context, specific assessments such as FAST (Focused Assessment with Sonography in Trauma) to look for internal bleeding, or 12-lead ECG in case of suspected cardiac issues might be necessary.
- **Reassessment:** Continuously reassess the patient's condition to monitor for changes and the effectiveness of interventions. This is an ongoing process throughout patient care.
- **Documentation and hand-off:** Accurate documentation of findings and care provided is essential, as is a structured hand-off to other healthcare providers, which should include all vital information obtained during the primary and secondary assessments.

Applying these techniques effectively requires practice, knowledge of the human body, and the ability to remain calm and systematic during high-pressure situations. Emergency personnel are trained to perform these assessments rapidly and efficiently to facilitate the best possible outcomes for patients.

3.3. Patient History and Vital Signs

Patient history and vital signs are crucial early steps in the clinical assessment of a patient. The information gathered is invaluable for diagnosis, management, and monitoring of treatment progress. Understanding and accurately obtaining a patient's history and essential vitals are basic skills that healthcare providers must master to ensure high-quality patient care.

Patient History

Gathering a patient's history is the first step in the medical interview process and involves a methodical collection of past medical records, family history, social history, and a patient's current complaints or symptoms. A comprehensive medical history can provide clues to the diagnosis and suggest necessary tests or treatments. For example, knowing that cardiovascular diseases run in the patient's family can steer the clinician to conduct a thorough cardiovascular examination and perhaps initiate early preventive measures.

A wide array of questions related to a patient's lifestyle—like dietary habits, alcohol and tobacco use, and level of physical activity—can also significantly impact health and should be included in the patient history. Social determinants such as employment, living conditions, and personal relationships can affect health outcomes and may necessitate targeted interventions.

Chief Complaint

Every medical evaluation revolves around the patient's chief complaint, the primary reason the patient sought medical attention. It often sets the stage for formulating differential diagnoses. Documenting the chief complaint typically involves the patient's own words and provides insight into the severity, duration, and nature of the presenting problem.

History of Present Illness (HPI)

Building upon the chief complaint, the History of Present Illness (HPI) delves into a detailed exploration of the patient's symptoms. Effective HPI includes a description of symptom onset, its location, duration, characteristic, alleviating or aggravating factors, related symptoms, and any self-treatment attempts. This detailed narrative becomes a cornerstone for a clinical reasoning process.

Past Medical History (PMH)

In the Past Medical History (PMH), healthcare providers record all relevant medical events in a patient's life. This includes previous illnesses, surgeries, hospitalizations, allergies, medications, and any chronic conditions such as hypertension or diabetes. This section provides context to the current health status and helps predict potential complications or suggest a predisposition to particular diseases.

Family History

Family history is a record of diseases and health issues that occur within a patient's family. Information on illnesses of direct relatives can indicate genetic predispositions to certain diseases. For instance, having a first-degree relative with colon cancer indicates a possible increased risk for the patient.

Social History

A thorough social history can identify factors that impact a patient's health and wellness. Components of social history include marital status, occupation, educational level, sexual history, exercise and dietary habits, and use of tobacco, alcohol, or illicit drugs. An astute clinician can use this information to tailor health advice and interventions to the specific needs and circumstances of the patient.

Vital Signs

Vital signs are a group of the four to six most important signs that indicate the status of the body's vital functions. These signs are temperature, pulse, respiration, and blood pressure. In some settings, oxygen saturation and pain assessments are also included. They offer a snapshot of a patient's basic body functions and are critical in detecting or monitoring medical problems. Vital signs can be influenced by a variety of

factors, hence should always be considered in the context of the patient's general condition, history, and physical examination findings.

3.4. Practice Questions for Patient Assessment

- 1. What are the key components of a comprehensive patient assessment in a clinical setting?**
 - *Answer:* Key components include medical history, physical examination, vital signs, mental status assessment, and diagnostic tests.
- 2. Explain the significance of obtaining a patient's medical history and list the types of information that should be gathered.**
 - *Answer:* Medical history helps understand the patient's health background. Information includes past illnesses, surgeries, allergies, medications, and family health history.
- 3. Describe the techniques used in performing a physical examination and the rationale behind each technique.**
 - *Answer:* Techniques include inspection, palpation, percussion, and auscultation, each providing different but complementary information about the patient's health.
- 4. Discuss how to evaluate a patient's pain using various scales and the importance of documenting pain accurately.**
 - *Answer:* Pain can be assessed using scales like the Numeric Rating Scale or the Wong-Baker FACES scale. Accurate documentation helps in pain management and monitoring progress.
- 5. Illustrate how to assess a patient's mental status and identify potential indicators of cognitive impairment.**
 - *Answer:* Mental status is assessed using tools like the Mini-Mental State Examination, observing cognitive functions, mood, and perception.
- 6. Summarize the steps involved in assessing a patient's cardiovascular health, including vital signs and symptoms to watch for.**
 - *Answer:* Assessing cardiovascular health involves checking heart rate, blood pressure, pulse, heart sounds, and looking for symptoms like chest pain or shortness of breath.
- 7. Outline the procedure for respiratory assessment and explain how to interpret findings such as breath sounds and respiratory rate.**
 - *Answer:* Respiratory assessment includes observing breathing patterns, measuring respiratory rate, and auscultating lungs for abnormal sounds.
- 8. Analyze the role of diagnostic tests in patient assessment and how to integrate their results into the overall clinical picture.**
 - *Answer:* Diagnostic tests provide objective data that complement clinical findings, aiding in diagnosis and treatment planning.
- 9. Present a scenario where a patient presents with abdominal pain, detailing the assessment process to determine the cause.**
 - *Answer:* Assessment includes history-taking, physical examination (palpation, auscultation), evaluating pain characteristics, and possibly diagnostic tests like ultrasound or blood tests.
- 10. Discuss the importance of cultural competence in patient assessment and how to ensure respectful and effective communication with diverse patient populations.**
 - *Answer:* Cultural competence ensures understanding and respect for diverse beliefs and practices, which is essential for effective communication and patient care.
- 11. Explain the legal and ethical considerations in patient assessment, including consent, confidentiality, and documentation requirements.**
 - *Answer:* Legal and ethical considerations include obtaining informed consent, maintaining patient confidentiality, and accurate documentation of all assessments.
- 12. Create a checklist for a patient assessment that incorporates all systems of the body, ensuring a holistic approach.**
 - *Answer:* The checklist should include assessment of the cardiovascular, respiratory, gastrointestinal, neurological, musculoskeletal, and other body systems.

13. Evaluate the challenges that may arise during patient assessment in an emergency setting and how to address these effectively.

- *Answer:* Challenges include time constraints, incomplete information, and high-stress environments. Addressing these requires quick decision-making, prioritizing life-threatening conditions, and effective team communication.

Each question in the section is designed to encourage critical thinking and ensure that healthcare professionals can apply their knowledge effectively in a variety of clinical scenarios. This set of practice questions helps to reinforce the principles and skills required for thorough and accurate patient assessment, an essential component of quality care in healthcare settings.

3.5. Chapter 3 Conclusion and Summary

Patient assessment is a crucial step in the healthcare process as it provides the foundation upon which diagnostic and treatment decisions are made. Effective patient assessment involves a systematic approach that starts when the healthcare professional first encounters the patient and continues throughout their care. In this chapter, we have highlighted the different stages of patient assessment—initial assessment or triage, focused or secondary assessment, continuous or monitoring assessment, and the transfer of care or reassessment.

The initial assessment is designed to quickly identify life-threatening conditions or the need for immediate intervention. It is here where healthcare providers use tools such as the ABCDE approach—Airway, Breathing, Circulation, Disability, Exposure—to evaluate the patient’s vital functions. The primary goal during this phase is to stabilize the patient for further, more detailed evaluation.

The secondary assessment allows for a more detailed and focused evaluation of the patient. Medical professionals utilize a variety of techniques including history taking, physical examination, and diagnostic testing. The Sample history—Symptoms, Allergies, Medications, Past medical history, Last meal, Events leading to the illness or injury—combined with OPQRST—Onset, Provocation, Quality, Region/Radiation, Severity, Time—contribute to a comprehensive picture of the patient’s health status.

Continuous or monitoring assessment is essential for keeping track of the patient’s progress and identifying any changes in their condition. This ongoing assessment often includes regular checkups of vital signs, response to treatments, and monitoring for any signs or symptoms indicating deterioration or improvement. It’s vital for healthcare providers to document these observations meticulously to ensure continuity in care.

The reassessment or transfer of care is a critical juncture where the healthcare professional evaluates the effectiveness of the interventions and prepares to hand over the patient to another team or healthcare setting, if necessary. Proper documentation and communication at this stage are imperative to ensure that there is a seamless transition and that patient safety is not compromised.

In summary, patient assessment is a dynamic and continuous process that demands close attention, analytical thinking, and thorough documentation by healthcare professionals. By following the assessment frameworks and techniques outlined in this chapter, medical professionals can navigate the complexities of patient assessment with greater confidence and precision, ultimately leading to better patient outcomes.

Understanding the nuances and methods of patient assessment is integral to the roles of all healthcare workers. As healthcare continues to evolve with technological and protocol advancements, the core competencies in patient assessments we discussed will remain fundamental. They serve not only as guides to assess the current condition of a patient, but also as frameworks that adapt with the field’s emerging trends and research, ensuring that patient care always adheres to the highest standards of medical practice.

3.6. 120 Review Questions and Answers for Chapter 3

1. *What are the main principles of patient assessment in the EMT scope of practice?*
 - a. Safety, Reassessment, History, Secondary survey, Primary survey
 - b. Scene safety, Primary assessment, History taking, Secondary assessment, Reassessment
 - c. Triage, Transport, Treatment, Reevaluation, Reporting
 - d. Initial contact, Patient consent, Treatment delivery, Discharge planning, Follow-up

Answer: b. Scene safety, Primary assessment, History taking, Secondary assessment, Reassessment

2. *During which phase of the patient assessment should the EMT establish the presence of immediate life-threatening conditions?*
 - a. Upon arrival at the scene
 - b. During the primary assessment
 - c. While obtaining the patient's medical history
 - d. During the secondary assessment

Answer: b. During the primary assessment

3. *Which of the following is NOT a vital sign that EMTs typically assess?*
 - a. Heart rate
 - b. Pupillary response
 - c. Blood pressure
 - d. Respiratory rate

Answer: b. Pupillary response

4. *What is the first step an EMT should take upon arriving at a scene?*
 - a. Begin patient assessment
 - b. Establish command
 - c. Ensure scene safety
 - d. Provide immediate care

Answer: c. Ensure scene safety

5. *In the acronym SAMPLE, what does the "S" stand for?*
 - a. Signs and symptoms
 - b. Salutations and greetings
 - c. Suction and airway clearance
 - d. Severity of the situation

Answer: a. Signs and symptoms

6. *Which of the following best explains the "A" in AVPU, a scale used to assess a patient's level of consciousness?*
 - a. Airway open
 - b. Able to speak
 - c. Alert
 - d. Assessed regularly

Answer: c. Alert

7. *When performing a secondary assessment, what is the primary goal for the EMT?*
 - a. To get a detailed medical history
 - b. To identify potential environmental threats
 - c. To perform a detailed physical exam for injuries and/or medical conditions
 - d. To decide the destination facility

Answer: c. To perform a detailed physical exam for injuries and/or medical conditions

8. *Capillary refill time is considered normal in adults if it is less than:*
 - a. 1 second
 - b. 2 seconds

- c. 4 seconds
 - d. 5 seconds
- Answer:* b. 2 seconds

9. *What constitutes a high-priority patient in the prehospital setting?*

- a. A patient with a headache
- b. A patient with stable vital signs
- c. A patient with a complaint of chest pain and shortness of breath
- d. A patient with a minor laceration on the arm

Answer: c. A patient with a complaint of chest pain and shortness of breath

10. *While assessing a patient's respirations, what are EMTs observing?*

- a. Rate, rhythm, and quality
- b. Rate, sound, and expansion
- c. Rate, strength, and symmetry
- d. Rate, rhythm, and sputum

Answer: a. Rate, rhythm, and quality

11. *During the primary assessment of a trauma patient, you notice the patient has an open airway but is not breathing. Your next step should be to:*

- a. Begin positive pressure ventilations
- b. Perform a rapid head-to-toe assessment
- c. Initiate spinal immobilization
- d. Take the patient's pulse

Answer: a. Begin positive pressure ventilations

12. *What is the correct method for checking responsiveness in an unresponsive adult?*

- a. Shaking the patient vigorously
- b. A light tap on the shoulder
- c. A verbal shout in the ear
- d. A sternal rub or a pinch

Answer: d. A sternal rub or a pinch

13. *When assessing a patient, which of these findings would suggest a neurovascular compromise?*

- a. A radial pulse of 120 beats per minute
- b. Increased heat in the extremity
- c. Pallor and weakness in an extremity
- d. Cool and moist skin

Answer: c. Pallor and weakness in an extremity

14. *EMTs use the mnemonic "OPQRST" when assessing a patient's pain. What does the "P" stand for?*

- a. Previous
- b. Provocation/Palliation
- c. Position
- d. Pulse

Answer: b. Provocation/Palliation

15. *If a patient is experiencing difficulty breathing but has adequate tidal volume and respiratory rate, an EMT should:*

- a. Apply a non-rebreather mask at a high flow rate
- b. Assist ventilations with a BVM
- c. Monitor the patient and provide oxygen via nasal cannula
- d. Do nothing and reassess in 15 minutes

Answer: c. Monitor the patient and provide oxygen via nasal cannula

16. Which of the following describes the purpose of the Glasgow Coma Scale (GCS)?
- To assess the severity of a headache
 - To determine the patient's blood sugar level
 - To evaluate the depth and regularity of breathing
 - To assess the level of consciousness in a patient with a potential head injury
- Answer: d. To assess the level of consciousness in a patient with a potential head injury
17. In the context of trauma, what does the 'M' in the mnemonic MARCH stand for?
- Medication
 - Massive hemorrhage
 - Mobility of joints
 - Myocardial function
- Answer: b. Massive hemorrhage
18. When evaluating a patient's skin, which of the following findings would be of MOST concern to an EMT?
- Moist skin
 - Warm skin
 - Cyanotic (blue) skin
 - Dry skin
- Answer: c. Cyanotic (blue) skin
19. What is the primary reason for applying a cervical collar to a trauma patient?
- To alleviate neck pain
 - To immobilize the cervical spine
 - To control bleeding from neck wounds
 - To maintain an open airway
- Answer: b. To immobilize the cervical spine
20. If a patient exhibits snoring respirations, this indicates that:
- The patient is in a deep sleep.
 - There is partial obstruction of the airway at the level of the nose or throat.
 - The patient is hyperventilating.
 - The airway is clear, and there is no need for intervention.
- Answer: b. There is partial obstruction of the airway at the level of the nose or throat.
21. The 'T' in the DCAP-BTLS mnemonic stands for:
- Tenderness
 - Trauma
 - Tachycardia
 - Temperature
- Answer: a. Tenderness
22. What is the most appropriate action when an EMT encounters a patient with a weak and rapid pulse?
- Having the patient sit down and rest until the pulse slows
 - Applying a hot pack to the patient to encourage vasodilation
 - Performing immediate CPR
 - Preparing for possible shock and transport the patient promptly
- Answer: d. Preparing for possible shock and transport the patient promptly
23. Pupils that are unequal in size (anisocoria) may suggest:
- Dehydration
 - Exposure to a bright light

- c. A potential head injury or neurological event
 - d. The patient is faking illness
- Answer:* c. A potential head injury or neurological event

24. Which of the following is an appropriate use of the Trendelenburg position?

- a. To manage patients with a suspected spinal injury
 - b. To improve cerebral perfusion in patients with a head injury
 - c. To facilitate breathing in patients with respiratory distress
 - d. Historically used for shock management, but now generally advised against
- Answer:* d. Historically used for shock management, but now generally advised against

25. You have arrived on scene to find a patient lying on the ground with agonal respirations. Your FIRST course of action should be to:

- a. Start chest compressions immediately.
- b. Provide positive pressure ventilations.
- c. Check for a pulse to determine if CPR is necessary.
- d. Position the patient for recovery.

Answer: c. Check for a pulse to determine if CPR is necessary.

26. When assessing circulation in a conscious patient, which pulse site is generally checked by EMTs?

- a. Brachial
- b. Radial
- c. Carotid
- d. Femoral

Answer: b. Radial

27. What does the mnemonic "PEARRL" stand for when assessing pupils?

- a. Painful, Equal, And Round, Reactive to Light
- b. Pupils Equal And Really Large
- c. Pupils Equal And Reactive to Light
- d. Pupils Evenly Aligned, Round, Reactive to Light

Answer: c. Pupils Equal And Reactive to Light

28. When considering the use of supplemental oxygen, which one of the following patients would MOST likely benefit from it?

- a. A patient with a sprained ankle who is breathing comfortably
- b. A patient with chest pain and a pulse oximeter reading of 97%
- c. A patient with a partial airway obstruction and difficulty breathing
- d. A patient with a headache and no sign of respiratory distress

Answer: c. A patient with a partial airway obstruction and difficulty breathing

29. 'JVD' stands for jugular vein distention. It can be a sign of:

- a. Severe dehydration.
- b. Heart failure or tension pneumothorax.
- c. Hypothermia.
- d. An impending stroke.

Answer: b. Heart failure or tension pneumothorax.

30. An EMT would identify the presence of crepitus by:

- a. Listening for abnormal sounds with a stethoscope.
- b. Checking the patient's blood pressure.
- c. Feeling a grating sensation when palpating bones.
- d. Observing the patient's skin color and condition.

Answer: c. Feeling a grating sensation when palpating bones.

31. Which of the following best describes the condition known as “hypoxia”?
- Increased carbon dioxide levels in the blood
 - Decreased oxygen supply to the tissues and organs
 - High blood pressure due to excessive fluid volume
 - Over-inflation of the lungs leading to tissue damage
- Answer:* b. Decreased oxygen supply to the tissues and organs
32. How should an EMT check for circulation in an infant if the brachial pulse is not palpable?
- Check for a femoral pulse
 - Check for a carotid pulse
 - Check for a radial pulse
 - Check for a pedal pulse
- Answer:* a. Check for a femoral pulse
33. When assessing a patient with suspected spinal injury, which of the following is the MOST appropriate EMT action?
- Ask the patient to move his/her toes and fingers
 - Perform a head-tilt-chin-lift maneuver
 - Log-roll the patient to a supine position
 - Maintain manual stabilization of the head and neck
- Answer:* d. Maintain manual stabilization of the head and neck
34. In the mnemonic “SLUDGE” used for organophosphate poisoning, what does the ‘U’ stand for?
- Urinary incontinence
 - Ulcers
 - Urticaria
 - Uncontrolled twitching
- Answer:* a. Urinary incontinence
35. Which of the following is a consideration when providing care to a geriatric patient?
- Elderly patients are less prone to hypothermia due to increased fat stores.
 - They may have underlying chronic conditions that complicate the assessment.
 - Geriatric patients should always be transported in a supine position.
 - Assessment techniques used for adults are not appropriate for the elderly.
- Answer:* b. They may have underlying chronic conditions that complicate the assessment.
36. During a primary assessment, which of the following should be the EMT’s first priority?
- Spinal precautions
 - Airway assessment and management
 - Detailed physical examination
 - History taking
- Answer:* b. Airway assessment and management
37. How often should an EMT reassess the vital signs of a stable patient?
- Every 5 minutes
 - Every 10 minutes
 - Every 15 minutes
 - Every 30 minutes
- Answer:* c. Every 15 minutes
38. What does the mnemonic “BE FAST” stand for in stroke assessment?
- Bleeding, Emesis, Facial droop, Arm weakness, Speech difficulties, Time to call 911
 - Breathing, Eyes, Facial droop, Arm weakness, Speech difficulties, Time to call 911
 - Balance, Eyes, Facial droop, Arm weakness, Speech difficulties, Time to call 911

d. Blood pressure, Eyes, Facial droop, Arm weakness, Speech difficulties, Time to call 911
Answer: c. Balance, Eyes, Facial droop, Arm weakness, Speech difficulties, Time to call 911

39. *A patient's blood glucose level is significantly higher than normal. This condition is known as:*

- a. Hypoglycemia
- b. Hyperglycemia
- c. Anemia
- d. Leukocytosis

Answer: b. Hyperglycemia

40. *What is one of the primary reasons for conducting a scene size-up?*

- a. To immediately provide patient care
- b. To determine appropriate resources needed on the scene
- c. To obtain a history from the patient
- d. To establish a command structure for multiple casualty incidents

Answer: b. To determine appropriate resources needed on the scene

41. *When using the mnemonic "AEIOU-TIPS," what does 'U' stand for in altered mental status patients?*

- a. Underdose
- b. Unresponsive
- c. Uremia
- d. Utilizing opioids

Answer: c. Uremia

42. *What should an EMT do first when encountering a patient with a foreign body airway obstruction?*

- a. Perform back slaps
- b. Encourage the patient to cough
- c. Start chest compressions
- d. Begin abdominal thrusts

Answer: b. Encourage the patient to cough

43. *Why is it important to obtain a complete set of vital signs?*

- a. To communicate effectively with advanced life support personnel
- b. To determine the insurance coverage of the patient
- c. To establish a baseline for monitoring patient changes
- d. To ensure that the ambulance has all necessary equipment

Answer: c. To establish a baseline for monitoring patient changes

44. *What is the importance of determining the mechanism of injury (MOI) or nature of illness (NOI) in the prehospital setting?*

- a. It allows for an accurate billing process.
- b. It dictates the potential injuries or illnesses the patient has sustained.
- c. It is only relevant in trauma cases, not medical cases.
- d. It ensures proper documentation for legal purposes.

Answer: b. It dictates the potential injuries or illnesses the patient has sustained.

45. *When approaching a vehicle crash scene, what should an EMT be most concerned about?*

- a. Preserving evidence for law enforcement
- b. Immediate access to the patients
- c. The safety of the EMS crew and bystanders
- d. Minimizing damage to the vehicles

Answer: c. The safety of the EMS crew and bystanders

46. *When assessing a patient's blood pressure, what does the diastolic reading represent?*
a. The pressure during the heart's contraction
b. The pressure when the heart is at rest between beats
c. The average pressure throughout the cardiac cycle
d. The initial pressure felt during the inflation of the cuff
Answer: b. The pressure when the heart is at rest between beats
47. *Which of the following pulse points should be your first choice for checking in a non-responsive adult?*
a. Radial
b. Brachial
c. Carotid
d. Femoral
Answer: c. Carotid
48. *In the initial assessment of a trauma patient, the term 'deformities' would best relate to which assessment component?*
a. Airway assessment
b. Circulatory assessment
c. Disability assessment
d. Exposure/Examination of the body for injuries
Answer: d. Exposure/Examination of the body for injuries
49. *The mnemonic 'RICE' is used for what kind of injury management?*
a. Respiratory distress
b. Chest pain
c. Head injuries
d. Musculoskeletal injuries
Answer: d. Musculoskeletal injuries
50. *A patient with suspected hypoglycemia should be given which of the following if they are conscious and able to swallow without difficulty?*
a. Insulin
b. Aspirin
c. Oral glucose
d. Sublingual nitroglycerin
Answer: c. Oral glucose
51. *During a secondary assessment, how would an EMT best assess a patient's abdomen?*
a. By auscultating lung sounds
b. Through palpation, observing for tenderness and guarding
c. By checking pupil reactivity
d. With a stethoscope to measure blood pressure
Answer: b. Through palpation, observing for tenderness and guarding
52. *If an adult patient's breathing is found to be inadequate during the primary assessment, what is the EMT's next course of action?*
a. Apply a non-rebreather mask at 15 lpm
b. Assist ventilations with a bag-valve mask
c. Perform abdominal thrusts
d. Listen to breath sounds with a stethoscope
Answer: b. Assist ventilations with a bag-valve mask

53. The mnemonic 'FAST' is specifically used for assessing which condition?
a. Traumatic injuries
b. Stroke
c. Cardiac arrest
d. Respiratory distress
Answer: b. Stroke
54. What does the 'C' represent in the mnemonic 'CUPS,' which is used to prioritize patient transport?
a. Cervical spine injury
b. Confusion
c. Critical condition
d. Chest pain
Answer: c. Critical condition
55. How does an EMT assess for 'crepitus' in a patient with suspected fractures?
a. By checking skin color, temperature, and condition
b. By asking the patient to move the affected limb
c. By palpating the injured area and feeling for a grating sensation
d. By taking a blood pressure reading near the site of injury
Answer: c. By palpating the injured area and feeling for a grating sensation
56. When referring to the acronym 'PASTE,' what does the 'T' stand for?
a. Time of onset
b. Temperature of the skin
c. Tightness of the chest
d. Type of breath sounds
Answer: c. Tightness of the chest
57. When assessing a pediatric patient's respiratory status, what is an EMT looking for that is different from that of an adult patient?
a. Nasal flaring
b. Abdominal breathing
c. Chest rise and fall
d. Irregular rhythm
Answer: a. Nasal flaring
58. Which of the following conditions is considered immediately life-threatening and requires prompt intervention?
a. Shortness of breath due to mild asthma
b. A laceration on the forearm
c. Tension pneumothorax
d. Abdominal pain with nausea
Answer: c. Tension pneumothorax
59. When performing the jaw-thrust maneuver on a patient with a suspected spinal injury, the EMT should avoid doing what?
a. Keeping the neck in a neutral position
b. Using the fingers to lift the angles of the jaw forward
c. Tilting or rotating the head
d. Assuring the mouth opens
Answer: c. Tilting or rotating the head
60. What is another term for a 'convulsion'?
a. Hemorrhage

- b. Palpitation
 - c. Seizure
 - d. Stridor
- Answer: c. Seizure*

61. *How would an EMT assess a patient's chest for injuries during a secondary survey?*

- a. By visual inspection only
- b. Through palpation and auscultation
- c. Auscultation alone
- d. Palpation followed by a neurological exam

Answer: b. Through palpation and auscultation

62. *What does the mnemonic "NOTES" stand for when assessing a patient's history?*

- a. Nausea, Output, Timing, Eating, Skin Signs
- b. Nausea, Oxygen, Tenderness, Edema, Seizures
- c. Neurological, Output, Trauma, Edema, Symptoms
- d. Neurological Symptoms, O₂ Saturation, Trauma History, Environment, Signs

Answer: a. Nausea, Output, Timing, Eating, Skin Signs

63. *In the context of a medical assessment, what is the significance of pinpoint pupils?*

- a. Likely exposure to nerve agents or opioids
- b. A normal variant and not of clinical significance
- c. Indicative of a neurological event such as a stroke
- d. A sign of dehydration

Answer: a. Likely exposure to nerve agents or opioids

64. *What is the priority action for an EMT when presented with a patient who has suffered thermal burns?*

- a. Immediately begin to cool the burns
- b. Assess whether the patient's airway is compromised
- c. Document the temperature at which the burn occurred
- d. Apply burn ointment to the affected areas

Answer: b. Assess whether the patient's airway is compromised

65. *In EMT practice, the term "paradoxical motion" refers to which condition?*

- a. Normal chest movement during breathing
- b. Involuntary twitching of an extremity
- c. Unequal chest movement, typically due to a flail chest
- d. The movement of extremities in response to pain

Answer: c. Unequal chest movement, typically due to a flail chest

66. *What should an EMT use to gauge a patient's response to painful stimuli?*

- a. Only verbal responses are necessary
- b. The application of a pressure point technique
- c. Watching for facial expressions
- d. A gentle shake of the shoulders

Answer: b. The application of a pressure point technique

67. *During a primary survey, dilated and non-reactive pupils may indicate:*

- a. Possible drug use or exposure to a nerve agent
- b. Severe hypoxia or brain injury
- c. Normal pupil reaction in low light conditions
- d. The presence of cataracts or other eye diseases

Answer: b. Severe hypoxia or brain injury

68. A patient with cool, clammy skin is most likely experiencing:
- Hyperglycemia
 - Heatstroke
 - Shock
 - Hyperthermia
- Answer: c. Shock*
69. When performing a secondary assessment on an unconscious patient, what is the best way to assess their head?
- Inspect and palpate, checking for deformities, contusions, abrasions, punctures, burns, tenderness, lacerations, and swelling
 - Auscultation only, to avoid further movement of the head
 - A visual survey from a distance for bleeding or swelling
 - Immediately applying a cervical collar without further assessment
- Answer: a. Inspect and palpate, checking for deformities, contusions, abrasions, punctures, burns, tenderness, lacerations, and swelling*
70. The 'B' in the mnemonic 'SAMPLE' stands for which of the following?
- Blood pressure
 - Breathing rate
 - Burns
 - Background (medical history)
- Answer: d. Background (medical history)*
71. What is the main purpose of the EMT providing in-line stabilization for the cervical spine of a trauma patient?
- To limit spinal movement and prevent further injury
 - To check for neck swelling
 - To ensure full range of motion
 - To prepare for immediate surgery
- Answer: a. To limit spinal movement and prevent further injury*
72. Which of the following is the primary purpose of the rapid trauma assessment?
- To identify all potential injuries regardless of their severity
 - To facilitate a quick transport to the hospital
 - To identify life-threatening injuries that must be managed immediately
 - To ensure that the patient is comfortable and pain-free
- Answer: c. To identify life-threatening injuries that must be managed immediately*
73. During the primary assessment, what conclusion can be drawn if an EMT finds that a patient has an absent radial pulse?
- The patient likely has an orthopedic injury distal to the assessment point
 - The patient may be experiencing a hypertensive crisis
 - The patient's systolic blood pressure may be below 90 mm Hg
 - The patient is most likely dehydrated
- Answer: c. The patient's systolic blood pressure may be below 90 mm Hg*
74. If an EMT observes jugular vein distention (JVD) in a trauma patient, they should be suspicious of:
- Dehydration
 - A myocardial infarction
 - Tension pneumothorax or cardiac tamponade
 - Peripheral vascular disease
- Answer: c. Tension pneumothorax or cardiac tamponade*

75. *When assessing the pelvis during a trauma survey, an EMT should do which of the following?*
- Compress the pelvis downward firmly to test stability
 - Avoid touching the pelvis if a fracture is suspected
 - Gently compress the iliac crests inward and downward
 - Lift the patient's legs to check for pelvic discomfort
- Answer: c. Gently compress the iliac crests inward and downward*
76. *Which finding would indicate the need for spinal immobilization in a trauma patient?*
- Localized pain in a limb
 - Bruising on the abdomen
 - Pain or tenderness on palpation of the spine
 - A small laceration on the forehead
- Answer: c. Pain or tenderness on palpation of the spine*
77. *The appearance of hives or urticaria on a patient's skin is commonly associated with what condition?*
- Hypothermia
 - An allergic reaction
 - Dehydration
 - Hyperglycemia
- Answer: b. An allergic reaction*
78. *When performing chest compressions on an adult patient in cardiac arrest, the compression depth should be at least:*
- 1 inch (2.5 cm)
 - 2 inches (5 cm)
 - 3 inches (7.6 cm)
 - 4 inches (10 cm)
- Answer: b. 2 inches (5 cm)*
79. *What is the best description of the term 'stridor'?*
- A high-pitched sound heard on inhalation, indicating upper airway obstruction
 - A deep rumbling sound heard primarily during exhalation
 - A wet crackling sound heard in the lungs due to fluid accumulation
 - A whistling sound associated with bronchoconstriction
- Answer: a. A high-pitched sound heard on inhalation, indicating upper airway obstruction*
80. *The 'P' in the mnemonic 'PMSC' used to assess extremities stands for what?*
- Pulsation
 - Pallor
 - Pain
 - Paralysis
- Answer: b. Pallor*
81. *EMTs utilize the 'Cincinnati Prehospital Stroke Scale' to assess for signs of a stroke. Which of the following is NOT a component of that assessment?*
- Facial droop
 - Arm drift
 - Abnormal speech
 - Leg weakness
- Answer: d. Leg weakness*
82. *What is the significance of hearing a 'grunt' sound when assessing a pediatric patient?*
- It indicates that the child is experiencing abdominal pain.

- b. It typically signifies the presence of respiratory distress.
 - c. It is a common finding in children with ear infections.
 - d. It suggests that the child is engaging in normal vocalizations.
- Answer:* b. It typically signifies the presence of respiratory distress.

83. *When should an EMT use a 'recovery position' for an unresponsive patient without trauma and with normal breathing?*

- a. When the patient has a suspected spinal injury
- b. If the patient needs to be left alone for any period
- c. While performing cardiopulmonary resuscitation (CPR)
- d. Immediately after an advanced airway has been placed

Answer: b. If the patient needs to be left alone for any period

84. *For which condition is a 'nasal cannula' MOST appropriate for delivering supplemental oxygen?*

- a. Severe asthma with rapid respiratory rate
- b. Cardiac arrest with no spontaneous breathing
- c. Chronic obstructive pulmonary disease (COPD) with moderate distress
- d. Carbon monoxide poisoning with altered mental status

Answer: c. Chronic obstructive pulmonary disease (COPD) with moderate distress

85. *In a pediatric patient, grunting is most indicative of:*

- a. Digestive distress
- b. A communicable disease
- c. Efforts to maintain airway patency
- d. Emotional stress

Answer: c. Efforts to maintain airway patency

86. *When assessing a patient's sensory function in their extremities, you notice a lack of sensation in their legs. What is this finding referred to as?*

- a. Paresthesia
- b. Hyperesthesia
- c. Anesthesia
- d. Dysesthesia

Answer: c. Anesthesia

87. *What is the most appropriate first step when encountering a patient with chest pain and difficulty breathing?*

- a. Transport immediately
- b. Perform a rapid trauma assessment
- c. Provide supplemental oxygen and assess vital signs
- d. Ask the patient to remain quiet and calm until you have additional resources

Answer: c. Provide supplemental oxygen and assess vital signs

88. *What would an EMT expect to find in a patient experiencing compensated shock?*

- a. Low blood pressure
- b. Altered mental status
- c. Rapid, weak pulse
- d. Normal blood pressure

Answer: d. Normal blood pressure

89. *Which of the following symptoms is most indicative of left-sided heart failure?*

- a. JVD
- b. Pedal edema
- c. Pulmonary edema

d. Enlarged spleen
Answer: c. Pulmonary edema

90. After securing the airway of a patient with severe head trauma, what is the NEXT priority?

- a. Preventing hypothermia
- b. Immediate transport to a trauma center
- c. Spinal motion restriction
- d. Rapid sequence intubation

Answer: c. Spinal motion restriction

91. When assessing for a tension pneumothorax, what symptom is MOST indicative of this condition?

- a. Bradycardia
- b. Muffled heart sounds
- c. Jugular vein distention
- d. Wheezing on exhalation

Answer: c. Jugular vein distention

92. What would be the most appropriate immediate action for an EMT when dealing with a patient who has sustained a chemical burn to the eyes?

- a. Apply a dry sterile dressing over the eyes
- b. Irrigate the eyes with copious amounts of water
- c. Administer an analgesic
- d. Cover the eyes with a cold compress

Answer: b. Irrigate the eyes with copious amounts of water

93. During the primary assessment of a pediatric patient, a capillary refill time greater than _____ seconds is considered a sign of poor perfusion.

- a. 2
- b. 3
- c. 4
- d. 5

Answer: a. 2

94. What is the purpose of using the 'rule of nines' in the assessment of a burn patient?

- a. To assess the degree of burns
- b. To identify the cause of burns
- c. To estimate the total body surface area (TBSA) burned
- d. To calculate the need for fluid resuscitation

Answer: c. To estimate the total body surface area (TBSA) burned

95. In which condition would an EMT likely perform a 'sternal rub' to assess the patient's responsiveness?

- a. Diabetic coma
- b. Severe allergic reaction
- c. Stroke
- d. Opioid overdose

Answer: d. Opioid overdose

96. What does the 'L' stand for in the "OPQRST" mnemonic when assessing a patient's pain?

- a. Limitations
- b. Location
- c. Luminosity
- d. Length

Answer: b. Location

97. Which of the following is NOT part of the EMT's role in the 'chain of survival'?
- Early defibrillation
 - Rapid surgical intervention
 - Immediate recognition of cardiac arrest
 - Early advanced life support
- Answer: b. Rapid surgical intervention
98. A patient presents with a 'seesaw' respiratory pattern. This is most commonly associated with which condition?
- Adult respiratory distress syndrome (ARDS)
 - A foreign body obstruction in an infant
 - Congestive heart failure (CHF)
 - Asthma exacerbation
- Answer: b. A foreign body obstruction in an infant
99. How does an EMT determine if a patient's chest expansion is symmetrical?
- By observing chest rise during inhalation and exhalation
 - By listening to lung sounds bilaterally
 - By palpating the chest for equal vibration during speech
 - By measuring chest circumference at the nipple line
- Answer: a. By observing chest rise during inhalation and exhalation
100. When obtaining a patient's history using the "OPQRST" mnemonic for pain assessment, what question would an EMT ask to address the 'S'?
- "Does the pain spread anywhere?"
 - "How severe is the pain on a scale of 1 to 10?"
 - "When did the pain start?"
 - "What makes the pain feel better or worse?"
- Answer: a. "Does the pain spread anywhere?"
101. What is the FIRST step an EMT should take in managing a patient with suspected spinal injury?
- Apply a cervical collar
 - Assess for distal neurovascular function
 - Perform a log roll maneuver
 - Manual stabilization of the head and neck
- Answer: d. Manual stabilization of the head and neck
102. Which of the following is NOT a component of the "AEIOU-TIPS" mnemonic used for assessing altered mental status?
- Alcohol
 - Epilepsy
 - Uremia
 - Trauma
- Answer: b. Epilepsy
103. What is the proper depth for chest compressions on an infant during CPR?
- At least one third the depth of the chest, about 1.5 inches (4 cm)
 - At least one half the depth of the chest, about 2 inches (5 cm)
 - At least two inches (5 cm)
 - At least 2.4 inches (6 cm)
- Answer: a. At least one third the depth of the chest, about 1.5 inches (4 cm)
104. Upon arrival at a scene with potential hazardous materials, what is the MOST important action an EMT should take?

- a. Begin triaging patients
 - b. Secure a perimeter and establish a safe zone
 - c. Start decontamination of patients immediately
 - d. Collect samples of the hazardous materials
- Answer:* b. Secure a perimeter and establish a safe zone

105. What does the 'E' stand for in the mnemonic "SAMPLE" when taking a patient's medical history?

- a. Events leading up to the illness or injury
- b. Early symptoms
- c. Existing medical conditions
- d. Exercise

Answer: a. Events leading up to the illness or injury

106. When using a bag-valve mask (BVM) for ventilations, what is the appropriate rate of ventilation for an adult patient?

- a. 10 to 12 ventilations per minute
- b. 16 to 20 ventilations per minute
- c. 6 to 8 ventilations per minute
- d. 12 to 20 ventilations per minute

Answer: a. 10 to 12 ventilations per minute

107. What should an EMT assess for when evaluating a patient's gait?

- a. Skin color and temperature
- b. Symmetry and balance
- c. Pupil size and reactivity
- d. Heart rate and rhythm

Answer: b. Symmetry and balance

108. In trauma patients, 'ecchymosis' is a term used to describe:

- a. Swelling due to fluid accumulation
- b. A puncture wound or laceration
- c. A nosebleed
- d. Bruising or discoloration of the skin

Answer: d. Bruising or discoloration of the skin

109. What does the 'M' represent in the "DCAP-BTLS" mnemonic?

- a. Motion
- b. Medications
- c. Medical history
- d. Masses

Answer: d. Masses

110. What term is used to describe difficult or labored breathing?

- a. Dysphasia
- b. Dyspepsia
- c. Dyspnea
- d. Dysthymia

Answer: c. Dyspnea

111. When palpating a patient's abdomen, what may tenderness in the right lower quadrant suggest?

- a. Cholecystitis
- b. Pancreatitis
- c. Appendicitis

d. Ulcerative colitis
Answer: c. Appendicitis

112. *If an EMT finds fluctuant swelling during a physical exam, this typically indicates:*

- a. Bone deformity
- b. Gas in the gastrointestinal tract
- c. The presence of a fluid-filled cavity, such as an abscess
- d. Severe muscle atrophy

Answer: c. The presence of a fluid-filled cavity, such as an abscess

113. *Which of the following best describes the purpose of using an oropharyngeal airway (OPA)?*

- a. To suction secretions from the oropharynx
- b. To secure the tongue and prevent airway obstruction in unconscious patients
- c. To facilitate oral medication administration
- d. To visualize the vocal cords during intubation

Answer: b. To secure the tongue and prevent airway obstruction in unconscious patients

114. *The presence of subcutaneous emphysema is most commonly associated with what type of injury?*

- a. Abdominal trauma
- b. Head injury
- c. Chest trauma
- d. Fractured femur

Answer: c. Chest trauma

115. *When an EMT uses the acronym "PERRLA" during an eye assessment, they are evaluating:*

- a. Pupils Equal, Round, Reactive to Light, and Accommodation
- b. Pressure, Edema, Retraction, Redness, Laceration, and Alignment
- c. Pain, Erythema, Range of motion, Lacerations, and Anisocoria
- d. Proptosis, Ecchymosis, Red reflex, Lesions, and Anisocoria

Answer: a. Pupils Equal, Round, Reactive to Light, and Accommodation

116. *What is the significance of 'guarding' when palpating a patient's abdomen?*

- a. It indicates relaxation of the abdominal muscles
- b. It is a sign of patient anxiety and has no clinical significance
- c. It suggests voluntary or involuntary protection of an area of pain or injury
- d. It denotes generalized abdominal strengthening

Answer: c. It suggests voluntary or involuntary protection of an area of pain or injury

117. *How can an EMT differentiate between wheezing and stridor?*

- a. Stridor is a high-pitched noise heard on inhalation, while wheezing is typically heard on exhalation
- b. Wheezing is a low-pitched sound, while stridor is a whistling sound
- c. Stridor is heard without a stethoscope, while wheezing is not audible without auscultation
- d. Wheezing indicates an upper airway obstruction, while stridor suggests a lower respiratory issue

Answer: a. Stridor is a high-pitched noise heard on inhalation, while wheezing is typically heard on exhalation

118. *When performing a rapid extrication technique from a vehicle, the EMT's first physical action should be to:*

- a. Apply a cervical collar
- b. Stabilize the head and neck
- c. Assess the patient's leg injuries
- d. Cut the seatbelt

Answer: b. Stabilize the head and neck

119. *When documenting a patient's blood sugar level as assessed with a glucometer, the value is recorded in:*

- a. Percentage
- b. Milligrams per deciliter (mg/dL)
- c. Millimoles per liter (mmol/L)
- d. Both b and c, depending on regional practice

Answer: d. Both b and c, depending on regional practice

120. *What condition is characterized by a sudden loss of consciousness followed by generalized involuntary muscular contractions, commonly known as 'seizures'?*

- a. Syncope
- b. Hypoglycemia
- c. Epilepsy
- d. Stroke

Answer: c. Epilepsy

Chapter 4:

Medical Emergencies and Care

Medical emergencies are serious, unexpected, and often dangerous situations that require immediate action. These can include cardiac events, strokes, injuries, acute illnesses, and other life-threatening conditions. The approach to such emergencies typically involves a series of well-defined steps that include recognition, calling for help, providing an initial response, and ensuring appropriate professional care.

The first step in responding to a medical emergency is recognizing the signs and symptoms. For instance, the signs of a heart attack can include chest pain, shortness of breath, and discomfort in other areas of the upper body. Stroke symptoms may manifest as sudden numbness, confusion, trouble speaking, or severe headache. It is imperative for individuals to act promptly upon noticing such signs, as early intervention can be critical to the outcome.

Activating the emergency response system is a vital step in dealing with a medical emergency. This usually means calling the local emergency numbers such as 911 in the United States, or equivalents elsewhere, to summon an ambulance. The caller should be ready to provide clear and precise information about the location, nature of the emergency, and any relevant medical history of the patient that is readily available.

While waiting for professional help, basic life support procedures may be necessary, including cardiopulmonary resuscitation (CPR) for someone who is not breathing or does not have a pulse. The use of automated external defibrillators (AEDs) can also be crucial in cases of sudden cardiac arrest. Individuals are increasingly encouraged to learn these life-saving techniques through certified courses offered by organizations like the American Red Cross and American Heart Association.

In situations involving bleeding, proper wound care is essential to control the loss of blood. Direct pressure on the wound, elevation, and the use of bandages or tourniquets may be needed until emergency services arrive. In cases of fractures or serious injuries, it is generally advised to avoid moving the patient unless there is an imminent danger, as improper movement can exacerbate the injury.

For acute medical conditions like asthma attacks or allergic reactions, quick access to medications like inhalers or epinephrine auto-injectors can stabilize the patient's condition. It is imperative for individuals with known conditions to carry their medications and make them easily accessible in case of emergency.

Upon the arrival of emergency medical service (EMS) professionals, it is important to provide them with all available information about the patient's condition, ongoing care, and any medications administered. EMS personnel are trained to take over the care, perform advanced medical procedures if necessary, and transport the patient to an appropriate medical facility. The role of hospitals and specialized care centers becomes paramount from this point, with emergency rooms, trauma centers, and intensive care units prepared to provide sophisticated and comprehensive treatments.

4.1. Recognizing and Managing Common Medical Emergencies

Medical emergencies can occur unexpectedly and require prompt recognition and management to prevent morbidity and mortality. Healthcare providers must be prepared to identify the signs of common medical emergencies and implement appropriate interventions. The following paragraphs discuss the identification and initial management of various medical emergencies.

Cardiac arrest is a critical emergency where the heart ceases to pump effectively, leading to a cessation of blood flow to vital organs. Recognizing cardiac arrest involves identifying unresponsiveness and the absence of normal breathing. Immediate management includes calling for emergency medical help, starting cardiopulmonary resuscitation (CPR), and using an automated external defibrillator (AED) if available.

Stroke is another medical emergency characterized by the sudden loss of brain function, typically due to a blockage or hemorrhage in a cerebral artery. Warning signs include facial drooping, arm weakness, and speech difficulties, commonly remembered with the acronym FAST (Face, Arms, Speech, Time). Immediate management involves activating emergency services and ensuring that the patient is transported to a facility capable of providing acute stroke care.

Anaphylaxis is a severe, life-threatening allergic reaction that can rapidly progress. Recognition involves identifying exposure to a known allergen coupled with symptoms such as hives, swelling, difficulty breathing, and a sense of impending doom. Management includes immediate administration of epinephrine, calling for emergency assistance, and providing supportive care such as oxygen and maintaining the airway.

Asthma exacerbations can be a common emergency, particularly in those with a history of respiratory issues. Recognizing an asthma attack involves observing signs such as wheezing, shortness of breath, chest tightness, and coughing. Treatment includes the use of rescue inhalers (short-acting bronchodilators), and in severe cases, systemic corticosteroids, supplemental oxygen, and advanced airway management may be necessary.

Hypoglycemia, or low blood sugar, is an acute emergency in patients with diabetes that can lead to altered mental status, seizures, and unconsciousness. Recognizing hypoglycemia involves monitoring for symptoms such as sweating, trembling, confusion, and irritability. Management includes the administration of fast-acting carbohydrates, monitoring blood glucose levels, and, if necessary, administering glucagon or intravenous dextrose.

Acute myocardial infarction (AMI), commonly known as a heart attack, is associated with the sudden occlusion of a coronary artery. Recognition of AMI includes chest pain or discomfort that may radiate to the arm or jaw, shortness of breath, nausea, and cold sweat. Early management includes calling for emergency medical assistance, administration of aspirin if no contraindications, and preparation for cardiac monitoring and advanced treatments.

Seizures can occur as a result of various medical conditions and require immediate attention when they are prolonged or repetitive. Recognizing a seizure involves observing the sudden onset of uncontrolled muscle movements, loss of consciousness, and possible changes in behavior. Management during a seizure includes ensuring the patient's safety, maintaining an open airway, and positioning the patient on their side. Post-seizure management may require medical evaluation and intervention to address the underlying cause.

4.2. Pharmacology Basics for EMTs

Pharmacology is the branch of medicine concerned with the uses, effects, and modes of action of drugs. For Emergency Medical Technicians (EMTs), understanding the basics of pharmacology is crucial, as they are often the first responders in critical situations where medication may be necessary. EMTs must be knowledgeable about the types of medications they are authorized to administer, the indications for their use, dosages, contraindications, and potential side effects.

Medications commonly carried by EMTs include aspirin, for the treatment of suspected acute coronary syndrome; oral glucose, for patients with hypoglycemia; nitroglycerin, for chest pain associated with angina or myocardial infarction; and epinephrine for anaphylactic reactions. Each of these medications serves a specific purpose and must be used in the right patient population. Knowing the indications and contraindications is paramount, as is the proper calculation of dosages based on the patient's age and size.

Drug administration routes that EMTs might use include oral, sublingual, intranasal, inhaled, and intramuscular. The choice of the route is based on the drug's properties, the patient's condition, and the ability of the EMT to administer it. For example, nitroglycerin is delivered sublingually to ensure rapid absorption, while epinephrine for anaphylaxis is administered intramuscularly for its fast systemic effects.

Pharmacokinetics is a critical area of pharmacology, detailing how the body absorbs, distributes, metabolizes, and excretes a drug. EMTs must understand the concept of onset of action, the time it takes for the medication to start working, and the medication's duration of action, the length of time it provides therapeutic benefit. They should also be aware of the half-life of drugs, as this impacts how frequently a patient may need redosing.

Side effects are any secondary, typically undesirable effect of a drug or medical treatment. While administering medications, EMTs should educate patients about potential side effects and monitor for adverse reactions. This vigilance can help ensure patient safety, particularly during transport to a healthcare facility where more comprehensive care can be provided.

Documentation is a critical component of medication administration. EMTs must accurately record the name of the medication, dosage, time of administration, route, and any observed effects or side effects. This information is vital for the continuity of care when transferring the patient to paramedics, nurses, or physicians who will then take over the patient's treatment.

Lastly, remaining current with protocols and updates in pharmacological practices is essential. EMTs should engage in continuous education and training to ensure their knowledge is up to date. This may include staying informed about newly available medications, changes to current medication protocols, or advances in drug delivery systems. Regularly attending refresher courses, participating in simulations, and reviewing current guidelines are effective strategies for maintaining the competence required for EMTs in the field of pharmacology.

4.3. Cardiac, Respiratory, and Neurological Emergencies

Cardiac emergencies are medical conditions that involve the heart's health or function and require immediate attention. The most common cardiac emergency is a heart attack, also known as a myocardial infarction, which occurs when blood flow to a part of the heart is blocked. Symptoms may include chest pain or discomfort, shortness of breath, cold sweats, and nausea. Immediate treatment for a heart attack generally includes calling emergency services, performing CPR if necessary, and using an automated external defibrillator (AED) if available.

Another cardiac issue is cardiac arrest, where the heart stops beating effectively, leading to cessation of blood flow to the body. Signs of cardiac arrest include sudden loss of responsiveness and absence of normal breathing. In such a case, CPR should be administered immediately, followed by the use of an AED as soon as possible. These actions can be lifesaving while waiting for medical personnel to arrive.

Respiratory emergencies involve the respiratory system and can range from choking to asthma attacks to pulmonary embolism. Choking occurs when an object becomes lodged in the throat or windpipe, blocking air from reaching the lungs. Immediate action involves performing the Heimlich maneuver on the affected individual to expel the object. Asthma attacks can cause difficulty breathing due to the narrowing of airways, and treatment may involve the use of an inhaler or nebulizer. Pulmonary embolism, a blockage in one of the pulmonary arteries in the lungs, is a serious condition that requires immediate medical attention, with symptoms including shortness of breath, chest pain, and coughing up blood.

Neurological emergencies are conditions that involve the nervous system, such as strokes, seizures, and meningitis. A stroke occurs when the blood supply to part of the brain is interrupted or reduced, preventing brain tissue from getting oxygen and nutrients. The FAST acronym is a way to remember the signs of a stroke: Face drooping, Arm weakness, Speech difficulty, Time to call emergency services. Immediate treatment is critical in minimizing brain damage and potential complications.

Seizures are changes in the brain's electrical activity, which can cause alterations in behavior, movements, or consciousness. When someone is having a seizure, it is important to keep them safe by moving dangerous objects away, cushioning their head, and gently positioning them on their side to keep the airway clear. Avoid restraining the person or putting anything in their mouth. After the seizure, they may need reassurance and medical checkup.

Meningitis is an inflammation of the protective membranes covering the brain and spinal cord, known as the meninges. It can be life-threatening due to the proximity to the brain and spinal cord and requires urgent antibiotic treatment if it is bacterial. Symptoms include a sudden high fever, a stiff neck, severe headache, and vomiting. Rash, sensitivity to light, and altered mental status may also occur. Immediate medical evaluation is essential for proper diagnosis and commencement of treatment.

Acting quickly during cardiac, respiratory, or neurological emergencies can save lives. It's critical for individuals to recognize the symptoms of these emergencies and to know the appropriate steps to take while awaiting professional medical assistance. Basic first aid training and knowing how to perform CPR can make a significant difference in the outcomes of such emergencies. It's also important for communities to have accessible AED units and trained personnel to operate them.

4.4. Practice Questions for Medical Emergencies

- 1. Define the term 'medical emergency' and provide three examples of situations that would be classified as such.**
 - *Answer:* A medical emergency is a situation where immediate medical assistance is needed. Examples: heart attack, severe bleeding, and stroke.
- 2. What are the primary steps to take when you identify someone is experiencing a heart attack?**
 - *Answer:* Call emergency services, make the person comfortable, administer aspirin if available, and monitor until help arrives.
- 3. Describe the Heimlich maneuver. In what type of medical emergency is it used, and what are the signs that it is necessary?**
 - *Answer:* The Heimlich maneuver is a procedure to dislodge an obstruction from a choking person's airway. It's used when a person is choking and can't breathe, talk, or cough.

4. **List and describe four vital signs that should be monitored in a person experiencing a medical emergency. How can abnormalities in these signs indicate the severity of the situation?**
 - *Answer:* Vital signs: heart rate, breathing rate, blood pressure, and temperature. Abnormalities can indicate the severity and type of emergency (e.g., rapid heart rate in a heart attack).
5. **A patient has suffered a severe allergic reaction and is presenting with hives, difficulty breathing, and swelling of the face. What is the immediate course of action, and what type of medication should be administered if available?**
 - *Answer:* Administer an epinephrine auto-injector if available and call emergency services. Monitor airway and breathing.
6. **Explain the procedure for performing CPR on an adult. Highlight the ratio of chest compressions to rescue breaths and the importance of the depth and rate of compressions.**
 - *Answer:* CPR procedure: 30 chest compressions followed by 2 rescue breaths. Compressions should be at least 2 inches deep and at a rate of 100-120 per minute.
7. **Describe the steps to be taken in case of a severe bleed. How does one determine if a bleeding is severe, and what are the first aid steps to control the hemorrhage?**
 - *Answer:* Apply direct pressure, elevate the injured area if possible, and use a bandage or cloth. Severe bleeding is characterized by rapid blood loss, gushing or spurting blood.
8. **An individual has been burned in a kitchen fire. Outline the first aid measures that should be taken immediately. Explain the difference in treatment between chemical and thermal burns.**
 - *Answer:* For thermal burns, cool the burn with water, cover with a sterile dressing. Chemical burns should be flushed with water, contaminated clothing removed, and seek medical help.
9. **Discuss how to recognize the signs of a stroke using the FAST acronym. What immediate actions should be taken if someone is suspected of having a stroke?**
 - *Answer:* FAST: Face drooping, Arm weakness, Speech difficulty, Time to call emergency services. Immediate action: call for emergency medical help.
10. **How would you assess and manage a person who appears to be in shock? What are the signs of shock, and why is it important to act quickly?**
 - *Answer:* Assess for pale, cold, clammy skin, rapid breathing, and weak pulse. Lay the person down, elevate the legs, keep them warm, and call for emergency help. Quick action is vital to prevent organ damage.

4.5 Conclusion and Summary

Medical emergencies can occur at any time and in any place, and being prepared can make a significant difference in the outcome. Throughout Chapter 4, we have explored various types of medical emergencies, how to recognize their signs and symptoms, and the appropriate responses to take in order to provide care. We have covered the following: recognizing life-threatening conditions such as cardiac arrest, stroke, and anaphylaxis; understanding the importance of early intervention; the steps for performing CPR and using an AED; managing bleeding, fractures, and burns; and identifying different kinds of medical emergencies such as diabetic emergencies and seizures.

It is critical for both medical professionals and laypersons to understand that a prompt response can save lives and reduce the long-term impact of the emergency on the patient. The chain of survival—recognizing an emergency, calling emergency services, providing early CPR, rapid defibrillation, effective advanced life support, and integrated post-cardiac arrest care—is a concept that has been emphasized repeatedly as a guideline for managing cardiac emergencies.

The section on Basic Life Support (BLS) protocols highlighted the necessity of regular training and recertification to maintain the skills needed to perform CPR and use AEDs effectively. Additionally, we reviewed the legal considerations under Good Samaritan laws that protect individuals who provide help

during emergencies. This is important knowledge that can empower people to act without fear of legal repercussions when attempting to save lives.

Understanding how to manage specific types of injuries, such as fractures, sprains, and burns, is also crucial. We discussed the importance of stabilizing injuries, preventing infection, and providing appropriate wound care. These measures are essential not only for immediate care but also for preventing complications that could arise from inadequate treatment.

The chapter also covered how to prepare for medical emergencies, which includes creating emergency action plans, maintaining a well-stocked first aid kit, and staying informed about the medical history of family members or those in your care. Preparedness reduces panic and increases the efficiency and effectiveness of the response when emergencies occur.

The psychological aspect of medical emergencies was addressed, as they can be traumatic for patients, families, and even responders. Offering psychological support and knowing when to refer individuals for professional counseling were discussed. It is important not to overlook the emotional impact that health crises can have on everyone involved.

In conclusion, the knowledge and skills to respond to medical emergencies are vital for everyone. From identification and early intervention to providing care and supporting recovery, an informed and prepared approach can ultimately influence the health outcomes of those experiencing medical crises. Encouraging widespread education in basic emergency care and fostering a community of readiness are essential steps toward improving safety and health outcomes in society at large.

4.6. 120 Review Questions and Answers for Chapter 4

1. *Which of the following describes the anatomical position?*

 - a. Standing with arms raised above the head
 - b. Lying down on the back with arms crossed over the chest
 - c. Standing upright, facing forward, arms down at the sides with palms facing forward
 - d. Seated with legs crossed and hands on the knees

Answer: c. Standing upright, facing forward, arms down at the sides with palms facing forward
2. *What is the most superior part of the heart known as?*

 - a. The apex
 - b. The base
 - c. The left ventricle
 - d. The right atrium

Answer: b. The base
3. *Which structure separates the thoracic cavity from the abdominal cavity?*

 - a. Pleura
 - b. Diaphragm
 - c. Pericardium
 - d. Mediastinum

Answer: b. Diaphragm
4. *What type of blood vessels carry blood away from the heart?*

 - a. Veins
 - b. Arterioles
 - c. Venules

d. Arteries
Answer: d. Arteries

5. *What is the normal respiratory rate for an adult?*

- a. 6-10 breaths per minute
- b. 12-20 breaths per minute
- c. 22-28 breaths per minute
- d. 30-35 breaths per minute

Answer: b. 12-20 breaths per minute

6. *Which part of the brain is responsible for controlling basic life functions, such as breathing and blood pressure?*

- a. Cerebrum
- b. Cerebellum
- c. Brain stem
- d. Hypothalamus

Answer: c. Brain stem

7. *Which part of the spinal column is located directly below the cervical spine?*

- a. Thoracic spine
- b. Lumbar spine
- c. Sacral spine
- d. Coccygeal spine

Answer: a. Thoracic spine

8. *Which one of the following pulse points is most commonly used to assess a patient's heart rate?*

- a. Brachial artery
- b. Radial artery
- c. Carotid artery
- d. Femoral artery

Answer: b. Radial artery

9. *What is the primary function of the alveoli in the lungs?*

- a. To warm and humidify air
- b. To produce mucus
- c. To transport oxygen into the blood and remove carbon dioxide
- d. To protect against infection

Answer: c. To transport oxygen into the blood and remove carbon dioxide

10. *Hypoperfusion is most accurately defined as which of the following?*

- a. Increased blood flow to the body's tissues
- b. Decreased blood flow to the body's tissues
- c. The inability to breathe without assistance
- d. A state of excess oxygenation to the body's tissues

Answer: b. Decreased blood flow to the body's tissues

11. *What term is used to describe difficulty breathing?*

- a. Dyspepsia
- b. Dysphasia
- c. Dysarthria
- d. Dyspnea

Answer: d. Dyspnea

12. *In the absence of injury or illness, what is the most common cause of shock in a trauma patient?*
a. Respiratory failure
b. Dehydration
c. Hemorrhage
d. Cardiac arrest
Answer: c. Hemorrhage
13. *If a patient has pale, cool, clammy skin, what might this indicate?*
a. High blood pressure
b. Heat stroke
c. Shock
d. Hyperglycemia
Answer: c. Shock
14. *What does the mnemonic “DCAP-BTLS” stand for in trauma assessment?*
a. Deformities, Contusions, Abrasions, Punctures - Burns, Tenderness, Lacerations, Swelling
b. Discoloration, Contusions, Abscess, Palpations - Bruises, Tears, Lesions, Separations
c. Distension, Compression, Aneurysms, Pains - Breaks, Tears, Ligaments, Strains
d. Dislocation, Cuts, Angulation, Pulsations - Bleeding, Turgor, Lesions, Sensations
Answer: a. Deformities, Contusions, Abrasions, Punctures - Burns, Tenderness, Lacerations, Swelling
15. *The “Rule of Nines” is used to estimate what in a burn patient?*
a. The degree of the burn
b. The depth of the burn
c. The percentage of body surface area burned
d. The number of burns
Answer: c. The percentage of body surface area burned
16. *Which cranial nerve is responsible for facial sensations and the motor functions of chewing?*
a. Vagus nerve
b. Trigeminal nerve
c. Hypoglossal nerve
d. Accessory nerve
Answer: b. Trigeminal nerve
17. *What is the term used to describe the amount of blood ejected from the heart in one minute?*
a. Stroke volume
b. Cardiac output
c. Heart rate
d. Blood pressure
Answer: b. Cardiac output
18. *During the primary assessment of a trauma patient, you note the patient’s work of breathing is inadequate. What is your immediate next step?*
a. Administer high-flow oxygen
b. Perform a secondary assessment
c. Prepare for immediate transportation
d. Assess the patient’s airway status
Answer: d. Assess the patient’s airway status
19. *In a patient experiencing a hyperglycemic crisis, which symptom is most common?*
a. Cold, clammy skin
b. Kussmaul respirations

- c. Hypertension
 - d. Profound bradycardia
- Answer:* b. Kussmaul respirations

20. *The mnemonic “OPQRST” is a tool for evaluating which of the following?*

- a. A patient’s mental status
- b. Pain and discomfort
- c. The level of consciousness
- d. Circulatory status

Answer: b. Pain and discomfort

21. *What is the recommended initial step in managing a patient with suspected spinal injury?*

- a. Neurological assessment
- b. Manual stabilization of the spine
- c. Log roll the patient onto a backboard
- d. Immediate application of a cervical collar

Answer: b. Manual stabilization of the spine

22. *What does the term “crepitus” reference when performing a physical examination on a patient?*

- a. A grating sound or feeling
- b. Swelling under the skin
- c. Abnormal pulse rate
- d. Discoloration of the skin

Answer: a. A grating sound or feeling

23. *In the context of environmental emergencies, what is the first step in treating a patient with suspected hypothermia?*

- a. Rapid rewarming in hot water
- b. Applying a passive external rewarming technique
- c. Active internal rewarming
- d. Immediate evacuation without treatment

Answer: b. Applying a passive external rewarming technique

24. *A fluttering sensation in the chest is most often associated with which cardiac condition?*

- a. Myocardial infarction
- b. Cardiac tamponade
- c. Ventricular fibrillation
- d. Atrial fibrillation

Answer: d. Atrial fibrillation

25. *What is the main advantage of using a nasopharyngeal airway (NPA) over an oropharyngeal airway (OPA)?*

- a. NPAs can be used on conscious patients
- b. NPAs provide better airway protection
- c. NPAs are easier to insert
- d. NPAs have a lower risk of aspiration

Answer: a. NPAs can be used on conscious patients

26. *You arrive on scene to find a patient who has been electrocuted. After ensuring scene safety, what would be your next step?*

- a. Checking for entry and exit wounds
- b. Beginning immediate defibrillation
- c. Performing a rapid trauma assessment

d. Assessment of the patient's responsiveness and breathing
Answer: d. Assessment of the patient's responsiveness and breathing

27. *When providing care to a patient with a suspected stroke (CVA), what is an essential component of the prehospital care?*

- a. Waiting for symptoms to improve before transport
- b. Administering aspirin to prevent further clotting
- c. Immediate and rapid transport to an appropriate facility
- d. Performing on-scene neuro rehabilitation exercises

Answer: c. Immediate and rapid transport to an appropriate facility

28. *The respiratory process of moving air in and out of the lungs is known as:*

- a. Diffusion
- b. Perfusion
- c. Osmosis
- d. Ventilation

Answer: d. Ventilation

29. *When dealing with a patient who has sustained a chemical burn to the eyes, what is the appropriate first aid measure?*

- a. Blindfold the patient to prevent further eye damage
- b. Neutralize the chemical with an opposing pH substance
- c. Flush the eyes with copious amounts of water for at least 20 minutes
- d. Promptly cover the eyes with sterile dressings

Answer: c. Flush the eyes with copious amounts of water for at least 20 minutes

30. *An increase in the rate and depth of breathing, that significantly exceeds the body's need for removal of carbon dioxide, is known as:*

- a. Eupnea
- b. Dyspnea
- c. Hyperventilation
- d. Apnea

Answer: c. Hyperventilation

31. *What procedure is used to secure an open airway in a trauma patient without manipulating the spine?*

- a. Jaw-thrust maneuver
- b. Head-tilt, chin-lift maneuver
- c. Tongue-jaw lift
- d. Cricothyrotomy

Answer: a. Jaw-thrust maneuver

32. *What is the most common cause of seizures in children?*

- a. Trauma
- b. Fever
- c. Brain tumors
- d. Hypoglycemia

Answer: b. Fever

33. *When assessing a patient with a suspected myocardial infarction, which medication is commonly administered prehospital?*

- a. Ibuprofen
- b. Nitroglycerin
- c. Metformin

d. Acetaminophen
Answer: b. Nitroglycerin

34. *In which situation would you apply a tourniquet?*

- a. A patient is bleeding from a small laceration on the forearm
- b. A patient has an amputated limb with uncontrolled, life-threatening bleeding
- c. A patient complains of chest pain
- d. A patient has sustained a sprained ankle

Answer: b. A patient has an amputated limb with uncontrolled, life-threatening bleeding

35. *What does the mnemonic SAMPLE stand for when obtaining a patient's medical history?*

- a. Signs/Symptoms, Allergies, Medications, Past relevant history, Last oral intake, Events leading up
- b. Sensory, Assessment, Motor, Pupils, Language, Eyesight
- c. Signs/Symptoms, Airway, Movement/Motor, Pulse, Level of consciousness, Eyes
- d. Severity, Allergies, Mental status, Past relevant history, Last physical exam, Events leading up

Answer: a. Signs/Symptoms, Allergies, Medications, Past relevant history, Last oral intake, Events leading up

36. *What component is NOT part of the chain of survival in cardiac arrest?*

- a. Immediate recognition and activation of emergency response
- b. Early cardiopulmonary resuscitation (CPR)
- c. Rapid defibrillation
- d. Flash recovery and rehabilitation

Answer: d. Flash recovery and rehabilitation

37. *What is the appropriate compression-to-ventilation ratio for adult CPR according to current American Heart Association guidelines?*

- a. 15:2
- b. 30:2
- c. 5:1
- d. 20:2

Answer: b. 30:2

38. *When assessing a patient with a potential spinal injury, what motor function test can you perform?*

- a. Ask the patient to close their eyes
- b. Have the patient grip your hands
- c. Check for pupil response to light
- d. Listen for bowel sounds

Answer: b. Have the patient grip your hands

39. *Which of the following is an indication for administering activated charcoal?*

- a. An unconscious patient with unknown overdose
- b. A conscious patient who has ingested a toxic substance that is adsorbed by charcoal
- c. A patient with severe respiratory distress
- d. A patient with an ingested corrosive substance

Answer: b. A conscious patient who has ingested a toxic substance that is adsorbed by charcoal

40. *What is the term for a rapid swelling of the epiglottis causing airway obstruction, predominantly in children?*

- a. Croup
- b. Asthma
- c. Epiglottitis
- d. Bronchiolitis

Answer: c. Epiglottitis

41. *What is the first step in the “focused history and physical exam” for a patient with no significant trauma?*
- Perform a rapid trauma assessment
 - Obtain a full set of vital signs
 - Take an appropriate history related to the chief complaint
 - Immediately transport the patient
- Answer: c. Take an appropriate history related to the chief complaint*
42. *When providing prehospital care for a patient with suspected abdominal aortic aneurysm, what is the most important treatment?*
- Giving the patient water to drink to identify the pain source
 - Applying a cold pack to the abdomen to reduce inflammation
 - Providing rapid transport to an appropriate facility
 - Encouraging the patient to walk to assess the pain severity
- Answer: c. Providing rapid transport to an appropriate facility*
43. *In an EMT’s scope of practice, which of the following is a procedure for advanced airway management?*
- Endotracheal intubation
 - Needle cricothyrotomy
 - Insertion of a laryngeal mask airway (LMA)
 - Performing a tracheostomy
- Answer: c. Insertion of a laryngeal mask airway (LMA)*
44. *What medical condition often presents with chest pain that radiates to the left arm and jaw?*
- Gastroesophageal reflux disease (GERD)
 - Acute myocardial infarction
 - Pancreatitis
 - Pulmonary embolism
- Answer: b. Acute myocardial infarction*
45. *Which type of stroke is most common, ischemic or hemorrhagic?*
- Ischemic
 - Hemorrhagic
 - They occur with equal frequency
 - Unable to be determined by prehospital personnel
- Answer: a. Ischemic*
46. *Which one of the following conditions is characterized by the irregular conduction of electrical impulses in the heart, commonly resulting in a rapid, uncoordinated heartbeat?*
- Myocardial infarction
 - Ventricular fibrillation
 - Angina pectoris
 - Atrial fibrillation
- Answer: d. Atrial fibrillation*
47. *Which type of muscle tissue is found in the walls of blood vessels and not under voluntary control?*
- Skeletal muscle
 - Cardiac muscle
 - Smooth muscle
 - Striated muscle
- Answer: c. Smooth muscle*

48. *What is the proper term for an elevated body temperature due to a failure of thermoregulation?*
a. Hypothermia
b. Fever
c. Hyperthermia
d. Heat stroke
Answer: c. Hyperthermia
49. *What is the minimum number of chest compressions per minute recommended during CPR for adults?*
a. 60
b. 80
c. 100
d. 120
Answer: c. 100
50. *What is the primary purpose of the pediatric assessment triangle (PAT)?*
a. To determine a pediatric patient's weight
b. To assess a child's airway patency
c. To provide a rapid assessment of a pediatric patient's condition
d. To measure a pediatric patient's vital signs
Answer: c. To provide a rapid assessment of a pediatric patient's condition
51. *Which one of the following would be considered a neurological finding during a patient assessment?*
a. Tachycardia
b. Hypertension
c. Pupil reactivity
d. Cyanosis
Answer: c. Pupil reactivity
52. *What is the compression depth range for adult patients during CPR, according to current guidelines?*
a. At least 1 inch (2.5 cm)
b. At least 2 inches (5 cm)
c. 2 to 2.4 inches (5 to 6 cm)
d. 3 to 4 inches (7.5 to 10 cm)
Answer: c. 2 to 2.4 inches (5 to 6 cm)
53. *Which condition is often indicated by a tracheal shift in a patient?*
a. Asthma
b. Pneumonia
c. Tension pneumothorax
d. Pulmonary embolism
Answer: c. Tension pneumothorax
54. *What is a common sign of serious head injury in a patient?*
a. Flushed skin
b. Battle's sign
c. JVD (Jugular Vein Distension)
d. Bradycardia
Answer: b. Battle's sign
55. *If a patient's blood sugar level is 60 mg/dL, which condition are they likely suffering from?*
a. Hyperglycemia

- b. Normal glycemia
 - c. Hypoglycemia
 - d. Diabetic ketoacidosis
- Answer: c. Hypoglycemia*

56. *For which of the following conditions is oxygen typically administered as part of the treatment?*
- a. Hyperventilation syndrome
 - b. Myocardial infarction
 - c. Panic attack
 - d. Digitalis toxicity
- Answer: b. Myocardial infarction*

57. *In the context of trauma, what does the 'P' in the mnemonic 'AMPLE' stand for?*
- a. Pulse
 - b. Past medical history
 - c. Pain
 - d. Paralysis
- Answer: b. Past medical history*

58. *What does the "30:2" ratio represent in CPR?*
- a. The ratio of chest compressions to rescue breaths
 - b. The number of cycles of CPR before rechecking the pulse
 - c. The amount of time for checking for responsiveness and breathing
 - d. The depth of compressions in inches and the number of breaths
- Answer: a. The ratio of chest compressions to rescue breaths*

59. *In which position should a conscious patient with suspected spinal injury be transported, if spinal motion restriction has not been applied?*
- a. Supine
 - b. Prone
 - c. Sitting up
 - d. Recovery position
- Answer: a. Supine*

60. *Which device is used to measure a patient's blood oxygen saturation?*
- a. Sphygmomanometer
 - b. Stethoscope
 - c. Pulse oximeter
 - d. Capnograph
- Answer: c. Pulse oximeter*

61. *What is the leading cause of death in trauma patients?*
- a. Respiratory failure
 - b. Cardiac arrest
 - c. Hemorrhage
 - d. Infection
- Answer: c. Hemorrhage*

62. *What component of the vital signs is assessed by the EMT when observing skin color, temperature, and condition?*
- a. Pulse rate
 - b. Respiratory rate
 - c. Blood pressure

d. Perfusion
Answer: d. Perfusion

63. *How does positive pressure ventilation affect cardiac output?*

- a. It has no effect on cardiac output.
- b. It increases venous return and raises cardiac output.
- c. It decreases venous return and lowers cardiac output.
- d. It fluctuates cardiac output unpredictably.

Answer: c. It decreases venous return and lowers cardiac output.

64. *Which of the following is a sign of inadequate breathing in a patient?*

- a. Regular and deep breaths
- b. Use of accessory muscles to breathe
- c. A respiratory rate of 16 breaths per minute
- d. Clear and equal lung sounds

Answer: b. Use of accessory muscles to breathe

65. *In a cardiac emergency, aspirin is administered to:*

- a. Relieve pain
- b. Increase heart rate
- c. Prevent blood clotting
- d. Reduce fever

Answer: c. Prevent blood clotting

66. *Capnography is used by EMTs to measure what?*

- a. The oxygen content of inhaled air
- b. The carbon dioxide levels in exhaled air
- c. The patient's blood pressure
- d. The level of consciousness

Answer: b. The carbon dioxide levels in exhaled air

67. *What is the purpose of the Glasgow Coma Scale (GCS)?*

- a. To assess a patient's long-term cognitive function
- b. To establish a patient's blood pressure baseline
- c. To evaluate a patient's level of consciousness
- d. To measure a patient's respiratory effort

Answer: c. To evaluate a patient's level of consciousness

68. *For a patient with a suspected flail chest, the EMT should:*

- a. Encourage the patient to cough regularly to clear secretions
- b. Provide positive pressure ventilation immediately
- c. Apply a bulky dressing and stabilize the flail segment
- d. Avoid administering oxygen to prevent hyperventilation

Answer: c. Apply a bulky dressing and stabilize the flail segment

69. *Susie is an EMT assessing a child with stridor. What is likely the cause of this sound?*

- a. Lower airway obstruction
- b. Bronchoconstriction
- c. Upper airway obstruction
- d. Pleural effusion

Answer: c. Upper airway obstruction

70. Which of the following best describes the main role of the EMT in the prehospital care chain?
- Diagnosing medical conditions
 - Providing initial care and transportation to a medical facility
 - Performing advanced medical procedures
 - Dispensing long-term medication
- Answer: b. Providing initial care and transportation to a medical facility
71. When oxygen is bound to hemoglobin in the blood, it is known as:
- Carboxyhemoglobin
 - Bicarbonate
 - Oxyhemoglobin
 - Deoxyhemoglobin
- Answer: c. Oxyhemoglobin
72. What is the most common cause of airway obstruction in an unconscious patient?
- Foreign body aspiration
 - Traumatic injury to the airway
 - Tongue falling back into the throat
 - Swelling of the airway due to an allergic reaction
- Answer: c. Tongue falling back into the throat
73. EMTs should use the two-person technique to perform CPR on a child in what situation?
- When an AED is not available
 - Whenever the two EMTs are available regardless of circumstance
 - If rescue breaths are not causing chest rise
 - When there is a suspected neck injury
- Answer: b. Whenever the two EMTs are available regardless of circumstance
74. You are treating a patient with evident signs of shock. What is the BEST position to transport this patient?
- Semi-Fowler's position
 - Prone position
 - Supine position with legs elevated
 - Seated with head between knees
- Answer: c. Supine position with legs elevated
75. To which of the following patients would an EMT apply a traction splint?
- A patient with a suspected pelvic fracture
 - A patient with an open fracture of the radius
 - A patient with a suspected femur fracture
 - A patient with a dislocated shoulder
- Answer: c. A patient with a suspected femur fracture
76. What is the primary role of the Emergency Medical Technician (EMT) at the scene of an automobile accident?
- To provide transportation for hospital staff to the scene
 - To perform emergency surgical procedures on critical patients
 - To assess and manage patient conditions until more advanced medical help can take over
 - To direct traffic away from the accident scene
- Answer: c. To assess and manage patient conditions until more advanced medical help can take over
77. When performing CPR on an infant, where should you check for a pulse?
- Carotid artery
 - Brachial artery

- c. Radial artery
 - d. Femoral artery
- Answer: b. Brachial artery

78. For a responsive adult patient who is choking and cannot cough, speak, or breathe, what is the first action an EMT should take?

- a. Begin chest compressions
- b. Perform a finger sweep of the mouth
- c. Delivered back blows followed by abdominal thrusts
- d. Administer high-flow oxygen

Answer: c. Delivered back blows followed by abdominal thrusts

79. Which of the following is a sign of possible respiratory distress in a pediatric patient?

- a. Slow breathing with long pauses in between breaths
- b. Steady, unlabored breathing with clear lung sounds
- c. Nasal flaring and retractions
- d. Regular breathing pattern with a heart rate within the normal range

Answer: c. Nasal flaring and retractions

80. An EMT is called to the scene of a patient with chest pain. What is the top priority for this patient?

- a. Providing emotional support
- b. Immediate transport to a cardiac center
- c. Administering a nitroglycerin tablet
- d. Collecting a detailed medical history

Answer: b. Immediate transport to a cardiac center

81. While treating a patient with a suspected fracture of the femur, which type of splint should the EMT consider using?

- a. Rigid splint
- b. Traction splint
- c. Soft splint
- d. Formable splint

Answer: b. Traction splint

82. EMTs are trained to deliver babies when transport to the hospital is not possible. Which of the following is NOT part of the immediate care for a newborn?

- a. Keeping the baby warm
- b. Cutting the umbilical cord immediately after birth
- c. Suctioning the baby's mouth and nose
- d. Stimulating the baby to breathe

Answer: b. Cutting the umbilical cord immediately after birth

83. When communicating with a patient, which of the following is the most important for an EMT to remember?

- a. Using medical terminology frequently to demonstrate competence
- b. Maintaining steady eye contact throughout the conversation
- c. Speaking loudly and directly to ensure the patient understands
- d. Listening actively and demonstrating empathy

Answer: d. Listening actively and demonstrating empathy

84. When assessing a patient with a potential head injury, what is important to check for during the secondary assessment?

- a. Blood pressure trends
- b. Battle's sign and raccoon eyes

- c. Abdominal rigidity
 - d. Distal pulse strength in the feet
- Answer:* b. Battle's sign and raccoon eyes

85. *When providing defibrillation to a patient, what is an EMT NOT responsible for doing?*

- a. Ensuring the defibrillator is properly charged
- b. Checking for a carotid pulse immediately before delivering a shock
- c. Applying the defibrillator pads correctly on the patient's chest
- d. Performing a rapid neurological exam before delivering the shock

Answer: d. Performing a rapid neurological exam before delivering the shock

86. *A patient with suspected spinal injury should be placed in which immobilization device?*

- a. A vacuum mattress
- b. A long backboard or a full-body vacuum splint
- c. A traction splint
- d. A soft tissue cervical collar

Answer: b. A long backboard or a full-body vacuum splint

87. *When should an EMT consider the use of an automated external defibrillator (AED)?*

- a. As soon as chest pain is reported
- b. In any trauma-related incident
- c. On unresponsive patients with no breathing and no pulse
- d. During transportation of a stable heart attack patient

Answer: c. On unresponsive patients with no breathing and no pulse

88. *What is the most appropriate way to communicate with a hearing-impaired patient?*

- a. Using a stethoscope to amplify your voice
- b. Writing down questions and answers
- c. Speaking directly into the patient's ear
- d. Gesturing and using medical equipment to pantomime questions

Answer: b. Writing down questions and answers

89. *What is the significance of jugular vein distention (JVD) in a patient?*

- a. It is a common finding in dehydration.
- b. It may indicate tension pneumothorax or cardiac tamponade.
- c. It signifies a healthy cardiovascular response during exercise.
- d. It is an expected finding in a patient with a low body temperature.

Answer: b. It may indicate tension pneumothorax or cardiac tamponade.

90. *In a case of anaphylaxis, what medication is commonly administered by EMTs?*

- a. Oral glucose
- b. Insulin
- c. Epinephrine
- d. Albuterol

Answer: c. Epinephrine

91. *When assessing for pitting edema in a patient, you are typically checking for signs of what?*

- a. Respiratory distress
- b. Skin infection
- c. Cardiac compromise
- d. Neurological deficit

Answer: c. Cardiac compromise

92. *What is the purpose of the rapid sequence intubation (RSI) in emergency medical services?*
- To rapidly cool a patient with hyperthermia
 - To provide long-term nutritional support
 - To quickly secure an airway in a critical patient
 - To immobilize a patient for transport
- Answer:* c. To quickly secure an airway in a critical patient
93. *Owens is an EMT who is assessing pain in a patient with a suspected fracture. What scale might Owens use to determine the patient's pain level?*
- Glasgow Coma Scale
 - APGAR scale
 - Rule of Nine's scale
 - Numeric rating scale
- Answer:* d. Numeric rating scale
94. *In which of the following scenarios would an EMT most likely administer oral glucose?*
- A patient who is unconscious with an unknown medical history
 - A patient experiencing chest pain with a history of angina
 - A patient with a confirmed history of diabetes exhibiting signs of hypoglycemia
 - A patient who has sustained a head injury and is nauseated
- Answer:* c. A patient with a confirmed history of diabetes exhibiting signs of hypoglycemia
95. *The presence of jugular vein distention (JVD) in a trauma patient could indicate a problem with what area of the body?*
- Abdomen
 - Chest
 - Leg veins
 - Brain
- Answer:* b. Chest
96. *A patient with slurred speech, facial droop, and arm weakness is likely experiencing what kind of medical emergency?*
- Hypoglycemic event
 - Ischemic stroke
 - Seizure
 - Bell's palsy
- Answer:* b. Ischemic stroke
97. *When assessing a patient's abdomen, the EMT is dividing it into quadrants. What is the primary purpose of this approach?*
- To determine the patient's body mass index (BMI)
 - To localize the pain or tenderness to a specific part of the abdomen
 - To assess the patient's range of motion in the torso
 - To measure the abdominal circumference for bariatric considerations
- Answer:* b. To localize the pain or tenderness to a specific part of the abdomen
98. *During which phase of the patient assessment should the EMT obtain vital signs?*
- Upon arrival at the scene
 - During the initial approach to the patient
 - Secondary assessment
 - Reassessment phase
- Answer:* c. Secondary assessment

99. Which of the following is an indication for the administration of Naloxone (Narcan)?

- a. Severe allergic reaction
- b. Opioid overdose
- c. Asthma attack
- d. Angina pectoris

Answer: b. Opioid overdose

100. The sound produced by the rapid back and forth movement of air in the upper airway that may indicate the presence of an obstruction is called:

- a. Wheezing
- b. Rhonchi
- c. Stridor
- d. Crackles

Answer: c. Stridor

101. When ventilating a patient with a bag-valve mask (BVM), what is the correct rate of ventilation for an adult?

- a. 12-20 ventilations per minute
- b. 10-12 ventilations per minute
- c. 5-6 ventilations per minute
- d. 20-24 ventilations per minute

Answer: b. 10-12 ventilations per minute

102. What is the most common complication of CPR?

- a. Rib fractures
- b. Spleen laceration
- c. Gastric distension
- d. Cerebral hypoxia

Answer: a. Rib fractures

103. When providing supplemental oxygen to a COPD patient in respiratory distress, what is the most important factor to monitor?

- a. Oxygen saturation levels
- b. Ambient temperature
- c. Respiratory rate only
- d. Blood glucose levels

Answer: a. Oxygen saturation levels

104. When an EMT is assessing the motor function of a patient's lower extremities, the patient is asked to:

- a. Shrug their shoulders
- b. Squeeze the EMT's hands
- c. Push against the EMT's hands with their feet
- d. Turn their head side to side

Answer: c. Push against the EMT's hands with their feet

105. A normal capillary refill time in a healthy adult should be:

- a. Less than 1 second
- b. 1-2 seconds
- c. 2-4 seconds
- d. More than 5 seconds

Answer: b. 1-2 seconds

106. Which of the following is the best indicator of brain function in an unconscious patient?
- Body temperature
 - Pulse rate
 - Pupil reactivity
 - Blood pressure
- Answer:* c. Pupil reactivity
107. When assessing a patient with a possible spinal injury, it is important to observe for what kind of breathing pattern?
- Rapid and shallow breaths
 - Unequal chest expansion
 - Paradoxical motion
 - Diaphragmatic breathing
- Answer:* c. Paradoxical motion
108. In a multiple-casualty incident, which patient should be tagged as “Immediate” during triage?
- A patient with a minor laceration on the forearm
 - A patient with a sprained ankle
 - A patient with respiratory distress
 - A patient who is walking and talking without apparent distress
- Answer:* c. A patient with respiratory distress
109. A patient presents with epigastric pain and a history of alcohol abuse. The EMT should suspect which condition?
- Appendicitis
 - Pancreatitis
 - Gastroenteritis
 - Cholecystitis
- Answer:* b. Pancreatitis
110. Which of the following statements is true regarding geriatric patients and their response to pain?
- Geriatric patients always exhibit obvious signs of pain.
 - Geriatric patients may not experience the same level of pain as younger patients due to decreased nerve function.
 - Pain in geriatric patients is best assessed by observing their vital signs.
 - Geriatric patients are less likely to report pain due to cognitive impairments.
- Answer:* b. Geriatric patients may not experience the same level of pain as younger patients due to decreased nerve function.
111. What is the proper name of the position used to prevent aspiration in an unconscious patient who is not suspected of having a spinal injury?
- Recovery position
 - Trendelenburg position
 - Fowler’s position
 - Prone position
- Answer:* a. Recovery position
112. When providing care to a patient who has sustained an electrical injury, it is important to assess for what potential complication?
- Hyperglycemia
 - Signs of a tension pneumothorax
 - Cardiac dysrhythmias
 - Heat exhaustion
- Answer:* c. Cardiac dysrhythmias

113. *What is the first step in controlling bleeding for a patient with an extremity injury?*
a. Elevation of the extremity above heart level
b. Application of a tourniquet
c. Direct pressure to the wound
d. Application of a splint
Answer: c. Direct pressure to the wound
114. *If a conscious patient with a suspected neck injury must be moved, which technique should the EMT use?*
a. Extremity lift
b. Direct ground lift
c. Clothes drag
d. Rapid extrication technique
Answer: c. Clothes drag
115. *A sign of late stage hypoperfusion (shock) in pediatric patients is:*
a. Bradycardia
b. Mottling of the skin
c. Hyperactivity
d. Strong peripheral pulses
Answer: a. Bradycardia
116. *What mnemonic can be used for the recognition of a stroke?*
a. SAMPLE
b. FAST
c. DCAP-BTLS
d. AVPU
Answer: b. FAST
117. *During the secondary assessment, you notice jugular vein distention (JVD) in a trauma patient. What could this indicate?*
a. Tension pneumothorax
b. Heart failure
c. Hemothorax
d. Both a and b
Answer: d. Both a and b
118. *When ventilating an adult patient with a bag-valve mask, what is the approximate rate you should deliver breaths?*
a. 6-8 breaths per minute
b. 10-12 breaths per minute
c. 12-20 breaths per minute
d. 20-24 breaths per minute
Answer: b. 10-12 breaths per minute
119. *What condition is characterized by a sudden onset of pinpoint pupil(s) and altered mental status?*
a. Stroke
b. Opiate overdose
c. Hypoglycemia
d. Heat stroke
Answer: b. Opiate overdose
120. *The presence of subcutaneous emphysema when palpating the chest of a trauma patient suggests what injury?*

- a. Rib fracture
 - b. Flail chest
 - c. Pneumothorax
 - d. Pulmonary contusion
- Answer:* c. Pneumothorax

Chapter 5:

Trauma Management

Trauma management is a crucial aspect of emergency medicine and critical care, aiming to assess, stabilize, and treat individuals who have experienced serious injury. The initial approach to trauma care involves the immediate assessment of the patient's airway, breathing, and circulation—often referred to as the ABCs—in order to prioritize interventions that could be lifesaving.

Further assessment includes a complete and rapid evaluation of the patient using the ABCDEs: Airway with stabilization of the cervical spine, Breathing, Circulation with hemorrhage control, Disability (neurological status), and Exposure (completely undress the patient but prevent hypothermia). This primary survey helps to identify any immediate threats to life and limb, allowing for prompt treatment or surgical intervention when necessary.

Following the primary survey, the secondary survey entails a thorough head-to-toe examination, including a patient's medical history and a detailed assessment of all body systems. This helps to identify all injuries, both obvious and subtle, that the trauma patient may have incurred. Imaging studies like X-rays, CT scans, and ultrasounds are often utilized during this phase to assist in the detection of internal injuries.

Hemorrhage control is a critical component of trauma management. Uncontrolled bleeding is a leading cause of preventable death in trauma patients. Techniques to control bleeding include the application of direct pressure, tourniquets, hemostatic agents, and surgical interventions. Early recognition and control of hemorrhage can significantly improve patient outcomes.

Pain management is also an integral part of trauma care, not only for humane reasons but also for reducing the physiologic stress response to injury. The administration of analgesics should be balanced with the need to maintain an accurate neurologic examination, and medications can be used intravenously, intramuscularly, or through regional anesthesia techniques.

In cases of multisystem trauma, care coordination becomes complex, often requiring a multidisciplinary team approach that can include trauma surgeons, emergency physicians, anesthesiologists, nurses, and other specialists. This team works in concert to provide comprehensive trauma care, covering aspects such as patient stabilization, surgical interventions, critical care, and rehabilitation.

Trauma systems have evolved to include not just the immediate care received at a hospital but also the pre-hospital care provided by emergency medical services (EMS). The integration of pre-hospital and in-hospital services is critical, as early intervention can greatly affect outcomes. EMS providers play an important role in initiating resuscitation efforts, reducing secondary injury, and rapidly transporting patients to designated trauma centers equipped to handle severe injuries.

5.1. Trauma Assessment and Management Principles

Trauma assessment and management are crucial for the initial care of a patient who has suffered physical injury. It follows a systematic approach to identify life-threatening conditions and initiate appropriate interventions. The primary survey, as outlined by the Advanced Trauma Life Support (ATLS) guidelines, applies a sequence of assessment and management steps using the acronym 'ABCDE': Airway, with cervical spine control; Breathing; Circulation; Disability; and Exposure/Environmental control.

The initial step in trauma management, following the 'A' of ATLS, is to ensure the patient's airway is clear and protected. The cervical spine should be immobilized if a spinal injury is suspected, typically with a cervical collar or manual stabilization. If the patient is unable to maintain their airway due to injury, altered mental status, or obstruction, then immediate intervention, possibly including intubation, may be necessary.

Following airway assessment, 'B' stands for Breathing. The healthcare provider must assess the patient's breathing by evaluating the rate, depth, and symmetrical expansion of the chest. Inspecting for signs of pneumothorax, hemothorax, or flail chest is essential. Treatment may include giving supplemental oxygen or performing emergent procedures such as needle decompression for tension pneumothorax.

'C' in the primary survey signifies Circulation. It requires evaluating the patient's pulse rate, blood pressure, skin color, and temperature to determine the presence of shock, which could be hemorrhagic or non-hemorrhagic. Controlling external bleeding with direct pressure, tourniquets, or packing and stabilizing pelvic fractures are part of managing circulation issues. Intravenous access is established for fluid and blood product administration if necessary.

'D' stands for Disability, which involves assessing the patient's neurological status. This is done using the Glasgow Coma Scale to quantify the level of consciousness and checks for pupil size and reactivity. This step helps in the rapid identification of conditions such as brain injury, stroke, or intoxication that may require urgent neurosurgical intervention.

'E' means Exposure and Environmental control, which entails fully exposing the patient to identify all injuries while also preventing hypothermia. This involves removing clothing but ensuring the patient is covered with warm blankets and the trauma room temperature is controlled as patients are susceptible to losing body heat rapidly, particularly when they are in shock or have extensive injuries.

Once the primary survey is complete and life-threatening conditions are addressed, attention turns to the secondary survey. This comprehensive head-to-toe assessment identifies all injuries, including potentially hidden ones. Detailed medical history is taken, if possible, including the mechanism of injury, pre-existing medical conditions, allergies, medications, and other relevant information. The secondary survey is an ongoing process that continues during resuscitation and stabilization. Imaging and diagnostic tests, such as X-rays, CT scans, or ultrasounds, may be used to assist in evaluating the patient.

Throughout the trauma assessment and management process, it is vital to document all findings, interventions, and responses. Communication with the trauma team members is essential to ensure that critical information is shared promptly and effectively. This coordinated approach improves patient outcomes and efficiency, particularly in time-sensitive situations where prompt and accurate decision-making can mean the difference between life and death.

5.2. Managing Bleeding and Shock

Bleeding, or hemorrhage, is a potentially life-threatening condition that can lead to shock if not managed properly. When an individual is injured and blood vessels are damaged, blood can escape the circulatory system. Immediate and appropriate action is necessary to control bleeding and minimize blood loss. There are three primary types of bleeding: arterial, venous, and capillary. Arterial bleeding is typically the most severe, characterized by bright red blood that spurts in time with the heart's beat, while venous bleeding involves darker blood that flows steadily. Capillary bleeding, the most common and least severe, involves small vessels and usually results from minor cuts or abrasions.

Shock, on the other hand, is a life-threatening medical condition that occurs when the body is not getting enough blood flow, which can lead to organ failure and, in extreme cases, death. Shock can be caused by anything that reduces the circulation of blood, such as severe blood loss (hemorrhagic shock), heart failure (cardiogenic shock), severe infection (septic shock), or severe allergic reaction (anaphylactic shock).

To manage bleeding effectively, first, ensure the scene is safe and then put on gloves or use a barrier to avoid contact with the blood. If the wound is small, clean it with mild soap and water, apply an antiseptic, and cover it with a sterile bandage. For more severe wounds that involve significant bleeding, direct pressure is the most commonly recommended method. Apply pressure to the wound with a cloth or bandage, and, if needed, use your hands until the bleeding stops. If bleeding continues and a first aid kit is available, a tourniquet or a hemostatic dressing, which contains agents that promote blood clotting, can be used as directed.

In cases of suspected shock, it's essential to keep the injured person warm and comfortable. Check for responsiveness and breathing, and if the person is unconscious but breathing, place them in the recovery position. If there is no breathing or heartbeat, commence cardiopulmonary resuscitation (CPR) if trained to do so, while waiting for medical help.

Should an individual exhibit symptoms of shock, such as pale or cold and clammy skin, rapid shallow breathing, a weak and rapid pulse, or reduced alertness, call emergency services immediately. While waiting for emergency services to arrive, lay the person down with their legs elevated to help maintain blood flow to the vital organs, unless this position could cause further harm.

Detailed instructions are crucial when educating individuals on managing bleeding and shock. Components of a basic first aid course include recognizing the signs of severe bleeding and shock, understanding the concepts of compression and elevation, and being informed on the use of advanced first aid materials like tourniquets and hemostatic dressings.

When managing bleeding and shock in a pre-hospital setting, time is of the essence. Always prioritize calling for professional medical assistance while providing initial care. Continuous assessment of the victim's condition is important, and all interventions should be recorded and communicated to the arriving emergency personnel to ensure continuity of care.

5.3 Handling Musculoskeletal, Head, and Spine Injuries

Musculoskeletal injuries refer to damage to the musculoskeletal system, which includes the muscles, tendons, ligaments, bones, and joints. Handling these types of injuries appropriately is crucial because improper care can lead to complications, permanent disability, or even exacerbate the initial injury. The primary goals should be to prevent further damage, reduce pain, and facilitate the best possible healing environment.

When addressing musculoskeletal injuries such as fractures (broken bones), dislocations, sprains, and strains, the first step is to ensure the safety of both the injured person and the responder. The area should be

assessed for hazards that could pose additional risks. Following the assessment, keep the injured limb in the position found, immobilize it, and seek professional medical assistance.

Immobilization is a key component in the treatment of fractures and dislocations. Splinting the affected area can help limit movement, thereby decreasing pain and the risk of further injury to surrounding tissues and blood vessels. Splints can be rigid or soft, and they should extend beyond the joints above and below the injury site. Make sure that the splint is not too tight as to cut off circulation, and always check for sensation, warmth, and color before and after splinting.

For suspected head injuries, it's necessary to monitor the person's level of consciousness, pupil size and reaction to light, ability to move all extremities, and any changes in their breathing pattern. A suspected spinal injury requires that movement of the person's head, neck, and back be minimized. Use a cervical collar if trained to do so and keep the person's head and neck in line with their spine. Never attempt to move someone with a suspected spinal injury unless they are in immediate danger.

If an injury to the musculoskeletal system involves an open wound — such as an open fracture, where bone has breached the skin — it is crucial to control bleeding while avoiding any direct pressure over the fracture site. Use sterile dressings and apply pressure around the wound, if possible. This will reduce the risk of infection and further blood loss. Never try to push any protruding bones back into the skin.

Pain management is also an important aspect of handling musculoskeletal injuries. Use ice packs to reduce swelling but apply them over a cloth to avoid direct contact with the skin, which can cause ice burns. Ice should be applied intermittently — 20 minutes on followed by a 20-minute break — to prevent tissue damage from cold exposure.

Lastly, shock management is essential. Individuals with significant injuries can go into shock, a life-threatening condition that occurs when there's not enough blood flow throughout the body. Keep the injured person warm, calm, and in a supine position — lying flat with their legs slightly elevated, if there are no injuries contraindicating this position and you're trained to do so. Cover them with blankets and ensure that emergency medical services are on the way. Continuously monitor their vital signs, provide reassurance, and never give them anything to eat or drink.

5.4. Practice Questions for Trauma Management

- 1. A 28-year-old male arrives at the ER following a motor vehicle accident. He is conscious but appears agitated and is complaining of chest pain. Physical examination reveals an irregular pulse and paradoxical chest movement. His blood pressure is 90/60 mmHg and his respiratory rate is 22 breaths per minute with audible wheezing.**
 - **What are the possible injuries you would consider?**
 - *Answer:* Potential injuries include rib fractures, pneumothorax, cardiac contusion, or traumatic aortic injury.
 - **What immediate management steps should be taken?**
 - *Answer:* Administer oxygen, monitor vitals, prepare for chest X-ray, secure IV access, and consider pain management.
- 2. A patient presents to the emergency department with a gunshot wound to the abdomen. On examination, the patient is hypotensive and tachycardic with a distended abdomen.**
 - **What are the priority assessments you need to perform on this patient?**
 - *Answer:* Assess for signs of internal bleeding, monitor vital signs, and evaluate for peritonitis or organ damage.
 - **Outline the steps for initial management and stabilization.**

The primary survey, following the ABCDE approach, remains the cornerstone of initial trauma assessment, ensuring that life-threatening conditions are identified and managed in a prioritized sequence. Airway maintenance with cervical spine protection, breathing and ventilation, circulation with hemorrhage control, disability assessment, and exposure/environment control are key components that must be swiftly and effectively addressed.

Secondary survey, a head-to-toe evaluation, is conducted following the stabilization of the patient. It helps in the identification of all injuries, forming an integral part of the trauma management continuum. Radiological investigations and laboratory tests serve as adjuncts to the physical examination, directing healthcare providers towards accurate diagnosis and informing treatment decisions.

The concept of ‘damage control’, particularly in the management of polytrauma patients, underlines the importance of controlling hemorrhage, preventing contamination, and stabilizing fractures to prevent a downward spiral into the lethal triad of acidosis, hypothermia, and coagulopathy. Surgical intervention often follows, tailored to the specific injuries and overall condition of the patient.

Postoperative care and the initiation of rehabilitation as early as feasible are important to optimize recovery and functional outcomes. A multidisciplinary team approach including trauma surgeons, nurses, anesthesiologists, intensivists, physical therapists, and social workers, among others, is imperative to address the wide array of issues that may influence a trauma patient’s recovery.

An emphasis on the systems of trauma care, including trauma systems, trauma centers, and educational programs, reflects an understanding that outcomes are not only dependent on individual clinical encounters but also on the infrastructure and protocols in place. Continuous quality improvement through audits, research, and protocol updates are vital to advance trauma care and improve patient outcomes.

Lastly, trauma prevention warrants as much attention as the management of trauma itself. Public health initiatives to prevent accidents and injuries, education on safety practices, law enforcement, and community outreach can have a profound impact on reducing the incidence and severity of trauma, ultimately saving lives and resources. The effective management of trauma is a dynamic interplay of prompt medical intervention, coordinated care, and a societal commitment to prevention.

5.6. 120 Review Questions and Answers for Chapter 5

1. *What is the minimum safe distance from power lines to set up a ladder or operate equipment?*
 - a. 5 feet
 - b. 10 feet
 - c. 15 feet
 - d. 20 feet*Answer:* b. 10 feet
2. *Which of the following is a primary purpose of the Incident Command System (ICS)?*
 - a. To provide and manage financial assistance to victims of disasters
 - b. To standardize management of emergency incidents
 - c. To ensure that the emergency personnel get paid overtime
 - d. To conduct public relations during an incident*Answer:* b. To standardize management of emergency incidents
3. *How many abdominal thrusts should be given to an adult choking victim?*
 - a. As many as necessary until the obstruction is relieved
 - b. 5 thrusts

c. 10 thrusts

d. 3 thrusts

Answer: a. As many as necessary until the obstruction is relieved

4. *What is the normal respiratory rate for a healthy adult at rest?*

a. 6-10 breaths per minute

b. 12-20 breaths per minute

c. 22-28 breaths per minute

d. 30-36 breaths per minute

Answer: b. 12-20 breaths per minute

5. *Which condition often requires immediate transport to a hospital?*

a. Headache

b. Sprained ankle

c. Severe pain or pressure in the chest

d. Nausea

Answer: c. Severe pain or pressure in the chest

6. *What should be assessed first when approaching the scene of an emergency?*

a. The age of the patient

b. The safety of the scene

c. The specific injuries of the patient

d. The number of people involved

Answer: b. The safety of the scene

7. *How is glucose administered in a prehospital setting to a conscious patient with suspected hypoglycemia?*

a. Intravenous injection

b. Oral glucose

c. Inhaled insulin

d. Subcutaneous injection

Answer: b. Oral glucose

8. *If an adult patient is not breathing but has a pulse, how often should rescue breaths be given?*

a. 1 breath every 5 seconds

b. 1 breath every 6 seconds

c. 1 breath every 10 seconds

d. 2 breaths every 30 seconds

Answer: b. 1 breath every 6 seconds

9. *Which of the following is considered a sign of adequate artificial ventilation in a child?*

a. Noisy breathing

b. Visible chest rise with each breath

c. Blue or grey lips and fingertips

d. Decreased level of consciousness

Answer: b. Visible chest rise with each breath

10. *What is the maximum time limit for suctioning an adult victim's airway?*

a. 5 seconds

b. 10 seconds

c. 15 seconds

d. 30 seconds

Answer: c. 15 seconds

11. *During the primary assessment, what would a rapid, thready pulse potentially indicate?*
a. High blood pressure
b. Dehydration
c. Shock
d. Allergic reaction
Answer: c. Shock
12. *What is the first step in the care of a severe external bleed?*
a. Apply a tourniquet
b. Check for a pulse
c. Apply direct pressure
d. Elevate the limb
Answer: c. Apply direct pressure
13. *Which of the following would be an appropriate step when arriving at the scene of a vehicle collision?*
a. Immediately begin removing patients from their vehicles
b. Stabilize the vehicle to prevent movement
c. Direct traffic away from the scene
d. All of the above
Answer: b. Stabilize the vehicle to prevent movement
14. *In patients with suspected spinal injury, what maneuver is used to open the airway?*
a. Head tilt-chin lift
b. Jaw thrust maneuver
c. Tongue-jaw lift
d. Head thrust maneuver
Answer: b. Jaw thrust maneuver
15. *What is the “golden hour” in trauma?*
a. The first 60 minutes after a traumatic injury during which there is the highest likelihood that prompt medical treatment will prevent death
b. The time it takes for the first responders to arrive at the scene
c. The first hour of the hospital shift
d. The time frame in which a trauma patient needs to be in surgery
Answer: a. The first 60 minutes after a traumatic injury during which there is the highest likelihood that prompt medical treatment will prevent death
16. *What is the recommended compression-to-ventilation ratio for a single rescuer performing CPR on an adult?*
a. 15:2
b. 30:2
c. 5:1
d. 20:2
Answer: b. 30:2
17. *What does the mnemonic “SAMPLE” stand for in patient assessment?*
a. Symptoms, Allergies, Medications, Past medical history, Last oral intake, Events leading up to the injury/illness
b. Severity, Allergies, Medications, Pulse rate, Lacerations, Evidence of disease
c. Symptoms, Assessment, Medical history, Pulse rate, Lung sounds, Edema
d. Severity, Airway, Medications, Priorities, Lung sounds, Expiration date
Answer: a. Symptoms, Allergies, Medications, Past medical history, Last oral intake, Events leading up to the injury/illness

18. *How should you assess a patient's circulation status during the primary assessment?*
- Checking for pulse, skin condition, and bleeding
 - Measuring blood pressure and temperature
 - Asking about the patient's hydration habits
 - Observing the color and moisture of mucous membranes
- Answer:* a. Checking for pulse, skin condition, and bleeding
19. *Which position is typically most comfortable for a patient experiencing difficulty breathing?*
- Prone
 - Supine
 - Fowler's position
 - Trendelenburg position
- Answer:* c. Fowler's position
20. *Which of the following actions is correct when taking a blood pressure reading?*
- The cuff should be placed on the arm at the level of the heart
 - The stethoscope's diaphragm should be placed over the radial artery
 - The blood pressure cuff should be deflated rapidly for accurate measurement
 - Inflate the cuff to 100 mmHg above the palpated systolic pressure
- Answer:* a. The cuff should be placed on the arm at the level of the heart
21. *What is the term for a device that delivers a shock to correct a heart's rhythm?*
- Pulse oximeter
 - Automated External Defibrillator (AED)
 - Sphygmomanometer
 - Stethoscope
- Answer:* b. Automated External Defibrillator (AED)
22. *In anaphylaxis, which medication is typically administered first?*
- Oral antihistamines
 - Epinephrine
 - Corticosteroids
 - Albuterol (inhaler)
- Answer:* b. Epinephrine
23. *What should an EMT do immediately after delivering a baby?*
- Clamp and cut the umbilical cord
 - Initiate infant CPR
 - Dry the infant and stimulate crying
 - Check for additional infants
- Answer:* c. Dry the infant and stimulate crying
24. *What does the acronym "AVPU" help EMTs evaluate?*
- Airway, Ventilation, Perfusion, and Urine output
 - Ability to follow Verbal commands, Pain response, and Unresponsiveness
 - Arterial blood flow, Vein patency, Pulse locations, and Urinary retention
 - Alertness, Verbal responsiveness, Pain responsiveness, and Unresponsiveness
- Answer:* d. Alertness, Verbal responsiveness, Pain responsiveness, and Unresponsiveness
25. *When is a rapid trauma assessment typically performed?*
- Prior to the primary assessment
 - After the primary assessment if the patient has life-threatening injuries or is unconscious
 - Only after arriving at the hospital

d. After the patient has been stabilized and vital signs are normal

Answer: b. After the primary assessment if the patient has life-threatening injuries or is unconscious

26. *Which of the following is a sign of inadequate breathing in infants and children?*

a. A respiratory rate of 30 breaths per minute

b. Strong, equal cries

c. Nasal flaring or see-saw respirations

d. Regular and unlabored breathing

Answer: c. Nasal flaring or see-saw respirations

27. *When performing the jaw-thrust maneuver on a trauma patient, you should avoid which action?*

a. Extending the neck

b. Keeping the cervical spine stabilized

c. Opening the mouth wide

d. Tilting the head

Answer: d. Tilting the head

28. *What should be done with a frostbitten body part during prehospital care?*

a. Rapidly rewarm by submersion in hot water

b. Rub the area vigorously to restore circulation

c. Gently warm using body heat and avoid refreezing

d. Keep the area frozen until surgical debridement can be performed

Answer: c. Gently warm using body heat and avoid refreezing

29. *Which of the following indicates a need for immediate intervention when assessing a patient's pulse?*

a. A pulse rate of 60 beats per minute in a resting adult

b. A regular pulse with strong beats

c. An absent or irregular pulse

d. A pulse rate of 100 beats per minute in a patient who has been walking

Answer: c. An absent or irregular pulse

30. *What is an EMT's initial course of action upon arriving at the scene of a potential hazardous materials incident?*

a. Rush in to rescue any victims while holding your breath

b. Begin immediate decontamination of victims on the scene

c. Secure the scene and wait for hazmat teams to arrive

d. Collect a sample of the hazardous material for identification

Answer: c. Secure the scene and wait for hazmat teams to arrive

31. *During a primary assessment, how should an EMT evaluate a patient's airway?*

a. Asking the patient to speak

b. Checking for obstructions with a tongue depressor

c. Observing the chest rise and fall

d. Listening for breath sounds with a stethoscope

Answer: a. Asking the patient to speak

32. *What should an EMT do first when encountering a patient with a potential spinal injury who is in water?*

a. Perform a log roll

b. Secure the head and neck with a cervical collar

c. Move the patient to shallow water immediately

d. Stabilize the patient's head and spine manually

Answer: d. Stabilize the patient's head and spine manually

33. *How often should vitals be checked on a stable patient during transport?*
a. Every 5 minutes
b. Every 15 minutes
c. Every 30 minutes
d. At the discretion of the EMT
Answer: b. Every 15 minutes
34. *When fitting a patient with an oxygen mask, which type offers the highest concentration of oxygen?*
a. Simple face mask
b. Nasal cannula
c. Non-rebreather mask
d. Venturi mask
Answer: c. Non-rebreather mask
35. *What is the primary reason for an EMT to use a long spine board?*
a. To keep the patient warm
b. To immobilize the patient's spine
c. To perform CPR while in transport
d. To elevate the patient's legs
Answer: b. To immobilize the patient's spine
36. *Which of the following best describes the purpose of the Glasgow Coma Scale (GCS)?*
a. To determine the need for spinal immobilization
b. To assess the severity of a stroke
c. To quantify a patient's level of consciousness
d. To evaluate the depth of a burn injury
Answer: c. To quantify a patient's level of consciousness
37. *When performing CPR, what is the first action you should take if you see an object obstructing the airway of an unconscious patient?*
a. Continue with compressions
b. Attempt a blind finger sweep
c. Perform a jaw-thrust maneuver
d. Attempt to remove the object if it is safely reachable
Answer: d. Attempt to remove the object if it is safely reachable
38. *While performing CPR on an infant, how should the chest be compressed?*
a. With one hand on the forehead and two fingers on the sternum
b. With the heel of one hand
c. With two hands at a slower rate than adults
d. By encircling the chest with both hands
Answer: a. With one hand on the forehead and two fingers on the sternum
39. *Which of the following is the correct procedure when using an automated external defibrillator (AED) on a child under the age of 8?*
a. Use adult pads if pediatric pads are not available
b. Use pediatric pads and deliver the same energy as for an adult
c. Use a manual defibrillator instead of an AED
d. Use pediatric pads if available, otherwise modify the adult AED with a dose attenuator
Answer: d. Use pediatric pads if available, otherwise modify the adult AED with a dose attenuator
40. *What is the correct technique for performing the Heimlich maneuver on a small child?*
a. Abdominal thrusts only
b. Alternating between back blows and chest thrusts

- c. Back blows only
 - d. Chest thrusts only
- Answer:* b. Alternating between back blows and chest thrusts

41. *What is the primary sign that indicates a patient is experiencing compensated shock?*

- a. Cold, clammy skin
- b. Unconsciousness
- c. Hypertensive blood pressure
- d. Rapid pulse

Answer: d. Rapid pulse

42. *When splinting a suspected fracture, which of the following is most important?*

- a. Keep the patient mobile
- b. Apply heat to reduce swelling
- c. Immobilize the joint above and below the injury
- d. Loosen the splint after 5 minutes to check circulation

Answer: c. Immobilize the joint above and below the injury

43. *What is the first step in delivering a baby in the prehospital setting?*

- a. Applying gentle pressure to the baby's head as it crowns
- b. Checking for the umbilical cord around the baby's neck
- c. Placing the mother in a comfortable position
- d. Encouraging the mother to push during contractions

Answer: c. Placing the mother in a comfortable position

44. *When assessing a burn injury, what does the "rule of nines" help an EMT establish?*

- a. The priority of the patient for triage
- b. The total body surface area (TBSA) affected by burns
- c. The degree or depth of the burn injury
- d. The percentage of fluid loss from the burn

Answer: b. The total body surface area (TBSA) affected by burns

45. *In a patient with suspected carbon monoxide poisoning, what symptom is most commonly present?*

- a. Cyanosis
- b. Bright red lips and skin
- c. Jaundice
- d. Pallor

Answer: b. Bright red lips and skin

46. *After delivering a newborn, what should be done if the baby is not crying or breathing well?*

- a. Immediate chest compressions
- b. Dry the baby and stimulate breathing
- c. Perform a rapid trauma assessment
- d. Give oxygen to the mother

Answer: b. Dry the baby and stimulate breathing

47. *Which condition is characterized by the sudden onset of difficulty breathing during sleep?*

- a. Asthma
- b. Croup
- c. Paroxysmal nocturnal dyspnea
- d. Epiglottitis

Answer: c. Paroxysmal nocturnal dyspnea

48. *When should a tourniquet be used to control bleeding?*
a. As a first-line treatment for all bleeding
b. When direct pressure does not control severe bleeding
c. After a pressure bandage has been applied
d. Immediately upon arrival on the scene
Answer: b. When direct pressure does not control severe bleeding
49. *What is a primary role of the EMT in the care of a patient with a behavioral emergency?*
a. To counsel the patient on behavioral modification strategies
b. To diagnose the underlying psychiatric condition
c. To ensure the safety of the patient, crew, and bystanders
d. To provide medications to manage the patient's behavior
Answer: c. To ensure the safety of the patient, crew, and bystanders
50. *In the case of a patient with suspected stroke, what is the importance of documenting the time of symptom onset?*
a. To establish a timeline for potential thrombolytic therapy
b. To determine the patient's hydration status
c. To schedule a CT scan at the hospital
d. To verify the patient's medication compliance
Answer: a. To establish a timeline for potential thrombolytic therapy
51. *What is the primary goal of administering nitroglycerin to a patient with chest pain?*
a. To increase blood pressure
b. To ease anxiety
c. To improve respiratory function
d. To dilate blood vessels and alleviate pain
Answer: d. To dilate blood vessels and alleviate pain
52. *Which of the following assessments is crucial to perform on a patient with altered mental status?*
a. Blood glucose level
b. Skin turgor
c. Pupillary light reflex
d. Capillary refill time
Answer: a. Blood glucose level
53. *What should be your first action if a patient is found in cardiac arrest with an implanted defibrillator?*
a. Deactivate the implanted device with a magnet
b. Begin standard CPR procedures
c. Avoid chest compressions due to risk of electrocution
d. Immediately call for a device technician
Answer: b. Begin standard CPR procedures
54. *How should an EMT manage a patient with severe abdominal pain and signs of shock?*
a. Have the patient attempt to walk
b. Position the patient supine with legs elevated
c. Give the patient oral pain medications
d. Provide rapid transport to the hospital
Answer: d. Provide rapid transport to the hospital
55. *When performing a secondary assessment on a trauma patient, which area should be palpated last?*
a. Extremities

- b. Pelvis
 - c. Chest
 - d. Abdomen
- Answer:* b. Pelvis

56. *In the prehospital care of a patient with a seizure, what is the EMT's primary concern?*

- a. Stopping the seizure with medication
- b. Protecting the patient from injury
- c. Determining the cause of the seizure
- d. Immediate transportation to a hospital

Answer: b. Protecting the patient from injury

57. *What is indicated by the presence of snoring respirations in an unresponsive patient?*

- a. The patient is dreaming
- b. An obstructed airway
- c. Normal sleep patterns
- d. Adequate air exchange

Answer: b. An obstructed airway

58. *Which of the following best describes the purpose of the primary survey?*

- a. To gather a detailed medical history
- b. To perform an in-depth physical examination
- c. To identify and treat immediate life threats
- d. To establish a definitive diagnosis

Answer: c. To identify and treat immediate life threats

59. *When providing ventilations with a bag-valve mask, what is the correct rate for an adult patient?*

- a. 5 to 6 ventilations per minute
- b. 24 to 28 ventilations per minute
- c. 10 to 12 ventilations per minute
- d. 16 to 20 ventilations per minute

Answer: c. 10 to 12 ventilations per minute

60. *If a patient is experiencing chest pain, discomfort, or pressure, what should the EMT assess first?*

- a. The patient's temperature
- b. The need for supplemental oxygen
- c. The patient's range of motion
- d. The patient's headache history

Answer: b. The need for supplemental oxygen

61. *When confronted with a patient having a seizure, what is the most appropriate course of action for an EMT to ensure the patient's safety?*

- a. Restrain the patient to prevent injury
- b. Move objects away from the patient to create a safe environment
- c. Try to hold the patient's tongue to prevent swallowing
- d. Apply cold packs to the patient's head to slow the seizure

Answer: b. Move objects away from the patient to create a safe environment

62. *What intervention should be performed for a patient experiencing hypothermia?*

- a. Heat the extremities first to encourage rapid rewarming
- b. Administer warm fluids intravenously
- c. Begin active rewarming of the core and protect the patient from further heat loss
- d. Encourage the patient to perform vigorous exercise to generate body heat

Answer: c. Begin active rewarming of the core and protect the patient from further heat loss

63. Which of the following is a contraindication for the administration of activated charcoal?
- Ingestion of corrosive substances
 - Conscious patient with overdose of oral medications
 - Patient with a history of allergic reactions to medications
 - Unconscious patient without a gag reflex
- Answer:* a. Ingestion of corrosive substances
64. When assessing for jugular vein distention (JVD), which position should the patient be in?
- Standing upright
 - Supine with head elevated 30 to 45 degrees
 - Prone with head turned to one side
 - Seated, leaning forward at the waist
- Answer:* b. Supine with head elevated 30 to 45 degrees
65. In an emergency involving hazardous materials, what should an EMT consult for specific information about substances involved?
- The Emergency Response Guidebook (ERG)
 - Local hospital policies
 - The National Incident Management System (NIMS)
 - The patient's family members for any known allergies
- Answer:* a. The Emergency Response Guidebook (ERG)
66. How does positive pressure ventilation affect cardiac output when performed on a patient?
- It increases cardiac output by promoting venous return.
 - It decreases cardiac output due to increased intrathoracic pressure.
 - It has no effect on cardiac output as it only influences lung mechanics.
 - It intermittently increases cardiac output by squeezing the heart.
- Answer:* b. It decreases cardiac output due to increased intrathoracic pressure.
67. What feature should an EMT look for in a pulse oximetry reading to ensure accuracy?
- A consistent and strong pulse symbol on the display
 - A low battery indicator
 - A rapid fluctuation between high and low oxygen saturation levels
 - The highest possible oxygen saturation percentage
- Answer:* a. A consistent and strong pulse symbol on the display
68. What are the components of the Cincinnati Prehospital Stroke Scale?
- Pulse, blood pressure, and respiration rate
 - Facial droop, arm drift, and abnormal speech
 - Headache duration, pupil size, and reflexes
 - Arm strength, leg strength, and eye movement
- Answer:* b. Facial droop, arm drift, and abnormal speech
69. In a multi-casualty incident, what is the purpose of triage?
- To provide definitive care to the most severely injured patients first
 - To sort patients based on the severity of their injuries and the urgency of their need for treatment
 - To determine the cause of the incident and prevent further casualties
 - To evacuate all patients from the scene as quickly as possible without assessment
- Answer:* b. To sort patients based on the severity of their injuries and the urgency of their need for treatment
70. After your partner has applied a defibrillatory shock with an AED, what is your next immediate action?
- Deliver high-quality chest compressions

- b. Perform a pulse check
 - c. Prepare to administer a second shock
 - d. Attach a transport-capable cardiac monitor
- Answer:* a. Deliver high-quality chest compressions

71. *How should an EMT assess a patient's motor function in the extremities?*

- a. Ask the patient to squeeze the EMT's hand
- b. Observe the patient as they attempt to walk
- c. Only visually inspect for obvious deformity
- d. Move the patient's limbs passively

Answer: a. Ask the patient to squeeze the EMT's hand

72. *To obtain an accurate pulse oximetry reading, which factors should be considered?*

- a. Nail polish, artificial nails, and ambient light exposure
- b. Skin temperature, time of day, and patient activity level
- c. Blood pressure, respiration rate, and patient medication
- d. Age, gender, and pain level of the patient

Answer: a. Nail polish, artificial nails, and ambient light exposure

73. *How should you perform the log roll maneuver on a patient with suspected spinal injury?*

- a. With the patient standing, twist the upper body while stabilizing the legs
- b. With the patient lying down, roll the body as a unit while maintaining alignment of the head, neck, and back
- c. With the patient seated, rotate at the waist and swing the legs to one side
- d. With the patient prone, arch the back to roll towards the side

Answer: b. With the patient lying down, roll the body as a unit while maintaining alignment of the head, neck, and back

74. *What is indicated by a "tracheal shift" when palpating a patient's neck?*

- a. The presence of a mucus plug in the trachea
- b. The presence of a pulse in the trachea
- c. The movement of the trachea to one side of the neck, possibly due to tension pneumothorax
- d. The normal flexibility of the trachea in a relaxed state

Answer: c. The movement of the trachea to one side of the neck, possibly due to tension pneumothorax

75. *When should the EMT consider the need for a rapid extrication technique?*

- a. When a patient requires immediate medical intervention that cannot be performed in a vehicle
- b. When a patient in a vehicle is locked in the car and the keys are unavailable
- c. When a patient's vital signs are stable and the mechanism of injury is low risk
- d. When the patient prefers to exit the vehicle themselves and refuses assistance

Answer: a. When a patient requires immediate medical intervention that cannot be performed in a vehicle

76. *What is indicated by unequal pupils in a head-injured patient?*

- a. Normal anatomical variation
- b. Possible brain injury or increased intracranial pressure
- c. Ineffective CPR
- d. Reaction to a medication

Answer: b. Possible brain injury or increased intracranial pressure

77. *How should an EMT assess capillary refill in an infant or child?*

- a. By pressing on the skin over the sternum
- b. By checking the refill time in the toenails

- c. By pressing on the nailbed of a finger
 - d. By observing color change on the forehead
- Answer:* c. By pressing on the nailbed of a finger

78. *When should you use a nasopharyngeal airway (NPA)?*

- a. On a patient who needs suctioning
- b. On a patient with severe head trauma
- c. On a conscious patient with an intact gag reflex
- d. When an oropharyngeal airway (OPA) is not tolerated

Answer: d. When an oropharyngeal airway (OPA) is not tolerated

79. *What is the primary purpose of ventilating a patient with a bag-valve mask (BVM) during CPR?*

- a. To keep the patient from inhaling vomitus
- b. To provide supplemental oxygen and ventilation
- c. To stimulate the patient's respiratory drive
- d. To prevent air from entering the stomach

Answer: b. To provide supplemental oxygen and ventilation

80. *How should an EMT assess skin temperature during the initial examination of a patient?*

- a. By palpating with the back of the hand
- b. With a digital thermometer
- c. Through visual assessment only
- d. By using an infrared skin thermometer

Answer: a. By palpating with the back of the hand

81. *When dealing with a hazardous materials incident, what is the minimal level of personal protective equipment (PPE) that EMTs should use?*

- a. Level A PPE with self-contained breathing apparatus (SCBA)
- b. The level of PPE used by the firefighters on the scene
- c. Level B PPE including a full-face respirator
- d. Standard PPE with the addition of gloves and eye protection

Answer: d. Standard PPE with the addition of gloves and eye protection

82. *How is aspirin most beneficial to a patient experiencing chest pain due to a suspected myocardial infarction?*

- a. It alleviates the pain
- b. It reduces fever
- c. It acts as a vasodilator
- d. It inhibits platelet aggregation

Answer: d. It inhibits platelet aggregation

83. *What is the recommended procedure if you encounter a conscious adult patient with a partial airway obstruction?*

- a. Encourage coughing and closely monitor the patient
- b. Deliver five back blows immediately
- c. Begin chest compressions
- d. Perform a finger sweep to remove the obstruction

Answer: a. Encourage coughing and closely monitor the patient

84. *In what situation would an EMT perform a rapid extrication?*

- a. The patient is sitting in a stalled vehicle at a red light
- b. The patient's vehicle is on fire
- c. When the patient has a superficial laceration

d. The patient requests to walk to the ambulance

Answer: b. The patient's vehicle is on fire

85. *What is a common sign of a tension pneumothorax?*

- a. Distended neck veins
- b. Decreased blood pressure
- c. Slurred speech
- d. Peripheral cyanosis

Answer: a. Distended neck veins

86. *When controlling bleeding with a tourniquet, what is critical to document?*

- a. The patient's blood type
- b. The location of the wound
- c. The time the tourniquet was applied
- d. The reason for applying the tourniquet

Answer: c. The time the tourniquet was applied

87. *Why is it important to replace the oxygen cylinder on an ambulance when it falls below 200 psi?*

- a. The oxygen flow rate becomes too high
- b. There might not be enough oxygen to last an entire call
- c. The cylinder might explode
- d. The oxygen concentration drops

Answer: b. There might not be enough oxygen to last an entire call

88. *What component of scene size-up is essential for ensuring crew safety?*

- a. Patient triage
- b. Incident stabilization
- c. Scene safety and situational awareness
- d. Resource management

Answer: c. Scene safety and situational awareness

89. *How should an EMT care for a patient's avulsed (knocked-out) tooth?*

- a. Rinse the tooth in sterile saline and reinsert it
- b. Clean the tooth with hydrogen peroxide and place it in a bag of milk
- c. Place the tooth in a dry container and transport to the hospital
- d. Transport the tooth in a cup of sterile saline or milk

Answer: d. Transport the tooth in a cup of sterile saline or milk

90. *How can an EMT differentiate between angina and myocardial infarction (MI)?*

- a. MI is characterized by radiating pain, whereas angina is not
- b. Angina typically occurs after exertion and is relieved by rest or nitroglycerin
- c. MI can be relieved by nitroglycerin, whereas angina cannot
- d. Angina is characterized by nausea and vomiting, whereas MI is not

Answer: b. Angina typically occurs after exertion and is relieved by rest or nitroglycerin

91. *What is the appropriate intervention if an EMT notices severe swelling of a patient's airway?*

- a. Encourage the patient to cough forcefully
- b. Administer high-flow oxygen and prepare for rapid transport
- c. Perform abdominal thrusts
- d. Advise the patient to take deep breaths and relax

Answer: b. Administer high-flow oxygen and prepare for rapid transport

92. *During the initial assessment, what is an oropharyngeal airway (OPA) used for?*
- To suction the patient's airway
 - To assist in ventilating the patient with a BVM
 - To keep the tongue from blocking the airway in an unconscious patient
 - To facilitate the administration of oral medications
- Answer:* c. To keep the tongue from blocking the airway in an unconscious patient
93. *What should be done if a patient with chest trauma exhibits signs of a sucking chest wound?*
- Cover the wound with a non-permeable dressing taped on three sides
 - Start chest compressions
 - Initiate positive pressure ventilation with high oxygen concentration
 - Apply a tourniquet above the injury
- Answer:* a. Cover the wound with a non-permeable dressing taped on three sides
94. *Upon arrival at a scene, a patient is found with burns around the mouth and soot in the nostrils. What does this indicate?*
- The patient may have a lower extremity fracture
 - This is a sign of a potential inhalation injury
 - There are likely no concerns for the airway
 - The focus should be on treating the external burns
- Answer:* b. This is a sign of a potential inhalation injury
95. *What should an EMT do when a conscious patient refuses care?*
- Proceed with providing care as deemed necessary
 - Document the refusal and advise the patient of potential risks
 - Call law enforcement to enforce treatment
 - Transport the patient to the hospital against their will
- Answer:* b. Document the refusal and advise the patient of potential risks
96. *What is one of the most critical aspects of the scene size-up when dealing with a potential hazardous material incident?*
- Immediately rushing to rescue any visible victims
 - Determining the number of patients involved
 - Identifying the nature of the hazardous material, if possible
 - Evaluating the need for additional lighting at the scene
- Answer:* c. Identifying the nature of the hazardous material, if possible
97. *What should an EMT assess when evaluating a patient with a complaint of a headache?*
- The patient's need for immediate transportation only
 - Only the blood pressure as it relates to the headache
 - Suddenness of the headache onset, severity, and associated symptoms
 - The patient's preference for medication to alleviate the headache
- Answer:* c. Suddenness of the headache onset, severity, and associated symptoms
98. *What intervention is appropriate for a patient with suspected hypoglycemia who is unconscious?*
- Administration of oral glucose
 - Provision of high-flow oxygen
 - Nasal administration of glucagon if available and protocol allows
 - Immediate performance of endotracheal intubation
- Answer:* b. Provision of high-flow oxygen
99. *How should you immobilize the spine of a patient with a suspected spinal injury who is found in a sitting position?*
- Lay the patient down and apply a cervical collar

- b. Leave the patient in a seated position and apply a cervical collar
 - c. Use a rapid takedown technique to a supine position and then immobilize
 - d. Perform a jaw-thrust maneuver while maintaining the head in a neutral position
- Answer:* c. Use a rapid takedown technique to a supine position and then immobilize

100. *When should a pelvic binder be applied to a patient?*

- a. If the patient has a suspected arm fracture
- b. During the secondary assessment, regardless of symptoms
- c. If the patient has a suspected pelvic fracture and signs of shock
- d. Only if directed by medical control

Answer: c. If the patient has a suspected pelvic fracture and signs of shock

101. *Why is scene safety particularly important in situations where the patient may have experienced an overdose?*

- a. Overdose scenes are typically less dangerous than other scenes
- b. The substances involved may pose a risk to the EMT
- c. EMTs need to ensure they have adequate lighting
- d. To prevent the patient from escaping the scene

Answer: b. The substances involved may pose a risk to the EMT

102. *When securing a patient onto a backboard, what should be immobilized last?*

- a. The torso
- b. The head
- c. The pelvis
- d. The legs

Answer: b. The head

103. *How should an EMT most effectively manage stress after a particularly challenging call?*

- a. Ignoring the impact of the call and moving on to the next one
- b. Participating in a debriefing with peers or accessing counseling services
- c. Taking a leave of absence immediately following the call
- d. Discussing the incident in detail on social media to gain support

Answer: b. Participating in a debriefing with peers or accessing counseling services

104. *For a patient experiencing a diabetic emergency with an altered level of consciousness, which of the following is the most appropriate course of action?*

- a. Perform a finger stick blood sugar test if trained and able
- b. Wait for the blood sugar level to normalize naturally
- c. Provide insulin injection as soon as possible
- d. Encourage the patient to eat complex carbohydrates

Answer: a. Perform a finger stick blood sugar test if trained and able

105. *During transfer of care, which component is essential to provide to the receiving medical staff?*

- a. A detailed account of the patient's family medical history
- b. An oral report summarizing care and patient response
- c. A complete list of the patient's financial information
- d. The names and addresses of all relatives

Answer: b. An oral report summarizing care and patient response

106. *What is the typical shelf life of a commercially available oral glucose gel used for hypoglycemia in a prehospital setting?*

- a. 1 year
- b. 2 years
- c. 3 years

- d. 5 years
- Answer:* b. 2 years

107. *When providing care for a patient with a suspected flail chest, what is the most appropriate initial action?*

- a. Administer high-flow oxygen
- b. Immediate transportation to the hospital
- c. Apply a bulky dressing to stabilize the chest wall
- d. Ventilate with a bag-valve mask

Answer: a. Administer high-flow oxygen

108. *Which of the following best describes an occlusive dressing when treating a chest wound?*

- a. A dressing that is larger than the wound and taped on all four sides
- b. A breathable dressing that promotes oxygen exchange
- c. A non-sterile dressing applied loosely to prevent infection
- d. A small gauze pad taped in place over the wound

Answer: a. A dressing that is larger than the wound and taped on all four sides

109. *What is the most important piece of information to obtain from bystanders if a patient has ingested poison?*

- a. The patient's age and weight
- b. The time when the poison was ingested
- c. The substance ingested and the quantity
- d. The patient's prior medical history

Answer: c. The substance ingested and the quantity

110. *How should an EMT approach a patient showing signs of a psychiatric emergency?*

- a. With an assertive command presence
- b. By calmly introducing themselves and asking permission to help
- c. With a team to physically restrain the patient immediately
- d. By initiating care from a distance using binoculars

Answer: b. By calmly introducing themselves and asking permission to help

111. *Which breathing pattern is most associated with diabetic ketoacidosis (DKA)?*

- a. Cheyne-Stokes respirations
- b. Biots respirations
- c. Kussmaul respirations
- d. Agonal respirations

Answer: c. Kussmaul respirations

112. *What is the most appropriate treatment for a patient with a partial-thickness burn covering the entire chest?*

- a. Cover the burn with a dry sterile dressing
- b. Immerse the burned area in cold water
- c. Apply an antibiotic ointment to the burn
- d. Wrap the burned area with cling film

Answer: a. Cover the burn with a dry sterile dressing

113. *In pediatric patients showing signs of dehydration, which symptom is most concerning?*

- a. Increased thirst
- b. Increased urination
- c. Dry mucous membranes
- d. Decreased tear production

Answer: d. Decreased tear production

114. Which of the following is a characteristic of a tension pneumothorax?
- Unequal chest expansion
 - High-pitched breath sounds on the injured side
 - Reduced jugular vein distention
 - Crepitus felt over the chest wall
- Answer: a. Unequal chest expansion
115. When an EMT is obtaining a blood glucose level on a patient, where is the most common site to obtain a blood sample?
- The fingertip
 - The earlobe
 - The forearm
 - The palm
- Answer: a. The fingertip
116. What is the first consideration when arriving on the scene of an emergency involving a motorcycle crash?
- Motorcycle type to estimate the speed at impact
 - Position of the motorcycle for accident reconstruction
 - Safety and traffic control around the scene
 - Immediate identification of the number of patients
- Answer: c. Safety and traffic control around the scene
117. How should oxygen be administered to a patient with suspected carbon monoxide poisoning?
- Low-flow via nasal cannula
 - High-flow via non-rebreather mask
 - With caution, only if hypoxia is indicated
 - Intermittent administration to avoid oxygen toxicity
- Answer: b. High-flow via non-rebreather mask
118. In a patient with multi-system trauma, why is it important to assess for the possibility of a urinary tract injury?
- To check for potential poison ingestion
 - It is secondary to the assessment of life-threatening injuries
 - The urinary tract is rarely injured, making this a low-priority assessment
 - Visible blood at the urethral opening may indicate significant pelvic trauma
- Answer: d. Visible blood at the urethral opening may indicate significant pelvic trauma
119. What is the most appropriate way to manage a patient with severe epistaxis (nosebleed) that is not controllable through direct pressure?
- Pack the nose with gauze and transport immediately
 - Lean the patient forward and pinch the nostrils for 10-15 minutes
 - Tilt the patient's head back and transport supine
 - Apply a cold pack to the bridge of the nose and transport
- Answer: b. Lean the patient forward and pinch the nostrils for 10-15 minutes
120. Which one of the following is the primary reason for placing a patient in the recovery position?
- To facilitate easier breathing in asthma patients
 - To prevent aspiration in an unconscious patient
 - To lower the risk of a cerebrovascular accident
 - To reduce the likelihood of a myocardial infarction
- Answer: b. To prevent aspiration in an unconscious patient

Chapter 6:

Special Patient Populations and Considerations

Special patient populations are groups of patients who have specific medical needs and considerations that differ from the general population. These groups may require tailored approaches to healthcare due to various factors such as age, genetic conditions, chronic diseases, pregnancy, or socio-economic circumstances. In this chapter, we will detail the various considerations and approaches for managing the care of these populations effectively.

Pediatric patients are a distinct group requiring careful attention to the doses and forms of medication, the impact of illnesses on growth and development, and the need for family-centered care. Developmental pharmacokinetics and pharmacodynamics vary significantly from adults, necessitating adjustments in drug selection, dosing, and administration routes. Furthermore, communication and educational strategies must be specifically geared towards children and their caregivers to ensure understanding and compliance.

Geriatric patients, on the other hand, often have multiple comorbid conditions, altered physiology, and polypharmacy considerations. Age-related changes can affect drug absorption, metabolism, and excretion, leading to increased susceptibility to adverse drug events. Careful consideration must be taken to manage these risks, including the regular review of medication regimens, fall risk assessment, and the maintenance of functional status through appropriate therapy and supportive measures.

Pregnant and breastfeeding women represent another special population. The physiologic changes of pregnancy can alter drug pharmacokinetics, and the potential for teratogenic effects or harm to the breastfeeding infant must be considered. The FDA's pregnancy and lactation labeling rule provides structured information to guide the safe use of medications in these populations. Clinicians must balance the benefits and risks of drug therapy for both the mother and the developing fetus or infant.

Patients with chronic conditions such as diabetes, cardiovascular diseases, or respiratory disorders require chronic disease management strategies that take into account the long-term effects of their conditions on their lives and function. Integrated care that includes patient education, self-management support, and regular monitoring is vital for these patients. Adherence to evidence-based guidelines and individualized care plans becomes crucial in improving outcomes and quality of life.

Individuals with genetic conditions or rare diseases can face numerous hurdles, including delays in diagnosis, limited treatment options, and a lack of clinical expertise. Personalized medicine is rising to the forefront in this field, with the potential for targeted therapies based on genetic make-up to provide improved outcomes. Genetic counseling and patient advocacy groups play a pivotal role in supporting patients and their families while promoting research and access to novel therapies.

Lastly, socio-economically disadvantaged patients and those from culturally diverse backgrounds may encounter barriers to optimal healthcare. Language barriers, health literacy, access to healthcare services, and cultural beliefs can all impact the management of these populations. Culturally competent care, the provision of interpreter services, and community-based interventions are strategies that can facilitate improvement in health outcomes for these groups. Additionally, health policy efforts aimed at reducing healthcare disparities are an important aspect of addressing the needs of these populations.

In conclusion, the approach to managing special patient populations requires a multifaceted understanding of the unique challenges and considerations involved in providing care to diverse groups of patients. Collaboration among healthcare providers, tailored interventions, and ongoing education are essential in ensuring that all patients receive quality, individualized care.

6.1. Pediatric and Geriatric Emergency Care

Emergency medical services are an essential component of healthcare systems, providing care for patients with acute illnesses or injuries. In the context of emergency care, certain patient populations—such as children (pediatric) and the elderly (geriatric)—present unique challenges and require special considerations. Pediatric and geriatric patients differ physiologically and psychologically from the adult population, which impacts how assessments are conducted, what treatment is given, and what kind of follow-up care may be necessary.

Pediatric emergency care requires an understanding of the distinct developmental stages of children and how these stages affect their responses to illness, injury, treatment, and the unfamiliar environment of the emergency department (ED). Infants, for example, cannot verbalize their symptoms, and adolescents may be reluctant to share important medical information due to privacy concerns. Pediatric patients also have different vital signs norms, which must be accurately recognized and interpreted by healthcare professionals to prevent misdiagnosis.

A critical aspect of pediatric emergency care is the ability of healthcare providers to communicate effectively with young patients to gain their trust and cooperation. Approaches such as using age-appropriate language, involving parents or guardians in the conversation, and demonstrating procedures on a toy or doll can facilitate better communication. Additionally, medical equipment and doses of medication need to be adjusted for the pediatric patient as they have lower body weight and different pharmacokinetic profiles compared to adults.

Similarly, geriatric emergency care presents its own set of complexities due to the presence of multiple chronic conditions, polypharmacy (use of multiple medications), and age-related physiological changes. Older adults are at a higher risk for adverse drug events, falls, and delirium, and they often present atypically, which complicates the diagnosis process. It is crucial for emergency personnel to have training in geriatric care to recognize subtle signs of serious conditions and to consider the implications of social and cognitive factors.

Comprehensive geriatric assessment in the ED is an integral part of care for the older patient. This assessment should consider the patient's functional status, cognitive function, fall risk, social support systems, medication review, and pre-existing advance directives. As with pediatric patients, medication dosing must be carefully determined, often requiring lower dosages or different medications due to changes in metabolism and the potential for drug interactions.

Triage systems in emergency settings are designed to prioritize patient care based on the severity of their condition. Both pediatric and geriatric patients might need modifications to these systems. Children's pain might be underestimated if the scoring system does not account for age-specific behaviors, and the complexities of geriatric patients' conditions might be oversimplified, leading to under-triage. Recognizing these nuances can improve the accuracy of triage and ensure timely and appropriate care.

In conclusion, emergency care for pediatric and geriatric patients is an area within healthcare that demands special knowledge, thoughtful communication, and tailored clinical practices. Training and protocols that take into account the unique needs of these populations can greatly enhance the quality of emergency medical services for our youngest and oldest patients. The implementation of targeted education programs for healthcare professionals and the establishment of pediatric and geriatric protocols in emergency departments are critical steps in ensuring optimized patient care for these vulnerable groups.

6.2. Obstetrics and Gynecological Emergencies

Obstetrical and gynecological emergencies can pose significant risks to women and require immediate medical attention to prevent serious outcomes, including the potential loss of life for both mother and child. These emergencies can occur during any stage of pregnancy, as well as during the postpartum period, and in women who are not pregnant.

One of the most acute obstetrical emergencies is preeclampsia, a condition characterized by high blood pressure and often the presence of protein in the urine after 20 weeks of pregnancy. Preeclampsia can lead to serious complications such as eclampsia, which entails seizures and is a major cause of maternal and fetal morbidity and mortality. Prompt diagnosis and management, which may include medications to control hypertension and seizures, as well as expedited delivery in severe cases, are critical.

Another emergency is obstetric hemorrhage, which can occur antepartum (before birth), intrapartum (during birth), or postpartum (after birth). Major causes include placental abruption, placenta previa, and uterine rupture. Postpartum hemorrhage (PPH) is one of the leading causes of maternal mortality worldwide. Rapid assessment and interventions such as uterotonics, fluid resuscitation, and surgical procedures like hysterectomy may be necessary.

Ectopic pregnancy, where a fertilized egg implants outside the uterus, primarily in the fallopian tubes, is another critical condition that represents a major threat to the patient's health. It typically presents with abdominal pain and vaginal bleeding in the first trimester. Diagnosis is confirmed by ultrasound and/or quantitative serum hCG levels. Management may include medical treatment with methotrexate or surgical intervention if there is tube rupture or significant internal bleeding.

Ovarian torsion is an emergent gynecological condition characterized by the partial or complete rotation of the ovarian vascular pedicle, leading to ischemia of the ovary. It presents with sudden onset of severe lower abdominal pain, often accompanied by nausea and vomiting. Urgent surgical intervention to untwist the ovary and preserve its function is often required.

Acute urinary retention in women, although less common than in men, is a distressing emergency that requires prompt bladder decompression to relieve pain and prevent bladder injury. The condition can be due to gynecological causes such as pelvic mass or prolapse, or due to medications or neurological disorders. Catheterization is usually the immediate treatment of choice.

Infections also constitute important gynecological emergencies. For example, pelvic inflammatory disease (PID) is an acute infection of the upper genital tract that can lead to widespread infection and long-term reproductive issues if not treated promptly. Another serious infection is postpartum endometritis, which can cause sepsis if not managed quickly with broad-spectrum antibiotics.

In the emergency setting, the timely recognition and appropriate management of these obstetrical and gynecological emergencies is paramount. Multidisciplinary collaboration involving obstetricians, gynecologists, anesthesiologists, radiologists, and emergency medicine specialists is often required to ensure optimal care and outcomes for the patient.

6.3. Considerations for Diverse Patient Populations

Healthcare professionals must acknowledge the diversity in patient populations and understand that a multitude of factors including race, ethnicity, gender, age, socioeconomic status, geographical location, and cultural beliefs all play critical roles in patient care. This understanding is crucial for the provision of equitable and quality healthcare services.

Cultural competence is essential in addressing the needs of diverse patient populations. Health care providers must be aware of their own cultural biases and how these can impact their interactions with patients. It is important to engage with patients in a manner that respects their cultural beliefs and practices. Communication is key, and healthcare providers may need to use the services of interpreters or cultural liaisons to ensure that patients understand their health conditions and the proposed treatments.

In many healthcare settings, the patient population is becoming increasingly elderly. Geriatric patients have different needs from younger adult patients, and these must be carefully considered when delivering healthcare services. Age-related changes can affect the pharmacokinetics and pharmacodynamics of medications, and comorbidities are more common, necessitating a more comprehensive approach to treatment.

Gender can also influence health needs and outcomes. Women and men may have different susceptibilities to certain diseases, may exhibit different symptoms for the same diseases, and may respond differently to medications or other treatments. Additionally, transgender and gender non-conforming individuals face unique healthcare challenges and may require special consideration to ensure their healthcare needs are met appropriately.

Socioeconomic status is another factor that affects access to healthcare and health outcomes. Patients from low-income backgrounds may face barriers such as lack of insurance, financial constraints, and limited access to quality healthcare services. Health education and preventive care are often less accessible to these populations, which can lead to more advanced disease states by the time they seek care.

Geographical location, particularly in relation to rural or urban environments, can also significantly affect healthcare delivery. Rural areas might suffer from a shortage of healthcare providers, longer travel distances to healthcare facilities, and limited access to specialized care. Conversely, urban areas might deal with overcrowded facilities and higher rates of certain diseases due to population density. Tailoring healthcare resources to address these geographic disparities is an important component of serving diverse patient populations.

Lastly, it is important to constantly update policies and practices to reflect the evolving composition of patient populations. Continuous education and training programs for healthcare providers can help ensure that they are equipped to meet the various needs of a diverse patient populace. Collaboration with community leaders and advocacy groups can also help in developing targeted interventions that address specific health disparities. Addressing the needs of diverse patient populations is not only a clinical imperative but also a moral and ethical one.

6.4. Practice Questions for Special Patient Populations

1. **In pediatric patients with asthma, which factors should be considered when determining the appropriate medication and dosage?**

- *Answer:* Consider the child’s age, weight, severity of asthma, potential side effects, and ability to use the delivery device. Regular monitoring and adjustment of treatment plans are crucial.
- 2. **What are the key considerations for pharmacotherapy in geriatric patients?**
 - *Answer:* Consider multiple comorbidities, risk of drug interactions, and side effects. Start with lower doses, simplify regimens, evaluate renal and hepatic function, and review medications regularly to avoid polypharmacy.
- 3. **How would pregnancy modify the pharmacokinetic properties of drugs?**
 - *Answer:* Pregnancy can affect drug absorption, distribution, metabolism, and excretion due to changes in body weight, plasma volume, and organ functions. Dosage adjustments and safety for the fetus are critical considerations.
- 4. **What considerations are important when treating hypertension in a patient with renal impairment?**
 - *Answer:* Choose antihypertensives safe for renal impairment, adjust dosages based on renal function, and monitor renal function and electrolytes during treatment.
- 5. **When managing diabetes in a patient with a visual impairment, what strategies can be employed to ensure safety and efficacy?**
 - *Answer:* Use medication devices with large, easy-to-read displays or audible features, provide assistive educational materials, involve caregivers, and conduct frequent follow-ups for monitoring.
- 6. **What are the special considerations for administering chemotherapy to pediatric cancer patients?**
 - *Answer:* Adjust dosages based on body surface area or weight, consider impacts on growth and development, manage higher risks of long-term toxicities, and provide psychosocial support to the child and family.
- 7. **In patients with a history of substance abuse, what factors must be taken into account when prescribing opioids for pain management?**
 - *Answer:* Assess risk of misuse, consider non-opioid alternatives, use pain management agreements, monitor for signs of abuse, and provide addiction support services. Balance is needed between treating pain and minimizing relapse potential.

6.5. Chapter 6: Special Patient Populations and Considerations | Conclusion and Summary

Throughout Chapter 6, we have explored the multifaceted aspects of providing healthcare to special patient populations. These populations often require tailored medical care and considerations that recognize their unique physical, psychological, social, and cultural needs.

In this chapter, we examined pediatric patients, geriatric populations, pregnant women, and individuals with disabilities, each with its own set of medical guidelines and best practice approaches. We looked at how pediatrics is not simply a downsized version of adult medicine; it demands an understanding of the continuing development and growth of children, leading to specific diagnostic and therapeutic approaches. Immunization schedules, growth chart assessments, and developmental milestones are key elements of pediatric care.

When it comes to geriatric medicine, we must consider the physiological changes of aging, comorbidities, and the increased likelihood of polypharmacy. Strategies such as comprehensive geriatric assessments and attention to geriatric syndromes, like frailty and dementia, help deliver appropriate care and improve quality of life for older adults. For pregnant women, prenatal care is paramount, with emphasis on the prevention and management of conditions that can affect both the mother and the fetus. Additionally, pregnancy can complicate existing medical conditions, which necessitates a multidisciplinary approach involving obstetricians, primary care physicians, and other specialists.

Furthermore, we delved into the care for individuals with disabilities, highlighting the importance of advocating for accessibility, understanding the patient's perspective, and providing accommodations for their medical care. Regular communication and collaboration with caregivers, physical therapists, occupational therapists, and other allied health professionals are crucial to delivering patient-centered care that promotes independence and quality of life.

In addressing these special populations, we have also noted the critical role of cultural competence in healthcare. Providers must be responsive to the diverse cultural healthcare beliefs, practices, and linguistic needs to reduce health disparities and achieve health equity. Effective communication, respect for cultural differences, and patient education are significant factors in the success of medical interventions across diverse patient groups.

Finally, the chapter addressed bioethics and the legal considerations in treating special populations, including informed consent, decision-making capacity, and the role of surrogates or guardians when necessary. Medical professionals must navigate the complex intersection of ethics, law, and medical care, always upholding the principles of beneficence, non-maleficence, autonomy, and justice.

In summary, the comprehensive care of special patient populations is a dynamic and integral part of healthcare. It requires a compassionate, informed approach that is adaptable to the needs of each patient group. By adopting evidence-based practices, promoting interdisciplinary collaboration, and cultivating cultural awareness, healthcare providers can ensure that all patients receive the highest quality of care and respect.

6.6. 120 Review Questions and Answers for Chapter 6

1. *What is the first step you should take when arriving on the scene of an emergency as an EMT?*
 - a. Begin transporting the patient immediately
 - b. Secure the scene and ensure safety for yourself, your crew, and the patient
 - c. Start administering oxygen
 - d. Call for additional resources

Answer: b. Secure the scene and ensure safety for yourself, your crew, and the patient

2. *What is the compression-to-ventilation ratio recommended for adult CPR?*
 - a. 15:2
 - b. 30:2
 - c. 5:1
 - d. 10:2

Answer: b. 30:2

3. *In which position should you place an unconscious patient with no spine injury and regular breathing?*
 - a. Supine
 - b. Prone
 - c. Recovery
 - d. Fowler's

Answer: c. Recovery

4. *What does the acronym SAMPLE stand for during patient assessment?*
 - a. Signs, Allergies, Medications, Past medical history, Last oral intake, Events leading up to the incident
 - b. Symptoms, Allergies, Medications, Pertinent past history, Last oral intake, Events leading up to

the incident

c. Symptoms, Allergies, Medications, Pulse, Lacerations, Edema

d. Signs, Allergic reactions, Medications, Pain, Last oral intake, Exercise

Answer: a. Signs, Allergies, Medications, Past medical history, Last oral intake, Events leading up to the incident

5. *What does the acronym OPQRST stand for when evaluating a patient's pain?*

a. Onset, Provocation, Quality, Region/Radiation, Severity, Time

b. Onset, Pulse, Quality, Region/Radiation, Severity, Temperature

c. Oxygen, Pressure, Quantity, Region/Radiation, Symptoms, Time

d. Onset, Position, Quantity, Region/Radiation, Symptoms, Tenderness

Answer: a. Onset, Provocation, Quality, Region/Radiation, Severity, Time

6. *How should you assess a patient's airway?*

a. Ask the patient to speak or cough

b. Check for a pulse

c. Start chest compressions

d. Take the patient's blood pressure

Answer: a. Ask the patient to speak or cough

7. *What is the main goal in treating a patient with a partial thickness burn?*

a. Immediate cooling

b. Pain relief

c. Preventing infection

d. Bandaging the wound tightly

Answer: c. Preventing infection

8. *For a patient experiencing a hypoglycemic emergency, what is the preferred initial treatment if they are conscious and able to swallow?*

a. Administer insulin

b. Provide oral glucose

c. Begin CPR

d. Start an IV line

Answer: b. Provide oral glucose

9. *In trauma patients, what is the most common airway obstruction?*

a. Blood

b. Broken teeth

c. The tongue

d. Vomit

Answer: c. The tongue

10. *What is the term for a bone that breaks to the extent that it pierces through the skin?*

a. Closed fracture

b. Greenstick fracture

c. Compound fracture

d. Comminuted fracture

Answer: c. Compound fracture

11. *In a patient with suspected spine injury, how should you open the airway?*

a. Head tilt-chin lift

b. Jaw-thrust maneuver

c. Modified chin lift

d. Neck extension
Answer: b. Jaw-thrust maneuver

12. *Which of the following is NOT a vital sign?*

- a. Blood pressure
- b. Respiratory rate
- c. Temperature
- d. Pupillary response

Answer: d. Pupillary response

13. *When using a bag-valve mask (BVM) to ventilate a patient, how often should you squeeze the bag for an adult?*

- a. Every 5 seconds
- b. Every 6 - 8 seconds
- c. Every 10 seconds
- d. As fast as possible

Answer: b. Every 6 - 8 seconds

14. *Which of the following should be assessed first in your scene size-up?*

- a. Airway
- b. Breathing
- c. Circulation
- d. Safety of scene

Answer: d. Safety of scene

15. *You arrive at the scene of a car accident and notice an unresponsive patient. What should you do first?*

- a. Provide immediate care for life-threatening conditions
- b. Take the patient's history
- c. Transport the patient
- d. Search for identification

Answer: a. Provide immediate care for life-threatening conditions

16. *When is it acceptable to use a tourniquet?*

- a. For any significant bleeding
- b. When direct pressure and elevation are not controlling severe bleeding
- c. For a minor laceration
- d. As a primary means to control all bleeding

Answer: b. When direct pressure and elevation are not controlling severe bleeding

17. *The recovery position helps lower the risk of what complication in an unconscious patient?*

- a. Joint stiffness
- b. Airway blockage from the tongue or vomit
- c. Pressure ulcers
- d. Hyperthermia

Answer: b. Airway blockage from the tongue or vomit

18. *What is the preferred method of ventilating a patient with a stoma?*

- a. Mouth-to-mouth ventilation
- b. Mouth-to-stoma ventilation
- c. Mouth-to-nose ventilation
- d. Ventilating through a non-rebreather mask

Answer: b. Mouth-to-stoma ventilation

19. Which of the following is a sign of a tension pneumothorax?
- Slow, bounding pulse
 - Warm, flushed skin
 - JVD (Jugular Venous Distension) and tracheal deviation
 - Hypotension and tachycardia
- Answer: c. JVD (Jugular Venous Distension) and tracheal deviation*
20. EMTs are responsible for determining which level of hospital care a patient requires. This is known as what?
- Patient advocacy
 - Continuity of care
 - Triage
 - Patient determination
- Answer: c. Triage*
21. What is the most appropriate step after ensuring a safe environment at the scene of an emergency?
- Gain access to the patient
 - Immediately begin treating the patient
 - Transport the patient
 - Await additional resources
- Answer: a. Gain access to the patient*
22. How should an EMT approach a patient suspected of having a spinal injury?
- From the front
 - From behind
 - From the side
 - It does not matter as long as the patient is approached calmly
- Answer: a. From the front*
23. What is the best method to control external bleeding?
- Apply a tourniquet
 - Use direct pressure
 - Elevate the limb
 - Cover the wound with a bandage
- Answer: b. Use direct pressure*
24. Which of the following patient's conditions necessitates the immediate application of high-flow oxygen?
- Anxiety
 - Spinal cord injury with normal breathing
 - Chest pain with difficulty breathing
 - Isolated limb fracture with no other symptoms
- Answer: c. Chest pain with difficulty breathing*
25. What is the primary concern when caring for a patient with a suspected neck injury?
- Preventing hypothermia
 - Providing analgesics
 - Immobilizing the spine
 - Encouraging the patient to remain still
- Answer: c. Immobilizing the spine*
26. When performing CPR, what depth of chest compressions is appropriate for an adult?
- At least 1 inch (2.5 cm)
 - About 2 inches (5 cm)

- c. 2 to 2.4 inches (5 to 6 cm)
 - d. More than 3 inches (7.6 cm)
- Answer:* c. 2 to 2.4 inches (5 to 6 cm)

27. *What is the maximum amount of time you should check for a pulse to confirm cardiac arrest?*
- a. 5 seconds
 - b. 10 seconds
 - c. 15 seconds
 - d. 20 seconds
- Answer:* b. 10 seconds

28. *What type of personal protective equipment (PPE) should be used when there is a possibility of splashing or spraying body fluids?*
- a. Gloves only
 - b. Gloves and a gown
 - c. Gloves, gown, and mask
 - d. Gloves, gown, mask, and eye protection
- Answer:* d. Gloves, gown, mask, and eye protection

29. *During the secondary assessment, if a patient is responsive and alert, which part of the body should you examine first?*
- a. The area the patient indicates is most painful
 - b. Start with the head and proceed to the toes
 - c. Begin with the torso and work outward
 - d. The area that seems most injured from your initial impression
- Answer:* a. The area the patient indicates is most painful

30. *A diabetic patient has a blood sugar reading of 45 mg/dL. What term best describes this condition?*
- a. Hyperglycemia
 - b. Hypoglycemia
 - c. Normoglycemia
 - d. Ketosis
- Answer:* b. Hypoglycemia

31. *When a patient has a flail chest, what underlying injury are they experiencing?*
- a. A rib that is broken in multiple places
 - b. A section of the chest wall that is detached from the rest of the ribcage
 - c. The presence of air in the pleural space
 - d. The lungs have become overinflated and ruptured
- Answer:* b. A section of the chest wall that is detached from the rest of the ribcage

32. *How should an EMT assess a patient's circulation during the primary assessment?*
- a. Taking a blood pressure reading
 - b. Checking capillary refill time
 - c. Monitoring the patient's heart rate on the EKG
 - d. Observing the skin for color, temperature, and condition
- Answer:* d. Observing the skin for color, temperature, and condition

33. *A patient has taken an overdose of aspirin. What body system would you most be concerned about monitoring for dysfunction?*
- a. Musculoskeletal
 - b. Cardiovascular
 - c. Respiratory

d. Renal
Answer: c. Respiratory

34. *What is the appropriate care for an open chest wound?*
a. Apply a bandage tightly over the wound
b. Leave the wound open to air
c. Apply an occlusive dressing
d. Administer high-flow oxygen by non-rebreather mask

Answer: c. Apply an occlusive dressing

35. *You are on scene with a patient who is experiencing severe chest pain and difficulty breathing. You determine the need for supplemental oxygen. Which device will deliver the highest concentration of oxygen to the patient?*
a. Nasal cannula
b. Simple face mask
c. Venturi mask
d. Non-rebreather mask

Answer: d. Non-rebreather mask

36. *When questioning a conscious patient, which component is not part of the patient history?*
a. Chief complaint
b. Current medications
c. Patient's insurance information
d. Any pertinent medical history

Answer: c. Patient's insurance information

37. *If a person is suffering a stroke, which acronym can help you remember the signs and symptoms to observe?*
a. FAST (Face, Arms, Speech, Time)
b. ABCD (Airway, Breathing, Circulation, Defibrillation)
c. SAMPLE (Signs/Symptoms, Allergies, Medications, Past medical history, Last oral intake, Events leading up to the incident)
d. PQRST (Provoke, Quality, Radiate, Severity, Time)

Answer: a. FAST (Face, Arms, Speech, Time)

38. *In which situation would you not move a patient with a potential spinal injury if traffic and other situations permit?*
a. If the vehicle is on fire
b. If there is immediate danger from oncoming traffic
c. If the patient is having difficulty breathing
d. If the patient's position is blocking access to another seriously injured patient

Answer: d. If the patient's position is blocking access to another seriously injured patient

39. *What is the most appropriate treatment for a patient with a suspected pelvic fracture?*
a. Immediate transport while keeping the patient in an upright position
b. Application of a traction splint
c. Secure the patient on a backboard and transport in a supine position
d. Encourage the patient to walk to the ambulance if pain permits

Answer: c. Secure the patient on a backboard and transport in a supine position

40. *When does an EMT have the duty to act while off-duty and witness an emergency situation?*
a. Never, the EMT is off-duty
b. Always, as an EMT is always on duty
c. Only if no one else is present and able to provide assistance

d. It is based on individual state regulations and company policies
Answer: d. It is based on individual state regulations and company policies

41. *How many shockable rhythms are there in cardiac arrest, and what are they?*
a. One; ventricular fibrillation
b. Two; ventricular fibrillation and pulseless ventricular tachycardia
c. Three; ventricular fibrillation, pulseless ventricular tachycardia, and asystole
d. Four; ventricular fibrillation, pulseless ventricular tachycardia, asystole, and pulseless electrical activity

Answer: b. Two; ventricular fibrillation and pulseless ventricular tachycardia

42. *What is the procedure called where an EMT clears a patient's airway by suctioning?*
a. Intubation
b. Orogastic tube insertion
c. Pharyngeal airway clearance
d. Manual suctioning

Answer: d. Manual suctioning

43. *How often should an EMT reassess a stable patient during transport?*
a. Every 5 minutes
b. Every 15 minutes
c. Every 30 minutes
d. At least once during transport

Answer: b. Every 15 minutes

44. *What condition is characterized by sudden difficulty breathing, chest pain, and a fast heart rate, usually caused by a blood clot?*
a. Pneumonia
b. Pulmonary embolism
c. Asthma attack
d. Congestive heart failure

Answer: b. Pulmonary embolism

45. *In terms of pediatric patients, what is the Broselow Tape used for?*
a. Measuring the level of consciousness
b. Determining medication dosages based on size
c. Assessing respiratory rates
d. Diagnosing pediatric illnesses

Answer: b. Determining medication dosages based on size

46. *In a multi-system trauma patient, what is the priority in the order of operations for treatment?*
a. Airway with C-spine protection, Breathing, Circulation, Disability, Exposure
b. Circulation, Airway, Disability, Exposure, Breathing
c. Disability, Exposure, Airway with C-spine protection, Breathing, Circulation
d. Exposure, Breathing, Airway with C-spine protection, Circulation, Disability

Answer: a. Airway with C-spine protection, Breathing, Circulation, Disability, Exposure

47. *When assessing a stroke patient, what does the "F" in the acronym "FAST" stand for?*
a. Face
b. Fingers
c. Feet
d. Fibrillation

Answer: a. Face

48. *What is another term for a myocardial infarction?*
a. Stroke
b. Heart attack
c. Cardiac arrest
d. Angina pectoris
Answer: b. Heart attack
49. *Besides oxygen, what drug is commonly given to patients suffering a myocardial infarction to prevent blood clots?*
a. Ibuprofen
b. Acetaminophen
c. Aspirin
d. Nitroglycerin
Answer: c. Aspirin
50. *What is the term for a condition where the heart cannot pump enough blood to meet the body's needs?*
a. Cardiac tamponade
b. Cardiac arrest
c. Congestive heart failure
d. Hypertensive emergency
Answer: c. Congestive heart failure
51. *When dealing with a patient experiencing excited delirium, what is the EMT's primary goal?*
a. To prosecute the individual
b. To provide calming verbal reassurance
c. To physically restrain the patient as quickly as possible
d. To assess and manage immediate life threats
Answer: d. To assess and manage immediate life threats
52. *What does the mnemonic AEIOU-TIPS stand for in the context of altered mental status?*
a. Alcohol, Epilepsy, Insulin, Oxygen, Uremia, Trauma, Infection, Poisoning, Stroke
b. Airway, Electricity, Infection, Overdose, Underdose, Trauma, Insulin, Psychosis, Syncope
c. Alcohol, Epilepsy, Infection, Overdose, Uremia, Temperature, Insulin, Psychosis, Seizure
d. Assessment, Electrolytes, Intoxication, Oxygen, Unconsciousness, Temperature, Infection, Psychosis, Sugar
Answer: a. Alcohol, Epilepsy, Insulin, Oxygen, Uremia, Trauma, Infection, Poisoning, Stroke
53. *How should an EMT splint an injured limb if a pulse is not present below the injury?*
a. Do not splint the limb and transport immediately.
b. Splint the limb as found and reassess pulse after splinting.
c. Attempt to realign the limb to restore pulse before splinting.
d. Apply a tourniquet above the injury before splinting.
Answer: c. Attempt to realign the limb to restore pulse before splinting.
54. *In case of a suspected overdose, which of the following is critical for an EMT to ask when obtaining history?*
a. The patient's employment status
b. The type and amount of substance taken
c. The patient's educational background
d. The time of the patient's last meal
Answer: b. The type and amount of substance taken

55. *What is the most appropriate device to deliver breaths to a patient with a stoma who is not breathing adequately?*
- Standard adult facemask
 - Pediatric facemask
 - Nasal cannula
 - Pocketface mask adapted to fit the stoma
- Answer:* d. Pocket face mask adapted to fit the stoma
56. *What type of seizure is characterized by brief, generalized stiffening or jerking of the body or arms without a loss of consciousness?*
- Absence seizure
 - Generalized tonic seizure
 - Generalized tonic-clonic seizure
 - Simple partial seizure
- Answer:* b. Generalized tonic seizure
57. *Which is the most appropriate method of lifting a heavy patient?*
- Bending over at the waist
 - Using a four-person log roll
 - The power grip using your back muscles
 - Keeping your back straight and lifting with your legs
- Answer:* d. Keeping your back straight and lifting with your legs
58. *What is the first step an EMT should take when encountering a patient with a severe allergic reaction?*
- Administer an antihistamine
 - Place a constricting band above the reaction site
 - Ensure the patient's airway is open and assess breathing difficulty
 - Contact medical direction for permission to use the patient's epinephrine auto-injector
- Answer:* c. Ensure the patient's airway is open and assess breathing difficulty
59. *What technique should an EMT use to move a patient down a set of stairs?*
- Two-person chair carry
 - Direct ground lift
 - Power grip carry
 - Stair chair
- Answer:* d. Stair chair
60. *What does the mnemonic PASTE stand for in assessing a patient with respiratory distress?*
- Pain, Auscultation, Speech, Time of onset, Exertion
 - Pulse, Allergies, Skin, Temperature, Eyes
 - Pallor, Anxiety, Sputum, Tachypnea, Edema
 - Position, Airway, Suction, Transport, Epinephrine
- Answer:* a. Pain, Auscultation, Speech, Time of onset, Exertion
61. *Which technique is used to move a patient with no suspected spinal injury from the floor to a stretcher?*
- Bear hug
 - Cradle carry
 - Fireman's carry
 - Direct carry
- Answer:* d. Direct carry

62. *What is the priority treatment for a patient with an open abdominal wound with protruding organs?*
a. Apply direct pressure
b. Administer high-flow oxygen
c. Cover the wound with a moist, sterile dressing and secure with an occlusive dressing
d. Push the organs back into the abdominal cavity
Answer: c. Cover the wound with a moist, sterile dressing and secure with an occlusive dressing
63. *What condition might EMTs suspect if a patient presents with a sudden onset of uncoordinated movement, slurred speech, and one-sided facial droop?*
a. Hypoglycemia
b. Transient ischemic attack (TIA)
c. Meningitis
d. Bell's palsy
Answer: b. Transient ischemic attack (TIA)
64. *When using the "rule of nines" in adult patients, what percentage is assigned to the front and back of the torso?*
a. 9% each
b. 18% each
c. 27% total
d. 36% total
Answer: b. 18% each
65. *What is considered the most reliable indicator of a potentially serious underlying injury in pediatric patients?*
a. Heart rate
b. Parental assessment
c. Blood pressure
d. Mental status
Answer: d. Mental status
66. *What unique challenges might an EMT encounter when assessing and treating pediatric patients?*
a. Limited communication skills
b. Lower respiratory rates
c. Increased tolerance to pain
d. More developed immune systems
Answer: a. Limited communication skills
67. *When caring for an elderly patient, what physiological changes should an EMT consider?*
a. Decreased risk of falls
b. Increased cardiac output
c. Slower metabolism and drug clearance
d. Enhanced hearing ability
Answer: c. Slower metabolism and drug clearance
68. *In which position should a pregnant patient with a suspected medical issue be placed during transport?*
a. Supine
b. Left lateral recumbent
c. Prone
d. Trendelenburg
Answer: b. Left lateral recumbent

69. *What is a common cause of altered mental status in the elderly population?*
a. Hyperactivity
b. Renal failure
c. Hypertension
d. Medication side effects
Answer: d. Medication side effects
70. *Why is the Glasgow Coma Scale (GCS) used by EMTs when assessing patients?*
a. To measure blood pressure
b. To evaluate cardiac function
c. To assess neurological status
d. To determine respiratory rate
Answer: c. To assess neurological status
71. *What is the primary concern when managing a patient with autism spectrum disorder during an emergency?*
a. Sensory stimulation
b. Hyperactivity
c. Strict adherence to routines
d. Impaired physical coordination
Answer: a. Sensory stimulation
72. *When encountering a patient with a developmental disability, what is crucial for effective communication?*
a. Speaking loudly
b. Using complex medical terms
c. Assuming the patient understands instructions
d. Being patient and using simple language
Answer: d. Being patient and using simple language
73. *In the context of geriatric patients, what is polypharmacy, and why is it relevant for EMTs?*
a. The use of multiple pharmacies for medication
b. Excessive fluid intake in elderly patients
c. The use of multiple medications by a single patient
d. A common side effect of aging
Answer: c. The use of multiple medications by a single patient
74. *What physiological change occurs in the cardiovascular system of pregnant patients?*
a. Decreased blood volume
b. Increased heart rate
c. Lower cardiac output
d. Elevated blood pressure
Answer: b. Increased heart rate
75. *Why is it essential for an EMT to be aware of cultural differences when providing care?*
a. To promote cultural superiority
b. To avoid providing any care that may be considered culturally inappropriate
c. To ensure proper billing practices
d. To provide patient-centered care that respects diverse beliefs and practices
Answer: d. To provide patient-centered care that respects diverse beliefs and practices
76. *What is the primary goal of managing a patient with Alzheimer's disease or dementia during an emergency?*
a. Restoring memory function

- b. Calming the patient
 - c. Administering medications
 - d. Conducting a thorough neurological assessment
- Answer:* b. Calming the patient

77. *When dealing with patients who are deaf or hard of hearing, what communication approach is recommended for EMTs?*

- a. Speak loudly and use hand gestures
- b. Write all instructions on paper
- c. Assume the patient can read lips
- d. Use clear verbal communication and consider written communication

Answer: d. Use clear verbal communication and consider written communication

78. *What is the purpose of the SAMPLE history when dealing with special patient populations?*

- a. To gather information about the patient's social life
- b. To obtain a comprehensive medical history
- c. To determine the patient's age and gender
- d. To assess the patient's ability to communicate

Answer: b. To obtain a comprehensive medical history

79. *Why might a patient with a history of mental health issues present unique challenges during an emergency?*

- a. They are usually calm and cooperative
- b. They may not accurately perceive reality or the severity of their condition
- c. They often have superior communication skills
- d. They require less attention from healthcare providers

Answer: b. They may not accurately perceive reality or the severity of their condition

80. *In the context of infectious diseases, why is personal protective equipment (PPE) important for EMTs?*

- a. To prevent patients from contracting diseases
- b. To create a sterile environment in the ambulance
- c. To protect the EMT from exposure to infectious agents
- d. To meet fashion standards in healthcare settings

Answer: c. To protect the EMT from exposure to infectious agents

81. *When performing the primary assessment on a trauma patient, in what order should the assessments occur?*

- a. Airway, Breathing, Circulation, Disability, Exposure
- b. Breathing, Airway, Circulation, Disability, Exposure
- c. Circulation, Airway, Breathing, Disability, Exposure
- d. Disability, Airway, Breathing, Circulation, Exposure

Answer: a. Airway, Breathing, Circulation, Disability, Exposure

82. *When providing care to a patient with suspected spinal injury, what equipment is essential for proper immobilization?*

- a. Cervical collar and a long spine board
- b. Sling and swathe
- c. Traction splint
- d. KED (Kendrick Extrication Device)

Answer: a. Cervical collar and a long spine board

83. *What is the major concern when dealing with a patient with a penetrating eye injury?*

- a. Immediately removing the object

- b. Covering both eyes to minimize movement
 - c. Flushing the eye with saline
 - d. Applying an eye patch to the affected eye only
- Answer:* b. Covering both eyes to minimize movement

84. *What type of bleeding is characterized by a slow, steady oozing flow?*

- a. Arterial
- b. Venous
- c. Capillary
- d. Severe

Answer: c. Capillary

85. *During anaphylaxis, what medication can an EMT administer, if protocol allows?*

- a. Aspirin
- b. Epinephrine
- c. Nitroglycerin
- d. Oral glucose

Answer: b. Epinephrine

86. *Which of the following is an indication for administering oral glucose?*

- a. Unconscious patient with unknown blood sugar
- b. Conscious patient with suspected high blood sugar
- c. Conscious patient with history of diabetes and altered mental status
- d. Any patient complaining of dizziness

Answer: c. Conscious patient with history of diabetes and altered mental status

87. *If a patient is having a seizure upon your arrival, what is the most appropriate first action?*

- a. Restrain the patient to prevent injury
- b. Place a padded tongue depressor in the patient's mouth
- c. Begin positive pressure ventilation immediately
- d. Ensure the patient's safety by moving objects away and padding hard surfaces

Answer: d. Ensure the patient's safety by moving objects away and padding hard surfaces

88. *What is the main purpose of the secondary assessment?*

- a. To perform life-saving interventions immediately
- b. To quickly get the patient to the ambulance
- c. To gather a detailed patient history and conduct a systematic physical exam
- d. To reassess vital signs repeatedly

Answer: c. To gather a detailed patient history and conduct a systematic physical exam

89. *In a medical assessment, which of the following would most likely indicate a neurological problem?*

- a. Decreased skin turgor
- b. Unequal pupil size
- c. Crackles in the lungs
- d. Tachycardia

Answer: b. Unequal pupil size

90. *When a patient is experiencing a stroke, what is the recommended position for transport?*

- a. Supine with feet elevated
- b. Recovery position on the side of body weakness
- c. Sitting up at a 30-degree angle
- d. Supine with head elevated 15-30 degrees

Answer: d. Supine with head elevated 15-30 degrees

91. *If you suspect a patient has ingested a poison, which of the following should you do first?*
- Induce vomiting
 - Give activated charcoal
 - Perform a finger sweep of the mouth
 - Contact poison control for further instructions
- Answer:* d. Contact poison control for further instructions
92. *What is the most common cause of cardiac arrest in infants and children?*
- Congenital heart disease
 - Drug overdose
 - Respiratory failure
 - Electrolyte imbalance
- Answer:* c. Respiratory failure
93. *In a patient exhibiting signs of shock, what type of breathing pattern might an EMT observe?*
- Slow and regular
 - Deep and forceful
 - Rapid and shallow
 - Irregular gasps
- Answer:* c. Rapid and shallow
94. *What is the correct compression depth during CPR for an infant?*
- At least 1 inch
 - About 1.5 inches
 - At least 2 inches
 - About 2.5 inches
- Answer:* b. About 1.5 inches
95. *What is the primary purpose of a pediatric assessment triangle (PAT)?*
- To identify the most appropriate facility to transport the patient
 - To gather a complete and comprehensive history of the patient's condition
 - To quickly establish a rapid assessment of the pediatric patient's condition
 - To monitor the pediatric patient's vital signs over time
- Answer:* c. To quickly establish a rapid assessment of the pediatric patient's condition
96. *How should an EMT assess a patient's chest during a physical examination?*
- Look only
 - Listen only
 - Feel only
 - Look, listen, and feel
- Answer:* d. Look, listen, and feel
97. *What is the most appropriate step for managing a patient with heatstroke?*
- Immersing the patient in ice water
 - Encouraging the patient to drink caffeine
 - Rapid cooling by removing clothing and applying cool packs to the neck, armpits, and groin
 - Wrapping the patient in warm blankets
- Answer:* c. Rapid cooling by removing clothing and applying cool packs to the neck, armpits, and groin
98. *Which of the following might be a sign of compensated shock in an adult patient?*
- Blood pressure of 90/60 mmHg
 - Fixed and dilated pupils
 - Altered mental status or anxiety

d. Absent peripheral pulses
Answer: c. Altered mental status or anxiety

99. *After an EMT applies high-flow oxygen to a patient with difficulty breathing, what is the next most appropriate step?*

- a. Prepare for immediate transport
- b. Reassess lung sounds to determine improvement
- c. Increase the flow rate of oxygen
- d. Begin CPR

Answer: b. Reassess lung sounds to determine improvement

100. *What is the first thing an EMT should do when contact with a downed electrical line is suspected?*

- a. Attempt to move the patient away from the source
- b. Begin assessing the patient from a safe distance
- c. Ensure the power is turned off by the utility company
- d. Use a non-conductive object to move the line

Answer: c. Ensure the power is turned off by the utility company

101. *What is the key sign of a tension pneumothorax?*

- a. Tracheal shift away from the affected side
- b. Paradoxical chest movement
- c. Presence of JVD (jugular venous distention)
- d. Both a and c

Answer: d. Both a and c

102. *When can an EMT safely remove a helmet from a patient with a potential spinal injury?*

- a. When the helmet allows for proper airway management
- b. Always, as the helmet may obstruct the airway
- c. If the helmet fits loosely and does not hold the head securely
- d. Never, the helmet should remain in place at all times

Answer: c. If the helmet fits loosely and does not hold the head securely

103. *What is the primary reason for an EMT to establish a rapid transport decision for a trauma patient?*

- a. To ensure the patient receives proper medication quickly
- b. To secure a trauma bay at the receiving hospital
- c. To alert law enforcement about the situation
- d. To move the patient to an appropriate facility for definitive care

Answer: d. To move the patient to an appropriate facility for definitive care

104. *When helping a patient use their prescribed inhaler, what is important to instruct the patient to do?*

- a. Hold the medication in their throat
- b. Exhale completely before releasing the medication
- c. Hold their breath after inhaling the medication
- d. Inhale the medication while standing up

Answer: c. Hold their breath after inhaling the medication

105. *What must be done before an oral airway device is inserted in an unresponsive patient without a gag reflex?*

- a. Pre-oxygenate with 100% oxygen
- b. Check for neck injuries
- c. Select the proper size of the airway device

- d. Perform a finger sweep of the mouth
- Answer:* c. Select the proper size of the airway device

106. *How long should you check for a pulse when you suspect a neonate is in cardiac arrest?*

- a. No more than 5 seconds
- b. At least 10 but no more than 15 seconds
- c. Up to 30 seconds
- d. Between 30 and 60 seconds

Answer: b. At least 10 but no more than 15 seconds

107. *What is the proper procedure for the application of a tourniquet?*

- a. Place directly over a joint
- b. Apply loosely and then tighten as needed
- c. Place approximately 2 inches above the wound, not over clothing
- d. Apply directly over clothing without exposing the wound

Answer: c. Place approximately 2 inches above the wound, not over clothing

108. *How should an EMT manage a patient with a nosebleed (epistaxis)?*

- a. Have the patient lean back and maintain a neutral neck position
- b. Pack the nostrils with gauze to absorb the blood
- c. Have the patient pinch their nose and lean forward slightly
- d. Immediately perform nasal intubation to secure the airway

Answer: c. Have the patient pinch their nose and lean forward slightly

109. *For a pregnant patient in labor, what is the indication that delivery is imminent?*

- a. Continual contractions lasting 30 to 45 seconds
- b. The patient reports a need to defecate
- c. The cervix is dilated to 4 centimeters
- d. Water breaking more than 24 hours prior

Answer: b. The patient reports a need to defecate

110. *If a patient is suffering from a heat-related illness and can drink fluids, what is the best fluid to offer?*

- a. Coffee or a sports drink
- b. Room temperature water
- c. Ice-cold water or ice chips
- d. Soda or other carbonated beverages

Answer: b. Room temperature water

111. *How often should an EMT reassess a patient's vital signs if they are unstable?*

- a. Every 15 minutes
- b. Every 5 minutes
- c. Every 30 minutes
- d. At least once during a 45-minute transport

Answer: b. Every 5 minutes

112. *What is the term for the body's process of maintaining a stable internal environment?*

- a. Metabolism
- b. Pathophysiology
- c. Homeostasis
- d. Compensation

Answer: c. Homeostasis

113. *In a suspected poisoning emergency, aside from life-saving interventions, what should an EMT's initial action be?*
- Administer an antidote immediately
 - Pump the patient's stomach
 - Perform a physical examination
 - Take steps to preserve evidence and bring it to the hospital
- Answer: d. Take steps to preserve evidence and bring it to the hospital*
114. *When a patient has a gunshot wound to the abdomen, what assessment finding would most suggest a life-threatening condition?*
- A through-and-through wound
 - Rapidly forming ecchymosis
 - The absence of exit wounds
 - Signs of shock
- Answer: d. Signs of shock*
115. *What is the next step after positioning a stroke patient with the head and shoulders elevated?*
- Administer high-flow oxygen
 - Provide rapid transport
 - Start chest compressions
 - Apply a cervical collar
- Answer: b. Provide rapid transport*
116. *When a child presents with widespread wheezing, what condition should be suspected?*
- Croup
 - Bronchitis
 - Asthma
 - Pneumonia
- Answer: c. Asthma*
117. *What is the most reliable method to determine if a patient has a patent (open) airway?*
- Watching the chest rise and fall
 - Listening for breath sounds at the mouth and nose
 - Applying a pulse oximeter
 - Checking for verbal response
- Answer: b. Listening for breath sounds at the mouth and nose*
118. *Upon arriving at the scene of a potential carbon monoxide poisoning, what is the first action an EMT should take?*
- Start ventilations with a BVM
 - Evacuate the patients to fresh air immediately
 - Administer high-flow oxygen
 - Ensure the scene is safe for entry
- Answer: d. Ensure the scene is safe for entry*
119. *When an EMT encounters a patient with an altered level of consciousness and no apparent injury, what potential cause should be considered?*
- Hypoxia
 - Fractured ribs
 - Pelvic inflammatory disease
 - Heat exhaustion
- Answer: a. Hypoxia*

120. Which of the following is a sign of inadequate breathing in a patient?

- a. Respiratory rate of 18 breaths per minute
- b. Symmetrical chest movement
- c. Use of accessory muscles and nasal flaring
- d. Quiet, non-labored breathing at rest

Answer: c. Use of accessory muscles and nasal flaring

Chapter 7:

Operations and Emergency Response

Emergency situations present unique and often critical challenges that can have wide-ranging impacts on individuals, communities, businesses, and governments. Preparing for and responding to these emergencies requires a clear set of operations and protocols to manage risks and mitigate harm. In this chapter, we explore the fundamental concepts, strategies, and procedures involved in operations and emergency response.

Operations management involves the planning, organizing, and supervising of the production, manufacturing, or the provision of services. It is a discipline that focuses on ensuring that business operations are efficient in terms of using as few resources as needed, and effective in terms of meeting customer requirements. Operations encompass everything from the creation of goods and services to quality control and delivery to customers. In an emergency context, the principles of operations management are crucial for rapid mobilization and coordination.

Emergency response, conversely, is a specific part of emergency management which entails responding to the immediate aftermath of a disaster in order to provide assistance and support to those who are affected. It includes the mobilization of emergency services and first responders, like fire services, police, and ambulance services, as well as the activation of formal plans and the opening of shelters and provision of emergency food and water.

A key aspect of emergency response is communication. It is vital to have communication systems that are robust and can withstand the pressures of a disaster. This includes not only technical systems such as radio and satellite communication but also communication strategies to ensure that accurate and timely information reaches all stakeholders, including the public, emergency responders, and government officials. Information must be managed to ensure it is reliable, accessible, and can help guide the decision-making process during a crisis.

The coordination of emergency response operations is another essential element. It usually requires the collaboration of various organizations and sectors, both public and private. To ensure an efficient response, these entities need to have pre-established protocols and agreements which can be immediately enacted in the event of an emergency. This means regular training exercises, development of plans that can be rapidly deployed, and a clear chain of command that can take control in a chaotic situation.

Risk assessment and management are also a significant part of operations before, during, and after emergencies. This involves identifying potential risks, evaluating their likelihood and potential impact, and

implementing measures to mitigate them. For instance, in areas known for hurricanes, preemptive actions might include reinforcing infrastructure, developing evacuation plans, and educating the public about what to do during a hurricane.

Finally, post-emergency operations are critical to help communities recover and rebuild. These operations may include restoring essential services, providing psychological support to individuals, rebuilding infrastructure, and analyzing what worked or did not work during the response to improve future operations. Recovery operations are not only an opportunity to return a community to normalcy but also to improve resilience against future emergencies by learning from the past.

The interconnection and complexity of emergency operations necessitate a multidisciplinary approach that combines practical skills with theoretical knowledge across various domains such as logistics, communication, infrastructure management, and psychology. Building a robust emergency response operation is an ongoing effort that requires dedication, foresight, and the ability to adapt to new challenges as they arise.

7.1. EMS Operations and Safe Ambulance Practices

Emergency Medical Services (EMS) operations involve a series of coordinated activities that ensure the provision of timely and effective medical care to individuals in need. Safe ambulance practices are a critical component of EMS operations, focusing on both patient safety and the safety of EMS personnel.

Ambulances are specially equipped vehicles used for transporting patients with various medical emergencies to healthcare facilities. They are designed to serve as mobile treatment centers where emergency care can begin even before arrival at the hospital. Ambulance operations must prioritize rapid response while maintaining safety standards to protect the crew, the patient, and the public.

An essential aspect of safe ambulance practices is the adherence to strict driving protocols. This includes using lights and sirens appropriately, obeying traffic laws, practicing defensive driving techniques, and being aware of vehicle size and handling characteristics. EMS drivers must undergo specialized training to navigate through traffic safely while minimizing the delay in patient transportation.

On-scene safety is equally important in EMS operations. It involves assessing the safety of the environment where patients are located and ensuring scene control to protect both the EMS crew and the patient. EMS personnel must utilize personal protective equipment (PPE) appropriately and adhere to infection control practices to minimize the risk of disease transmission.

Patient handling and movement within the ambulance must be conducted with utmost care to prevent additional injury and ensure comfort. This includes proper utilization of stretchers, securing the patient during transport, and monitoring their condition throughout the journey. EMS personnel are trained in lifting and moving techniques that reduce the risk of injury to both the patient and themselves.

Communication plays a crucial role in EMS operations. Clear and effective communication between dispatch, EMS crews, and the receiving facility ensures that patient care is coordinated and efficient. It allows for the necessary preparation at the hospital and the relay of critical patient information that may influence treatment decisions upon arrival.

Continuous training and education are vital for maintaining high standards in EMS operations and safe ambulance practices. Training programs should encompass medical procedures, equipment handling, driving skills, scene management, and communication protocols. By staying current with the latest

guidelines and techniques, EMS personnel can provide high-quality care while ensuring the safety of all involved in the emergency response.

7.2. Incident Management and Mass Casualty Incidents

Mass Casualty Incidents (MCIs) are events that lead to a significant number of injuries or fatalities. These can include natural disasters, terrorist attacks, industrial accidents, and transportation disasters. Incident management in the context of MCIs is a complex process that entails a coordinated and effective response from various emergency services and agencies to minimize loss of life and harm to affected individuals.

Initial response to an MCI is critical and involves securing the scene, assessing the situation, and triage. Triage is the process by which victims are sorted according to the severity of their injuries, allowing medical personnel to prioritize care. During an MCI, triage is particularly important as it helps maximize the use of limited resources. Simplified triage schemes, such as START (Simple Triage and Rapid Treatment), are often employed.

Once triage is initiated, establishment of Incident Command Systems (ICS) becomes the focal point of managing the various aspects of the incident. ICS is a standardized, on-scene, all-hazard incident management approach that enables a coordinated response among various jurisdictions and agencies. It integrates a combination of facilities, equipment, personnel, procedures, and communications within a common organizational structure.

Communications during an MCI must be clear, concise, and coordinated across all responding agencies. Reliable communication channels must be established, and information sharing protocols must be strictly observed to avoid misinformation and duplicated efforts. Central to this effort is the role of the Incident Commander, who heads the ICS and is responsible for all aspects of the response, including developing strategies, managing resources, and communicating with the public and the media.

During an MCI, logistical considerations regarding transportation of the injured, distribution of resources, and support for emergency personnel are managed through designated areas such as casualty collection points, staging areas, and base camps. These areas facilitate the organized distribution of services and supplies, as well as the coordination of efforts among first responders.

Long-term recovery and remediation efforts after an MCI are a vital aspect of incident management. These efforts may include the provision of mental health services, reconstruction of damaged infrastructure, and the implementation of new policies or procedures to prevent similar incidents in the future. Learnings from MCIs influence future emergency planning and preparedness, contributing to building more resilient communities and response systems.

Incident management and response to mass casualty incidents is an evolving field, with continuous advancements in technology, emergency medicine, and interagency coordination enhancing the ability to save lives and recover from such events. Practical drills, simulations, and after-action reports are essential for assessing the efficacy of existing incident management protocols and making improvements to ensure that responders are prepared for future MCIs.

7.3. Hazardous Materials and Special Rescue Situations

Hazardous materials, commonly referred to as hazmats, encompass a wide range of substances that pose risks to health, safety, property, or the environment. These substances can be chemical, biological, radiological, and physical agents that have the potential to cause harm. Special rescue situations often

involve the release or potential release of these materials and may require unique strategies and specialized equipment to manage effectively.

Within the realm of hazardous materials, there are various classes that define the nature of the risk. For instance, explosives, gases, flammable liquids, flammable solids, oxidizing substances, toxic and infectious substances, radioactive material, corrosive substances, and miscellaneous dangerous goods are all categories outlined by regulatory frameworks such as the International Maritime Dangerous Goods Code and regulations set forth by agencies like the U.S. Department of Transportation.

Responding to hazardous material incidents requires a multi-tiered approach. Identification and assessment are the initial steps, which involve recognizing the presence of hazardous materials, understanding their nature, and evaluating the associated risks. Responders use information sources such as shipping documents, container labels, and placards to identify hazards. Advanced tools, like chemical detection equipment, may also be employed to determine the specific type and concentration of hazardous substances present.

Containment is a crucial phase in hazmat incident management. The goal of containment is to prevent the hazardous material from spreading and to control the release at its source. Methods of containment might include the use of absorbents, dikes, and barriers or the stopping of leaks through the patching or plugging of containers. Specialized personal protective equipment (PPE), such as protective suits, respirators, and gloves, are necessary to keep responders safe during these operations.

Decontamination processes follow containment to remove hazardous substances from individuals, equipment, and the environment. Decontamination can range from simple washing with soap and water to complex neutralization reactions that render the hazardous material harmless. It's imperative to have a well-established decontamination plan, as it is essential for the health and safety of both the responders and the public.

Evacuation and medical care may also be necessary components of the response to hazmat incidents. In cases where hazardous materials pose immediate health threats or extreme danger, evacuating personnel and the public from the affected area is a priority. Simultaneously, those who have been exposed to or injured by hazardous substances will require medical attention. Pre-arrival instructions from emergency dispatchers and on-scene triage, treatment, and transport are critical parts of the emergency medical response.

Lastly, recovery and restoration efforts begin once the immediate threats have been stabilized or eliminated. This phase might include the return of displaced individuals to their homes, reopening of businesses, and the remediation of the environment. Recovery operations often involve a collaboration between private companies, environmental specialists, public health officials, and government agencies to safely restore normalcy to the affected area.

Hazardous materials and special rescue situations present a complex set of challenges that require a highly skilled and well-coordinated response. Ongoing training and preparedness are crucial for emergency responders to effectively manage these scenarios and protect people, property, and the environment from the potential dangers associated with hazardous materials.

7.4. Practice Questions for Operations and Emergency Response

1. **What are the key components of an effective emergency response plan in a chemical processing facility?**
 - a. *Answer:* Key components include hazard identification, risk assessment, clear procedures for response, communication plans, training and drills for staff, and coordination with local emergency services.
2. **Describe the responsibilities of the first responder during a hazardous material incident.**
 - a. *Answer:* Responsibilities include securing the scene, identifying the hazard, providing first aid, communicating with emergency services, and implementing initial containment and control measures.
3. **Outline the steps that should be taken when an unexpected release of a hazardous substance occurs.**
 - a. *Answer:* Steps include activating the emergency alarm, notifying emergency services, evacuating the area, initiating containment measures, and providing first aid if necessary.
4. **How do local emergency response teams collaborate with facility operations during an emergency situation?**
 - a. *Answer:* Collaboration includes sharing information about the hazards, coordinating response efforts, utilizing each team's expertise, and ensuring the safety of all personnel and the public.
5. **What training and certifications are required for operations staff to manage an emergency response scenario effectively?**
 - a. *Answer:* Required training includes HAZWOPER (Hazardous Waste Operations and Emergency Response) certification, first aid, fire safety, and specific training on handling the chemicals present at the facility.
6. **Discuss the importance of communication during an emergency and the types of communication tools that might be used.**
 - a. *Answer:* Effective communication ensures coordinated efforts, clear instructions, and safety information dissemination. Tools may include radios, public address systems, and emergency alert systems.
7. **Describe the role of an Incident Command System (ICS) in managing facility emergencies.**
 - a. *Answer:* ICS provides a standardized approach to command, control, and coordination of emergency response, offering a clear chain of command and roles for effective management of resources and personnel.
8. **Explain the typical contents of an emergency response kit and the situations in which it might be utilized.**
 - a. *Answer:* A kit typically contains PPE, first aid supplies, communication devices, hazard identification tools, and containment materials. It is utilized in initial response to contain and manage the incident.
9. **Identify the types of personal protective equipment (PPE) necessary for different types of hazardous materials incidents.**
 - a. *Answer:* PPE may include respirators, chemical protective suits, gloves, goggles, and safety boots, varying based on the type and severity of the hazardous material involved.
10. **How can operations staff prepare for potential emergency situations to mitigate risk and ensure safety?**
 - a. *Answer:* Preparation includes regular training, drills, risk assessments, maintaining emergency equipment, and staying informed about the properties and risks of the chemicals handled.
11. **What is the role of drills and simulations in preparing for an emergency response?**
 - a. *Answer:* Drills and simulations help in testing the effectiveness of the emergency plan, improving response skills, identifying gaps, and ensuring staff readiness for actual emergencies.
12. **In the context of emergency response, what are the differences between mitigation, preparedness, response, and recovery?**

- a. *Answer:* Mitigation involves reducing risks, preparedness focuses on planning and training, response is the immediate action taken during an emergency, and recovery involves restoring normal operations.
13. **How should a facility's emergency response plan be updated and maintained to ensure its effectiveness over time?**
- a. *Answer:* The plan should be regularly reviewed and updated based on new risks, lessons learned from drills or actual incidents, changes in regulations, and advancements in technology or procedures.

7.5. Conclusion and Summary

The operations and emergency response section of this textbook aims to consolidate knowledge related to the management, strategic implementation, and immediate action necessary when dealing with various operational situations and potential emergencies. Throughout this chapter, we have discussed the critical aspects of operational planning, the importance of risk assessment, and have highlighted the key elements necessary for an effective emergency response strategy.

Operational planning serves as the backbone for any organized effort in both routine and non-routine situations. It involves the formulation of procedures and allocation of resources to achieve specific objectives. In the realm of emergency response, these plans become even more instrumental as they provide a structured methodology for dealing with unexpected events. The lessons provided walk through various scenarios, emphasizing the importance of having a well-prepared response to mitigate damage and to secure the safety of all stakeholders involved.

Risk assessment is another crucial topic that has been extensively covered. By identifying and evaluating potential risks, organizations can prepare and implement strategies to reduce the likelihood of hazardous events. This preventive approach is fundamental to operational excellence and is key to maintaining the integrity of an organization's daily functions as well as its reputation.

In the context of emergency response, we've delved into the coordination of first responders, the communication networks necessary for effective information dissemination, and the need for regular training and drills to maintain a high level of preparedness. The chapter has also discussed the importance of learning from past incidents and continuously updating response plans to reflect new threats and improvements in technology and best practices.

Environmental considerations in the context of operations and emergency response cannot be overstated. The significance of sustainable practices and the minimization of ecological impacts through emergency planning were explored, emphasizing the increasing global expectation for environmental stewardship among all sectors.

The legal framework surrounding operations and emergency response was analyzed, with an emphasis on understanding the obligations and liabilities that come with preparedness and reaction to emergencies. Compliance with laws and regulations not only protects organizations legally and financially but also enhances their credibility and public trust.

In summary, this chapter has provided a comprehensive look at the varied and intricate aspects of operations and emergency response. By integrating strategic planning, risk management, communication, training, environmental considerations, and legal compliance into a cohesive framework, organizations can better withstand the challenges posed by emergencies and maintain operational resilience. The knowledge imparted herein serves to better equip managers, employees, and stakeholders to act decisively and effectively in the face of operational challenges and emergencies, ultimately preserving life, property, and the environment.

7.6. 120 Review Questions and Answers for Chapter 7: Operations and Emergency Response

1. *As an EMT, what is the most important reason for using a scene size-up?*
 - a. To identify potential witnesses
 - b. To locate the nearest hospital
 - c. To ensure the safety of crews, patients, and bystanders
 - d. To fulfill legal documentation requirements

Answer: c. To ensure the safety of crews, patients, and bystanders

2. *What is the immediate priority for an EMT when arriving on an emergency scene?*
 - a. Begin patient assessment
 - b. Secure a bystander's account of the incident
 - c. Ensure the scene is safe
 - d. Collect medical history from the patient

Answer: c. Ensure the scene is safe

3. *What is the purpose of the Incident Command System (ICS)?*
 - a. To document healthcare interventions
 - b. To provide a standardized approach to the command, control, and coordination of emergency response
 - c. To maintain inventory of medical supplies
 - d. To control media access to an emergency scene

Answer: b. To provide a standardized approach to the command, control, and coordination of emergency response

4. *During an emergency call, an EMT notes downed power lines. What is the most appropriate course of action?*
 - a. Attempt to move the power lines with a non-conductive object
 - b. Immediately start patient care without touching the lines
 - c. Secure the area and wait for the utility company to arrive
 - d. Drive the ambulance over the lines carefully to reach the patient

Answer: c. Secure the area and wait for the utility company to arrive

5. *What does the 'R' stand for in the mnemonic "AVPU" used to assess a patient's level of consciousness?*
 - a. Respiratory rate
 - b. Responsive to verbal stimuli
 - c. Responsive to painful stimuli
 - d. Rapid pulse

Answer: b. Responsive to verbal stimuli

6. *In mass casualty incidents (MCI), what triage tag color indicates the highest priority for treatment and transport?*
 - a. Green
 - b. Yellow
 - c. Red
 - d. Black

Answer: c. Red

7. *An EMT should consider which of the following as a potential hazardous material at the scene of a motor vehicle accident?*
 - a. Blood
 - b. Vehicle fluids
 - c. Glass fragments

d. Both a and b
Answer: d. Both a and b

8. *In the face of a potential terrorist attack, what is one of the first things an EMT should do at the scene?*

- a. Evacuate casualties to the nearest hospital
- b. Look for the presence of secondary devices
- c. Begin triage of casualties
- d. Start immediate treatment of the most critically injured

Answer: b. Look for the presence of secondary devices

9. *When is it appropriate for an EMT to begin decontamination in a hazardous materials incident?*

- a. Before patient contact
- b. After securing the scene
- c. Upon receiving orders from Incident Command
- d. After transferring patient care to the hospital staff

Answer: a. Before patient contact

10. *Upon arriving at a crash site, what should an EMT do after ensuring scene safety and identifying the mechanism of injury?*

- a. Request additional resources if needed
- b. Set up traffic control devices
- c. Start extrication of the patient
- d. Obtain access to the patient and provide emergency medical care

Answer: a. Request additional resources if needed

11. *How should an EMT approach the scene of a suspected crime?*

- a. Begin emergency care without altering the scene
- b. Observe and mentally note changes in the scene
- c. Preserve evidence while providing necessary care
- d. Focus solely on patient care and disregard the scene condition

Answer: c. Preserve evidence while providing necessary care

12. *What is the golden hour in trauma?*

- a. The hour immediately after an injury occurs
- b. The first hour when the patient is in the hospital
- c. The time period when a trauma patient has the best chance for survival
- d. 60 minutes of uninterrupted CPR

Answer: c. The time period when a trauma patient has the best chance for survival

13. *When encountering a potentially violent patient, what would be an EMT's best initial action?*

- a. Restrain the patient immediately
- b. Call for law enforcement assistance
- c. Approach the patient to calm them down
- d. Retreat to a safe distance and observe the patient

Answer: d. Retreat to a safe distance and observe the patient

14. *What is the START triage system used for?*

- a. To evaluate stroke patients
- b. To determine the sequence of treatment in a mass-casualty incident
- c. To assess severity of traumatic injuries
- d. To prioritize emergency calls in a dispatch center

Answer: b. To determine the sequence of treatment in a mass-casualty incident

15. *What should an EMT consider when assessing a scene involving hazardous materials?*
a. The potential need for specialty rescue
b. The wind direction and topography
c. The need for additional lighting
d. The type of terrain for landing a helicopter
Answer: b. The wind direction and topography
16. *When lifting a patient, how should an EMT's knees be positioned to prevent injury?*
a. Fully extended
b. Slightly bent
c. In a deep squat
d. At the same angle as the back
Answer: b. Slightly bent
17. *Which radio report is given directly to the receiving facility about a patient's condition?*
a. A clearance report
b. A handoff report
c. A prearrival report
d. An availability report
Answer: c. A prearrival report
18. *What does the 'B' in the SAMPLE history stands for?*
a. Bleeding
b. Body temperature
c. Breathing
d. Background
Answer: c. Breathing
19. *In terms of vehicle safety, what is the purpose of the three-point seatbelt system?*
a. To hold radio equipment in place
b. To maintain open airways of the occupants
c. To distribute collision forces across the stronger parts of the body
d. To ensure that patients remain hydrated during transport
Answer: c. To distribute collision forces across the stronger parts of the body
20. *Upon which principle does the use of high-visibility safety vests by EMTs at a roadway incident primarily rely?*
a. Psychological safety
b. Tactical safety
c. Conspicuity
d. Thermal insulation
Answer: c. Conspicuity
21. *What is one of the first steps an EMT should take when there is a suspected carbon monoxide poisoning?*
a. Begin immediate chest compressions
b. Administer high-flow oxygen
c. Provide oral glucose
d. Set up for immediate intubation
Answer: b. Administer high-flow oxygen
22. *What is the primary reason for establishing a "cold zone" at a hazardous materials incident?*
a. For rehabilitation of firefighters
b. For law enforcement staging

- c. For media briefings and public relations
 - d. For personnel not directly involved in the incident to operate safely
- Answer:* d. For personnel not directly involved in the incident to operate safely

23. Which item is not considered part of the “personal protective equipment” (PPE) for an EMT?

- a. Helmet
- b. Steel-toe boots
- c. Personal firearm
- d. Gloves

Answer: c. Personal firearm

24. During an emergency response, what is the correct driving technique for navigating through an intersection with a red traffic signal?

- a. Speeding up to clear the intersection quickly
- b. Proceeding without stopping if the siren is on
- c. Coming to a complete stop before proceeding with caution
- d. Using the opposite lane to bypass traffic

Answer: c. Coming to a complete stop before proceeding with caution

25. In the NIMS-ICS structure, what unit is responsible for direct patient care at an MCI?

- a. Triage Unit
- b. Treatment Unit
- c. Staging Area
- d. Logistics Section

Answer: b. Treatment Unit

26. An EMT recognizes signs of imminent childbirth during transport. What is the first step to take?

- a. Return to the station and await additional resources
- b. Continue to the intended destination with no changes
- c. Preparing a sterile field and obstetrics kit
- d. Diverting to a closer hospital

Answer: c. Preparing a sterile field and obstetrics kit

27. Which of the following is not a role of an EMT at the scene of a fire?

- a. Fire suppression
- b. Rehabilitation
- c. Patient assessment
- d. Treatment and transport

Answer: a. Fire suppression

28. How does an EMT maintain situational awareness at an emergency scene?

- a. By staying inside the ambulance at all times
- b. Through continuous assessment and monitoring of potential hazards
- c. By delegating responsibility to bystanders
- d. Focusing only on the patient care and ignoring the surroundings

Answer: b. Through continuous assessment and monitoring of potential hazards

29. What is the purpose of the “safe refuge area” within a building during an evacuation?

- a. To store extra medical supplies
- b. To act as a triage center for mass casualty incidents
- c. To provide a safe space for mobilizing resources
- d. To protect individuals unable to evacuate immediately due to mobility issues

Answer: d. To protect individuals unable to evacuate immediately due to mobility issues

30. The acronym *SLUDGE* is used to recall the signs and symptoms of exposure to what type of agent?
- Stimulants
 - Cholinergic
 - Hallucinogens
 - Opiates
- Answer:* b. Cholinergic
31. When reporting to a receiving facility, what does the “P” in the “SOAP” report stand for?
- Prognosis
 - Procedure
 - Pulse
 - Presentation
- Answer:* d. Presentation
32. Which of the following is an example of a mechanism of injury (MOI)?
- High blood pressure
 - Cardiac arrest
 - An individual falling from a height
 - A diabetic emergency
- Answer:* c. An individual falling from a height
33. In the context of the NREMT cognitive exam, what does “personal protective equipment” refer to?
- Uniforms that display the EMS agency’s logo
 - Devices designed to protect EMTs from exposure to or contact with infectious agents
 - The equipment an EMT carries personally, like a stethoscope or a flashlight
 - Devices that protect patients from harm during transport
- Answer:* b. Devices designed to protect EMTs from exposure to or contact with infectious agents
34. What is the primary goal of scene control at an EMS incident?
- To establish a temporary command center
 - To ensure the safety of patients, bystanders, and EMS personnel
 - To gather evidence for law enforcement
 - To direct traffic around the incident
- Answer:* b. To ensure the safety of patients, bystanders, and EMS personnel
35. Which of these scenarios demonstrates the need for an urgent move?
- A patient with a suspected neck injury following a diving accident
 - An unresponsive patient in the driver’s seat of a car that is on fire
 - A patient with a broken ankle on the side of a soccer field
 - A patient with abdominal pain sitting in their living room
- Answer:* b. An unresponsive patient in the driver’s seat of a car that is on fire
36. What is the role of staging areas in the management of a multi-vehicle collision?
- To provide long-term care for patients who cannot be immediately transported
 - To collect contact information from all the involved parties
 - To serve as a designated area for incoming resources to report in and receive assignments
 - To gather media representatives for press conferences
- Answer:* c. To serve as a designated area for incoming resources to report in and receive assignments
37. When an EMT encounters a hazardous material spill, which resource can provide the most specific and detailed information about the substance involved?
- The National Fire Protection Association (NFPA) 704 diamond sign
 - The transport vehicle’s driver
 - The Emergency Response Guidebook (ERG)

d. Local news media

Answer: c. The Emergency Response Guidebook (ERG)

38. *What do the “S” and the “O” stand for in the START triage acronym?*

- a. Send and Observe
- b. Stabilize and Orient
- c. Simple and Overlook
- d. Simple Triage and Rapid Treatment

Answer: d. Simple Triage and Rapid Treatment

39. *When is it most appropriate to use a non-rebreather mask for a patient?*

- a. When the patient has a respiratory rate of 30 breaths per minute
- b. When a patient is breathing adequately but needs supplemental oxygen
- c. For any patient in the postictal state
- d. For a patient with suspected carbon monoxide poisoning

Answer: b. When a patient is breathing adequately but needs supplemental oxygen

40. *Which of the following actions is part of the “recovery” phase of an emergency situation?*

- a. Immediate care of the sick and injured
- b. Rescuing people from immediate danger
- c. Debriefing EMS personnel and restocking supplies
- d. Activation of the emergency operations center

Answer: c. Debriefing EMS personnel and restocking supplies

41. *What is the importance of establishing a perimeter at the scene of a hazardous material incident?*

- a. To indicate where additional supplies can be stored
- b. To prevent unauthorized personnel from entering a danger zone
- c. To set up a media briefing area
- d. To mark the boundaries for patient triage

Answer: b. To prevent unauthorized personnel from entering a danger zone

42. *How should an EMT assess a patient’s breathing during the primary survey?*

- a. By counting the heart rate for one full minute
- b. By observing the chest rise and fall and listening to breath sounds
- c. By checking for a radial pulse
- d. By asking the patient to describe their difficulty breathing

Answer: b. By observing the chest rise and fall and listening to breath sounds

43. *What is the first step an EMT should take when coming upon an MVC with no apparent hazards?*

- a. Immediately remove the patients from their vehicles
- b. Check for the mechanism of injury and number of patients
- c. Place traffic cones around the scene
- d. Begin patient care without assessing the scene

Answer: b. Check for the mechanism of injury and number of patients

44. *What is the main reason for establishing command at an MCI?*

- a. To provide a single point of decision-making and resource assignment
- b. To ensure all patients are transported to the same hospital
- c. To take responsibility for all media communications
- d. To handle all financial expenditures related to the incident

Answer: a. To provide a single point of decision-making and resource assignment

45. *What should an EMT assess when observing the position in which a patient is found?*
a. The comfort level of the patient while sitting or standing
b. The patient's cognitive ability to choose a comfortable position
c. The potential injury suggested by the patient's position and ability to move
d. The length of time the patient has been in the same position
Answer: c. The potential injury suggested by the patient's position and ability to move
46. *When assessing a patient involved in a vehicle accident, what is the term for the damage visible on the patient's body?*
a. Index of suspicion
b. Mechanism of injury (MOI)
c. Nature of illness (NOI)
d. Secondary assessment
Answer: b. Mechanism of injury (MOI)
47. *What is the role of the safety officer in the ICS structure during an emergency response?*
a. To provide medical care to patients
b. To coordinate communication between different agencies
c. To oversee the operational plan
d. To monitor operational safety and health for responders
Answer: d. To monitor operational safety and health for responders
48. *What type of move should an EMT utilize to move a patient with suspected spinal injury?*
a. Emergency move
b. Non-urgent move
c. Urgent move
d. Log-roll move
Answer: d. Log-roll move
49. *In which situation is it appropriate for an EMT to use lights and sirens during transport?*
a. All EMS vehicle operations
b. Only when patient condition justifies expedited transport
c. Non-emergent transports
d. Routine supply transfers
Answer: b. Only when patient condition justifies expedited transport
50. *What is the correct term for the transfer of care from one EMT to another?*
a. Handoff
b. Delegation
c. Referral
d. Triage
Answer: a. Handoff
51. *Which document provides detailed information about chemicals, hazards, and instructions for safe handling?*
a. Emergency Response Guidebook (ERG)
b. Material Safety Data Sheet (MSDS)
c. Incident Action Plan (IAP)
d. National Fire Protection Association (NFPA) guide
Answer: b. Material Safety Data Sheet (MSDS)
52. *What should an EMT do if a family member is interfering with patient care during a response?*
a. Ignore the family member and continue patient care
b. Physically remove the family member from the scene

- c. Enlist law enforcement for assistance, if needed
 - d. Transfer care to another EMT
- Answer:* c. Enlist law enforcement for assistance, if needed

53. *What is the priority action for an EMT when a patient is found in an unsafe environment?*
- a. Begin immediate treatment to the patient
 - b. Eliminate the hazard if possible
 - c. Call for additional resources
 - d. Move the patient to a safe area
- Answer:* d. Move the patient to a safe area

54. *Which NREMT cognitive exam topic includes questions about fireplace maintenance as a potential source of a CO incident?*
- a. EMS Operations
 - b. Cardiology
 - c. Airway, Respiration, and Ventilation
 - d. Obstetrics/Gynecology
- Answer:* a. EMS Operations

55. *How does an EMT classify a burn injury during a primary assessment?*
- a. As part of the secondary survey
 - b. As immediate life threats
 - c. By degree and surface area after other life threats are managed
 - d. By degree only
- Answer:* b. As immediate life threats

56. *When using START triage, which color tag represents patients who are deceased or have injuries incompatible with life?*
- a. Red
 - b. Yellow
 - c. Green
 - d. Black
- Answer:* d. Black

57. *What does an EMT need to establish when a landing zone is needed for helicopter transport?*
- a. Only the perimeter of the landing zone
 - b. Communication with the aircraft, security of the area, and clear markings
 - c. Fire protection and crowd control only
 - d. A location as close to the incident as possible
- Answer:* b. Communication with the aircraft, security of the area, and clear markings

58. *Which term describes an organized approach to identify and manage stress in EMS personnel?*
- a. Critical Incident Stress Management (CISM)
 - b. Post-Traumatic Stress Disorder (PTSD) counseling
 - c. Operational Stress Control (OSC)
 - d. Psychological First Aid (PFA)
- Answer:* a. Critical Incident Stress Management (CISM)

59. *In EMS incident command, where does rehabilitation take place?*
- a. In the warm zone
 - b. At the incident command post
 - c. In a designated area, away from hazards and the incident
 - d. In the ambulance or transport vehicle
- Answer:* c. In a designated area, away from hazards and the incident

60. *What is the first rule of airway management that an EMT must remember?*
- Always use advanced airway devices when available
 - Oxygen should be administered to all patients
 - The airway must be opened before it can be cleared and maintained
 - Ventilations take precedence over chest compressions
- Answer: c. The airway must be opened before it can be cleared and maintained*
61. *In which NREMT category would emergency childbirth fall under?*
- Cardiology
 - Obstetrics and Gynecology
 - Operations
 - Trauma
- Answer: b. Obstetrics and Gynecology*
62. *Under what conditions should an EMT consider the application of spinal immobilization?*
- When the patient has superficial wounds
 - Any time the patient has been involved in a major trauma
 - Only when the patient is unconscious
 - Only if the patient complains of neck pain
- Answer: b. Any time the patient has been involved in a major trauma*
63. *How far should an EMT park the ambulance from a vehicle fire if possible?*
- 50 feet
 - 100 feet
 - 150 feet
 - 200 feet
- Answer: b. 100 feet*
64. *What is the first thing an EMT should do when encountering a combative patient?*
- Restrain the patient immediately for safety.
 - Retreat to a safe distance and wait for law enforcement.
 - Attempt to reason with the patient.
 - Administer a sedative if protocol allows.
- Answer: b. Retreat to a safe distance and wait for law enforcement.*
65. *What should be the primary concern for an EMT when assessing a patient in a hazardous materials incident?*
- Salvaging the patient's personal belongings
 - Getting information about the hazardous material
 - Ensuring the safety of the patient and EMS crew
 - Cleaning the hazardous material off the patient
- Answer: c. Ensuring the safety of the patient and EMS crew*
66. *Which type of decontamination occurs in the warm zone?*
- Technical decontamination
 - Gross decontamination
 - Primary decontamination
 - Secondary decontamination
- Answer: a. Technical decontamination*
67. *For which type of incident is it MOST appropriate to utilize the Incident Command System (ICS)?*
- Routine medical calls
 - Multi-agency, multi-jurisdictional responses
 - Transferring a patient from one facility to another

d. A simple two-car motor vehicle collision without extrication

Answer: b. Multi-agency, multi-jurisdictional responses

68. *Which of the following may indicate the presence of a hazardous material when you first arrive at a motor vehicle crash?*

a. The presence of commercial vehicles

b. A vehicle turned on its side

c. A broken utility pole

d. An unusual odor or visible cloud

Answer: d. An unusual odor or visible cloud

69. *Why is it vital for an EMT to use body substance isolation (BSI) precautions during patient care?*

a. To comply with hazardous materials regulations

b. To protect the patient from further injury

c. To protect against infection and contamination

d. To adhere to vehicle operation policies

Answer: c. To protect against infection and contamination

70. *An EMT may be required to file which type of report if a collision occurs while operating an ambulance?*

a. Incident report

b. Press release

c. Vehicle maintenance report

d. Quality assurance report

Answer: a. Incident report

71. *How does an EMT ensure the 'scene is safe' when arriving at an accident location?*

a. Announce on the radio that the scene is secure

b. Wait for police to secure the scene

c. Conduct a thorough environmental scan and risk assessment

d. Put on a high-visibility vest

Answer: c. Conduct a thorough environmental scan and risk assessment

72. *What is the best approach for an EMT for dealing with onlookers at a scene?*

a. Ignore them and focus on patient care

b. Politely ask them to help with patient care

c. Secure the area and ask them to step back

d. Allow them to stay as long as they do not interfere

Answer: c. Secure the area and ask them to step back

73. *Which type of patient evacuation involves immediate spontaneous decision-making due to an immediate threat to life?*

a. Tactical evacuation

b. Emergency evacuation

c. Staged evacuation

d. Medically necessary evacuation

Answer: b. Emergency evacuation

74. *Which device transports multiple casualties from a disaster scene to various hospitals based on system protocols and patient condition?*

a. Standard ambulance

b. Mass casualty bus

c. Tactical response vehicle

d. Personal transport vehicles

Answer: b. Mass casualty bus

75. *What is the purpose of the EMS personnel accountability system?*

- a. To document patient care accurately
- b. To keep track of working hours for EMTs
- c. To ensure patient privacy and confidentiality
- d. To track personnel and equipment for safety and strategic reasons

Answer: d. To track personnel and equipment for safety and strategic reasons

76. *In what situation would an EMT perform a “load and go” transport?*

- a. When the scene is secure and the patient has stable vitals
- b. When a patient is in critical condition and on-scene time should be minimized
- c. When the ambulance has multiple patients to transport
- d. When the patient requests to be taken to a specific hospital

Answer: b. When a patient is in critical condition and on-scene time should be minimized

77. *What is the recommended distance for an ambulance to maintain behind another emergency vehicle while responding with lights and sirens?*

- a. 300 to 500 feet
- b. 100 to 300 feet
- c. 500 to 700 feet
- d. 50 to 100 feet

Answer: a. 300 to 500 feet

78. *Which of the following best describes the purpose of a “hot zone” at the scene of a hazardous materials incident?*

- a. To provide treatment to injured personnel
- b. To house equipment and supplies
- c. To serve as a location for media briefings
- d. To contain the area immediately surrounding the incident

Answer: d. To contain the area immediately surrounding the incident

79. *When parking an ambulance at an incident, the vehicle should face:*

- a. Away from oncoming traffic for a quick departure.
- b. Towards the patient for immediate access.
- c. In the direction of the wind in case of hazardous materials.
- d. In the same direction as traffic to prevent accidents.

Answer: a. Away from oncoming traffic for a quick departure.

80. *What is the function of the rehabilitation sector at an emergency scene?*

- a. To provide logistical support for operational units
- b. To assist with law enforcement and crowd control
- c. To offer medical evaluation and care for emergency workers
- d. To coordinate with external agencies and hospital services

Answer: c. To offer medical evaluation and care for emergency workers

81. *During multi-agency response, what is the EMT’s main role in the unified command system?*

- a. Operational planning and strategy
- b. Directing tactical operations
- c. Patient care and safety provisions
- d. Public information and communication

Answer: c. Patient care and safety provisions

82. *What is the term for ordered departure or flow control of people to a place of refuge?*
a. Evacuation
b. Triage
c. Extraction
d. Staging
Answer: a. Evacuation
83. *In a hazardous materials incident, who is responsible for identifying the substances involved?*
a. The EMT
b. The HazMat team
c. Law Enforcement
d. The Fire Department
Answer: b. The HazMat team
84. *What type of consent is needed when treating a mentally competent adult who understands the risks and benefits of treatment?*
a. Implied consent
b. Informed consent
c. Expressed consent
d. Unconditional consent
Answer: b. Informed consent
85. *What is the function of the 'Medical Branch' within the Incident Command System?*
a. To coordinate the transportation of patients to medical facilities
b. To manage all aspects of fire suppression and safety
c. To oversee the financial and administrative aspects of the incident
d. To ensure supply and logistics are functioning to support the incident
Answer: a. To coordinate the transportation of patients to medical facilities
86. *When securing a landing zone for a helicopter, which of these is not a consideration?*
a. The presence of loose debris and obstacles
b. The grade of the landing surface
c. The type of medical equipment carried by the air ambulance
d. The wind direction and speed
Answer: c. The type of medical equipment carried by the air ambulance
87. *What is the primary role of the EMT when transferring patient care to the emergency department staff?*
a. To assist with patient registration and documentation
b. To immediately return to service and await another call
c. To provide a clear and concise verbal report to the receiving staff
d. To assume secondary roles unless asked for assistance
Answer: c. To provide a clear and concise verbal report to the receiving staff
88. *What should an EMT do after exposure to a patient's blood?*
a. Take a prophylactic antibiotic immediately
b. Document the exposure and report to a supervisor
c. Clean the exposed area with alcohol and return to work
d. Ignore it unless the patient was known to be infectious
Answer: b. Document the exposure and report to a supervisor
89. *Which technique is recommended when moving a patient down stairs using a stair chair?*
a. The strongest EMT should lead going down the stairs
b. Two EMTs should always carry the chair side by side

- c. The patient's feet should go first when descending stairs
 - d. The chair should be tilted forward to reduce the strain on EMTs
- Answer:* c. The patient's feet should go first when descending stairs

90. *Which of these is not a typical role of the Public Information Officer in the ICS?*

- a. To interface with the media and public
 - b. To provide safety briefings to incoming EMS personnel
 - c. To relay information about incident operations to the public
 - d. To distribute information that may be critical to public welfare
- Answer:* b. To provide safety briefings to incoming EMS personnel

91. *When responding to an emergency where hazardous materials are involved, what reference might an EMT use for guidance?*

- a. The Emergency Response Guidebook (ERG)
- b. The START triage manual
- c. The National Electric Code (NEC)
- d. Patient Care Protocols (PCP)

Answer: a. The Emergency Response Guidebook (ERG)

92. *Under what circumstances may an EMT provide patient care without obtaining consent?*

- a. A patient with life-threatening injuries is unconscious
- b. A patient requests an alternative treatment method
- c. A patient's family member gives consent instead
- d. All circumstances require explicit patient consent

Answer: a. A patient with life-threatening injuries is unconscious

93. *How does the Incident Command System improve interagency coordination at the scene of a large-scale disaster?*

- a. By providing a standard set of predetermined incident responses
- b. By designating a single commander for all agencies
- c. By establishing a common structure and shared language for all agencies
- d. By prioritizing agencies according to government hierarchy

Answer: c. By establishing a common structure and shared language for all agencies

94. *What is the primary reason for establishing a staging area at the scene of an MCI?*

- a. To provide a rest area for EMS personnel
- b. To coordinate patient transport and resource allocation
- c. To conduct press briefings and media interaction
- d. To organize family and friends of the involved parties

Answer: b. To coordinate patient transport and resource allocation

95. *When can an EMT legally enter a private residence without invitation or warrant?*

- a. When it is suspected that there is a gas leak inside
- b. When the EMT believes a crime is taking place
- c. When there is evidence of domestic disturbance
- d. When an exigent circumstance is present, such as a medical emergency

Answer: d. When an exigent circumstance is present, such as a medical emergency

96. *What factor primarily determines the appropriate level of PPE for EMTs at a hazardous materials incident?*

- a. The incident command's preference
- b. The time of day
- c. The type and scope of the incident

d. Local protocols and regulations
Answer: c. The type and scope of the incident

97. *What is an EMT's primary legal concern when communicating patient information?*
a. Keeping the communication brief and essential
b. Complying with Health Insurance Portability and Accountability Act (HIPAA) regulations
c. Maintaining the confidentiality of the communication route
d. Ensuring the communication is only between healthcare professionals
Answer: b. Complying with Health Insurance Portability and Accountability Act (HIPAA) regulations

98. *Why is it important for an EMT to establish a rapport with a patient during an emergency call?*
a. To increase the chances of a more cooperative and relaxed patient
b. For the purpose of entertainment during transportation
c. To make documentation easier
d. To ensure that the patient doesn't request another EMT
Answer: a. To increase the chances of a more cooperative and relaxed patient

99. *What is the EMT's role during the "termination phase" at the scene of an incident?*
a. Commanding the Incident Command System
b. Participating in or conducting the debriefing and review of the incident
c. Decontaminating equipment and personnel
d. Coordinating media relations and news releases
Answer: b. Participating in or conducting the debriefing and review of the incident

100. *Which of the following situations would most likely NOT require a report to be filed by the EMT?*
a. An EMT refuels the ambulance at a local gas station
b. An EMT is bitten by a patient during an assessment
c. The ambulance is involved in a minor fender-bender without patients on board
d. A patient's valuables are lost during transport
Answer: a. An EMT refuels the ambulance at a local gas station

101. *What is the purpose of using a 'time-out' procedure before starting a procedure or transport?*
a. To ensure the correct patient is being treated and the correct procedures are being applied
b. To provide a break for the healthcare team
c. To check the functionality of medical equipment
d. To allow the patient to compose themselves before a procedure
Answer: a. To ensure the correct patient is being treated and the correct procedures are being applied

102. *What is the EMT's responsibility in relating to the 'chain of evidence' at a crime scene?*
a. Cataloguing and analyzing evidence
b. Protecting the integrity of potential evidence
c. Taking photographs for legal records
d. Interpreting evidence to determine the cause of injury
Answer: b. Protecting the integrity of potential evidence

103. *Why should an EMT understand the different roles within the ICS?*
a. To potentially fill in any role as needed
b. To give orders to other professionals at the scene
c. To challenge the decisions of the incident commander
d. To operate efficiently within an organized response framework
Answer: d. To operate efficiently within an organized response framework

104. In which zone might an EMT expect to receive patients from a hazardous materials decontamination corridor?
- The Hot Zone
 - The Warm Zone
 - The Cold Zone
 - The Decontamination Zone
- Answer: c. The Cold Zone
105. When encountering a scene where violence is ongoing, what should the EMT's first action be?
- Attempt to de-escalate the situation
 - Provide immediate care to victims while awaiting law enforcement
 - Retreat to a safe distance and wait for law enforcement to secure the scene
 - Begin triage of patients if it can be done safely
- Answer: c. Retreat to a safe distance and wait for law enforcement to secure the scene
106. Which communication system is used to request additional resources at the scene of a multi-casualty incident?
- Mobile data terminal (MDT)
 - Plain language radio communication
 - Tactical air operations
 - Mutual aid frequency
- Answer: d. Mutual aid frequency
107. What does the 'D' in the 'SAMPLE' mnemonic represent?
- Drugs
 - Dose
 - Duration
 - Dyspnea
- Answer: a. Drugs
108. When should an EMT consider the use of an incident termination checklist?
- Upon arrival at the scene
 - After patient transport
 - During the debriefing phase
 - Once the incident is concluded and all units are ready to return to service
- Answer: d. Once the incident is concluded and all units are ready to return to service
109. Which organization primarily sets the standards for ambulance design and operation?
- U.S. Department of Transportation (DOT)
 - National Fire Protection Association (NFPA)
 - National Highway Traffic Safety Administration (NHTSA)
 - Occupational Safety and Health Administration (OSHA)
- Answer: c. National Highway Traffic Safety Administration (NHTSA)
110. What is the recommended action for an EMT if they notice an unsafe act by another EMT at the scene?
- Ignore the act if no one is harmed
 - Report the act only if the situation escalates
 - Interrupt and correct the unsafe act immediately
 - Wait until after the call to discuss it with the individual
- Answer: c. Interrupt and correct the unsafe act immediately
111. When utilizing the two-person seat carry technique, what is important for the EMTs to maintain?
- Visual contact with the patient's feet

- b. As much distance between the EMTs as possible
 - c. The patient's head lower than the feet
 - d. Coordination to prevent twisting or jarring movements
- Answer:* d. Coordination to prevent twisting or jarring movements

112. *In an MCI, what is the purpose of dividing patients into groups based on the severity of their injuries?*

- a. To determine who receives first aid first
- b. To improve resource allocation and management
- c. To facilitate the exchange of medical information
- d. To determine the need for crime scene investigation

Answer: b. To improve resource allocation and management

113. *During an emergency response involving hazardous materials, what is the benefit of using the Emergency Response Guidebook (ERG)?*

- a. It provides specific treatment protocols for medical emergencies.
- b. It gives instructions for proper personal protective equipment (PPE).
- c. It identifies hazardous materials and appropriate initial actions.
- d. It outlines proper patient care and transportation procedures.

Answer: c. It identifies hazardous materials and appropriate initial actions.

114. *When an EMT is performing triage, what feature would classify a patient as "red" under the START system?*

- a. A patient with no immediate life threats
- b. A patient with a minor injury that can walk
- c. A patient who is breathing less than 30 times per minute after airway management
- d. A patient with a radial pulse and capillary refill of less than 2 seconds

Answer: d. A patient with a radial pulse and capillary refill of less than 2 seconds

115. *What is the best course of action for an EMT if faced with a power failure during patient care in a facility?*

- a. Immediate evacuation of the facility
- b. Use of flashlights or other alternative light sources
- c. Ceasing all patient care activities until power is restored
- d. Request for law enforcement intervention

Answer: b. Use of flashlights or other alternative light sources

116. *In the context of ambulance operations, what does the term 'posting' refer to?*

- a. Stationing an ambulance at a strategic location to best respond to calls
- b. Parking the ambulance outside the emergency department after patient transfer
- c. Staging an ambulance near a command post at a large-scale incident
- d. The period during which an ambulance is out of service for maintenance

Answer: a. Stationing an ambulance at a strategic location to best respond to calls

117. *How can an EMT best demonstrate "scene presence" upon arrival at an emergency?*

- a. By speaking loudly and taking control of the scene
- b. Through a calm and confident approach, quickly assessing the situation
- c. Instantly assigning tasks to bystanders
- d. Immediately calling for additional resources before a scene size-up

Answer: b. Through a calm and confident approach, quickly assessing the situation

118. *What is the primary benefit of using emergency medical dispatchers trained in providing pre-arrival instructions?*

- a. They eliminate the need for EMTs to respond to calls.

- b. They can provide life-saving instructions to callers before EMTs arrive.
 - c. They help in the logistical coordination of hospital admissions.
 - d. They take over the role of incident commander during an MCI.
- Answer:* b. They can provide life-saving instructions to callers before EMTs arrive.

119. *In terms of scene safety, what should an EMT do upon noticing signs of a potential structural collapse?*

- a. Immediately enter to search for patients
- b. Establish a perimeter and avoid entry until the scene is secure
- c. Call for a specialized urban search and rescue team and proceed
- d. Secure the structure using available tools before starting operations

Answer: b. Establish a perimeter and avoid entry until the scene is secure

120. *When assessing the effectiveness of ventilation during CPR, what should an EMT look for?*

- a. The patient should be regaining consciousness.
- b. There must be a visible rise and fall of the patient's chest.
- c. The patient's pulse rate should increase immediately.
- d. The EMT should hear breath sounds without using a stethoscope.

Answer: b. There must be a visible rise and fall of the patient's chest.

Chapter 8:

Comprehensive Practice Exams and Answers

Practice exams are valuable tools for reinforcing learning and preparing for actual test scenarios. They can assess understanding, identify areas needing improvement, and build confidence. This chapter includes several comprehensive practice exams modeled after the standard format of many academic and professional tests. Each exam contains a variety of question types, including multiple choice, true/false, short answer, and essay questions, covering all the topics discussed in previous chapters. Each question is designed to test knowledge and understanding in a way that is representative of what students can expect in real exam conditions.

Upon completion of each practice exam, students can refer to the answer section provided at the end of this chapter. This section includes detailed explanations for each answer, offering not just the correct choices but also the rationale behind them. This feedback is critical, as it helps students understand why certain answers are correct and learn from any mistakes. The explanations may also cover common misunderstandings and pitfalls, further cementing the learning process.

For optimal benefit, it is recommended that students simulate test conditions as closely as possible when taking these practice exams. This can include timing the exam, working in a quiet environment, and having all necessary supplies on hand before beginning. Students should attempt to answer each question to the best of their ability without referring to textbooks, notes, or other resources, just as they would be required to do in an actual exam scenario.

The practice exams included in this section vary in length and difficulty, enabling students to challenge themselves progressively. Beginning with more straightforward exams can help to build confidence, while later exams will be structured to be more challenging, testing students' abilities to recall information, apply concepts, and think critically under pressure.

It is advisable that students thoroughly review each practice exam after completing it, using the answer key to mark any incorrect answers and then reviewing the corresponding topics in earlier chapters. This strategy will ensure that students are not only identifying their strengths but are also actively working to improve their weaknesses. Such a reflective review process is crucial for effective learning and preparation.

Some of the exams may incorporate case studies or practical scenarios, requiring students to apply their knowledge to real-world situations. These questions are particularly useful for those who are preparing for professional examinations or certifications that often include applied knowledge components. Working through these questions can help to solidify theoretical understanding through practical application.

Lastly, the practice exams in this chapter should be looked at as a dynamic study tool. They are meant to be used multiple times, with students ideally seeing improvement in their scores and their ease of answering with each attempt. As mastery of the content increases, students can also practice modifying their exam-taking strategies, such as the order in which they answer different types of questions or how they manage their time.

Remember, the purpose of these practice exams is not only to test existing knowledge but also to facilitate learning through practice. By regularly engaging with these practice tests and thoroughly reviewing the answers and explanations, students can steadily move towards their academic goals and become well-prepared for the types of challenges they will face in their actual examinations.

8.1. 120 Full-Length NREMT Simulation Exam #1 | Comprehensive Practice Exams and Answers

1. *What should you suspect in a patient who presents with slurred speech, one-sided facial droop, and weakness in one arm?*

- a. Heart attack
- b. Stroke
- c. Diabetic emergency
- d. Seizure

Answer: b. Stroke

2. *Which of the following is considered a high-priority condition in an emergency medical setting?*

- a. A sprained ankle
- b. Intermittent abdominal pain
- c. Difficulty breathing
- d. A minor laceration

Answer: c. Difficulty breathing

3. *When performing chest compressions during CPR on an adult, how deep should you compress the chest?*

- a. At least 1 inch
- b. At least 2 inches
- c. At least 3 inches
- d. At least 4 inches

Answer: b. At least 2 inches

4. *For a responsive adult patient with a suspected spinal injury, which of the following is the most appropriate method of opening the airway?*

- a. Head tilt-chin lift
- b. Jaw-thrust maneuver
- c. Tongue-jaw lift
- d. Finger sweep

Answer: b. Jaw-thrust maneuver

5. *How should you assess the circulation status (pulse) of an infant during a primary assessment?*

- a. Carotid pulse
- b. Brachial pulse
- c. Radial pulse
- d. Femoral pulse

Answer: b. Brachial pulse

6. Which of the following should you do first when you arrive at the scene of an accident?
- Begin patient assessment
 - Move the patients to a safe area
 - Ensure the scene is safe for you and your team
 - Contact medical direction
- Answer:* c. Ensure the scene is safe for you and your team
7. What is the first step in the NREMT's "Scene Size-Up" during a call?
- Determine the number of patients
 - Take standard precautions
 - Assess the need for additional resources
 - Establish the mechanism of injury or nature of illness
- Answer:* b. Take standard precautions
8. In which position should you place a conscious patient experiencing severe difficulty breathing?
- Supine
 - Prone
 - Recovery
 - Fowler's or semi-Fowler's
- Answer:* d. Fowler's or semi-Fowler's
9. What is the purpose of the primary assessment?
- To gather a past medical history
 - To identify and manage life-threatening conditions
 - To conduct an in-depth physical exam
 - To collect insurance information
- Answer:* b. To identify and manage life-threatening conditions
10. When providing first aid for a patient with a chemical burn to the eye, you should:
- Cover the eye with a dry dressing
 - Flush the eye with large amounts of water
 - Use an antiseptic solution to cleanse the eye
 - Have the patient keep the eye closed and wait for the hospital to wash it
- Answer:* b. Flush the eye with large amounts of water
11. What is the correct compression-to-ventilation ratio for CPR on an adult according to AHA guidelines?
- 15:2
 - 30:2
 - 5:1
 - 10:2
- Answer:* b. 30:2
12. Which of the following is an indication for the administration of supplemental oxygen?
- A patient with a pulse oximetry reading of 97%
 - A patient undergoing an asthma attack and struggling to breathe
 - A patient who is fully alert and oriented with no complaints
 - A patient with a stubbed toe with no other injuries
- Answer:* b. A patient undergoing an asthma attack and struggling to breathe
13. What emergency medical condition does epinephrine auto-injector mainly treat?
- Cardiac arrest
 - Anaphylactic shock
 - Hypoglycemia

d. Asthma
Answer: b. Anaphylactic shock

14. *You arrive on a scene to find a patient lying unconscious on the ground with no bystanders present. There is no obvious trauma. What is the best course of action?*

- a. Check for responsiveness and breathing, and then begin CPR if necessary
- b. Move the patient to a safer location
- c. Wait for more responders to assist with moving the patient
- d. Apply a cervical collar and begin transport

Answer: a. Check for responsiveness and breathing, and then begin CPR if necessary

15. *A patient has a flail chest following a motor vehicle crash. What is the most appropriate treatment for this condition?*

- a. Assist ventilations with a bag-valve mask
- b. Apply high-flow oxygen via nasal cannula
- c. Allow the patient to assume a position of comfort
- d. Stabilize the flail segment and provide positive pressure ventilations

Answer: d. Stabilize the flail segment and provide positive pressure ventilations

16. *Which of the following is an appropriate next step after the AED delivers a shock?*

- a. Immediately check for a pulse
- b. Begin transport to the hospital
- c. Perform CPR, starting with chest compressions
- d. Ventilate the patient with a bag-valve mask

Answer: c. Perform CPR, starting with chest compressions

17. *In the event of an opioid overdose, which of the following medications may be administered by EMTs to reverse the effects?*

- a. Oral glucose
- b. Nitroglycerin
- c. Naloxone (Narcan)
- d. Albuterol

Answer: c. Naloxone (Narcan)

18. *During an emergency childbirth, the baby's shoulder is stuck and cannot be delivered, this is known as:*

- a. Breech presentation
- b. Shoulder dystocia
- c. Placenta previa
- d. Uterine rupture

Answer: b. Shoulder dystocia

19. *What is the first thing you should do upon arrival at a scene where hazardous materials may be involved?*

- a. Begin immediate patient triage
- b. Enter the area quickly to rescue any victims
- c. Contact the appropriate authority and wait for the hazmat team
- d. Put on personal protective equipment (PPE) and approach the scene

Answer: c. Contact the appropriate authority and wait for the hazmat team

20. *If you suspect a patient has a spinal injury, what is the best way to open their airway?*

- a. Head-tilt chin-lift maneuver
- b. Jaw-thrust maneuver without head extension
- c. Finger sweep

d. Aggressive neck extension
Answer: b. Jaw-thrust maneuver without head extension

21. *When providing care for a patient with suspected hypothermia, you should do all of the following except:*

- a. Remove wet clothing and dry the patient
- b. Apply warm blankets and heat packs to the patient's groin, armpits, and neck
- c. Give warm liquids if the patient is conscious and able to swallow without risk of aspiration
- d. Immerse the patient in hot water to quickly raise the body temperature

Answer: d. Immerse the patient in hot water to quickly raise the body temperature

22. *A patient with suspected cardiac chest pain should be given which of the following medications by the EMT if protocols allow?*

- a. Acetylsalicylic Acid (Aspirin)
- b. Ibuprofen
- c. Acetaminophen
- d. Naproxen

Answer: a. Acetylsalicylic Acid (Aspirin)

23. *How does positive pressure ventilation assist a patient in respiratory distress?*

- a. It increases the partial pressure of carbon dioxide in the blood
- b. It helps the patient exhale more efficiently
- c. It forces air into the lungs and aids in oxygenation and ventilation
- d. It stimulates the body to increase the respiratory rate naturally

Answer: c. It forces air into the lungs and aids in oxygenation and ventilation

24. *For an adult patient in suspected cardiac arrest, when is it appropriate to stop CPR?*

- a. If you are feeling tired
- b. Upon the request of a family member
- c. When you are relieved by someone of equal or higher training
- d. After 5 minutes of continuous CPR

Answer: c. When you are relieved by someone of equal or higher training

25. *A patient with a known history of chronic obstructive pulmonary disease (COPD) is experiencing difficulty breathing. Which of the following actions should you take?*

- a. Withhold supplemental oxygen to avoid knocking out their hypoxic drive
- b. Administer high-flow oxygen via non-rebreather mask
- c. Assist with prescribed inhalers if available and per protocol
- d. Immediately intubate the patient

Answer: c. Assist with prescribed inhalers if available and per protocol

26. *What is the role of glucose in treating a conscious patient with suspected hypoglycemia?*

- a. It helps the patient to lose consciousness
- b. It decreases insulin production
- c. It provides a quick source of energy to raise blood sugar
- d. It suppresses the immune response

Answer: c. It provides a quick source of energy to raise blood sugar

27. *What is the most common cause of airway obstruction in an unconscious patient?*

- a. Swollen airway tissues
- b. Tongue falling back into the throat
- c. Foreign body in the airway
- d. Broken teeth or dentures

Answer: b. Tongue falling back into the throat

28. *When assessing a patient who has been exposed to a significant amount of heat and has hot, dry skin, what condition should you suspect?*
- Hypoglycemia
 - Heat stroke
 - Heat exhaustion
 - Hypothermia
- Answer:* b. Heat stroke
29. *You are attending to a patient who fell from a ladder and is complaining of back pain. You suspect a possible spinal injury. What should you refrain from doing?*
- Immobilizing the patient's spine
 - Conducting a rapid trauma assessment
 - Allowing the patient to move freely
 - Applying a cervical collar
- Answer:* c. Allowing the patient to move freely
30. *What is the most appropriate treatment for a chemical burn to the skin?*
- Apply a neutralizing substance
 - Cover the burn with a dry sterile dressing
 - Flush the burn with large amounts of water
 - Leave the burn exposed to air to slow the chemical reaction
- Answer:* c. Flush the burn with large amounts of water
31. *You arrive on the scene of a car accident to find a patient in the front seat with an open airway but not breathing. What should you do next?*
- Initiate transport to the nearest hospital immediately.
 - Begin chest compressions.
 - Provide rescue breathing.
 - Apply the AED and prepare to defibrillate.
- Answer:* c. Provide rescue breathing.
32. *A patient has suffered a severe allergic reaction with facial swelling and difficulty breathing. You have administered epinephrine. What is your next best course of action?*
- Wait for the epinephrine to take effect.
 - Administer a second dose of epinephrine immediately.
 - Prepare to treat for anaphylactic shock and transport immediately.
 - Instruct the patient to take deep breaths to calm down.
- Answer:* c. Prepare to treat for anaphylactic shock and transport immediately.
33. *If you suspect a patient has ingested a poisonous substance, what is the FIRST thing you should do?*
- Induce vomiting.
 - Contact poison control.
 - Administer activated charcoal.
 - Give the patient milk or water to drink.
- Answer:* b. Contact poison control.
34. *When performing a log roll on a trauma patient, how many rescuers should ideally participate?*
- One
 - Two
 - Three
 - Four
- Answer:* d. Four.

35. An EMT is taking the blood pressure of a patient and notices the reading is significantly lower than normal. What medical term is used to describe this condition?
- Hypertension
 - Hypotension
 - Tachycardia
 - Bradycardia
- Answer:* b. Hypotension.
36. During the secondary assessment, what is the correct sequence of steps?
- Physical examination, vital signs, SAMPLE history, and then interventions.
 - SAMPLE history, physical examination, interventions, and then vital signs.
 - Vital signs, SAMPLE history, physical examination, and then interventions.
 - Physical examination, SAMPLE history, vital signs, and then interventions.
- Answer:* d. Physical examination, SAMPLE history, vital signs, and then interventions.
37. A patient is experiencing a seizure upon your arrival. After ensuring the scene is safe, what is the next best step?
- Restrain the patient to prevent injury.
 - Insert an oral airway to maintain airway patency.
 - Move furniture and objects away from the patient to prevent injury.
 - Splash cold water on the patient's face to stop the seizure.
- Answer:* c. Move furniture and objects away from the patient to prevent injury.
38. When approaching a scene with a potential hazardous material spill, what is the safest distance to park the ambulance?
- Immediately next to the spill area.
 - At least 50 feet away from the spill.
 - At least 100 feet away from the spill.
 - Uphill and upwind from the spill.
- Answer:* d. Uphill and upwind from the spill.
39. You are assessing a patient with full-thickness burns on his arms and legs. What type of burn is this considered?
- First-degree burn
 - Second-degree burn
 - Third-degree burn
 - Fourth-degree burn
- Answer:* c. Third-degree burn.
40. Which of the following pulse points should an EMT check in an unresponsive adult patient?
- Radial pulse
 - Brachial pulse
 - Carotid pulse
 - Femoral pulse
- Answer:* c. Carotid pulse.
41. A patient suffers from a minor wound with minimal bleeding. This type of wound is known as which of the following?
- Laceration
 - Abrasion
 - Puncture
 - Avulsion
- Answer:* b. Abrasion.

42. In a patient with chest pain, you have administered aspirin. Why is aspirin beneficial in this situation?
- It acts as a vasodilator to increase blood flow to the heart.
 - It relieves the pain associated with myocardial infarction.
 - It reduces inflammation around the heart muscle.
 - It decreases blood clotting and improves blood flow to the heart.
- Answer:* d. It decreases blood clotting and improves blood flow to the heart.
43. When assisting a patient with an inhaler, it is important to ensure what?
- The patient holds their breath for 5 seconds after inhaling the medication.
 - The inhaler is used as often as the patient feels necessary.
 - The patient exhales completely before inhaling the medication.
 - Both a and c.
- Answer:* d. Both a and c.
44. While assessing a patient with a suspected stroke, you use the Cincinnati Prehospital Stroke Scale. Which of the following is NOT one of the assessments of this scale?
- Facial droop
 - Arm drift
 - Pupil dilation
 - Speech
- Answer:* c. Pupil dilation.
45. When treating a patient with suspected heat exhaustion, which action should be avoided?
- Moving the patient to a cooler environment
 - Giving the patient water to drink if conscious
 - Applying cooling measures such as fanning
 - Immersing the patient in an ice bath
- Answer:* d. Immersing the patient in an ice bath.
46. A patient presents with a low-grade fever, cough, and difficulty breathing. You suspect pneumonia. Which lung sound is typically associated with pneumonia?
- Wheezing
 - Rhonchi
 - Stridor
 - Crackles
- Answer:* d. Crackles
47. For which of the following conditions is immediate defibrillation indicated?
- Pulseless ventricular tachycardia (VT)
 - Severe hypertension
 - Respiratory arrest with a pulse
 - Symptomatic bradycardia
- Answer:* a. Pulseless ventricular tachycardia (VT)
48. You are assessing a patient with an altered mental status; his blood glucose level reads 38 mg/dL. Which of the following should you administer?
- Oral glucose
 - Aspirin
 - Ibuprofen
 - Sublingual nitroglycerin
- Answer:* a. Oral glucose

49. *When encountering a potential stroke patient, which of the following is NOT part of the FAST assessment acronym?*
- Face drooping
 - Arm drift
 - Speech difficulties
 - Time to evaluate pulse
- Answer: d. Time to evaluate pulse*
50. *What is the appropriate care for a patient with a partial-thickness burn with blisters covering their forearm?*
- Apply ice directly to the burn area
 - Leave blisters intact and bandage loosely
 - Puncture the blisters and apply an antibiotic cream
 - Scrub the area to prevent infection
- Answer: b. Leave blisters intact and bandage loosely*
51. *In an unresponsive patient without suspected spinal injury, which position is most appropriate for managing the airway?*
- Prone position
 - Supine position
 - Recovery position
 - Fowler's position
- Answer: c. Recovery position*
52. *How should you treat a patient with a suspected tension pneumothorax?*
- High flow oxygen and immediate transport
 - Administer a bronchodilator and monitor vitals
 - Perform needle decompression on the affected side
 - Encourage deep breathing and coughing exercises
- Answer: a. High flow oxygen and immediate transport*
53. *If a patient has a severely angulated ulna fracture, what is the best course of action before transport?*
- Apply traction to the limb
 - Try to realign the bone to the anatomic position
 - Leave the limb in the position found
 - Apply a tight splint above and below the fracture site
- Answer: c. Leave the limb in the position found*
54. *Which of the following signs/symptoms are indicative of compensated shock?*
- Fixed and dilated pupils
 - Slow and irregular breathing
 - Anxiety or irritability
 - Absent peripheral pulses
- Answer: c. Anxiety or irritability*
55. *Where is the best place to check for a pulse in a child younger than 1 year old?*
- Carotid artery
 - Femoral artery
 - Brachial artery
 - Radial artery
- Answer: c. Brachial artery*

56. *What is the proper technique for suctioning a patient's airway?*
- Suction for up to 30 seconds at a time
 - Insert the suction catheter while suctioning
 - Suction continuously when there is visible vomitus
 - Suction on the way out after inserting the catheter without suction
- Answer:* d. Suction on the way out after inserting the catheter without suction
57. *A patient shows signs of epistaxis. What is the appropriate care for this condition?*
- Tilt the patient's head backward to stop the bleeding
 - Have the patient blow their nose to clear blood clots
 - Pinch the nostrils and lean the patient forward slightly
 - Pack the nostrils with gauze and seek immediate transport
- Answer:* c. Pinch the nostrils and lean the patient forward slightly
58. *Which of the following best describes the rule of nines in the context of burn assessment?*
- Dividing the body into sections to estimate fluid resuscitation needs
 - Categorizing nine classifications of burns based on depth
 - A method of estimating the percentage of body surface area burned
 - Determining the nine most common causes of burn-related infections
- Answer:* c. A method of estimating the percentage of body surface area burned
59. *You arrive on the scene of a motorcycle accident; the rider has been thrown from the bike and is lying on the pavement. After ensuring the scene is safe, what is your priority assessment?*
- Palpate extremities for fractures
 - Assess the airway, breathing, and circulation (ABCs)
 - Check for road rash or abrasions
 - Remove the patient's helmet to better assess for injuries
- Answer:* b. Assess the airway, breathing, and circulation (ABCs)
60. *A patient sustained a jagged laceration on their leg from a piece of machinery. There is significant bleeding. What is the best initial step to manage bleeding?*
- Place a tourniquet above the wound
 - Apply direct pressure with a sterile dressing
 - Clean the wound with an antiseptic solution
 - Elevate the leg to slow down bleeding
- Answer:* b. Apply direct pressure with a sterile dressing
61. *You encounter a patient with a possible ankle fracture. What is the first step in caring for this injury?*
- Apply a cold pack to the injury
 - Elevate the injured ankle above heart level
 - Splint the ankle as found
 - Have the patient try to walk on it
- Answer:* c. Splint the ankle as found
62. *When assessing a patient's mental status, the AVPU scale is used. What does the 'P' in AVPU stand for?*
- Painful response
 - Pupil reactivity
 - Pulse present
 - Proper orientation
- Answer:* a. Painful response

63. Which of the following best describes an occlusive dressing in the context of treating chest trauma?
- A dressing that is taped on all four sides
 - A dressing only taped on three sides to allow air to escape
 - A sterile, moist dressing applied to an open wound
 - A dressing used specifically for abdominal wounds
- Answer: b. A dressing only taped on three sides to allow air to escape
64. While assisting a patient with use of a Metered Dose Inhaler (MDI), what is important to instruct them to do?
- Hold their breath after inhalation
 - Inhale slowly while you depress the inhaler
 - Exhale rapidly through the mouthpiece
 - Take short, rapid breaths during administration
- Answer: b. Inhale slowly while you depress the inhaler
65. When managing a patient with a possible tension pneumothorax, which of the following is a priority?
- Immediate chest decompression with a needle
 - Giving fluids intravenously to increase blood pressure
 - Application of an occlusive dressing
 - High-flow oxygen through a non-rebreather mask
- Answer: a. Immediate chest decompression with a needle
66. A patient has been stabbed in the abdomen and is showing signs of shock. What position should you place the patient in?
- Sitting up to aid in breathing
 - Supine position with legs elevated
 - Recovery position on their left side
 - Trendelenburg position to increase blood flow to the brain
- Answer: b. Supine position with legs elevated
67. In a patient with suspected carbon monoxide poisoning, which device provides the best reading of their oxygen saturation?
- Standard pulse oximeter
 - Carbon monoxide detector
 - Blood gas analyzer
 - Pulse CO-oximeter
- Answer: d. Pulse CO-oximeter
68. What is the proper order of operations for controlling severe external bleeding?
- Apply a tourniquet, apply direct pressure, elevate the wound
 - Apply direct pressure, apply a tourniquet if necessary, consider wound elevation
 - Elevate the wound, apply direct pressure, apply a tourniquet
 - Apply direct pressure, elevate the wound, apply a pressure bandage
- Answer: b. Apply direct pressure, apply a tourniquet if necessary, consider wound elevation
69. You are treating a burn patient and notice the burn has white, leathery skin. There are no signs of inflammation or blisters. What type of burn is this?
- Superficial (first-degree) burn
 - Partial thickness (second-degree) burn
 - Full thickness (third-degree) burn
 - Subdermal burn
- Answer: c. Full thickness (third-degree) burn

70. A patient is exhibiting snoring respirations. Which intervention is most appropriate to correct this?
- Perform the jaw-thrust maneuver
 - Administer high-flow oxygen via non-rebreather mask
 - Deliver rescue breaths with a BVM
 - Use a nasopharyngeal airway
- Answer: a. Perform the jaw-thrust maneuver
71. A patient with a known history of COPD is breathing rapidly and shallowly. Which of the following pieces of equipment will assist in better ventilation?
- Nasal cannula
 - BVM (bag-valve mask)
 - CPAP (continuous positive airway pressure)
 - Nebulizer
- Answer: c. CPAP (continuous positive airway pressure)
72. During a primary assessment, what mnemonic is used to quickly evaluate a patient's disability or neurological status?
- SAMPLE
 - AVPU
 - RICE
 - DCAP-BTLS
- Answer: b. AVPU
73. When providing care for a patient in shock, it is important NOT to give them anything to eat or drink because it could:
- Increase the risk of vomiting and aspiration
 - Cause an allergic reaction
 - Decrease blood flow to vital organs
 - Interfere with absorption of oral medications at the hospital
- Answer: a. Increase the risk of vomiting and aspiration
74. What is the most common medication given by EMTs to a patient experiencing chest pain with a presumptive diagnosis of acute coronary syndrome (ACS)?
- Nitroglycerin
 - Aspirin
 - Albuterol
 - Epinephrine
- Answer: b. Aspirin
75. A patient with a significant allergic reaction is experiencing stridor. What does this indicate?
- Lower airway constriction
 - Fluid in the lungs
 - Upper airway swelling
 - Hyperventilation syndrome
- Answer: c. Upper airway swelling
76. In a multi-casualty incident, which of the following triage categories would you assign a patient who is breathing but unconscious with absent radial pulses?
- Immediate (red)
 - Delayed (yellow)
 - Minor (green)
 - Expectant (black)
- Answer: a. Immediate (red)

77. A patient is experiencing severe abdominal pain, nausea, and vomiting following a meal. Which abdominal quadrant should be examined last?
- Right upper quadrant (RUQ)
 - Left upper quadrant (LUQ)
 - Right lower quadrant (RLQ)
 - Left lower quadrant (LLQ)
- Answer: c. Right lower quadrant (RLQ)
78. When providing care for a patient experiencing a seizure, which of the following actions is most appropriate?
- Restrain the patient to prevent injury
 - Insert a tongue depressor in the patient's mouth to protect the airway
 - Position the patient to protect from injury and maintain airway patency
 - Attempt to stop the convulsions with rapid limb restraints
- Answer: c. Position the patient to protect from injury and maintain airway patency
79. A patient with a suspected myocardial infarction is experiencing hypotension. Which of the following positions should you transport this patient in?
- Semi-Fowler's
 - Supine
 - Left lateral recumbent
 - Sitting upright
- Answer: b. Supine
80. In stroke assessment, if a patient is unable to keep both arms raised and one arm drifts downward, this is a sign of:
- Normal muscular control
 - Definitive stroke diagnosis
 - Possible stroke affecting the motor cortex
 - Vestibular dysfunction
- Answer: c. Possible stroke affecting the motor cortex
81. During a call, you determine that a pediatric patient has an absent pulse and is not breathing. You should:
- Begin rescue breathing immediately
 - Wait for advanced life support (ALS) to arrive
 - Start CPR and prepare to use an AED if available
 - Transport the patient immediately without intervention
- Answer: c. Start CPR and prepare to use an AED if available
82. What is the initial dose of Nitroglycerin (NTG) for a patient with chest pain and prescribed NTG, if their blood pressure is adequate?
- 0.4 mg sublingually
 - 1 tablet chewable aspirin
 - 1 mg intramuscularly
 - 2 puffs of a metered-dose inhaler (MDI)
- Answer: a. 0.4 mg sublingually
83. When treating a patient with a possible fracture to the forearm, the EMT should:
- Bend the arm to a 90-degree angle at the elbow before splinting
 - Attempt to straighten the arm and apply traction before splinting
 - Immobilize the arm in the position found and apply a splint
 - Encourage the patient to use the injured arm to maintain muscle strength
- Answer: c. Immobilize the arm in the position found and apply a splint

84. Which of the following should be assessed first in a trauma patient with suspected internal bleeding and signs of shock?
- Blood pressure
 - Skin color and temperature
 - Heart rate and quality
 - Pupil size and reactivity
- Answer:* c. Heart rate and quality
85. A patient who is unable to speak after a lightning strike is likely experiencing which condition?
- Hypoglycemia
 - Tympanic membrane rupture
 - Keraunoparalysis
 - Aphasia
- Answer:* d. Aphasia
86. A patient with a suspected pelvic fracture should be transported in which of the following positions?
- Supine with the hips flexed
 - Prone with a pillow under the pelvis
 - Supine with legs straight and secured together
 - Sitting upright with knees bent
- Answer:* c. Supine with legs straight and secured together
87. When a patient experiences a syncopal episode, which of the following actions should the EMT take?
- Immediately start chest compressions
 - Assess for potential head injury and monitor vital signs
 - Encourage the patient to stand up to assess orthostatic vital signs
 - Prepare to perform an emergency tracheotomy
- Answer:* b. Assess for potential head injury and monitor vital signs
88. For an infant choking and unable to cry, cough, or breathe, the proper technique for clearing the airway is:
- Perform back slaps and chest thrusts
 - Sweep the mouth with your finger to remove the object
 - Deliver a series of abdominal thrusts
 - Give rescue breaths until the object is expelled
- Answer:* a. Perform back slaps and chest thrusts
89. When treating a patient with a suspected overdose of an unknown substance, it is important to:
- Administer syrup of ipecac to induce vomiting
 - Provide high-flow oxygen regardless of oxygen saturation levels
 - Insert an advanced airway device as soon as possible
 - Perform a thorough secondary assessment and consider toxicological concerns
- Answer:* d. Perform a thorough secondary assessment and consider toxicological concerns
90. To assess the blood glucose level of a diabetic patient who is conscious and able to swallow, the EMT should use a:
- Finger stick blood glucose test
 - Blood pressure cuff pump test
 - Breathalyzer device
 - Hemoglobin test
- Answer:* a. Finger stick blood glucose test

91. *You arrive at the scene where a patient has fallen from a height and is complaining of neck pain. What device should you use to immobilize the patient's cervical spine?*
- KED (Kendrick Extrication Device)
 - Sager traction splint
 - Soft cervical collar
 - Rigid cervical collar
- Answer: d. Rigid cervical collar*
92. *When assessing a patient with a suspected overdose, you find pinpoint pupils. This sign is most commonly associated with what type of substance?*
- Stimulants
 - Opioids
 - Hallucinogens
 - Alcohol
- Answer: b. Opioids*
93. *In respiratory emergencies, grunting is a sign typically observed in which group of patients?*
- Adolescents
 - Elderly adults
 - Middle-aged adults
 - Pediatrics
- Answer: d. Pediatrics*
94. *A patient has been bitten by an unknown insect and is experiencing widespread hives and difficulty breathing. This condition is known as:*
- Anaphylactic shock
 - Septic shock
 - Hypovolemic shock
 - Neurogenic shock
- Answer: a. Anaphylactic shock*
95. *While administering oxygen to a COPD patient, you should be careful to NOT:*
- Exceed flow rates over 2 to 4 L/min unless specifically indicated
 - Use a nasal cannula instead of a non-rebreather mask
 - Monitor the patient for signs of oxygen-induced hypercapnia
 - Maintain the patient's oxygen saturation above 95%
- Answer: d. Maintain the patient's oxygen saturation above 95%*
96. *A patient with a previous history of pulmonary embolisms is displaying tachypnea, hypoxia, and chest pain. Which of the following should be the EMT's best course of action?*
- Providing ventilatory support with a bag-valve mask
 - Transporting without delay and providing continuous reassessment
 - Administering aspirin prophylactically
 - Placing the patient in a supine position to preserve energy
- Answer: b. Transporting without delay and providing continuous reassessment*
97. *What is the first step an EMT should take when treating a patient with a suspected heat stroke who is having seizures?*
- Administer an antipyretic such as acetaminophen
 - Perform a finger stick to check for hypoglycemia
 - Move the patient to a cooler environment
 - Apply ice packs to the groin and armpits
- Answer: c. Move the patient to a cooler environment*

98. *In which scenario would an EMT most likely need to use an occlusive dressing?*

- a. Laceration on the forearm
 - b. Abrasion on the knee
 - c. Penetrating chest trauma
 - d. Thermal burn on the neck
- Answer:* c. Penetrating chest trauma

99. *The presence of jugular vein distention (JVD) in a trauma patient may be a sign of:*

- a. Hypovolemia
 - b. Tension pneumothorax
 - c. Flail chest
 - d. Cardiac tamponade
- Answer:* d. Cardiac tamponade

100. *Which of the following is a contraindication for the use of a nasopharyngeal airway (NPA)?*

- a. A gag reflex
 - b. Suspected cranial fracture
 - c. Epiglottitis
 - d. Severe head trauma with blood in the nostrils
- Answer:* d. Severe head trauma with blood in the nostrils

101. *When providing ventilations with a bag-valve mask (BVM), the EMT should observe chest rise to determine:*

- a. Proper airway positioning
 - b. Sufficient ventilation volume
 - c. The need for cricoid pressure
 - d. If the patient is conscious or unconscious
- Answer:* b. Sufficient ventilation volume

102. *How should an EMT approach a scene where domestic violence is suspected?*

- a. By confronting the aggressor to diffuse the situation
 - b. Waiting for law enforcement to secure the scene before entry
 - c. Separating the involved parties and obtaining statements
 - d. Immediately attending to the patient and ignoring the surroundings
- Answer:* b. Waiting for law enforcement to secure the scene before entry

103. *A GCS (Glasgow Coma Scale) score of 8 or less is indicative of what level of consciousness?*

- a. Mild impairment
 - b. Moderate impairment
 - c. Severe impairment
 - d. Normal consciousness
- Answer:* c. Severe impairment

104. *A burn characterized by redness, pain, and swelling, but no blisters is classified as a:*

- a. Superficial burn
 - b. Full-thickness burn
 - c. Partial-thickness burn
 - d. Deep partial-thickness burn
- Answer:* a. Superficial burn

105. *When delivering a newborn, you notice that the umbilical cord is wrapped around the baby's neck.*

- This is known as:*
- a. Nuchal cord
 - b. Prolapsed cord

- c. Cord presentation
 - d. Umbilical cord strangulation
- Answer:* a. Nuchal cord

106. *When assessing a patient with suspected cardiogenic shock, what symptom would you expect to find?*

- a. Warm, dry skin
- b. A rapid, weak pulse
- c. Slow respiratory rate
- d. Hypertension

Answer: b. A rapid, weak pulse

107. *What is the treatment priority for a patient with a suspected pelvic fracture?*

- a. Immediate reduction of the fracture on scene
- b. Administration of high-flow oxygen
- c. Application of a pelvic binder
- d. Transport in a sitting position

Answer: c. Application of a pelvic binder

108. *When you encounter a patient experiencing a panic attack, what is an appropriate way to assist them?*

- a. Have them breathe into a paper bag
- b. Leave them alone to self-regulate their breathing
- c. Encourage slow, deep breaths and provide calm reassurance
- d. Immediately administer high-flow oxygen

Answer: c. Encourage slow, deep breaths and provide calm reassurance

109. *During anaphylaxis, what early treatment can an EMT provide while awaiting advanced medical care?*

- a. Oral antihistamines
- b. Administration of an epinephrine auto-injector
- c. Intravenous corticosteroids
- d. Nebulized bronchodilators

Answer: b. Administration of an epinephrine auto-injector

110. *How should you proceed when you suspect a patient has overdosed on acetaminophen?*

- a. Administer activated charcoal if protocols allow
- b. Induce vomiting immediately
- c. Wait for symptoms to develop before treatment
- d. Apply cold packs to reduce fever

Answer: a. Administer activated charcoal if protocols allow

111. *What is the most important piece of equipment to have readily available when dealing with a patient who is heavily bleeding from an extremity?*

- a. A tourniquet
- b. Sterile gauze pads
- c. A CPR mask
- d. SAM Splint

Answer: a. A tourniquet

112. *You are assessing a child with a barking cough and stridor at rest. What condition should you suspect?*

- a. Bronchiolitis
- b. Asthma

- c. Croup
 - d. Epiglottitis
- Answer: c. Croup

113. A patient is experiencing a severe nosebleed (epistaxis). After you have taken standard precautionary measures, what is the best position for the patient?

- a. Supine with the head tilted backward
- b. Sitting upright, leaning slightly forward
- c. In the recovery position on their side
- d. Supine with the head elevated

Answer: b. Sitting upright, leaning slightly forward

114. For a patient complaining of isolated lower extremity pain with no signs of trauma or injury, what is an important question to ask regarding medical history?

- a. "Have you had any recent surgeries?"
- b. "Are you allergic to any foods?"
- c. "Do you have a headache as well?"
- d. "What is your normal blood sugar level?"

Answer: a. "Have you had any recent surgeries?"

115. What is a possible side effect of nitroglycerin that an EMT should monitor for in a patient with chest pain?

- a. Hyperglycemia
- b. Tachycardia
- c. Hypotension
- d. Bradycardia

Answer: c. Hypotension

116. When assessing a patient's abdomen, why should the EMT palpate the quadrants the patient identifies as painful last?

- a. To build patient trust by demonstrating careful consideration
- b. To avoid eliciting a pain response that could hinder further examination
- c. To ensure that all equipment is ready for immediate intervention
- d. To allow time for the patient to become accustomed to your touch

Answer: b. To avoid eliciting a pain response that could hinder further examination

117. Which of the following types of medical direction do EMTs use when performing interventions based on their training and protocols without speaking directly to a physician?

- a. Direct medical oversight
- b. Offline medical direction
- c. Prospective medical direction
- d. Online medical direction

Answer: b. Offline medical direction

118. What is the correct method of measuring blood pressure by palpation?

- a. Inflate the cuff until the radial pulse is no longer palpable, then slowly deflate while listening with a stethoscope.
- b. Inflate the cuff until the brachial pulse is no longer palpable, then deflate and note the pressure at which the pulse returns.
- c. Palpate the radial pulse while inflating the cuff, then deflate rapidly to get a reading.
- d. Use a stethoscope to listen for Korotkoff sounds until the radial pulse disappears.

Answer: b. Inflate the cuff until the brachial pulse is no longer palpable, then deflate and note the pressure at which the pulse returns.

119. If a patient presents with symptoms of a transient ischemic attack (TIA), why is it still important for them to be transported to the hospital?
- Symptoms of a TIA are usually permanent.
 - TIAs can be a precursor to a more serious stroke.
 - Patients experiencing a TIA are at risk for immediate cardiac arrest.
 - TIAs are typically caused by serious head trauma that needs to be assessed.
- Answer:* b. TIAs can be a precursor to a more serious stroke.

120. When treating a patient with a severe head injury, what is the most important thing an EMT can do to prevent secondary injury?
- Apply a cervical collar and secure the patient to a long board.
 - Keep the patient warm and provide glucose if needed.
 - Provide high-flow oxygen and ventilatory support.
 - Maintain proper cerebral perfusion by ensuring adequate oxygenation and blood pressure.
- Answer:* d. Maintain proper cerebral perfusion by ensuring adequate oxygenation and blood pressure.

8.2. 120 Full-Length NREMT Simulation Exam #2 | Comprehensive Practice Exams and Answers

1. You arrive on scene to find a patient who was exposed to extreme cold and appears to have frostbite to the fingers. What is the best initial care for this patient?
- Vigorously rub the fingers to warm them
 - Immerse the affected fingers in hot water
 - Allow the fingers to rewarm gradually at room temperature
 - Immerse the affected fingers in warm water
- Answer:* d. Immerse the affected fingers in warm water
2. What does the 'L' in the mnemonic SAMPLE stand for?
- Listening rate
 - Lips
 - Last meals
 - Longest events
- Answer:* c. Last meals
3. Where should the EMT assess for a pulse in an unresponsive adult patient without a pulse oximeter?
- Radial artery
 - Carotid artery
 - Brachial artery
 - Dorsal pedal artery
- Answer:* b. Carotid artery
4. What is the most appropriate first step when approaching a scene with multiple casualties?
- Begin immediate triage.
 - Call for additional resources.
 - Provide immediate care to the most critical patient.
 - Secure the scene and ensure it is safe.
- Answer:* d. Secure the scene and ensure it is safe.
5. During your primary assessment of a trauma patient, you note that the patient has paradoxical motion of the left chest wall. What condition should you suspect?
- Pneumothorax
 - Hemothorax
 - Flail chest

d. Pulmonary contusion

Answer: c. Flail chest

6. *Which of the following is a sign of an inadequate airway in a pediatric patient?*

a. Abdominal breathing

b. Nasal flaring

c. Head bobbing

d. All of the above

Answer: d. All of the above

7. *When treating a patient with suspected spinal injury, what is the correct order of immobilization?*

a. Cervical collar, backboard, head blocks, and securing the torso

b. Head blocks, cervical collar, securing the torso, and backboard

c. Backboard, cervical collar, head blocks, and securing the limbs

d. Cervical collar, head blocks, securing the torso, and backboard

Answer: a. Cervical collar, backboard, head blocks, and securing the torso

8. *A patient who is experiencing a severe allergic reaction may require immediate administration of:*

a. Oral glucose

b. Epinephrine

c. Albuterol

d. Aspirin

Answer: b. Epinephrine

9. *What is the most common cause of airway obstruction in an unresponsive patient?*

a. Blood

b. Tongue

c. Vomitus

d. Swollen airway tissues

Answer: b. Tongue

10. *What is the typical compression rate for effective CPR in adults?*

a. 60-80 compressions per minute

b. 100-120 compressions per minute

c. 80-100 compressions per minute

d. 120-140 compressions per minute

Answer: b. 100-120 compressions per minute

11. *The initial dose of nitroglycerin for a patient with chest pain and prescribed medication is typically:*

a. 0.4 mg sublingually

b. 2 mg sublingually

c. 2 mg intravenously

d. 0.4 mg intravenously

Answer: a. 0.4 mg sublingually

12. *When transporting a patient who has sustained a chemical burn to the eyes, the EMT should:*

a. Bandage both eyes tightly to reduce movement

b. Flush the affected eye with clean water or saline

c. Cover the eyes with a dry sterile dressing

d. Leave the eyes untreated to assess them at the hospital

Answer: b. Flush the affected eye with clean water or saline

13. *What should you do immediately after delivering a shock with an AED?*
- Check for a pulse
 - Resume CPR
 - Ventilate the patient twice
 - Prepare for another shock
- Answer:* b. Resume CPR
14. *Which of the following is a sign of hypoperfusion (shock)?*
- Pink, warm, dry skin
 - Slow respiratory rate
 - Constricted pupils
 - Narrowing pulse pressure
- Answer:* d. Narrowing pulse pressure
15. *What is the initial step in the OPQRST mnemonic used for pain assessment?*
- Asking about the Onset of the pain
 - Assessing the Persistence of pain
 - Determining the Quality of pain
 - Asking about the Radiating nature of the pain
- Answer:* a. Asking about the Onset of the pain
16. *What is the recommended treatment for a patient with a partial-thickness burn without signs of airway compromise?*
- Cool the burn with ice to numb the pain
 - Elevate the burned area and cover with a sterile, non-adherent dressing
 - Apply ointments and cover with a dry cotton dressing
 - Leave the burn exposed to air to accelerate healing
- Answer:* b. Elevate the burned area and cover with a sterile, non-adherent dressing
17. *You are performing CPR on an adult patient. How deep should the chest compressions be?*
- At least 1 inch (2.5 cm)
 - At least 1.5 inches (4 cm)
 - At least 2 inches (5 cm)
 - At least 2.5 inches (6.5 cm)
- Answer:* c. At least 2 inches (5 cm)
18. *In which situation should an EMT consider the use of a tourniquet?*
- When a wound is oozing venous blood
 - If there is an arterial bleed that cannot be controlled with direct pressure
 - For all open wounds on an extremity
 - When the patient complains of severe pain in a limb after a fall
- Answer:* b. If there is an arterial bleed that cannot be controlled with direct pressure
19. *A patient with a suspected myocardial infarction should be placed in which position?*
- Prone
 - Left lateral recumbent
 - Supine with legs elevated
 - Sitting up or with the head of the bed elevated
- Answer:* d. Sitting up or with the head of the bed elevated
20. *Which of the following should be administered to a patient suffering from an opioid overdose?*
- Epinephrine
 - Naloxone
 - Nitroglycerin

d. Albuterol
Answer: b. Naloxone

21. *How does aspirin help patients experiencing chest pain of cardiac origin?*

- a. It dilates the coronary vessels to increase blood flow to the heart muscle
- b. It relieves pain by acting on the central nervous system
- c. It reduces inflammation and decreases heart muscle damage
- d. It prevents platelets from clumping together and forming clots

Answer: d. It prevents platelets from clumping together and forming clots

22. *What is the standard procedure when assessing the blood glucose level of a diabetic patient?*

- a. Administer oral glucose immediately
- b. Perform a blood glucose test with a glucometer if indicated and permitted
- c. Provide patient with a carbohydrate-rich meal
- d. Transport without performing a glucose check

Answer: b. Perform a blood glucose test with a glucometer if indicated and permitted

23. *When assisting in the delivery of a newborn, what is the correct suction sequence for clearing the infant's airway?*

- a. Mouth first, then the nose
- b. Nose first, then the mouth
- c. Both mouth and nose simultaneously
- d. Airway should not be suctioned unless the baby is not breathing

Answer: a. Mouth first, then the nose

24. *Which part of the spine is most susceptible to injury during trauma?*

- a. Cervical spine
- b. Thoracic spine
- c. Lumbar spine
- d. Sacral spine

Answer: a. Cervical spine

25. *What technique should be used to ventilate a patient with a stoma?*

- a. Bag-valve mask over the stoma with a tight seal
- b. Mouth-to-mouth ventilation over the stoma
- c. Nasal cannula at 15 L/min over the stoma
- d. High-concentration oxygen mask over the face

Answer: a. Bag-valve mask over the stoma with a tight seal

26. *You are assessing a patient with a swollen, deformed lower leg following a fall. To check for a distal pulse, you would palpate which location?*

- a. Radial artery
- b. Brachial artery
- c. Dorsalis pedis artery
- d. Femoral artery

Answer: c. Dorsalis pedis artery

27. *During the primary assessment of a trauma patient, you notice jugular vein distention. What might this indicate?*

- a. Possible tension pneumothorax
- b. Severe dehydration
- c. Indication of hypoglycemia
- d. Sign of a potential stroke

Answer: a. Possible tension pneumothorax

28. Which of the following is a symptom of carbon monoxide poisoning?

- a. Jaundice
 - b. Flushed skin
 - c. Cyanosis
 - d. Frothy sputum
- Answer: b. Flushed skin

29. The recovery position is MOST appropriately used in which situation?

- a. An unconscious patient with adequate breathing and no suspected spinal injury
- b. A patient experiencing a severe allergic reaction
- c. When you need immediate access to a patient's airway
- d. A conscious patient with a suspected neck injury

Answer: a. An unconscious patient with adequate breathing and no suspected spinal injury

30. When providing ventilations with a bag-valve mask to an adult patient in respiratory arrest, you should deliver each breath over:

- a. 1 second
- b. 2 seconds
- c. 3 seconds
- d. 5 seconds

Answer: a. 1 second

31. To assess a patient's blood circulation status during shock, which of the following skin characteristics should the EMT examine?

- a. Color, temperature, and moisture
- b. Hair growth pattern and color
- c. Skin transparency and texture
- d. Presence of rashes or sun exposure effects

Answer: a. Color, temperature, and moisture

32. What is the correct dosage of epinephrine via auto-injector for a pediatric patient experiencing anaphylaxis?

- a. 0.15 mg
- b. 0.3 mg
- c. 0.5 mg
- d. 0.1 mg

Answer: a. 0.15 mg

33. Upon assessing a patient's respirations, you notice they are rapid and shallow. This type of breathing pattern is known as:

- a. Bradypnea
- b. Kussmaul respirations
- c. Tachypnea
- d. Cheyne-Stokes respirations

Answer: c. Tachypnea

34. When performing CPR on a pediatric patient, the correct compression-to-ventilation ratio when two rescuers are present is:

- a. 15:2
- b. 30:2
- c. 5:1
- d. 3:1

Answer: a. 15:2

35. *What is an appropriate first step when approaching a patient who has sustained a thermal burn?*
- Immediately apply ice to the burned area
 - Ensure the scene is safe from the source of the burn
 - Begin debridement of the dead skin
 - Cover the burn with dry sterile dressings before stopping the burning process
- Answer:* b. Ensure the scene is safe from the source of the burn
36. *A diabetic patient presents with confusion, irritability, and unusual behavior. The patient is able to swallow. Which of the following should you administer?*
- Aspirin
 - Oral glucose
 - Epinephrine
 - Nitroglycerin
- Answer:* b. Oral glucose
37. *In what situation would an EMT perform the jaw-thrust maneuver without head extension on a patient?*
- When the patient has a nosebleed
 - When the patient is found in prone position
 - When the patient has a suspected spinal injury
 - When the patient is in a sitting position
- Answer:* c. When the patient has a suspected spinal injury
38. *Which of the following is considered a late sign of hypoxia?*
- Anxiety and restlessness
 - Increased heart rate
 - Cyanosis
 - Pale skin
- Answer:* c. Cyanosis
39. *If a patient is experiencing a seizure upon your arrival, what is the most important action to take?*
- Immediately restrain the patient to stop the seizure
 - Begin ventilations with a bag-valve mask
 - Place a tongue depressor in the patient's mouth to prevent airway obstruction
 - Protect the patient from injury and maintain a patent airway
- Answer:* d. Protect the patient from injury and maintain a patent airway
40. *When a patient presents with abdominal pain, the EMT should avoid which of the following during the assessment?*
- Asking the patient to describe the pain
 - Palpating the abdomen last in the area where the pain is located
 - Providing sips of water in case the patient is dehydrated
 - Auscultating bowel sounds if trained to do so
- Answer:* c. Providing sips of water in case the patient is dehydrated
41. *Which of the following statements regarding the administration of oxygen to COPD patients is correct?*
- Oxygen should never be given to COPD patients
 - High-flow oxygen should be given to all COPD patients in distress
 - COPD patients may require oxygen administration at lower concentrations
 - Oxygen should only be given during active resuscitation efforts in COPD patients
- Answer:* c. COPD patients may require oxygen administration at lower concentrations

42. *In an adult patient, which pulse point should the EMT palpate when looking for signs of life?*
- Brachial
 - Radial
 - Carotid
 - Femoral
- Answer: c. Carotid*
43. *Which component is not part of a standard EMT's scope of practice during a pre-hospital emergency situation for a patient without advanced directives?*
- Providing life-saving emergency care
 - Transporting the patient to the hospital for further evaluation
 - Determining if the patient has a valid Do Not Resuscitate (DNR) order
 - Terminating current lifesaving measures based on EMT's judgment of patient's quality of life
- Answer: d. Terminating current lifesaving measures based on EMT's judgment of patient's quality of life*
44. *Upon arriving on the scene of a motorcycle collision, what is the first thing an EMT should do?*
- Check the patient for responsiveness
 - Call for additional resources
 - Secure the patient's motorcycle
 - Ensure personal safety and scene safety
- Answer: d. Ensure personal safety and scene safety*
45. *What should an EMT suspect when a patient presents with sudden-onset difficulty breathing, sharp chest pain, and cyanosis following a long bone fracture?*
- Pneumothorax
 - Hemothorax
 - Pulmonary embolism
 - Cardiac tamponade
- Answer: c. Pulmonary embolism*
46. *When assessing a patient who has been exposed to a significant heat source, which of the following findings would suggest the patient is suffering from heat stroke?*
- Cool, clammy skin with profuse sweating
 - Body temperature of 101°F (38.3°C)
 - Hot, dry skin and a body temperature above 104°F (40°C)
 - Pallor with muscle cramps and weakness
- Answer: c. Hot, dry skin and a body temperature above 104°F (40°C)*
47. *In the emergency care of a stroke patient, what is the priority assessment?*
- Glucose level
 - Time of symptom onset
 - Blood pressure
 - Temperature
- Answer: b. Time of symptom onset*
48. *You are treating a patient who is suffering from hives, itching, and facial swelling after eating peanuts. This reaction is best described as:*
- Angioedema
 - Anaphylaxis
 - A localized allergic reaction
 - Urticaria
- Answer: b. Anaphylaxis*

49. *What is the most effective method to control bleeding from an extremity?*
- Pressure bandage
 - Tourniquet
 - Elevation above heart level
 - Direct pressure
- Answer: d. Direct pressure*
50. *You arrive at the scene of a 65-year-old male patient with chest pain. Upon assessing the patient, he suddenly becomes unresponsive with no palpable pulse. You should:*
- Start transport to the hospital immediately.
 - Apply oxygen via a non-rebreather mask.
 - Begin CPR starting with chest compressions.
 - Wait for ALS backup before starting resuscitation.
- Answer: c. Begin CPR starting with chest compressions.*
51. *During the assessment of a pregnant patient in labor, you should avoid which of the following?*
- Asking about contractions
 - Monitoring the patient's vital signs
 - Conducting a vaginal examination
 - Placing the patient on her left side
- Answer: c. Conducting a vaginal examination*
52. *In a trauma patient with a suspected tension pneumothorax, the EMT should expect to find which one of the following signs?*
- Wheezing
 - Tracheal deviation to the unaffected side
 - Unilaterally absent breath sounds without tracheal shift
 - Frothy, pink sputum
- Answer: b. Tracheal deviation to the unaffected side*
53. *When performing CPR on an infant, which technique is correct?*
- Use two hands to compress the chest.
 - Compress the chest with the heel of one hand.
 - Deliver 15 compressions and two ventilations.
 - Compress the chest using two fingers.
- Answer: d. Compress the chest using two fingers.*
54. *When dealing with a hazardous materials incident, what is the most appropriate initial action for an EMT?*
- Begin decontaminating exposed victims.
 - Enter the hot zone for patient assessment.
 - Establish a safe zone and call specialized units.
 - Approach from upwind to assess the situation.
- Answer: c. Establish a safe zone and call specialized units.*
55. *How should a patient with a suspected hip fracture be transported?*
- In a sitting position
 - Supine with the legs straight
 - On the uninjured side with the legs flexed
 - Supine with the injured leg flexed and abducted
- Answer: c. On the uninjured side with the legs flexed*
56. *A patient complaining of difficulty breathing and sharp, pleuritic chest pain after a fall may be suspected of having:*

- a. A tension pneumothorax
 - b. A myocardial infarction
 - c. A flail chest
 - d. A pneumothorax
- Answer:* d. A pneumothorax

57. *When approaching a motor vehicle accident, it is important for the EMT to note the position of the vehicle because it:*
- a. Helps with patient extrication procedures.
 - b. Can indicate the mechanism of injury.
 - c. Is needed for the police report.
 - d. Determines the direction of transport.
- Answer:* b. Can indicate the mechanism of injury.

58. *The acronym AVPU is used to rate a patient's level of responsiveness. What does the "V" stand for?*
- a. Visual
 - b. Verbal
 - c. Vigorous
 - d. Variable
- Answer:* b. Verbal

59. *To maintain a patent airway in an unresponsive patient without a suspected spinal injury, you should:*
- a. Perform the head-tilt, chin-lift maneuver.
 - b. Use a jaw-thrust maneuver without head extension.
 - c. Place a nasopharyngeal airway.
 - d. Apply a cervical collar.
- Answer:* a. Perform the head-tilt, chin-lift maneuver.

60. *While assessing a patient with abdominal pain, you note the presence of Pulsating Mass. You should be concerned about the possibility of:*
- a. Appendicitis
 - b. An abdominal aortic aneurysm
 - c. Gallstones
 - d. Diverticulitis
- Answer:* b. An abdominal aortic aneurysm

61. *Which of the following statements best describes the 'O' in the SAMPLE history?*
- a. Observations made by the EMT
 - b. Onset of the patient's condition
 - c. Outcomes expected from treatment
 - d. Oxygen saturation levels
- Answer:* b. Onset of the patient's condition

62. *When applying a cervical collar to a trauma patient, what is the most important consideration?*
- a. The collar should restrict all neck movement
 - b. The size of the collar must be appropriate for the patient
 - c. The collar should be applied as tightly as possible
 - d. The collar can be omitted if the patient is ambulatory
- Answer:* b. The size of the collar must be appropriate for the patient

63. *When assessing a patient who is dizzy and has a history of cardiac issues, which of the following should the EMT check first?*
- a. Blood glucose level

- b. Cranial nerve response
 - c. Capillary refill time
 - d. Pulse rate and quality
- Answer:* d. Pulse rate and quality

64. *What is the correct technique for performing a log roll on a trauma patient?*

- a. Roll the patient toward the EMT to maintain spinal alignment
- b. Tilt the patient's head back while rolling to ensure airway patency
- c. Lift the patient straight up and then over to avoid twisting motions
- d. Roll the patient away from the EMT while one provider stabilizes the cervical spine

Answer: d. Roll the patient away from the EMT while one provider stabilizes the cervical spine

65. *For a patient with suspected hypoglycemia, what is an appropriate action after administering oral glucose?*

- a. Lay the patient flat to increase cerebral blood flow
- b. Reassess the patient's mental status regularly
- c. Immediately administer a second dose of oral glucose
- d. Check the patient's urine for ketone bodies

Answer: b. Reassess the patient's mental status regularly

66. *A pulse oximeter reading of 95% or above generally indicates:*

- a. Severe respiratory distress
- b. An incorrect reading
- c. Adequate oxygen saturation
- d. The need for supplemental oxygen

Answer: c. Adequate oxygen saturation

67. *What is the proper position to transport a stable patient with a suspected myocardial infarction?*

- a. Prone
- b. Left lateral recumbent
- c. Semi-Fowler's or upright sitting
- d. Trendelenburg

Answer: c. Semi-Fowler's or upright sitting

68. *How does activated charcoal work in cases of ingested poisoning?*

- a. It induces vomiting to remove the poison from the stomach
- b. It neutralizes the poison chemically
- c. It binds to the poison, reducing its absorption by the body
- d. It acts as an antidote for specific toxins

Answer: c. It binds to the poison, reducing its absorption by the body

69. *What type of consent is required when treating a mentally competent adult?*

- a. Informed consent
- b. Express consent
- c. Implied consent
- d. Parental consent

Answer: b. Express consent

70. *A patient who appears to be having difficulty breathing and presents with audible wheezing likely has:*

- a. A lower airway obstruction
- b. An upper airway obstruction
- c. A tension pneumothorax

d. Congestive heart failure
Answer: a. A lower airway obstruction

71. *When a patient has sustained a chemical burn, what is the first step in mitigating further injury?*
a. Brush off any dry chemicals before irrigation
b. Neutralize the chemical with a counteracting agent
c. Cover the burn with a sterile dressing
d. Apply a topical antibiotic ointment

Answer: a. Brush off any dry chemicals before irrigation

72. *When performing a secondary assessment on a stable patient, what should be the EMT's primary focus?*
a. The patient's chief complaint and related body systems
b. Rapid transport to the nearest facility
c. A head-to-toe assessment for hidden injuries
d. Immediate lifesaving interventions

Answer: a. The patient's chief complaint and related body systems

73. *Which of these patients would be classified as having the highest priority in a triage situation?*
a. A patient with an open fracture of the arm and no other injuries
b. A patient who is unconscious with a respiratory rate of 8 breaths per minute
c. A patient with minor abrasions and an allergic reaction to an insect sting
d. An ambulatory patient suffering from dizziness and headache

Answer: b. A patient who is unconscious with a respiratory rate of 8 breaths per minute

74. *If a patient is experiencing significant bleeding and direct pressure is not controlling the bleed, what is the next appropriate step?*
a. Apply a tourniquet proximal to the injury
b. Elevate the limb above the level of the heart
c. Apply pressure to the distal pulse point
d. Pack the wound with gauze and bandage tightly

Answer: a. Apply a tourniquet proximal to the injury

75. *When a patient is experiencing chest discomfort, pain relief and vasodilation are best achieved with the administration of:*
a. Albuterol
b. Acetaminophen
c. Nitroglycerin
d. Aspirin

Answer: c. Nitroglycerin

Continue creating subsequent questions and answers in this manner, ensuring that each question is unique and relevant to the knowledge required for the NREMT cognitive exam.

76. *If a patient presents with slurred speech, weakness on one side of the body, and facial droop, you should suspect which of the following?*
a. Diabetic emergency
b. Stroke
c. Hypovolemic shock
d. Head injury

Answer: b. Stroke

77. A patient with a history of chronic obstructive pulmonary disease (COPD) is breathing rapidly with a pulse oximetry reading of 88%. What is the best course of action?
- Start positive pressure ventilation immediately.
 - Administer oxygen at 2-4 L/min through a nasal cannula.
 - Administer a high-concentration of oxygen through a non-rebreather mask.
 - Withhold oxygen and transport rapidly.
- Answer: b. Administer oxygen at 2-4 L/min through a nasal cannula.
78. What is the correct procedure for an EMT to splint a suspected radial fracture?
- Splint the injury in the position found with minimal movement.
 - Straighten the arm and then apply a splint.
 - Apply a tourniquet above the injury site before splinting.
 - Bend the elbow to a 90-degree angle before splinting.
- Answer: a. Splint the injury in the position found with minimal movement.
79. When assessing a patient's vital signs, which of the following would be considered abnormal?
- Respiratory rate of 18 breaths per minute
 - Blood pressure of 90/60 mmHg
 - Heart rate of 95 beats per minute
 - Pupil size that is unequal
- Answer: d. Pupil size that is unequal
80. In the presence of uncontrolled external bleeding, which type of dressing should be used directly on the wound?
- Sterile occlusive dressing
 - Clean cloth
 - Hemostatic dressing
 - Moist dressing
- Answer: c. Hemostatic dressing
81. A 3-year-old child has ingested a bottle of cleaner and is showing signs of respiratory distress. What should you do first?
- Induce vomiting to remove the substance.
 - Begin immediate transport to the nearest facility.
 - Contact poison control for further advice.
 - Perform abdominal thrusts to attempt to remove the substance.
- Answer: b. Begin immediate transport to the nearest facility.
82. You are assessing a patient with a suspected flail chest. What finding would be most consistent with this injury?
- Crepitus with palpation of the chest
 - A segment of the chest wall moving opposite to the rest during respiration
 - Absent breath sounds on one side of the chest
 - A protruding section of rib bone
- Answer: b. A segment of the chest wall moving opposite to the rest during respiration
83. How should you manage a patient with a nosebleed (epistaxis) that does not stop after you have pinched the nostrils and had the patient lean forward?
- Have the patient blow their nose to clear clots and then apply a nasal pack.
 - Tilt the patient's head back to reduce blood pressure at the nose.
 - Transport the patient to the emergency department while continuing to pinch the nostrils.
 - Apply a cold compress to the patient's neck.
- Answer: c. Transport the patient to the emergency department while continuing to pinch the nostrils.

84. *What is the best method to assess the capillary refill time in a pediatric patient?*
- Apply pressure to the patient's sternum and observe for color return.
 - Squeeze a fingernail or toenail and release, looking for color return in less than 2 seconds.
 - Press on the patient's abdomen and wait for the skin to return to the previous color.
 - Pinch the patient's earlobe and time how long it takes for color to return.
- Answer:* b. Squeeze a fingernail or toenail and release, looking for color return in less than 2 seconds.
85. *When suctioning an adult patient's airway, how long should suction be applied?*
- No longer than 5 seconds
 - No longer than 10 seconds
 - No longer than 15 seconds
 - No longer than 20 seconds
- Answer:* b. No longer than 10 seconds
86. *You are providing care to a patient experiencing status epilepticus. After ensuring scene safety and patient airway, what is the next most important action?*
- Place soft padding under the head to prevent injury.
 - Insert an oropharyngeal airway.
 - Restrain the patient to prevent self-harm.
 - Prepare to administer anti-seizure medications per protocol.
- Answer:* a. Place soft padding under the head to prevent injury.
87. *A patient has fallen and is complaining of sharp back pain and tingling in their legs. What should you suspect?*
- Pelvic fracture
 - Kidney injury
 - Spinal injury
 - Muscle strain
- Answer:* c. Spinal injury
88. *When providing ventilations for an adult patient in respiratory arrest, what is the correct rate of breaths per minute for a single rescuer?*
- 5-6 breaths per minute
 - 10-12 breaths per minute
 - 16-18 breaths per minute
 - 20-24 breaths per minute
- Answer:* b. 10-12 breaths per minute
89. *During the secondary assessment, you note that a trauma patient has Battle's sign. What does this indicate?*
- Skull fracture
 - Hypoxia
 - Spinal injury
 - High blood pressure
- Answer:* a. Skull fracture
90. *A patient with a known history of heart failure presents with increased difficulty breathing, swollen ankles, and a cough that produces frothy sputum. What condition should you suspect?*
- COPD exacerbation
 - Acute myocardial infarction
 - Asthma attack
 - Congestive heart failure exacerbation
- Answer:* d. Congestive heart failure exacerbation

91. You are assessing a patient complaining of severe headache and blurred vision. The patient's blood pressure is 210/110 mmHg. You should suspect:
- Hypoglycemia
 - Anxiety attack
 - Stroke
 - Hypertension crisis
- Answer: d. Hypertension crisis
92. The term "tripodding" is often used to describe a patient with:
- Lower back pain who cannot sit down
 - A broken leg attempting to stand
 - Abdominal pain leaning forward
 - Difficulty breathing leaning forward with hands on knees
- Answer: d. Difficulty breathing leaning forward with hands on knees
93. What is the most important piece of information when assessing a patient with a suspected stroke using the Cincinnati Prehospital Stroke Scale?
- The time of the patient's last known normal state
 - The patient's blood sugar level
 - The patient's age
 - The history of the present illness
- Answer: a. The time of the patient's last known normal state
94. What does the mnemonic DOTS stand for in the assessment of injuries?
- Deformity, Open wounds, Tenderness, Swelling
 - Deformity, Orientation, Tenderness, Signs
 - Disorientation, Open wounds, Temperature, Swelling
 - Discoloration, Open wounds, Tenderness, Stiffness
- Answer: a. Deformity, Open wounds, Tenderness, Swelling
95. When caring for a patient with a suspected infectious disease, what personal protective equipment should the EMT primarily use?
- Sterile gloves and safety goggles
 - N95 mask, gloves, face shield, and a gown
 - Leather gloves and a HEPA mask
 - Helmet with face shield and latex gloves
- Answer: b. N95 mask, gloves, face shield, and a gown
96. A patient presents with slurred speech, confusion, and an abnormal gait, but no signs of facial droop or arm drift. You suspect:
- Stroke
 - Diabetic emergency
 - Drug overdose
 - Bell's palsy
- Answer: b. Diabetic emergency
97. When performing a rapid extrication technique, the EMT should first:
- Immobilize the head
 - Apply a cervical collar
 - Move the patient to a longboard
 - Secure the patient's legs
- Answer: a. Immobilize the head

98. A patient with a known history of chronic kidney disease is presenting with shortness of breath, hypertension, and edema. You should be concerned about:

- a. Pulmonary embolism
- b. Myocardial infarction
- c. Acute asthma attack
- d. Fluid overload

Answer: d. Fluid overload

99. For a conscious patient with an impaled object in the abdomen, the EMT should:

- a. Remove the object and control the bleeding
- b. Apply direct pressure around the object to control bleeding
- c. Leave the object in place and stabilize it
- d. Try to move the patient as little as possible

Answer: c. Leave the object in place and stabilize it

100. When assessing a patient with suspected hypothermia, which of the following should you avoid?

- a. Applying warm blankets
- b. Monitoring the airway for signs of frostbite
- c. Offering warm liquids if the patient is alert
- d. Aggressive re-warming techniques

Answer: d. Aggressive re-warming techniques

101. A patient most likely has epiglottitis if they present with:

- a. A barking cough and stridor
- b. Drooling, difficulty swallowing, and a high fever
- c. Wheezing on exhalation and a history of asthma
- d. Chest pain and shortness of breath

Answer: b. Drooling, difficulty swallowing, and a high fever

102. In cases of a possible overdose, the EMT's first priority should be to:

- a. Induce vomiting
- b. Assess the patient's airway and breathing
- c. Gather medication bottles for the hospital
- d. Begin decontamination

Answer: b. Assess the patient's airway and breathing

103. When encountering a downed power line near a vehicle crash, you should:

- a. Move the power line with a non-conductive object
- b. Immediately extricate the patients from the vehicle
- c. Stay at a safe distance and await the utility company
- d. Use rubber gloves to protect against electrical shock

Answer: c. Stay at a safe distance and await the utility company

104. During transport of a stroke patient, it is important to maintain the patient's head:

- a. In a hyperextended position to open the airway
- b. Flat to promote blood flow to the brain
- c. Elevated to reduce intracranial pressure
- d. Turned to the side to prevent aspiration

Answer: c. Elevated to reduce intracranial pressure

105. If a patient with a possible spinal injury is found prone, what is the best initial action?

- a. Lift the patient into a sitting position to assess spinal alignment
- b. Assume cervical spine injury and provide spinal motion restriction
- c. Log roll the patient onto a spine board immediately

d. Maintain stabilization of the head and neck and assess the need for movement
Answer: d. Maintain stabilization of the head and neck and assess the need for movement

106. *Which of the following is an indication for the administration of oral glucose?*

- a. A patient with a decreased level of consciousness and known diabetes
- b. A patient with suspected stroke symptoms and an unknown blood sugar level
- c. A conscious patient with chest pain and a history of diabetes
- d. An unconscious patient with a history of diabetes and no gag reflex

Answer: a. A patient with a decreased level of consciousness and known diabetes

107. *When treating a patient who has experienced an electrical shock, it is important to be alert for which of the following complications?*

- a. Hyperglycemia
- b. Seizures
- c. Cardiac arrhythmias
- d. Heat stroke

Answer: c. Cardiac arrhythmias

108. *In which of the following situations is a Naloxone (Narcan) administration contraindicated?*

- a. Known opioid overdose with respiratory depression
- b. Unresponsive patient with no history of opioid use
- c. Patient with allergies to Naloxone
- d. Patient who is awake and breathing adequately

Answer: c. Patient with allergies to Naloxone

109. *What is the most appropriate course of action for an EMT when dealing with a patient who has experienced a traumatic amputation?*

- a. Apply a tourniquet proximal to the injury
- b. Attempt to reattach the amputated part immediately
- c. Clean the amputated part with saline
- d. Apply direct pressure only and avoid tourniquet use

Answer: a. Apply a tourniquet proximal to the injury

110. *You are assessing a patient with a known history of asthma. The patient is using accessory muscles to breathe and can only speak in two- to three-word sentences. What should you do first?*

- a. Administer epinephrine
- b. Begin positive pressure ventilation
- c. Encourage the patient to use their inhaler
- d. Provide supplemental oxygen and prepare to assist ventilations

Answer: d. Provide supplemental oxygen and prepare to assist ventilations

111. *For an adult patient in suspected cardiac arrest, what is the ratio of chest compressions to ventilations when no advanced airway is in place?*

- a. 15:2
- b. 30:2
- c. 5:1
- d. Continuous compressions with no ventilations

Answer: b. 30:2

112. *When responding to a potential overdose involving an unknown substance, what is the most important safety precaution for the EMT to take?*

- a. Provide positive pressure ventilation at once
- b. Use personal protective equipment (PPE) and approach with caution
- c. Administer Narcan immediately before any assessment

- d. Decontaminate the patient's skin prior to any treatment
Answer: b. Use personal protective equipment (PPE) and approach with caution

113. *In a patient presenting with a sudden, severe headache and stiff neck, what condition should the EMT suspect?*

- a. Epidural hematoma
- b. Intracranial hemorrhage
- c. Meningitis
- d. Cervical spine injury

Answer: c. Meningitis

114. *What is the correct procedure when assessing the pupillary response of a patient with potential head trauma?*

- a. Check for reactivity to light using a flashlight, looking for unequal response
- b. Observe the pupils for a few minutes in ambient light for any reaction
- c. Shine a light in both eyes simultaneously and assess for dilation
- d. Assess pupil size and shape at rest without introducing a light source

Answer: a. Check for reactivity to light using a flashlight, looking for unequal response

115. *In an adult patient exhibiting signs of shock with a systolic blood pressure of 70 mm Hg, which of the following is the appropriate treatment?*

- a. Administer high-concentration oxygen and keep the patient warm
- b. Encourage patient to drink fluids and rest
- c. Apply heat packs to the patient's extremities to improve circulation
- d. Prepare for immediate transport and consider advanced airway management

Answer: d. Prepare for immediate transport and consider advanced airway management

116. *A patient with a severe cough, high fever, and reported hemoptysis should be suspected of having which condition?*

- a. Heart failure
- b. Bronchitis
- c. Pneumonia
- d. Tuberculosis

Answer: d. Tuberculosis

117. *What is the BSI precaution every EMT should take prior to patient contact?*

- a. Donning a hazmat suit for all patient interactions
- b. Handwashing only after patient contact
- c. Ensuring all equipment is sterilized between calls
- d. Wearing gloves and possibly eye protection as standard protection

Answer: d. Wearing gloves and possibly eye protection as standard protection

118. *When assessing a burn injury, the rule of nines is used to estimate the total body surface area affected. In an adult, what percentage does the anterior torso represent?*

- a. 9%
- b. 18%
- c. 27%
- d. 36%

Answer: b. 18%

119. *How should an EMT manage a patient with a suspected tension pneumothorax who is progressively experiencing shortness of breath and decreased blood pressure?*

- a. Administer nitroglycerin to improve blood flow
- b. Apply CPAP to increase oxygenation and ventilation

- c. Perform needle decompression if within scope of practice and authorized
 - d. Wait for ALS providers to perform advanced interventions
- Answer:* c. Perform needle decompression if within scope of practice and authorized

120. *What is the primary reason for an EMT to use the “time-critical” designation when transferring the care of a stroke patient to the emergency department staff?*
- a. To ensure the patient can receive a meal as quickly as possible
 - b. To document the patient’s pre-hospital care accurately
 - c. To bypass normal triage procedures in the emergency department
 - d. To help expedite the patient’s evaluation for potential stroke interventions
- Answer:* d. To help expedite the patient’s evaluation for potential stroke interventions

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1. *Which of the following is the most appropriate first action for a suspected tension pneumothorax in a trauma patient?*
- a. High flow oxygen administration
 - b. Needle decompression
 - c. Covering the wound with an occlusive dressing
 - d. Immediate rapid transportation to a hospital
- Answer:* b. Needle decompression
2. *An EMT should suspect that a patient is experiencing hypoglycemia if the patient presents with which of the following symptoms?*
- a. Dry skin and thirst
 - b. Hot, red, and dry skin
 - c. Cool, clammy skin, and abnormal behavior
 - d. Kussmaul respirations
- Answer:* c. Cool, clammy skin, and abnormal behavior
3. *When treating a burn patient, the rule of nines is used to estimate the:*
- a. Severity of the burn
 - b. Total body surface area burned
 - c. Depth of the burn
 - d. Percentage of fluid loss
- Answer:* b. Total body surface area burned
4. *A common sign of a stroke is:*
- a. Bilateral paralysis
 - b. Chest pain
 - c. Sudden, severe headache with no known cause
 - d. Hyperglycemia
- Answer:* c. Sudden, severe headache with no known cause
5. *The purpose of the primary assessment is to:*
- a. Identify immediate life threats
 - b. Obtain a full set of vital signs
 - c. Gather a complete medical history
 - d. Perform a detailed head-to-toe assessment
- Answer:* a. Identify immediate life threats

6. *The Glasgow Coma Scale (GCS) score consists of three components: eye opening, verbal response, and:*
- a. Motor response
 - b. Reflex testing
 - c. Pupil reactivity
 - d. Respiratory rate
- Answer:* a. Motor response

7. *Which of the following is an indication for the administration of oral glucose?*
- a. Stroke
 - b. Diabetic ketoacidosis
 - c. Hypoglycemia in a conscious patient with an intact gag reflex
 - d. Unresponsive patient with unknown medical history
- Answer:* c. Hypoglycemia in a conscious patient with an intact gag reflex

8. *Upon arriving at the scene of a motor vehicle accident, you note that a single patient is still inside the vehicle, which is stable. Your first action should be to:*
- a. Begin extrication of the patient
 - b. Stabilize the patient's head and perform a primary assessment
 - c. Ask bystanders for details of the incident
 - d. Call for additional resources
- Answer:* b. Stabilize the patient's head and perform a primary assessment

9. *In the case of a suspected myocardial infarction, which medication is commonly administered by EMTs?*
- a. Nitroglycerin
 - b. Albuterol
 - c. Furosemide
 - d. Prednisone
- Answer:* a. Nitroglycerin

10. *For a patient exhibiting signs of shock, an EMT should immediately:*
- a. Administer high-concentration oxygen
 - b. Begin chest compressions
 - c. Provide oral fluids to maintain hydration
 - d. Elevate the patient's legs 12 inches
- Answer:* a. Administer high-concentration oxygen

11. *A proper sling and swath for an injured arm includes:*
- a. Positioning the arm above the level of the heart
 - b. Restricting all finger movement
 - c. Supporting the arm in a position of comfort
 - d. Applying the sling tightly to restrict elbow movement
- Answer:* c. Supporting the arm in a position of comfort

12. *When performing CPR on an adult, the compression-to-ventilation ratio is:*
- a. 15:2
 - b. 30:2
 - c. 5:1
 - d. 3:3
- Answer:* b. 30:2

13. *The recovery position is used for an unconscious patient who is:*
- a. Breathing adequately and without injury to the spine

- b. Exhibiting agonal respirations
 - c. Suffering from a gastrointestinal bleed
 - d. In cardiopulmonary arrest
- Answer:* a. Breathing adequately and without injury to the spine

14. *Which portion of the spinal column is the most susceptible to injury during a traumatic incident?*

- a. Cervical
- b. Thoracic
- c. Lumbar
- d. Sacral

Answer: a. Cervical

15. *You arrive on the scene where a patient has a nosebleed. The best action you can initially advise the patient to take is:*

- a. Tilt head backwards to reduce blood flow
- b. Blow their nose forcefully to clear blood clots
- c. Lean forward and pinch the nostrils together
- d. Remain standing to decrease blood pressure to the head

Answer: c. Lean forward and pinch the nostrils together

16. *Which of the following best describes the purpose of using high-flow oxygen therapy in a prehospital setting?*

- a. To promote diuresis and fluid removal from the body
- b. To induce hyperventilation and reduce CO₂ levels
- c. To decrease the workload of breathing for the patient
- d. To correct hypoxemia and maintain adequate tissue oxygenation

Answer: d. To correct hypoxemia and maintain adequate tissue oxygenation

17. *If a patient is experiencing chest pain with a suspected cardiac origin, which of the following is the preferred position in which to transport the patient?*

- a. Supine with legs raised
- b. Left lateral recumbent position
- c. Sitting position, leaning forward slightly
- d. Prone position with a pillow under the chest

Answer: c. Sitting position, leaning forward slightly

18. *A 30-year-old male has been stabbed in the abdomen. Upon assessment, you notice his intestines are protruding from the wound. What should you do?*

- a. Push the intestines back into the abdominal cavity gently and apply a dry dressing.
- b. Cover the wound with a moist, sterile dressing and secure it with an occlusive material.
- c. Irrigate the wound with sterile saline to prevent infection before applying a dressing.
- d. Place a tight tourniquet around the abdomen to slow bleeding before transport.

Answer: b. Cover the wound with a moist, sterile dressing and secure it with an occlusive material.

19. *You arrive on scene to find a 50-year-old man complaining of severe difficulty breathing. His skin is pink, warm, and dry, and he has a history of COPD. After securing the airway and administering oxygen, your next step should be to:*

- a. Perform immediate endotracheal intubation.
- b. Prepare to administer a bronchodilator medication, if protocol allows.
- c. Administer high-dose aspirin in case of a heart attack.
- d. Begin chest compressions due to impending cardiac arrest.

Answer: b. Prepare to administer a bronchodilator medication, if protocol allows.

20. While assessing a conscious patient with a suspected spinal injury, you should NOT:
- Apply a cervical collar.
 - Use the jaw-thrust maneuver if needed to open the airway.
 - Log-roll the patient to assess for back injuries.
 - Allow the patient to nod their head when answering questions.
- Answer: d. Allow the patient to nod their head when answering questions.
21. You are called to a scene where a patient has fallen from a ladder and landed on his back. He is complaining of numbness in his legs. You should suspect:
- A herniated disc.
 - A hip fracture.
 - A spinal cord injury.
 - A quadriceps strain.
- Answer: c. A spinal cord injury.
22. The appropriate dose of nitroglycerin for a patient experiencing chest pain, provided their blood pressure is stable, is:
- 0.3 mg to 0.4 mg, administered sublingually.
 - 2.0 mg to 2.5 mg, administered orally.
 - 1.0 mg, administered intravenously.
 - 5.0 mg, administered intramuscularly.
- Answer: a. 0.3 mg to 0.4 mg, administered sublingually.
23. When approaching a scene with multiple casualties, the FIRST step an EMT should perform is:
- Begin immediate treatment of the most critically injured patient.
 - Establish an incident command system.
 - Triage all patients to determine the order of treatment.
 - Request additional resources including advanced life support.
- Answer: b. Establish an incident command system.
24. A patient with a suspected flail chest will likely exhibit:
- Paradoxical motion of the chest wall during breathing.
 - Profuse bleeding from a laceration on the chest.
 - A sucking chest wound with each inhalation.
 - Bilateral wheezing and stridor.
- Answer: a. Paradoxical motion of the chest wall during breathing.
25. What is the most appropriate method to control severe bleeding from an extremity?
- Apply pressure to a proximal pressure point.
 - Use a tourniquet.
 - Elevate the limb above the level of the heart.
 - Cover the wound with a bandage and apply ice.
- Answer: b. Use a tourniquet.
26. During a primary assessment, if an adult patient is not breathing but has a pulse, you should:
- Begin chest compressions immediately.
 - Provide rescue breathing at a rate of 10 to 12 breaths per minute.
 - Ventilate with a bag-mask device at a rate of 2 breaths every 5 to 6 seconds.
 - Wait for advanced life support to arrive before initiating any intervention.
- Answer: c. Ventilate with a bag-mask device at a rate of 2 breaths every 5 to 6 seconds.
27. The FIRST step in the OPQRST mnemonic for pain assessment is to:
- Determine the Quality of the pain.
 - Ask about Provocation or Palliation.

- c. Evaluate for Referred pain.
 - d. Ascertain the Onset of the pain.
- Answer:* d. Ascertain the Onset of the pain.

28. *The initial dose of epinephrine for an adult patient experiencing anaphylaxis is typically:*

- a. 0.1 mg intramuscularly.
- b. 0.3 mg to 0.5 mg intramuscularly.
- c. 1 mg intravenously.
- d. 5 mg nebulized.

Answer: b. 0.3 mg to 0.5 mg intramuscularly.

29. *In patients with suspected pelvic fractures, which of the following actions is generally advised?*

- a. Apply direct pressure to control any external bleeding.
- b. Manually test pelvic stability by pushing and pulling on the pelvic ring.
- c. Move the patient to a standing position to assess weight bearing.
- d. Bind the pelvis with a commercial pelvic binder or a sheet.

Answer: d. Bind the pelvis with a commercial pelvic binder or a sheet.

30. *To assist a patient who is giving birth, the EMT should:*

- a. Encourage the patient to hold her breath and push for 10 seconds during contractions.
- b. Place the patient on her left side with her hips elevated.
- c. Prepare for delivery, positioning the EMT at the patient's side.
- d. Provide transport only; do not attempt to deliver the baby in the prehospital setting.

Answer: c. Prepare for delivery, positioning the EMT at the patient's side.

31. *What clinical sign is typically observed in a patient experiencing an opioid overdose?*

- a. Hypertension
- b. Constricted pupils
- c. Agitation
- d. Hyperthermia

Answer: b. Constricted pupils

32. *When would an EMT use the two-person bag valve mask (BVM) technique?*

- a. When the patient is tachypneic
- b. When the patient requires mild airway support
- c. When there are not enough respirations to maintain oxygenation
- d. When high-quality ventilations are difficult to achieve with one rescuer

Answer: d. When high-quality ventilations are difficult to achieve with one rescuer

33. *The SAMPLE history is an acronym used to gather which type of patient information?*

- a. Present illness or injury
- b. Baseline vitals
- c. Developmental history
- d. Family medical history

Answer: a. Present illness or injury

34. *You are on the scene where a child has ingested a household cleaner. In addition to supportive care, what is your priority intervention?*

- a. Induce vomiting
- b. Administer activated charcoal
- c. Contact medical control for further advice
- d. Immediately transport with no interventions

Answer: c. Contact medical control for further advice

35. A patient presenting with a rapid pulse, pale cool skin, delayed capillary refill, and decreased urine output is most likely experiencing:
- Hypertension
 - An allergic reaction
 - Hypovolemic shock
 - Diabetic ketoacidosis
- Answer: c. Hypovolemic shock
36. For a conscious patient with a suspected spinal injury, which device is MOST appropriate for spinal immobilization during transport?
- Scoop stretcher
 - Long spine board
 - Vacuum mattress
 - Cervical collar only
- Answer: c. Vacuum mattress
37. Which of the following tools is most commonly used to measure a patient's blood glucose level?
- Pulse oximeter
 - Sphygmomanometer
 - Glucometer
 - Stethoscope
- Answer: c. Glucometer
38. A patient who is speaking in fragmented sentences and taking pauses to breathe between words is likely experiencing:
- Aphasia
 - Dysarthria
 - Dyspnea
 - Agonal respirations
- Answer: c. Dyspnea
39. What is the most appropriate way to assess a patient's skin condition?
- Palpate for temperature sensation only
 - Look at the face only for color changes
 - Check skin turgor on the forehead
 - Look and feel for color, temperature, and moisture
- Answer: d. Look and feel for color, temperature, and moisture
40. The term "crepitus" is used to describe which of the following during a patient assessment?
- A gritty sound or feeling found in a joint
 - The sound of noisy breathing
 - Abdominal sounds heard during palpation
 - The high-pitched sound of a narrowing airway
- Answer: a. A gritty sound or feeling found in a joint
41. In the management of a chemical burn to the eye, the EMT should:
- Immediately apply an antibiotic ointment
 - Irrigate immediately and thoroughly with water or saline
 - Cover both eyes and transport without irrigation
 - Direct the patient to rub the eye to distribute natural tears
- Answer: b. Irrigate immediately and thoroughly with water or saline
42. When a patient exhibits slurred speech, difficulty understanding language, and numbness on one side of the body, they are most likely suffering from:

- a. A severe migraine
 - b. Bell's palsy
 - c. An ischemic stroke
 - d. Hypoglycemia
- Answer:* c. An ischemic stroke

43. *When assessing a patient with potential cardiac problems, which of the following is the most important question regarding the patient's history?*

- a. "Have you had any respiratory infections recently?"
- b. "Do you have a history of diabetes?"
- c. "Have you ever experienced this pain before?"
- d. "How much physical activity do you engage in weekly?"

Answer: c. "Have you ever experienced this pain before?"

44. *Upon arrival at the scene of a potential hazardous materials (HAZMAT) incident, an EMT should first:*

- a. Begin triage of patients
- b. Evacuate the bystanders
- c. Ensure personal safety and scene safety
- d. Attempt to contain the hazardous material

Answer: c. Ensure personal safety and scene safety

45. *A pulse oximeter reads oxygen saturation levels. On which part of the body is it MOST commonly placed?*

- a. The earlobe
- b. The fingertip
- c. The forehead
- d. Over the heart

Answer: b. The fingertip

46. *What is the significance of jugular vein distension (JVD) in a trauma patient?*

- a. It is a sign of severe dehydration
- b. It suggests a tension pneumothorax or cardiac tamponade
- c. It is typically a benign finding with no clinical relevance
- d. It is an indication of increased intracranial pressure

Answer: b. It suggests a tension pneumothorax or cardiac tamponade

47. *When should an EMT consider using a traction splint for a lower extremity injury?*

- a. When there is a suspected hip dislocation
- b. When there is an open wound with severe bleeding
- c. When there is a suspected femur fracture with limb shortening
- d. When the injury is distal to the knee

Answer: c. When there is a suspected femur fracture with limb shortening

48. *Which of the following is a contraindication for placing a patient on a non-rebreather mask at a high flow rate?*

- a. Suspected pneumothorax
- b. Moderate to severe hypoxia
- c. Carbon monoxide poisoning
- d. Chronic obstructive pulmonary disease (COPD) with risk of hypercapnia

Answer: d. Chronic obstructive pulmonary disease (COPD) with risk of hypercapnia

49. *The mnemonic "AEIOU-TIPS" is a memory aid for what?*

- a. The steps in performing CPR

- b. The causes of altered mental status
 - c. The anatomical structures of the airway
 - d. The safety measures at a hazardous materials scene
- Answer:* b. The causes of altered mental status

50. *Which of the following is most indicative of compensated shock?*

- a. Fixed and dilated pupils
- b. Absent peripheral pulses
- c. Anxiety and restlessness
- d. Hypotension

Answer: c. Anxiety and restlessness

51. *How does positive pressure ventilation affect cardiac output?*

- a. It increases cardiac output by forcing air into the lungs
- b. It decreases cardiac output by decreasing intrathoracic pressure
- c. It has no effect on cardiac output
- d. It decreases cardiac output by increasing intrathoracic pressure

Answer: d. It decreases cardiac output by increasing intrathoracic pressure

52. *Which of the following is considered a 'silent killer' because it often goes undetected?*

- a. Hypoglycemia
- b. Hypertension
- c. Hyperthermia
- d. Hypoxia

Answer: b. Hypertension

53. *The technique used to open the airway of a trauma patient suspected of having a cervical spine injury is the:*

- a. Head-tilt, chin-lift
- b. Jaw thrust maneuver
- c. Modified chin lift
- d. Neck extension method

Answer: b. Jaw thrust maneuver

54. *In a multi-system trauma patient, when should an EMT evaluate for a secondary injury?*

- a. Before transport when primary injuries are life-threatening
- b. After transport on the way to the hospital
- c. As soon as the primary assessment is completed
- d. During the reassessment phase in the ambulance

Answer: d. During the reassessment phase in the ambulance

55. *Which of the following best describes the term 'diaphoresis'?*

- a. Difficulty breathing
- b. Excessive sweating
- c. A type of seizure
- d. Low blood sugar

Answer: b. Excessive sweating

56. *Which of the following signs is a common indicator of a tension pneumothorax that has developed into a critical condition?*

- a. Hyperresonance on the affected side during percussion
- b. A slow and bounding pulse
- c. Marked tracheal deviation toward the unaffected side

d. Bilateral breath sounds that are clear and equally loud
Answer: c. Marked tracheal deviation toward the unaffected side

57. *The presence of subcutaneous emphysema after blunt force trauma to the chest is indicative of a:*
- a. Sternal fracture
 - b. Pericardial tamponade
 - c. Myocardial contusion
 - d. Pneumothorax or another air leak in the thoracic cavity

Answer: d. Pneumothorax or another air leak in the thoracic cavity

58. *In which position should you transport a conscious patient with an isolated lower extremity injury and no evidence of shock?*

- a. Supine with the legs elevated
- b. Semi-Fowler's position
- c. Prone with the injured leg elevated
- d. Position of comfort with the injured extremity supported and immobilized

Answer: d. Position of comfort with the injured extremity supported and immobilized

59. *What is the role of activated charcoal in the prehospital treatment of poisoning?*

- a. It serves as an antidote for most poisons
- b. It induces vomiting to expel the poison
- c. It binds to many poisons, reducing their absorption
- d. It is used to neutralize acidic or alkaline substances

Answer: c. It binds to many poisons, reducing their absorption

60. *The most important consideration when selecting a landing zone for a helicopter at a trauma scene is:*

- a. Proximity to the nearest trauma center
- b. Size and level of the ground
- c. Night-time lighting requirements
- d. Ability to protect the scene from spectators

Answer: b. Size and level of the ground

61. *A patient with a possible basilar skull fracture should not have which of the following done during treatment?*

- a. Spinal immobilization
- b. Application of a cervical collar
- c. Use of nasopharyngeal airway
- d. Administration of high-flow oxygen

Answer: c. Use of nasopharyngeal airway

62. *When managing a patient with a suspected spinal injury, what device is preferred for full spinal immobilization?*

- a. Scoop stretcher
- b. Spine board
- c. Vacuum mattress
- d. Soft stretcher

Answer: b. Spine board

63. *An infant's heart rate should generally be in the range of:*

- a. 60 to 100 beats per minute
- b. 100 to 120 beats per minute
- c. 120 to 160 beats per minute

d. 160 to 200 beats per minute
Answer: c. 120 to 160 beats per minute

64. *In a patient with a known history of congestive heart failure (CHF), which of the following signs would suggest acute pulmonary edema?*

- a. Sudden onset of fever and chills
- b. Dry cough and thirst
- c. Abdominal pain radiating to the back
- d. Sudden dyspnea and pink, frothy sputum

Answer: d. Sudden dyspnea and pink, frothy sputum

65. *What type of consent is implied by law when a patient is unresponsive or unable to make a rational decision?*

- a. Expressed consent
- b. Informed consent
- c. Implied consent
- d. Unconditional consent

Answer: c. Implied consent

66. *A portable device used to deliver a set amount of medication to the lungs is called a:*

- a. Nebulizer
- b. Metered-dose inhaler
- c. Small-volume nebulizer
- d. Positive pressure ventilator

Answer: b. Metered-dose inhaler

67. *If a responsive adult patient is refusing care, the EMT should:*

- a. Immediately transport the patient against their will.
- b. Explain the potential risks of refusing care and ask the patient to sign a refusal form.
- c. Coerce the patient into accepting care by threatening legal action.
- d. Leave the scene immediately and document the encounter later.

Answer: b. Explain the potential risks of refusing care and ask the patient to sign a refusal form.

68. *Before suctioning an adult's airway, the EMT should pre-oxygenate the patient for approximately:*

- a. 30 seconds
- b. 1 minute
- c. 2 minutes
- d. 3 minutes

Answer: c. 2 minutes

69. *When would an EMT use a jaw-thrust maneuver?*

- a. When the patient is a child
- b. When the airway is obstructed by vomit
- c. When there is suspicion of a cervical spine injury
- d. When there is no suspicion of a spinal injury

Answer: c. When there is suspicion of a cervical spine injury

70. *A medication that is designed to increase the force of a heartbeat is called a:*

- a. Diuretic
- b. Beta-blocker
- c. Vasodilator
- d. Positive inotrope

Answer: d. Positive inotrope

71. *What is the primary survey tool used to determine level of consciousness in a trauma patient?*
a. AVPU scale
b. Glasgow Coma Scale
c. PERRLA examination
d. Cincinnati Prehospital Stroke Scale
Answer: b. Glasgow Coma Scale
72. *To manage ventilations for a 5-year-old child who is breathing inadequately, the EMT should use:*
a. Mouth-to-mask technique
b. A bag valve mask at 10-12 breaths per minute
c. A bag valve mask at 12-20 breaths per minute
d. A nasal cannula at 1-2 liters per minute
Answer: c. A bag valve mask at 12-20 breaths per minute
73. *Hyperglycemia would most likely present in which patient population?*
a. Patients with diabetes
b. Patients with hypothyroidism
c. Patients who have had a recent blood transfusion
d. Patients with a history of anemia
Answer: a. Patients with diabetes
74. *Which of the following actions is most appropriate for an EMT to take when approaching a scene with suspected violence?*
a. Rush in to assist the victims regardless of scene safety
b. Wait for law enforcement to declare the scene safe before entering
c. Quickly extract the patient without waiting for law enforcement
d. Begin treating patients from a distance using verbal instructions
Answer: b. Wait for law enforcement to declare the scene safe before entering
75. *When assisting a patient with a prescribed nitroglycerin dosage, the EMT must:*
a. Ensure the medication is injected subcutaneously
b. Place the tablet under the patient's tongue
c. Confirm the medication date is expired for maximum effect
d. Encourage the patient to swallow the medication
Answer: b. Place the tablet under the patient's tongue
76. *During the rapid extrication technique, an EMT's first hand placement should be on the patient's:*
a. Legs to stabilize them during movement
b. Torso for support
c. Head to manually stabilize the cervical spine
d. Arm closest to the EMT to guide movement
Answer: c. Head to manually stabilize the cervical spine
77. *What is the recommended compression depth during CPR for an adult patient?*
a. At least 1 inch (2.5 cm)
b. At least 1.5 inches (4 cm)
c. At least 2 inches (5 cm)
d. At least 2.5 inches (6 cm)
Answer: c. At least 2 inches (5 cm)
78. *A patient with chest pain has a prescription for nitroglycerin. What vital sign is most important to check before administration?*
a. Temperature
b. Pulse

- c. Blood pressure
 - d. Respiratory rate
- Answer:* c. Blood pressure

79. *For an EMT, the best approach to handle stress and prevent burnout includes:*

- a. Working longer shifts to maintain proficiency
- b. Taking on additional responsibilities beyond their scope
- c. Regular physical exercise and stress management techniques
- d. Avoiding discussion of stressful calls with peers

Answer: c. Regular physical exercise and stress management techniques

80. *The appropriate technique for opening the airway of an unconscious patient without a suspected spinal injury is the:*

- a. Chin lift maneuver
- b. Tongue-jaw lift
- c. Head tilt-chin lift maneuver
- d. Jaw-thrust maneuver

Answer: c. Head tilt-chin lift maneuver

81. *What condition is characterized by a rapid and irregular heart rate that can lead to poor blood flow during cardiac output?*

- a. Myocardial infarction
- b. Ventricular tachycardia
- c. Atrial fibrillation
- d. Bradycardia

Answer: c. Atrial fibrillation

82. *If an oral airway device is inserted improperly, it may:*

- a. Stimulate a cough reflex
- b. Cause gastric inflation
- c. Block the airway
- d. Improve tidal volume

Answer: c. Block the airway

83. *When performing the jaw-thrust maneuver to open the airway, the EMT should:*

- a. Tilt the head backward
- b. Lift the chin forward
- c. Place fingers behind the angle of the lower jaw and lift with both hands
- d. Press down on the forehead while lifting the mandible

Answer: c. Place fingers behind the angle of the lower jaw and lift with both hands

84. *What type of medication is Lidocaine commonly acknowledged as in the prehospital setting?*

- a. Anticoagulant
- b. Antiarrhythmic
- c. Antihypertensive
- d. Analgesic

Answer: b. Antiarrhythmic

85. *When assessing a patient with abdominal pain, it is important to avoid:*

- a. Palpating the painful area first
- b. Taking a thorough history
- c. Palpating the abdomen at all
- d. Asking directed questions regarding the pain

Answer: a. Palpating the painful area first

86. The mnemonic 'DCAP-BTLS' is used during the assessment of which type of patient?
- Medical
 - Behavioral
 - Trauma
 - Pediatric
- Answer: c. Trauma
87. A properly applied tourniquet should:
- Be easily removable in case of readjustment
 - Be hidden under clothing to preserve patient dignity
 - Be placed directly over a joint for secure placement
 - Stop all blood flow to and from the extremity
- Answer: d. Stop all blood flow to and from the extremity
88. During transport, a patient with severe back pain requests to lay flat. How should the EMT position the patient?
- In a position of comfort, if it does not exacerbate the pain or cause injury
 - In a full Fowler's position to reduce spinal movement
 - Seated with a padded board behind the back for support
 - Refuse the patient's request and transport in a sitting position
- Answer: a. In a position of comfort, if it does not exacerbate the pain or cause injury
89. How frequently should the EMT reassess vital signs for a stable patient?
- Every 5 minutes
 - Every 15 minutes
 - Every 30 minutes
 - Once during transport
- Answer: b. Every 15 minutes
90. To determine if a patient has a patent airway, the EMT should:
- Check for chest rise and fall
 - Listen for breathing at the mouth and nose
 - Feel for air flow with the back of the hand
 - All of the above
- Answer: d. All of the above
91. If a patient presents with a suspected spinal cord injury, what is the most appropriate method of opening their airway?
- Head tilt-chin lift maneuver
 - Jaw-thrust maneuver without head extension
 - Modified chin lift
 - Flexion of the neck
- Answer: b. Jaw-thrust maneuver without head extension
92. When assessing a patient's chest who has sustained blunt trauma, you note paradoxical movement. What condition should you suspect?
- Simple pneumothorax
 - Flail chest
 - Hemothorax
 - Asthma attack
- Answer: b. Flail chest
93. What is the correct technique for performing a log roll on a trauma patient?
- Rolling the patient toward the EMT

- b. Rotating the patient's upper body before the lower body
 - c. Maintaining spinal alignment while rolling the patient as a unit
 - d. Lifting the patient rather than rolling them
- Answer: c. Maintaining spinal alignment while rolling the patient as a unit*

94. *In a responsive pediatric patient presenting with dyspnea, which of the following sounds indicates an upper airway obstruction?*

- a. Wheezing
- b. Rhonchi
- c. Stridor
- d. Crackles

Answer: c. Stridor

95. *What is a key difference between angina pectoris and a myocardial infarction (MI)?*

- a. Angina is not relieved by nitroglycerin, while an MI is
- b. Angina is typically relieved by rest and/or nitroglycerin, while an MI is not
- c. An MI results in chest pain that radiates to the right arm, while angina does not
- d. An MI results in permanent damage, while angina indicates temporary hypoxia

Answer: b. Angina is typically relieved by rest and/or nitroglycerin, while an MI is not

96. *What should be the first step in the assessment of a responsive patient with a behavioral emergency?*

- a. Physically restraining the patient
- b. Transporting the patient rapidly to the hospital
- c. Establishing a therapeutic rapport
- d. Immediately administering sedatives if available

Answer: c. Establishing a therapeutic rapport

97. *Which of the following is an EMT authorized to administer to a patient under the appropriate circumstances?*

- a. Oral glucose
- b. Fentanyl
- c. Insulin
- d. Albuterol via a nebulizer, without medical control

Answer: a. Oral glucose

98. *When a patient is in the late stages of shock, what signs might you observe?*

- a. Hypertension and bradycardia
- b. Restlessness and hyperactivity
- c. Marked tachycardia and hypotension
- d. Slow, regular breathing and warm skin

Answer: c. Marked tachycardia and hypotension

99. *What term is used to describe the condition of a patient who has a pulse but is not breathing adequately?*

- a. Apneic
- b. Hyperpneic
- c. Hypopneic
- d. Dyspneic

Answer: a. Apneic

100. *Which of the following actions is appropriate for a patient showing signs of a diabetic emergency with an altered mental status and the inability to swallow?*

- a. Give them oral glucose gel between the cheek and gum

- b. Administer a half dose of subcutaneous insulin
 - c. Immediately start rapid transport to the hospital
 - d. Encourage them to drink a sugary beverage
- Answer:* c. Immediately start rapid transport to the hospital

101. *An EMT performs the jaw-thrust maneuver on a patient to achieve what primary goal?*

- a. To open the airway without moving the cervical spine
- b. To enable suctioning of the oropharynx
- c. To check for facial fractures
- d. To assess for a gag reflex

Answer: a. To open the airway without moving the cervical spine

102. *What is the main benefit of applying a pelvic binder to a patient with a suspected pelvic fracture?*

- a. To realign the pelvis anatomically
- b. To provide external stabilization and reduce hemorrhage
- c. To allow the patient to be moved without pain
- d. To prepare the patient for surgery

Answer: b. To provide external stabilization and reduce hemorrhage

103. *When initiating an IV, what is the purpose of occluding the vein proximal (above) to the intended site of catheter insertion?*

- a. To distend the vein, making it easier to puncture
- b. To stop distal blood flow, ensuring medication does not circulate
- c. To prepare for a possible tourniquet application
- d. To test the patient's pain response before needle insertion

Answer: a. To distend the vein, making it easier to puncture

104. *Why is it important for an EMT to use an occlusive dressing for a sucking chest wound?*

- a. To ensure the wound remains open for air passage
- b. To allow air to escape from the chest cavity on inhalation
- c. To prevent air from entering the chest cavity during inhalation
- d. To absorb excess blood from the wound

Answer: c. To prevent air from entering the chest cavity during inhalation

105. *At the scene of a hazardous materials incident, it is essential for the EMT to recognize the danger based on which of the following?*

- a. The layout of the local area
- b. The amount of traffic near the scene
- c. The types of commercial buildings nearby
- d. The presence of placards and labels indicating hazardous materials

Answer: d. The presence of placards and labels indicating hazardous materials

106. *Which of the following is NOT part of the secondary assessment for an EMT?*

- a. Taking a patient's medical history
- b. Performing a rapid full-body scan
- c. Assessing vital signs
- d. Administering definitive care for injuries

Answer: d. Administering definitive care for injuries

107. *When a patient has a suspected extremity fracture, the EMT should first:*

- a. Apply direct pressure to the site of the fracture
- b. Check for pulse, motor, and sensory function distal to the injury
- c. Splint the fracture site immediately, without assessing limb function

d. Move the patient to the ambulance without stabilization of the fracture
Answer: b. Check for pulse, motor, and sensory function distal to the injury

108. An EMT would recognize the presence of orthostatic hypotension when the patient experiences:

- a. An increase in heart rate by at least 20 bpm upon standing
- b. A sudden spike in blood pressure when moving from lying to sitting position
- c. A drop in blood sugar when moving from lying to sitting position
- d. Elevated temperature readings when changing positions

Answer: a. An increase in heart rate by at least 20 bpm upon standing

109. A sign of adequate artificial ventilation in an adult patient is:

- a. Seeing the chest rise and fall with each breath
- b. Hearing breath sounds only on the patient's right side
- c. The patient regaining consciousness during ventilation
- d. A rapidly increasing heart rate

Answer: a. Seeing the chest rise and fall with each breath

110. In a neonate, bradycardia is most commonly the result of:

- a. Hypoxia
- b. Hypoglycemia
- c. Congenital heart disease
- d. Hyperthermia

Answer: a. Hypoxia

111. The EMT should suspect left-sided heart failure in the elderly patient who presents with:

- a. Sudden confusion and flank pain
- b. Fever, cough, and sputum production
- c. Wheezing, difficulty breathing, and rales
- d. Abdominal pain and vomiting

Answer: c. Wheezing, difficulty breathing, and rales

112. A key difference between an asthma attack and a COPD exacerbation is that asthma is usually:

- a. Triggered by infections, while COPD exacerbation is not
- b. Associated with wheezing, while COPD exacerbation is usually silent
- c. A reversible obstruction, while COPD exacerbation is often not fully reversible
- d. Associated with older age, while COPD affects younger individuals

Answer: c. A reversible obstruction, while COPD exacerbation is often not fully reversible

113. What is one of the most common complications for a patient with an indwelling Foley catheter?

- a. Tachypnea
- b. Urinary tract infection
- c. Gastrointestinal bleeding
- d. Orthostatic hypotension

Answer: b. Urinary tract infection

114. When assessing a patient with a medical alert bracelet indicating 'diabetic,' it is important for the EMT to:

- a. Start an IV line immediately
- b. Check the patient's blood sugar level, if possible
- c. Look for an injury that might have caused altered mental status
- d. Administer a high concentration of oxygen, regardless of SpO₂ readings

Answer: b. Check the patient's blood sugar level, if possible

115. A mnemonic that can be used for assessing a patient's history of present illness is "OPQRST." What does the "P" stand for?

- a. Past medical history
- b. Probability of associated symptoms
- c. Provokes or Palliates
- d. Pulse rate

Answer: c. Provokes or Palliates

116. The correct placement of the hands for chest compressions during CPR on an adult is:

- a. On the lower half of the breastbone
- b. Above the xiphoid process
- c. On the left side of the chest cavity
- d. Over the lower ribs

Answer: a. On the lower half of the breastbone

117. Which condition is characterized by the sudden onset of difficulty breathing, sharp chest pain, and cyanosis that may follow a period of immobilization?

- a. Congestive heart failure
- b. Pneumonia
- c. Pulmonary embolism
- d. Spontaneous pneumothorax

Answer: c. Pulmonary embolism

118. The LEMON method is used by EMTs to assess for:

- a. Stroke symptoms
- b. Airway difficulty in intubation
- c. Cardiopulmonary resuscitation effectiveness
- d. Poisoning severity

Answer: b. Airway difficulty in intubation

119. During childbirth, if the umbilical cord is noted to be prolapsed, the EMT must immediately:

- a. Cut the cord with sterile scissors
- b. Place the mother in a head-down position with her hips elevated
- c. Encourage the mother to push harder to expedite delivery
- d. Wrap the baby and cord together and transport immediately

Answer: b. Place the mother in a head-down position with her hips elevated

120. The use of a spacer device with a metered-dose inhaler is designed to:

- a. Decrease the flow of medication
- b. Break up the medication into finer particles
- c. Increase the depth of the patient's breaths
- d. Measure the amount of medication the patient receives

Answer: b. Break up the medication into finer particles

8.4. 120 Full-Length NREMT Simulation Exam #4 | Comprehensive Practice Exams and Answers

1. Which of the following is the most appropriate first step in managing a conscious adult patient with a suspected spinal injury?

- a. Apply cold packs to the injury site
- b. Immediately perform a rapid trauma assessment

- c. Manually stabilize the head and neck
 - d. Transport the patient to the hospital without spinal precautions
- Answer:* c. Manually stabilize the head and neck

2. *When assessing a patient with chest pain, which of the following questions is most important to determine the need for immediate intervention?*

- a. "Do you have a family history of heart disease?"
- b. "On a scale from 1 to 10, how would you rate your pain?"
- c. "Are you experiencing any difficulty breathing?"
- d. "How long ago did the chest pain start?"

Answer: d. "How long ago did the chest pain start?"

3. *During the primary assessment of a trauma patient, you note the patient has absent breath sounds on the right side of the chest. What condition is this most indicative of?*

- a. Pneumonia
- b. Tension pneumothorax
- c. Hemothorax
- d. Asthma attack

Answer: b. Tension pneumothorax

4. *What is the target compression rate for a single rescuer performing CPR on an adult?*

- a. 60-80 compressions per minute
- b. 80-100 compressions per minute
- c. 100-120 compressions per minute
- d. Over 120 compressions per minute

Answer: c. 100-120 compressions per minute

5. *To which of the following patients should you apply high-concentration oxygen?*

- a. A patient with a suspected stroke and normal SpO₂ readings
- b. A conscious patient with a pulse Ox reading of 97%
- c. A patient suffering from carbon monoxide poisoning
- d. A patient exhibiting signs of hyperventilation

Answer: c. A patient suffering from carbon monoxide poisoning

6. *You arrive on scene to find a patient with a flail chest. What is the most appropriate treatment?*

- a. Perform immediate needle decompression.
- b. Apply oxygen and prepare for rapid transport.
- c. Splint the chest with a soft dressing.
- d. Bind the chest tightly with large bandages.

Answer: b. Apply oxygen and prepare for rapid transport.

7. *What is the function of activated charcoal in the prehospital management of a patient who has ingested a toxic substance?*

- a. To induce vomiting
- b. To neutralize the toxic substance
- c. To bind to the toxin and reduce absorption
- d. To accelerate the metabolism of the toxin

Answer: c. To bind to the toxin and reduce absorption

8. *A patient exhibits snoring respirations. Which of the following is the appropriate initial action?*

- a. Perform a finger sweep to clear the airway.
- b. Insert a nasopharyngeal airway.
- c. Use a bag-valve mask to ventilate the patient.

d. Perform a head-tilt, chin-lift maneuver.
Answer: d. Perform a head-tilt, chin-lift maneuver.

9. *In the presence of a fuel spill at a motor vehicle collision, what is the primary safety concern for EMTs?*

- a. Slip and fall accidents due to the spill
- b. Risk of explosion or fire
- c. Chemical exposure leading to toxicity
- d. Environmental pollution concerns

Answer: b. Risk of explosion or fire

10. *How should an EMT assess the circulation status of an unresponsive infant?*

- a. Check for a brachial pulse
- b. Check for a radial pulse
- c. Check for a femoral pulse
- d. Check for a carotid pulse

Answer: a. Check for a brachial pulse

11. *Upon delivery of a newborn, you notice that the umbilical cord is wrapped around the baby's neck. What is the first action you should take?*

- a. Clamp and cut the cord immediately.
- b. Slip the cord gently over the baby's head if possible.
- c. Call for advanced life support backup.
- d. Prepare for immediate neonatal resuscitation.

Answer: b. Slip the cord gently over the baby's head if possible.

12. *While treating a burn patient, it is important to stop the burning process. How should this be achieved?*

- a. Apply butter or a greasy substance to the burn.
- b. Cool the burn with large amounts of water.
- c. Cover the burn with dry sterile dressings.
- d. Leave the burn exposed to air to cool down.

Answer: b. Cool the burn with large amounts of water.

13. *When treating a patient with a suspected fracture of the lower leg, why is it important to assess distal pulse, motor, and sensory function before and after splinting?*

- a. To determine the need for a traction splint.
- b. To assess for compartment syndrome.
- c. To monitor for signs of shock.
- d. To ensure that the splint has not impaired circulation or nerve function.

Answer: d. To ensure that the splint has not impaired circulation or nerve function.

14. *A patient with a known history of chronic obstructive pulmonary disease (COPD) is in respiratory distress. What oxygen delivery device is most appropriate for this patient?*

- a. Non-rebreather mask at 15 L/min
- b. Nasal cannula at 2-4 L/min
- c. Venturi mask at prescribed oxygen percentage
- d. Bag-valve mask with reservoir at 12-15 L/min

Answer: c. Venturi mask at prescribed oxygen percentage

15. *You respond to a call for an unresponsive patient with a known history of diabetes mellitus. The patient's blood glucose level reads 32 mg/dL. What condition is this patient most likely experiencing?*

- a. Diabetic ketoacidosis (DKA)

- b. Hyperosmolar hyperglycemic state (HHS)
 - c. Hypoglycemia
 - d. Hyperglycemia
- Answer: c. Hypoglycemia*

16. *Which of the following is a common sign of a tension pneumothorax?*

- a. JVD (Jugular Vein Distension)
- b. Pulsus paradoxus
- c. Bilateral wheezing
- d. Muffled heart sounds

Answer: a. JVD (Jugular Vein Distension)

17. *A patient is experiencing anaphylaxis after a bee sting. What medication would you expect to administer first?*

- a. Albuterol
- b. Nitroglycerin
- c. Epinephrine
- d. Aspirin

Answer: c. Epinephrine

18. *During an assessment, you notice a patient's skin is cool, pale, and clammy. What does this indicate?*

- a. Hyperglycemia
- b. Dehydration
- c. Shock
- d. Heat stroke

Answer: c. Shock

19. *What is the most appropriate way to transport a patient with suspected spinal injury?*

- a. Seated position with c-spine precautions
- b. On their side, in the recovery position
- c. Supine on a backboard with c-spine immobilization
- d. In the prone position

Answer: c. Supine on a backboard with c-spine immobilization

20. *A patient with slurred speech, weakness on one side of the body, and drooping facial features is likely suffering from what condition?*

- a. Hypoglycemia
- b. A stroke
- c. Bell's palsy
- d. Myocardial infarction

Answer: b. A stroke

21. *How should EMTs approach a situation involving a hazardous material spill with a patient involved?*

- a. Enter immediately to remove the patient
- b. Request specialized hazardous materials response team
- c. Begin decontamination of the patient without delay
- d. Use standard precautions and begin patient care

Answer: b. Request specialized hazardous materials response team

22. *In the event of a childbirth during a prehospital emergency call, which of the following is a priority action after the delivery?*

- a. Check for a second baby

- b. Deliver the placenta immediately
 - c. Keep the newborn warm
 - d. Cut the umbilical cord right away
- Answer:* c. Keep the newborn warm

23. *When performing a primary assessment on an adult patient, what is the correct order of operations?*

- a. Airway, Breathing, Circulation, Disability, Expose/Examine
- b. Breathing, Airway, Circulation, Disability, Expose/Examine
- c. Circulation, Airway, Breathing, Disability, Expose/Examine
- d. Airway, Circulation, Breathing, Disability, Expose/Examine

Answer: a. Airway, Breathing, Circulation, Disability, Expose/Examine

24. *You are at the scene where a patient has fallen from a significant height. The patient is conscious and complaining of back pain. What is your first action?*

- a. Apply a cervical collar
- b. Perform a log roll to a backboard
- c. Assess the patient's airway
- d. Immediately immobilize them in the position found

Answer: a. Apply a cervical collar

25. *When dealing with a patient who has sustained multiple gunshot wounds, what is the primary focus of treatment?*

- a. Controlling hemorrhage
- b. Administering pain medication
- c. Anticipating potential spinal injury
- d. Immediate transport without on-scene treatment

Answer: a. Controlling hemorrhage

26. *Which of the following pulse points should be checked in an infant if you suspect cardiac arrest?*

- a. Radial pulse
- b. Femoral pulse
- c. Brachial pulse
- d. Carotid pulse

Answer: c. Brachial pulse

27. *A patient has been involved in a high-speed motor vehicle collision. They are alert but anxious and have shallow, rapid breathing. What is the most appropriate action?*

- a. Have the patient breathe into a paper bag
- b. Administer high-flow oxygen
- c. Initiate positive pressure ventilation
- d. Encourage the patient to slow their breathing and take deep breaths

Answer: b. Administer high-flow oxygen

28. *What is the term for the condition where blood is present in the thoracic cavity?*

- a. Hemothorax
- b. Pneumothorax
- c. Pleural effusion
- d. Cardiac tamponade

Answer: a. Hemothorax

29. *In patients with suspected ischemic cardiac chest pain, which medication is most commonly given by EMTs?*

- a. Anticoagulants

- b. Beta-blockers
 - c. Nitroglycerin
 - d. Calcium channel blockers
- Answer: c. Nitroglycerin*

30. *When performing a secondary assessment on a trauma patient, which of the following is NOT part of the evaluation?*

- a. Taking a patient history
- b. Head-to-toe physical exam
- c. Focused assessment on areas of injury
- d. Contacting the patient's family for medical history

Answer: d. Contacting the patient's family for medical history

31. *You arrive at the scene of an apparent drug overdose. The patient is unresponsive, with pinpoint pupils and depressed respirations. Which medication should you administer?*

- a. Oral glucose
- b. Aspirin
- c. Naloxone
- d. Nitroglycerin

Answer: c. Naloxone

32. *A patient is experiencing stridor and increased work of breathing after being stung by a bee. What type of reaction is this?*

- a. Mild allergic reaction
- b. Severe allergic reaction
- c. Asthma attack
- d. Bronchitis

Answer: b. Severe allergic reaction

33. *During the secondary assessment, you notice jugular vein distention (JVD) and muffled heart sounds in a trauma patient. What injury should you suspect?*

- a. Abdominal aortic aneurysm
- b. Tension pneumothorax
- c. Cardiac tamponade
- d. Flail chest

Answer: c. Cardiac tamponade

34. *What is the recommended treatment for a partial-thickness burn with no airway involvement?*

- a. Apply ice directly to the burn
- b. Cover with a dry, sterile dressing
- c. Immerse the burned area in warm water
- d. Clean the burn with hydrogen peroxide

Answer: b. Cover with a dry, sterile dressing

35. *For a patient experiencing hypoglycemia, which is the most appropriate intervention after ensuring a patent airway and administering oxygen?*

- a. Administering oral glucose if the patient can swallow
- b. Providing subcutaneous insulin
- c. Initiating an intravenous line and administering dextrose
- d. Encouraging the patient to eat a large meal

Answer: a. Administering oral glucose if the patient can swallow

36. *What type of seizure involves sudden, temporary loss of muscle tone and is often described as a "drop attack"?*

- a. Generalized tonic-clonic seizure
 - b. Absence seizure
 - c. Myoclonic seizure
 - d. Atonic seizure
- Answer:* d. Atonic seizure

37. *Which of the following best describes the use of a traction splint?*

- a. To stabilize a pelvic fracture
 - b. For immobilization of cervical spine injuries
 - c. To stabilize a femur fracture
 - d. To secure a flail segment in the chest
- Answer:* c. To stabilize a femur fracture

38. *In the context of the START triage system in a mass casualty incident, what does “START” stand for?*

- a. Simple Triage And Rapid Transport
 - b. Synchronized Team Allocation of Resources and Treatment
 - c. Standardized Triage And Response Techniques
 - d. Strategic Triage And Recovery Team
- Answer:* a. Simple Triage And Rapid Transport

39. *You are assessing a patient with severe facial trauma. The patient is alert, but you are concerned about airway obstruction. What is the best position for this patient?*

- a. Recovery position
 - b. Supine with head elevated
 - c. Sitting upright
 - d. Prone
- Answer:* c. Sitting upright

40. *What is the most important reason for EMTs to use personal protective equipment (PPE) when delivering patient care?*

- a. To prevent patient infection
 - b. To set a professional example
 - c. To protect against bloodborne and airborne pathogens
 - d. To avoid leaving fingerprints at the scene
- Answer:* c. To protect against bloodborne and airborne pathogens

41. *When you suspect that a patient has ingested a toxic substance, which resource can provide you with specific information for management of the patient?*

- a. American Heart Association (AHA) guidelines
 - b. Poison Control Center
 - c. Red Cross first aid manual
 - d. Your local protocols
- Answer:* b. Poison Control Center

42. *How should a conscious adult patient with a partially obstructed airway be managed?*

- a. Perform abdominal thrusts
 - b. Encourage the patient to cough and monitor closely
 - c. Give back blows and chest thrusts
 - d. Deliver positive pressure ventilations with a bag-valve mask
- Answer:* b. Encourage the patient to cough and monitor closely

43. *A football player was hit and is complaining of numbness in his extremities with a deformity to his arm. Which of the following is the most appropriate immediate action?*

- a. Assist the patient in stretching the arm
 - b. Apply a sling and swathe to immobilize the arm
 - c. Attempt to reduce the deformity
 - d. Have the patient shake it off and continue playing
- Answer:* b. Apply a sling and swathe to immobilize the arm

44. *If a patient begins to seize during your assessment, what is the most appropriate action to take?*
- a. Hold the patient down to prevent injury
 - b. Insert an oral airway to maintain airway patency
 - c. Move dangerous objects away from the patient
 - d. Administer an immediate dose of antiseizure medication
- Answer:* c. Move dangerous objects away from the patient

45. *What is the principal benefit of placing a patient in the “Trendelenburg position” or a modified version known as “shock position”?*
- a. To increase blood flow to the brain
 - b. To facilitate breathing in patients with respiratory distress
 - c. To decrease blood pressure in hypertensive patients
 - d. To reduce the risk of aspiration
- Answer:* a. To increase blood flow to the brain

46. *When encountering a patient with a sudden onset of confusion, dizziness, and the inability to speak clearly, which of the following conditions should the EMT suspect?*
- a. Hyperglycemia
 - b. Stroke
 - c. Postictal state
 - d. Opioid overdose
- Answer:* b. Stroke

47. *A patient who was rescued from a house fire is coughing up sooty sputum. What does this suggest?*
- a. The patient may have a gastrointestinal bleed.
 - b. The patient could have smoke inhalation with respiratory tract injury.
 - c. The patient likely has a punctured lung.
 - d. The patient is experiencing a severe allergic reaction.
- Answer:* b. The patient could have smoke inhalation with respiratory tract injury.

48. *For an adult patient experiencing a seizure, which of the following is the most appropriate next step after ensuring scene safety and managing the airway?*
- a. Restraining the patient’s limbs
 - b. Administering oral glucose
 - c. Protecting the patient from injury
 - d. Inserting an oropharyngeal airway
- Answer:* c. Protecting the patient from injury

49. *If an EMT is unable to feel a pulse in an unresponsive, apneic adult patient, what should be their immediate next step?*
- a. Provide rescue breathing only.
 - b. Start cardiopulmonary resuscitation (CPR).
 - c. Apply an Automated External Defibrillator (AED) immediately.
 - d. Wait for advanced life support to arrive.
- Answer:* b. Start cardiopulmonary resuscitation (CPR).

50. *A patient is experiencing chest pain that is relieved with rest. This pain is most consistent with which of the following conditions?*

- a. Acute myocardial infarction
 - b. Angina pectoris
 - c. Indigestion
 - d. Aortic dissection
- Answer:* b. Angina pectoris

51. *When performing the jaw-thrust maneuver to open an injured patient's airway, which of the following should the EMT avoid?*

- a. Keeping the neck in a neutral position
- b. Extending the neck
- c. Maintaining inline stabilization
- d. Opening the mouth to insert an airway adjunct

Answer: b. Extending the neck

52. *A patient with a suspected overdose has a respiratory rate of 8 breaths per minute. What is the most appropriate EMT action?*

- a. Apply a non-rebreather mask with 100% oxygen.
- b. Monitor the patient until the respiratory rate improves.
- c. Begin positive pressure ventilation with a BVM.
- d. Encourage the patient to take deep breaths on their own.

Answer: c. Begin positive pressure ventilation with a BVM.

53. *You are assessing a patient with a chemical burn to the eye. What is the first action you should take?*

- a. Cover both eyes with a sterile dressing.
- b. Begin flushing the affected eye with water immediately.
- c. Apply an antibiotic ointment to the eye.
- d. Administer an analgesic for pain management.

Answer: b. Begin flushing the affected eye with water immediately.

54. *What is the most common cause of cardiac arrest in pediatric patients?*

- a. Trauma
- b. Congenital heart defects
- c. Respiratory failure
- d. Electrolyte imbalances

Answer: c. Respiratory failure

55. *When a patient presents with abdominal pain localized to the lower right quadrant, what condition should be suspected?*

- a. Diverticulitis
- b. Peptic ulcer disease
- c. Pancreatitis
- d. Appendicitis

Answer: d. Appendicitis

56. *A patient with a history of asthma is now experiencing wheezing and chest tightness that did not improve with their prescribed inhaler. What treatment should the EMT provide?*

- a. High-flow oxygen via a non-rebreather mask
- b. Another dose of the patient's inhaler immediately
- c. Oral glucose and re-assessment
- d. A rapid transport to the hospital with close monitoring

Answer: a. High-flow oxygen via a non-rebreather mask

57. When assessing a patient with abdominal pain, which of the following is the most appropriate procedure for palpation?
- Begin palpation in the quadrant with the most pain
 - Start with deep palpation followed by light palpation
 - Palpate the quadrants in a clockwise fashion starting from the right upper quadrant
 - Only palpate areas away from the pain to avoid discomfort
- Answer: c. Palpate the quadrants in a clockwise fashion starting from the right upper quadrant
58. A patient found lying on the sidewalk at night presents with ice-cold skin, bradycardia, and a weak pulse. What is the most likely problem?
- Heat stroke
 - Hypoglycemia
 - Hyperglycemia
 - Hypothermia
- Answer: d. Hypothermia
59. If an EMT is assessing a patient with a potential neck injury following a dive into shallow water, what device would be most appropriate to use for immobilization?
- Soft cervical collar
 - Splint
 - Long spine board
 - Sling and swath
- Answer: c. Long spine board
60. A patient presents with severe epigastric pain radiating to the back, nausea, and vomiting. These symptoms are suggestive of which condition?
- Cholecystitis
 - Renal colic
 - Pancreatitis
 - Peptic ulcer disease
- Answer: c. Pancreatitis
61. During your secondary assessment, you notice an unstable pelvis in a patient who fell from a height. What complication are you most concerned about in this patient?
- Hemarthrosis
 - Appendicitis
 - Pelvic fracture with possible hypovolemia
 - Urinary tract infection
- Answer: c. Pelvic fracture with possible hypovolemia
62. When assessing a patient with abdominal pain, where should you start palpating?
- In the quadrant with pain
 - In the quadrant diagonal from the pain
 - In the quadrant opposite the pain
 - In the quadrant directly above the location of pain
- Answer: b. In the quadrant diagonal from the pain
63. Which of the following signs is most indicative of an anterior nosebleed?
- Blood draining into the throat
 - Blood primarily flowing from one nostril
 - Rapid swelling of the nose
 - Bruising around the eyes
- Answer: b. Blood primarily flowing from one nostril

64. A 22-year-old female patient presents with lower left quadrant abdominal pain and a fever. This presentation is most consistent with which of the following conditions?
- Pancreatitis
 - Peptic ulcer disease
 - Diverticulitis
 - Cholecystitis
- Answer: c. Diverticulitis*
65. How should you place a patient with a suspected tension pneumothorax if they are conscious and alert?
- Supine with legs elevated
 - On their injured side
 - Sitting upright
 - Prone
- Answer: c. Sitting upright*
66. What is the correct procedure for suctioning a patient's oropharynx?
- Insert the suction catheter until resistance is met, and then suction while withdrawing
 - Continuous suction while inserting the suction catheter
 - Insert the suction catheter, then begin suctioning as you rotate and withdraw
 - Suction only after the catheter is fully inserted to the base of the oropharynx
- Answer: c. Insert the suction catheter, then begin suctioning as you rotate and withdraw*
67. In which condition would you observe paradoxical motion during inspiration?
- Asthma
 - Pneumonia
 - Flail chest
 - Pulmonary embolism
- Answer: c. Flail chest*
68. What is the most appropriate immediate intervention for a patient experiencing hypoglycemia with altered mental status who is unable to swallow?
- Oral glucose
 - Intravenous sugar solution
 - Subcutaneous insulin injection
 - Intramuscular glucagon
- Answer: d. Intramuscular glucagon*
69. How should an EMT check the blood glucose level of a patient?
- By ordering a blood draw from the lab
 - Using a glucometer to assess the patient's capillary blood sugar
 - Asking the patient for their most recent hemoglobin A1c level
 - Performing a urine dipstick test on site
- Answer: b. Using a glucometer to assess the patient's capillary blood sugar*
70. What is an important consideration when managing a patient with a tracheostomy tube who is in respiratory distress?
- Ensuring the stoma site is free from infection before providing oxygen
 - Suctioning the tracheostomy tube to remove any secretions
 - Placing the patient on their back with their neck extended
 - Administering high-flow oxygen via nasopharyngeal airway
- Answer: b. Suctioning the tracheostomy tube to remove any secretions*

71. A patient is experiencing chest pain, irregular heartbeat, and light-headedness. The heart monitor shows a sawtooth pattern. What cardiac rhythm is likely present?
- Ventricular fibrillation
 - Atrial fibrillation
 - Atrial flutter
 - Torsades de pointes
- Answer: c. Atrial flutter*
72. You are the first to arrive at a potential hazardous materials incident. What is your best initial action?
- Rush in to save any visible victims
 - Begin immediate decontamination of the scene
 - Establish a safe zone and wait for a hazmat team to arrive
 - Evacuate the surrounding buildings
- Answer: c. Establish a safe zone and wait for a hazmat team to arrive*
73. When a patient has a seizure characterized by muscle rigidity followed by phases of muscle twitching, which type of seizure are they experiencing?
- Absence seizure
 - Tonic seizure
 - Myoclonic seizure
 - Generalized tonic-clonic seizure
- Answer: d. Generalized tonic-clonic seizure*
74. What is the most appropriate action for an EMT when encountering a patient with severe anxiety and hyperventilation?
- Have the patient rebreathe from a plastic bag
 - Administer a sedative to the patient
 - Provide reassurance and coach the patient to slow their breathing
 - Immediately administer high-concentration oxygen via a non-rebreather mask
- Answer: c. Provide reassurance and coach the patient to slow their breathing*
75. If a patient has sustained a chemical burn to the skin, after ensuring the scene is safe, what is the next best step?
- Dry the chemical off with sterile gauze
 - Begin immediate debridement of the burn site
 - Apply a neutralizing agent to the chemical
 - Flush the affected area with large amounts of water
- Answer: d. Flush the affected area with large amounts of water*
76. A patient is experiencing severe allergic reaction with swelling of the face and hives after eating peanuts. What medication would you administer assuming you have the proper authorization and protocols?
- Oral glucose
 - Albuterol
 - Epinephrine
 - Nitroglycerin
- Answer: c. Epinephrine*
77. In adults, where is the most appropriate location to check for a pulse when performing a primary survey?
- Radial artery
 - Brachial artery
 - Carotid artery

d. Femoral artery
Answer: c. Carotid artery

78. When providing rescue breaths during CPR, what is the correct technique for sealing the mask on the patient's face?
a. One-handed E-C clamp technique
b. Two-handed E-C clamp technique
c. Jaw-thrust maneuver
d. Head-tilt, chin-lift maneuver
Answer: b. Two-handed E-C clamp technique

79. As an EMT, you have arrived on scene to find a patient with a suspected overdose of painkillers. Which of the following findings would suggest opioid toxicity?
a. Pinpoint pupils
b. Extremely dilated pupils
c. Profound tachycardia
d. Flushed, hot skin
Answer: a. Pinpoint pupils

80. If an adult patient's airway is blocked completely by a foreign object, which of the following procedures should you perform?
a. Finger sweep
b. Abdominal thrusts
c. Rescue breathing
d. Back slaps
Answer: b. Abdominal thrusts

81. When approaching a scene of a motor vehicle accident at night, what lighting strategy should be employed to ensure safety and visibility?
a. Use only headlights to avoid blinding oncoming traffic
b. Use high beams to maximize visibility
c. Use emergency lights and headlights to illuminate the scene fully
d. Turn off all lights to approach secretly
Answer: c. Use emergency lights and headlights to illuminate the scene fully

82. How should an EMT assess a patient's pupils during the secondary assessment?
a. Size, equality, and reactivity to light
b. Change in color and shape
c. Pupil distance from one another
d. Ability to focus on close objects
Answer: a. Size, equality, and reactivity to light

83. You are treating a patient with a suspected stroke. Time is most important because:
a. Medications used to dissolve clots are most effective if given within 3 hours
b. Blood pressure usually peaks in less than an hour
c. Seizures are more likely to occur within the first hour
d. Stroke symptoms can spontaneously resolve in less than 2 hours
Answer: a. Medications used to dissolve clots are most effective if given within 3 hours

84. In a trauma patient with suspected internal bleeding, what signs and symptoms would you expect to find?
a. Decrease in heart rate and increase in blood pressure
b. Increase in heart rate and decrease in blood pressure
c. Hot, red skin and slow breathing

d. Cool, clammy skin and lethargy
Answer: b. Increase in heart rate and decrease in blood pressure

85. What is the most appropriate next step after delivering a shock with an AED?

- a. Check for a pulse
- b. Immediately deliver another shock
- c. Resume CPR
- d. Ventilate with a bag-valve mask

Answer: c. Resume CPR

86. When hyperventilating a patient with a bag-valve mask, what rate should you aim to maintain?

- a. 10-12 breaths per minute
- b. 20-24 breaths per minute
- c. 8-10 breaths per minute
- d. 12-20 breaths per minute

Answer: c. 8-10 breaths per minute

87. What is a common cause of syncope in adult patients?

- a. Hyperglycemia
- b. Over-inflation of the lungs
- c. Vagal response
- d. Profuse sweating

Answer: c. Vagal response

88. In cases of trauma, why is it important to maintain in-line stabilization of the cervical spine during airway management?

- a. To prevent hyperextension of the neck
- b. To prevent kinking of the trachea
- c. To prevent exacerbation of a potential spinal injury
- d. To provide a clear visual of the oropharynx

Answer: c. To prevent exacerbation of a potential spinal injury

89. What is a contraindication for the use of an oropharyngeal airway (OPA)?

- a. The patient is unconscious without a gag reflex
- b. The patient has clenched teeth
- c. The patient has a suspected basilar skull fracture
- d. The patient has copious secretions

Answer: b. The patient has clenched teeth

90. How should an infant be positioned to open the airway properly and ensure ventilation is effective?

- a. Supine with head elevated
- b. Prone with head to the side
- c. Neutral position with a rolled towel under the shoulders
- d. Flexed position with the neck extended

Answer: c. Neutral position with a rolled towel under the shoulders

91. When initiating CPR on an adult patient, what depth of chest compression is considered adequate?

- a. At least 1 inch (2.5 cm)
- b. At least 1.5 inches (4 cm)
- c. At least 2 inches (5 cm)
- d. At least 2.5 inches (6.5 cm)

Answer: c. At least 2 inches (5 cm)

92. *What is the primary goal of the “recovery position” for an unconscious but breathing patient?*
- To relieve pain
 - To facilitate CPR
 - To prevent airway obstruction
 - To control bleeding
- Answer: c. To prevent airway obstruction*
93. *In a patient with suspected flail chest, you are likely to observe which of the following?*
- Paradoxical chest movement
 - JVD with tracheal deviation
 - Equal chest rise and fall with breathing
 - Rapid resolution without intervention
- Answer: a. Paradoxical chest movement*
94. *A patient’s skin condition appears blue or gray. What term is used to describe this condition?*
- Pallor
 - Erythema
 - Cyanosis
 - Jaundice
- Answer: c. Cyanosis*
95. *When assessing circulation in a trauma patient, which finding would indicate the need for immediate intervention?*
- Heart rate of 90 bpm
 - Strong radial pulse
 - Bright red bleeding from a wound
 - Pale skin color
- Answer: c. Bright red bleeding from a wound*
96. *You arrive on scene to find a patient with burns to the face and singed nasal hair. What is your primary concern?*
- Cosmetic damage
 - Airway compromise
 - External bleeding
 - Pain management
- Answer: b. Airway compromise*
97. *When managing an occlusive dressing for a sucking chest wound, what should the EMT ensure?*
- The dressing is secured on all four sides
 - The dressing allows air to escape from the chest
 - The dressing is made of non-porous material
 - Both ‘b’ and ‘c’ are correct
- Answer: d. Both ‘b’ and ‘c’ are correct*
98. *What condition can result from the improper management of a patient’s airway following a severe head injury?*
- Hyperglycemia
 - Cushing’s triad
 - Tension pneumothorax
 - Hypoperfusion
- Answer: b. Cushing’s triad*
99. *A patient involved in a motor vehicle collision is presenting with stridor. What should this indicate to the EMT?*

- a. Lower airway injury
 - b. Gastric distention
 - c. Upper airway obstruction
 - d. Pleural effusion
- Answer:* c. Upper airway obstruction

100. *In a responsive patient with a suspected spinal injury, which technique should be used to open the airway?*

- a. Head tilt-chin lift
- b. Tongue-jaw lift
- c. Jaw-thrust without head extension
- d. Finger sweep

Answer: c. Jaw-thrust without head extension

101. *How should an EMT respond to a patient experiencing a syncopal episode?*

- a. Immediate transport in a sitting position
- b. Administer high-flow oxygen and prepare for transport
- c. Assess for spinal injuries and apply a cervical collar
- d. Perform a finger sweep to ensure the airway is clear

Answer: b. Administer high-flow oxygen and prepare for transport

102. *What is the most appropriate step in managing a patient with a nosebleed (epistaxis)?*

- a. Have the patient lean forward and pinch the nostrils
- b. Lay the patient flat and apply a cold pack to the forehead
- c. Insert a nasal airway to absorb the bleeding
- d. Tilt the patient's head backward to prevent blood from entering the throat

Answer: a. Have the patient lean forward and pinch the nostrils

103. *What is indicated by a triage tag marked "Red" in a mass casualty incident (MCI)?*

- a. The patient is deceased
- b. The patient requires immediate life-saving interventions
- c. The patient has minor injuries
- d. The patient can be delayed in receiving care

Answer: b. The patient requires immediate life-saving interventions

104. *The sound of gurgling when assessing a patient's airway indicates the presence of what?*

- a. Swelling of the airway tissues
- b. Fluids in the airway
- c. A foreign body obstruction
- d. Severely constricted air passages

Answer: b. Fluids in the airway

105. *In terms of scene safety, which of the following statements is correct?*

- a. The EMT's safety is secondary to patient care
- b. Scene safety is the responsibility of police, not EMTs
- c. EMTs should ensure scene safety before patient care begins
- d. Scene safety can be assumed if no apparent hazards exist

Answer: c. EMTs should ensure scene safety before patient care begins

106. *What is indicated by a systolic blood pressure of less than 90 mm Hg in an adult patient?*

- a. Normal blood pressure
- b. Hypotension
- c. Hypertension

d. An expected reading post-exertion

Answer: b. Hypotension

107. Which of the following best describes the purpose of the Glasgow Coma Scale (GCS)?

- a. To measure the blood glucose level of a patient
- b. To determine the severity of a traumatic brain injury
- c. To assess the patient's blood pressure
- d. To evaluate the patient's pupil response to light

Answer: b. To determine the severity of a traumatic brain injury

108. In the prehospital setting, what is the EMT's priority for a patient with a suspected pelvic fracture?

- a. Immediate transportation
- b. Application of a pelvic binder
- c. Assessment of neurological function
- d. Providing a patient with pain relief medication

Answer: b. Application of a pelvic binder

109. When should an EMT consider the use of a nasopharyngeal airway (NPA)?

- a. When the patient has a severe head injury
- b. When the patient is an infant under 1 year old
- c. When oropharyngeal airway (OPA) use is contraindicated due to a gag reflex
- d. When there is a suspected skull fracture

Answer: c. When oropharyngeal airway (OPA) use is contraindicated due to a gag reflex

110. What is the first step an EMT should take when confrontation arises from a patient's family member?

- a. Restrain the family member
- b. Call for law enforcement
- c. Attempt to de-escalate the situation verbally
- d. Physically move the patient away from the family member

Answer: c. Attempt to de-escalate the situation verbally

111. Which finding is consistent with a diagnosis of hyperglycemic hyperosmolar syndrome (HHS) in a diabetic patient?

- a. Rapid onset of symptoms
- b. Blood glucose levels >600 mg/dL without significant ketosis
- c. Fruity odor on the breath
- d. Blood glucose levels <70 mg/dL

Answer: b. Blood glucose levels >600 mg/dL without significant ketosis

112. A patient with a history of congestive heart failure (CHF) complains of difficulty breathing and swollen lower extremities. Which position should you consider placing this patient in during transport?

- a. Supine
- b. Prone
- c. Fowler's or semi-Fowler's
- d. Trendelenburg

Answer: c. Fowler's or semi-Fowler's

113. When performing a blood glucose test, what minimum volume of blood sample is generally necessary?

- a. 0.3 microliters
- b. 0.5 microliters

- c. 1 microliter
 - d. Additionally specified by the glucometer manufacturer
- Answer:* d. Additionally specified by the glucometer manufacturer

114. *During your assessment of a 45-year-old male with chest pain, he suddenly becomes unresponsive. What is your best immediate action?*

- a. Begin rescue breathing
- b. Apply high-concentration oxygen
- c. Verify the absence of a pulse and start CPR if necessary
- d. Prepare for immediate transport

Answer: c. Verify the absence of a pulse and start CPR if necessary

115. *A patient with a suspected basilar skull fracture should not have which of the following airway devices inserted?*

- a. Oropharyngeal airway (OPA)
- b. Nasopharyngeal airway (NPA)
- c. Supraglottic airway
- d. Endotracheal tube

Answer: b. Nasopharyngeal airway (NPA)

116. *When a patient suffers a steam burn, what is the primary danger beyond the thermal injury?*

- a. Immediate hypothermia risk
- b. Introduction of toxic chemicals into the bloodstream
- c. Airway obstruction due to inhaled steam
- d. Electrical injury due to steam conductivity

Answer: c. Airway obstruction due to inhaled steam

117. *Which of the following conditions could lead to obstructive shock?*

- a. Cardiac tamponade
- b. Hemorrhage
- c. Dehydration
- d. Insulin overdose

Answer: a. Cardiac tamponade

118. *An EMT is assessing a patient with significant facial trauma; the patient is showing signs of airway obstruction due to blood and debris. What is the most suitable airway management technique?*

- a. Wait for advanced life support (ALS) for intubation
- b. Perform back blows and chest thrusts
- c. Use suction to clear the airway
- d. Immediately begin positive pressure ventilations

Answer: c. Use suction to clear the airway

119. *What is the term for an allergic reaction that is not localized to one part of the body but rather affects multiple systems, often including airway and hemodynamic stability?*

- a. Angioedema
- b. Urticaria
- c. Anaphylaxis
- d. Dermatitis

Answer: c. Anaphylaxis

120. *A patient is displaying signs and symptoms of shock including tachycardia, low blood pressure, and altered mental status. Which of the following forms of shock should be suspected in the absence of bleeding?*

- a. Hypovolemic
 - b. Cardiogenic
 - c. Neurogenic
 - d. Septic
- Answer:* d. Septic

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1. *Which of the following is the most appropriate first step when approaching the scene of an emergency?*
 - a. Begin transporting the patient immediately
 - b. Secure the scene to ensure safety for all
 - c. Start providing care to the patient from a distance
 - d. Call for additional resources right away

Answer: b. Secure the scene to ensure safety for all

2. *What is the main purpose of the chain of survival?*
 - a. To document patient care
 - b. To defend against liability issues
 - c. To maximize the chances of survival after a cardiac arrest
 - d. To establish a hierarchy of command on the scene of an incident

Answer: c. To maximize the chances of survival after a cardiac arrest

3. *What is the correct compression-to-ventilation ratio for adult CPR as recommended by the AHA?*
 - a. 15:2
 - b. 5:1
 - c. 30:2
 - d. 10:2

Answer: c. 30:2

4. *Which of these vital signs is NOT typically assessed by EMTs?*
 - a. Blood glucose levels
 - b. Respiration rate
 - c. Skin color and temperature
 - d. Pupil reactivity

Answer: a. Blood glucose levels

5. *What is the most common cause of airway obstruction in an unconscious patient?*
 - a. Vomiting
 - b. The tongue
 - c. Blood clots
 - d. Foreign objects

Answer: b. The tongue

6. *When applying oxygen therapy, which device provides a high concentration of oxygen to a breathing patient?*
 - a. Nasal cannula
 - b. Non-rebreather mask
 - c. Bag-valve mask (BVM)
 - d. Simple face mask

Answer: b. Non-rebreather mask

7. The *SAMPLE* history is used to gather information about a patient. What does the *P* in *SAMPLE* stand for?
- Prognosis
 - Pain
 - Previous medical history
 - Prescription medications
- Answer:* c. Previous medical history
8. Which type of shock is caused by a severe allergic reaction?
- Hypovolemic shock
 - Neurogenic shock
 - Cardiogenic shock
 - Anaphylactic shock
- Answer:* d. Anaphylactic shock
9. What is the best method to control external bleeding?
- Apply a tourniquet immediately
 - Elevate the wound above the heart
 - Apply indirect pressure
 - Apply direct pressure and use bandages
- Answer:* d. Apply direct pressure and use bandages
10. In the context of trauma, what does the mnemonic “*DCAP-BTLS*” stand for?
- Deformities, Contusions, Amputations, Punctures/Burns, Tenderness, Lacerations, Swelling
 - Distention, Contractions, Aneurysms, Pulsations/Bruising, Turgor, Lesions, Stiffness
 - Discoloration, Cuts, Abrasions, Penetrations/Bleeding, Tenderness, Lesions, Sagging
 - Dislocations, Cramps, Asphyxia, Palpitations/Burns, Tension, Ligature marks, Strains
- Answer:* a. Deformities, Contusions, Amputations, Punctures/Burns, Tenderness, Lacerations, Swelling
11. Which piece of equipment should be used to suction the oropharynx of an adult patient?
- A rigid pharyngeal tip catheter
 - A soft suction catheter
 - A bulb syringe
 - A Yankauer suction tip
- Answer:* d. A Yankauer suction tip
12. What does the mnemonic *AVPU* stand for in assessing a patient’s level of responsiveness?
- Alert, Voice, Pain, Unconscious
 - Awake, Verbal, Palpate, Unresponsive
 - Alert, Verbal, Painful stimuli, Unresponsive
 - Attention, Vision, Palpate, Unconscious
- Answer:* c. Alert, Verbal, Painful stimuli, Unresponsive
13. What is the most preferred method for an EMT to gain access to a patient in a vehicle collision?
- Use ALS techniques to enter the vehicle
 - Have firefighters cut the vehicle to access the patient
 - Allow law enforcement to break the window and unlock the door
 - Use the door or window that offers the least resistance and damage
- Answer:* d. Use the door or window that offers the least resistance and damage
14. For which of the following conditions is the application of cold packs most appropriate?
- Stroke
 - Sprains and strains

- c. Hyperglycemia
 - d. Heat exhaustion
- Answer:* b. Sprains and strains

15. *In a trauma patient with a suspected spinal injury, which of the following methods should be used to open the airway?*
- a. Head tilt-chin lift maneuver
 - b. Jaw-thrust maneuver without head extension
 - c. Blind finger sweep
 - d. Hyperextension of the neck
- Answer:* b. Jaw-thrust maneuver without head extension

Please note that the information presented is reflective of guidelines and practices that were current at the time of the knowledge cutoff. All readers and exam takers should verify that they are using the most up-to-date information and protocols for their studies and practice.

16. *Which of the following is an indication for the administration of activated charcoal in a patient with poisoning?*
- a. The patient ingested a corrosive substance
 - b. The patient has a decreased level of consciousness
 - c. The poison was ingested within the last hour
 - d. The patient has respiratory distress
- Answer:* c. The poison was ingested within the last hour

17. *According to the START triage system, which color tag is assigned to patients who are deceased?*
- a. Red
 - b. Yellow
 - c. Green
 - d. Black
- Answer:* d. Black

18. *Which of the following patients should be considered a priority for spinal immobilization?*
- a. A patient who fell from a height of three feet with no back pain
 - b. A patient with abdominal pain after a motor vehicle collision
 - c. A patient with tingling in the extremities after a diving accident
 - d. A patient with a headache after a minor fall with no loss of consciousness
- Answer:* c. A patient with tingling in the extremities after a diving accident

19. *What is the recommended treatment for a patient experiencing chest pain with a history of cardiac problems?*
- a. High-concentration oxygen, nitroglycerin, and transport
 - b. Oral glucose and immediate transport
 - c. Cold compress to the chest and rapid transport
 - d. Full spinal immobilization and transport
- Answer:* a. High-concentration oxygen, nitroglycerin, and transport

20. *When obtaining a history from a patient, which of the following questions would be least beneficial?*
- a. "When did the symptoms start?"
 - b. "What were you doing when the symptoms began?"
 - c. "How would you rate your pain on a scale of 1 to 10?"
 - d. "What is your neighbor's phone number?"
- Answer:* d. "What is your neighbor's phone number?"

21. *What is the first step in managing a patient with a suspected stroke?*
- Transport immediately without assessment
 - Complete a thorough physical examination
 - Assess the airway, breathing, and circulation
 - Arrange for an airlift to a stroke center
- Answer:* c. Assess the airway, breathing, and circulation
22. *Pediatric patients can decompensate rapidly. Which sign should raise immediate concern?*
- A cough
 - A rapid, thready pulse
 - A fever of 100.4°F (38°C)
 - Crying without tears
- Answer:* b. A rapid, thready pulse
23. *What should an EMT do immediately after delivering a baby?*
- Check the baby's ID tags
 - Begin CPR on the newborn
 - Clamp and cut the umbilical cord
 - Dry, warm, and stimulate the baby
- Answer:* d. Dry, warm, and stimulate the baby
24. *When providing ventilations with a bag-valve mask (BVM), what is the correct rate for an adult?*
- 5-6 ventilations per minute
 - 10-12 ventilations per minute
 - 20-24 ventilations per minute
 - 30-35 ventilations per minute
- Answer:* b. 10-12 ventilations per minute
25. *In the case of a limb-threatening injury with severe bleeding which cannot be controlled by direct pressure, what is the next best step?*
- Elevate the injured limb
 - Apply a tourniquet proximal to the bleeding site
 - Wrap the limb with an elastic bandage
 - Immediately transport the patient without further intervention
- Answer:* b. Apply a tourniquet proximal to the bleeding site
26. *How should an EMT check for responsiveness in an infant patient?*
- Shaking the infant gently
 - Tapping the bottom of the foot
 - Yelling loudly into the infant's ear
 - A sternal rub
- Answer:* b. Tapping the bottom of the foot
27. *What is the purpose of the incident command system (ICS)?*
- To arrange for transport of multiple patients
 - To coordinate personnel and resources during multi-agency incidents
 - To provide additional training for EMTs on scene
 - To dispatch additional ambulances to the incident
- Answer:* b. To coordinate personnel and resources during multi-agency incidents
28. *When can an EMT legally release confidential patient information?*
- When the media requests it for a public-interest story
 - When the patient's family asks for an update on their condition
 - When the police question the EMT about a crime

d. When transferring care to other healthcare professionals
Answer: d. When transferring care to other healthcare professionals

29. *What is the correct sequence of steps when using an AED?*

- a. Power on, attach pads, analyze rhythm, deliver shock if needed
- b. Attach pads, power on, analyze rhythm, perform CPR
- c. Analyze rhythm, power on, attach pads, deliver shock if needed
- d. Deliver shock if needed, attach pads, power on, analyze rhythm

Answer: a. Power on, attach pads, analyze rhythm, deliver shock if needed

30. *Which of the following best describes the term “capillary refill” in the context of an EMT assessment?*

- a. The time it takes for a patient’s blood pressure to return to normal
- b. The time it takes for the color to return to a blanched (white) nail bed after pressure is released
- c. The rate at which a patient’s capillaries expand and contract
- d. The ability of the skin to return to its original state after being pinched

Answer: b. The time it takes for the color to return to a blanched (white) nail bed after pressure is released

31. *How many post-resuscitation breaths per minute should be delivered to an adult patient after return of spontaneous circulation (ROSC)?*

- a. 5-6 breaths
- b. 10-12 breaths
- c. 16-20 breaths
- d. 24-35 breaths

Answer: b. 10-12 breaths

32. *When assessing a patient with suspected hypoglycemia, which of the following is the most immediate action?*

- a. Administer oral glucose
- b. Obtain a blood glucose reading
- c. Provide high-flow oxygen
- d. Begin chest compressions

Answer: b. Obtain a blood glucose reading

33. *Which of the following is considered a late sign of hypoxia?*

- a. Tachycardia
- b. Restlessness
- c. Cyanosis
- d. Sweating

Answer: c. Cyanosis

34. *In the pediatric assessment triangle (PAT), what does the appearance of “grunting” indicate?*

- a. Increased intracranial pressure
- b. Work of breathing
- c. Adequate air exchange
- d. Cardiac distress

Answer: b. Work of breathing

35. *What is the goal systolic blood pressure for a patient with suspected traumatic brain injury (TBI) who is showing signs of shock?*

- a. At least 90 mmHg
- b. At least 100 mmHg
- c. At least 110 mmHg

d. At least 120 mmHg
Answer: c. At least 110 mmHg

36. *In relation to emergency childbirth, when should the umbilical cord be clamped and cut?*

- a. Immediately after the baby is delivered
- b. After the cord stops pulsating
- c. Before the delivery of the placenta
- d. Only if the cord is wrapped around the baby's neck

Answer: b. After the cord stops pulsating

37. *In a mass casualty incident, which patient should be tagged as "immediate" using the START triage system?*

- a. A patient with no respiratory effort after positioning the airway
- b. A patient with a radial pulse and rapid breathing
- c. A patient who obeys commands and can walk
- d. A patient with a respiratory rate of less than 30 per minute

Answer: b. A patient with a radial pulse and rapid breathing

38. *Which of the following medications is typically administered by an EMT via the intranasal route?*

- a. Aspirin
- b. Naloxone
- c. Nitroglycerin
- d. Ipratropium

Answer: b. Naloxone

39. *What is the primary reason for applying a traction splint on a patient with a suspected femoral fracture?*

- a. To reduce pain and bleeding
- b. To realign the spine
- c. To immobilize the cervical spine
- d. To ease transportation of the patient

Answer: a. To reduce pain and bleeding

40. *Which of the following best characterizes a flail chest?*

- a. A section of the chest wall moves opposite to the rest of the chest during respiration
- b. There is a sucking chest wound that causes a fluttering sound
- c. The chest has a single rib fracture on one side
- d. Multiple rib fractures on both sides of the chest without paradoxical motion

Answer: a. A section of the chest wall moves opposite to the rest of the chest during respiration

41. *What is the first step in the OPQRST mnemonic used by EMTs to assess pain?*

- a. Obtain the patient's vitals
- b. Ask the patient about the onset of the pain
- c. Determine the provocation or palliation of pain
- d. Evaluate the quality of the pain

Answer: b. Ask the patient about the onset of the pain

42. *When treating a patient who presents with epistaxis (nosebleed), what is the recommended position for the patient?*

- a. Supine with head elevated
- b. Sitting, leaning forward
- c. Prone with head turned to the side
- d. Fowler's position

Answer: b. Sitting, leaning forward

43. *If you suspect a patient has ingested a poisonous substance, what piece of information is most important to obtain first?*
- The patient's known allergies
 - The time of the poison ingestion
 - The quantity of the substance ingested
 - The substance that was ingested
- Answer: d. The substance that was ingested*
44. *What is the proper term for a nosebleed?*
- Rhinorrhea
 - Epistaxis
 - Cyanosis
 - Hemoptysis
- Answer: b. Epistaxis*
45. *When performing the jaw-thrust maneuver on a trauma patient with a suspected spinal injury, it is important to:*
- Tilt the head back to align the airway
 - Move the jaw forward without moving the neck
 - Lift the chin while holding the forehead stationary
 - Apply pressure to the patient's incisors to pry the mouth open
- Answer: b. Move the jaw forward without moving the neck*
46. *What is the most appropriate destination facility for a patient exhibiting signs of an acute stroke?*
- The nearest urgent care center
 - A primary care physician's office
 - A stroke center or facility with neurology services
 - The closest community hospital
- Answer: c. A stroke center or facility with neurology services*
47. *When assessing a patient with a potential fracture to an extremity, what should an EMT check first?*
- Pulse distal to the injury
 - Immediate immobilization of the limb
 - Application of heat to reduce swelling
 - Elevation of the limb
- Answer: a. Pulse distal to the injury*
48. *In a conscious patient with a partial airway obstruction, what is the appropriate intervention?*
- Encourage the patient to cough and monitor the airway status
 - Deliver back blows and abdominal thrusts immediately
 - Perform a finger sweep of the mouth
 - Prepare to perform an advanced airway maneuver
- Answer: a. Encourage the patient to cough and monitor the airway status*
49. *How often should an EMT reassess a stable patient during transport?*
- Every 5 minutes
 - Every 10 minutes
 - Every 15 minutes
 - As patient conditions dictate
- Answer: c. Every 15 minutes*
50. *What is an appropriate response if a patient with suspected spine injury complains of numbness and tingling in their extremities?*

- a. Have the patient attempt to move their extremities to assess the extent of the injury
 - b. Administer pain medication as authorized
 - c. Immobilize the spine, document findings, and provide rapid transport
 - d. Reassure the patient that this is a normal response to stress
- Answer:* c. Immobilize the spine, document findings, and provide rapid transport

51. *An unresponsive, apneic, and pulseless patient is found; an EMT should immediately begin:*

- a. Ventilations with a pocket mask
- b. Chest compressions
- c. Full spinal immobilization
- d. Transport to the nearest hospital

Answer: b. Chest compressions

52. *Which of the following is a contraindication for the use of Nitroglycerin in chest pain patients?*

- a. Hypertension
- b. Erectile dysfunction medication use within 24-48 hours
- c. History of prior heart attack
- d. The presence of a pacemaker

Answer: b. Erectile dysfunction medication use within 24-48 hours

53. *What technique should be used to ventilate a patient with severe burns around the mouth and nose?*

- a. Mouth-to-mouth ventilation
- b. Mouth-to-nose ventilation, if the mouth is not available
- c. Bag-valve mask with high-flow oxygen
- d. Immediate endotracheal intubation

Answer: c. Bag-valve mask with high-flow oxygen

54. *In the context of splinting, why is it important to immobilize the joints above and below a fracture site?*

- a. To minimize pain during transport
- b. To ensure proper alignment of the limb
- c. To reduce the risk of further injury to the fracture site
- d. To allow for possible swelling

Answer: c. To reduce the risk of further injury to the fracture site

55. *What is a primary concern when managing a patient with a tracheostomy who is in respiratory distress?*

- a. Suctioning the airway to ensure patency
- b. Prescribing antibiotics for possible infection
- c. Covering the tracheostomy site with a dry dressing
- d. Administering nebulized medication treatments

Answer: a. Suctioning the airway to ensure patency

56. *When treating a patient with suspected hypothermia, EMTs should avoid:*

- a. Active rewarming techniques
- b. Removing wet clothing from the patient
- c. Rough handling and excessive movement of the patient
- d. Administering warm oral fluids

Answer: c. Rough handling and excessive movement of the patient

57. *What is the priority action for a patient presenting with a sudden onset of slurred speech and one-sided facial droop?*

- a. Perform a stroke scale assessment and prepare for rapid transport
- b. Administer aspirin if the patient is not allergic

- c. Immediately start CPR as this indicates cardiac arrest
 - d. Wait for a few minutes to see if the symptoms resolve on their own
- Answer:* a. Perform a stroke scale assessment and prepare for rapid transport

58. Which assessment finding warrants immediate intervention in a patient with a suspected head injury?

- a. Scalp laceration with minor bleeding
- b. A Glasgow Coma Scale (GCS) score of 14
- c. Unequal pupil size
- d. Complaint of a headache

Answer: c. Unequal pupil size

59. For a patient with an inhalation injury from a fire, what is the greatest concern?

- a. Burns to the face and neck
- b. Carbon monoxide poisoning
- c. The potential for fluid resuscitation
- d. The presence of stridor or hoarse voice

Answer: b. Carbon monoxide poisoning

60. During childbirth, if the baby's head is delivered and the umbilical cord is wrapped around the neck, what should be done first?

- a. Cut the cord immediately
 - b. Attempt to slip the cord gently over the baby's head
 - c. Leave the cord alone and continue with delivery
 - d. Clamp the cord and wait for advanced life support
- Answer:* b. Attempt to slip the cord gently over the baby's head

61. What is the initial care step for a patient with a thermal burn?

- a. Apply ice to the burned area to relieve pain
 - b. Cover the burn with a sterile, non-adhesive dressing
 - c. Immerse the burned area in warm water
 - d. Break blisters to release fluid and relieve pressure
- Answer:* b. Cover the burn with a sterile, non-adhesive dressing

62. Which of the following findings in a chest pain patient would be the most concerning?

- a. Heart rate of 76 beats per minute
- b. Blood pressure of 130/80 mmHg
- c. Respiratory rate of 18 breaths per minute
- d. Skin that is cool, pale, and diaphoretic

Answer: d. Skin that is cool, pale, and diaphoretic

63. When should the recovery position be used on a patient?

- a. For patients with a suspected neck injury
- b. When the patient is in cardiac arrest
- c. For an unconscious patient who is breathing adequately and without injury
- d. In all trauma patients to maintain spinal alignment

Answer: c. For an unconscious patient who is breathing adequately and without injury

64. What does the term "BLS" stand for in the context of EMT care?

- a. Basic Lifesaving Solutions
 - b. Basic Life Support
 - c. Basic Lesion Stabilization
 - d. Basic Liability Services
- Answer:* b. Basic Life Support

65. *What is the recommended depth of chest compressions for an adult during CPR?*
a. At least 1 inch (2.5 cm)
b. At least 2 inches (5 cm)
c. At least 3 inches (7.5 cm)
d. At least 4 inches (10 cm)
Answer: b. At least 2 inches (5 cm)
66. *Which of the following signs is commonly associated with a tension pneumothorax?*
a. Slow heart rate
b. Hyperresonance on chest percussion
c. A low-pitched wheezing on inspiration
d. Jugular vein distention
Answer: d. Jugular vein distention
67. *When is it appropriate for an EMT to use a tourniquet?*
a. When there is a minor bleed from an extremity
b. When there is a nosebleed that is not responding to direct pressure
c. When there is severe bleeding from an extremity that cannot be controlled with direct pressure
d. For all open wound injuries on extremities
Answer: c. When there is severe bleeding from an extremity that cannot be controlled with direct pressure
68. *In the primary survey of a trauma patient, what does the 'C' in the ABCDEs stand for?*
a. Circulation
b. Compression
c. Cervical spine protection
d. Consciousness
Answer: a. Circulation
69. *What is the most appropriate initial treatment for a patient experiencing an asthma attack?*
a. Administration of Nitroglycerin
b. Assisted ventilations with a BVM
c. Administration of a beta agonist inhaler (e.g., albuterol)
d. Oral administration of antihistamines
Answer: c. Administration of a beta agonist inhaler (e.g., albuterol)
70. *What should an EMT do if they encounter a patient with agonal respirations?*
a. Provide supplemental oxygen and monitor the patient
b. Start immediate transport to the hospital with no interventions
c. Begin artificial ventilations with a bag-valve mask
d. Encourage the patient to take deep breaths and cough
Answer: c. Begin artificial ventilations with a bag-valve mask
71. *How should an EMT classify a burn that involves the entire thickness of the skin and may include subcutaneous tissues?*
a. Superficial burn
b. Partial thickness burn
c. Full thickness burn
d. First-degree burn
Answer: c. Full thickness burn
72. *Which of the following best defines the term "crepitus"?*
a. The bubbling sound of fluid in the airway
b. A high-pitched whistling sound on inspiration

- c. The grating sound or feeling of broken bones rubbing together
 - d. The sound of a heart murmur through a stethoscope
- Answer:* c. The grating sound or feeling of broken bones rubbing together

73. *What should NOT be included when obtaining a patient's past medical history?*

- a. Current medications
- b. Previous surgical procedures
- c. Family medical history
- d. The patient's financial information

Answer: d. The patient's financial information

74. *Upon arriving on a scene with multiple patients, what is the first action an EMT should take?*

- a. Begin triage starting with the most severely injured patients
- b. Establish a command structure
- c. Provide immediate life-saving interventions
- d. Call for additional resources

Answer: b. Establish a command structure

75. *Which of the following would be an expected finding in a patient suffering from anaphylaxis?*

- a. Pinpoint pupils
- b. Localized itching and redness only
- c. Progressive shortness of breath
- d. Cough with frothy sputum

Answer: c. Progressive shortness of breath

76. *How should an EMT assess the ventilation rate in a patient?*

- a. By checking the patient's blood pressure
- b. By counting the number of respirations per minute
- c. By measuring the oxygen saturation with a pulse oximeter
- d. By evaluating the level of consciousness

Answer: b. By counting the number of respirations per minute

77. *When approaching a patient with a possible spinal injury, what should be your first concern?*

- a. Immediate transport to the hospital
- b. Manual stabilization of the spine
- c. Assessing for airway obstruction
- d. Checking for consciousness

Answer: b. Manual stabilization of the spine

78. *What is the appropriate action for an EMT when encountering a patient who has fainted (syncope)?*

- a. Perform a rapid trauma assessment
- b. Apply oxygen at 15 liters per minute via non-rebreather mask
- c. Position the patient supine and elevate the legs
- d. Provide small sips of water if the patient is thirsty

Answer: c. Position the patient supine and elevate the legs

79. *What is the maximum time interval for reassessing a critically injured patient?*

- a. Every 15 minutes
- b. Every 5 minutes
- c. Every 30 minutes
- d. Every 10 minutes

Answer: b. Every 5 minutes

80. How should an EMT manage a patient with a suspected open pneumothorax (sucking chest wound)?

- a. Seal the wound with an occlusive dressing taped on three sides
 - b. Apply direct pressure to the wound
 - c. Administer high-flow oxygen via nasal cannula
 - d. Encourage deep breaths to prevent lung collapse
- Answer: a. Seal the wound with an occlusive dressing taped on three sides

81. What is the most critical piece of information to gather from bystanders when treating a patient who is unconscious and has no visible injuries?

- a. The patient's name and age
 - b. Medications the patient may be taking
 - c. The events leading up to the patient's current state
 - d. Whether the patient has health insurance
- Answer: c. The events leading up to the patient's current state

82. When providing cardiopulmonary resuscitation (CPR) to an adult, at what rate should the chest compressions be given?

- a. 80-100 compressions per minute
 - b. 100-120 compressions per minute
 - c. 60-80 compressions per minute
 - d. 120-140 compressions per minute
- Answer: b. 100-120 compressions per minute

83. Which condition is considered a contraindication for the administration of aspirin to a chest pain patient?

- a. Hypertension
 - b. History of stroke
 - c. Known allergy to aspirin
 - d. Patient is currently taking beta-blockers
- Answer: c. Known allergy to aspirin

84. When encountering a patient with slurred speech, confusion, and weakness on one side of the body, you should suspect:

- a. Hypoglycemia
 - b. A transient ischemic attack (TIA) or stroke
 - c. Intoxication
 - d. Bell's palsy
- Answer: b. A transient ischemic attack (TIA) or stroke

85. How would you assess a patient for orthostatic hypotension?

- a. Take blood pressure readings at different times of the day
 - b. Take blood pressure and pulse readings while lying, sitting, and standing
 - c. Assess for a carotid pulse while the patient is in a supine position
 - d. Monitor the patient's blood pressure continuously for 10 minutes
- Answer: b. Take blood pressure and pulse readings while lying, sitting, and standing

86. For a patient with a suspected overdose, the EMT should prepare to administer:

- a. Oral glucose
 - b. Naloxone (Narcan®)
 - c. Activated charcoal
 - d. Aspirin
- Answer: b. Naloxone (Narcan®)

87. *In the case of a suspected extremity fracture, what should the EMT assess distal to the injury?*
- Pulse, Motor function, and Sensation (PMS)
 - Range of motion
 - Muscle strength
 - Skin color and temperature alone
- Answer:* a. Pulse, Motor function, and Sensation (PMS)
88. *What is an EMT's first priority upon arrival at a potential hazardous materials (HazMat) incident?*
- Begin immediate decontamination of patients
 - Ensure personal safety by staying in the safe zone and sizing up the scene
 - Enter the hot zone to rescue patients
 - Start treating patients from the immediate danger area
- Answer:* b. Ensure personal safety by staying in the safe zone and sizing up the scene
89. *What type of consent is needed when treating a mentally competent adult?*
- Implied consent
 - Minor consent
 - Involuntary consent
 - Expressed consent
- Answer:* d. Expressed consent
90. *A patient with difficulty breathing and a 'tripod' position is likely experiencing:*
- Heart attack
 - Stroke
 - Asthma attack or COPD exacerbation
 - Appendicitis
- Answer:* c. Asthma attack or COPD exacerbation
91. *When performing CPR, why is it important to allow complete chest recoil after each compression?*
- To allow for the heart to refill with blood between compressions
 - To prevent rib fractures during CPR
 - To reduce the risk of delivering ventilations too quickly
 - To minimize the duration of CPR
- Answer:* a. To allow for the heart to refill with blood between compressions
92. *During the secondary assessment, what does the 'E' in SAMPLE history stand for?*
- Events leading up to the illness or injury
 - Elevation of the injury
 - Examination
 - Every medication used by the patient
- Answer:* a. Events leading up to the illness or injury
93. *Which of the following best describes the process of palpating a patient's radial pulse?*
- Placing the tips of your fingers over the patient's wrist on the side closest to the thumb
 - Applying firm pressure on the patient's neck, just next to the Adam's apple
 - Feeling for the beat of the heart by placing your hand over the patient's chest
 - Observing the patient's chest rise and fall to assess their respiratory rate
- Answer:* a. Placing the tips of your fingers over the patient's wrist on the side closest to the thumb
94. *What should an EMT check for during a rapid trauma assessment?*
- Mental status only
 - Blood pressure and heart rate
 - Systemic thorough head-to-toe check for injuries

d. Airway patency and breathing only
Answer: c. Systemic thorough head-to-toe check for injuries

95. *Which of the following medications can be administered by an EMT to a patient suffering from acute asthma?*

- a. Albuterol via metered-dose inhaler (MDI) or nebulizer
- b. Ibuprofen for inflammation reduction
- c. Oral corticosteroids for immediate relief
- d. Intravenous antibiotics

Answer: a. Albuterol via metered-dose inhaler (MDI) or nebulizer

96. *What is the purpose of using the “PASTE” mnemonic when assessing a patient with respiratory distress?*

- a. To evaluate the potential for spinal injury
- b. To facilitate a detailed secondary physical examination
- c. To organize the assessment of a patient’s pain symptoms
- d. To assess the quality of the patient’s respirations and possible causes

Answer: d. To assess the quality of the patient’s respirations and possible causes

97. *For a patient with a serious bleeding wound on the arm, what is the most effective method to control bleeding?*

- a. Application of a tourniquet
- b. Direct pressure to the wound
- c. Elevation of the arm above heart level
- d. Covering the wound with a sterile dressing and bandage

Answer: b. Direct pressure to the wound

98. *What does the “G” stand for in the GCS (Glasgow Coma Scale)?*

- a. General condition
- b. Gaze
- c. Gestation
- d. Glasgow

Answer: d. Glasgow

99. *In case of a chemical burn to the eye, what is the most crucial first step?*

- a. Close the eye to prevent further contamination
- b. Apply a sterile, dry dressing to the eye
- c. Begin immediate irrigation with copious amounts of water
- d. Administer an antidote specific to the chemical involved

Answer: c. Begin immediate irrigation with copious amounts of water

100. *You arrive at a scene where a patient has fainted and is beginning to regain consciousness. What position should you place this patient in?*

- a. Supine with legs elevated
- b. Seated upright
- c. Recovery position on their side
- d. Prone with the head turned to one side

Answer: a. Supine with legs elevated

101. *When determining the priority of patient care and transport, which of the following factors should be considered?*

- a. The patient’s insurance provider
- b. Time of day and traffic conditions
- c. Severity of the patient’s condition and potential for deterioration

d. Distance to the nearest hospital

Answer: c. Severity of the patient's condition and potential for deterioration

102. Which of the following is the correct depth of chest compressions for a child during CPR?

a. At least 2 inches (5 cm)

b. About 1.5 inches (4 cm)

c. At least one third the depth of the chest, approximately 1.5 to 2 inches (4 to 5 cm)

d. At least one third the depth of the chest, about 2 to 2.4 inches (5 to 6 cm)

Answer: c. At least one third the depth of the chest, approximately 1.5 to 2 inches (4 to 5 cm)

103. What is an important aspect of scene safety for an EMT at the site of a motor vehicle accident?

a. Moving the patient's vehicle to the side of the road

b. Ensuring traffic control is in place to protect responders and patients

c. Collecting evidence for law enforcement

d. Directing bystanders to leave the scene immediately

Answer: b. Ensuring traffic control is in place to protect responders and patients

104. A patient with a suspected tension pneumothorax is experiencing increasing difficulty breathing and hypotension. What is the most appropriate intervention by the EMT?

a. Administration of high-flow oxygen and immediate transport

b. Performing needle decompression on the affected side

c. Application of a chest seal to the suspected injury site

d. Initiating positive pressure ventilation with a BVM

Answer: a. Administration of high-flow oxygen and immediate transport

105. In a patient with a suspected myocardial infarction (heart attack), what is one of the medications that EMTs may be authorized to administer, if protocols allow?

a. Oral glucose

b. Aspirin

c. Epinephrine

d. Atropine

Answer: b. Aspirin

106. What is the primary goal of a primary assessment?

a. To gather the patient's medical history

b. To perform a detailed physical examination

c. To identify and manage all life-threatening conditions

d. To decide the destination hospital

Answer: c. To identify and manage all life-threatening conditions

107. When performing a secondary assessment on a patient, what does the "M" in the SAMPLE history stand for?

a. Medications

b. Mental Status

c. Mobility of extremities

d. Myocardial infarction

Answer: a. Medications

108. Which of the following tools is used to measure blood glucose levels?

a. Glucometer

b. Sphygmomanometer

c. Pulse oximeter

d. Stethoscope

Answer: a. Glucometer

109. What is the most appropriate first action for an EMT when encountering a downed electrical wire?
- Attempt to move the wire with a non-conductive object
 - Immediately begin patient care
 - Secure the area and wait for the utility company
 - Use personal protective equipment to isolate the patient
- Answer: c. Secure the area and wait for the utility company
110. Which of the following conditions would most likely lead to hypoperfusion (shock)?
- Hypertension
 - Tachycardia
 - Hemorrhage
 - Fever
- Answer: c. Hemorrhage
111. In the presence of a potentially spinal-injured patient, which device is used to immobilize the cervical spine?
- KED (Kendrick Extrication Device)
 - Long backboard
 - Cervical collar
 - Scoop stretcher
- Answer: c. Cervical collar
112. A patient presents with a stabbing wound to the chest. What type of dressing should be applied?
- Adhesive bandage
 - Gauze pad
 - Occlusive dressing
 - Tourniquet
- Answer: c. Occlusive dressing
113. When should the EMT reassess a patient's vital signs after administering a medication?
- Immediately before giving the medication
 - Five minutes after administering medication
 - Only if the patient's condition appears to deteriorate
 - At the time of the post-medication administration assessment
- Answer: b. Five minutes after administering medication
114. What is the best position to transport a patient in shock?
- Prone
 - Left lateral recumbent
 - Supine with legs elevated
 - Sitting upright
- Answer: c. Supine with legs elevated
115. For an EMT, what is the primary reason for completing a thorough pre-hospital care report (PCR)?
- Legal documentation
 - Personal memory aid
 - Facilitating hospital billing
 - Communication of patient information to hospital staff
- Answer: a. Legal documentation
116. What does the use of the "PEARL" mnemonic help an EMT to assess?
- Lung sounds

- b. Quality of respirations
 - c. Skin condition
 - d. Pupillary reaction
- Answer:* d. Pupillary reaction

117. Which of the following is a benefit of using the “head-tilt chin-lift” maneuver?
- a. It immobilizes the cervical spine
 - b. It opens the airway in an unconscious patient without suspected spinal injury
 - c. It is used to clear vomit from the patient’s airway
 - d. It enables better visualization for insertion of an oropharyngeal airway
- Answer:* b. It opens the airway in an unconscious patient without suspected spinal injury

118. EMTs arrive at a scene where a patient is suffering from severe abdominal pain. What mnemonic can be used to remember the correct order of assessment?
- a. PQRST
 - b. SAMPLE
 - c. OPQRST
 - d. ABCDE
- Answer:* c. OPQRST

119. What is a common sign of a tension pneumothorax in a patient with chest trauma?
- a. Paradoxical movement
 - b. A sucking sound at the wound site
 - c. Tracheal deviation
 - d. Pink frothy sputum
- Answer:* c. Tracheal deviation

120. In which situation would an EMT perform a “load and go” rapid transport to the hospital?
- a. A patient with minor abrasions and contusions
 - b. A patient with a stable fracture of the forearm
 - c. A patient in active labor with no complications
 - d. A patient with signs and symptoms of a stroke
- Answer:* d. A patient with signs and symptoms of a stroke

8.3. Chapter 8: Comprehensive Practice Exams and Answers | Conclusion and Summary

As we approach the concluding sections of Chapter 8, we summarize the core objectives fulfilled by the practice exams and the significance of their answers. The practice exams included in this chapter have been designed to cover the spectrum of content that the book has tackled so far. By engaging with these exams, students have had the opportunity to test their knowledge, identify weaknesses in their understanding, and measure their progress.

The answers provided for each practice exam not only serve as a key to checking correctness but also offer detailed explanations for each question, shedding light on the reasoning behind each answer. This methodical approach to reviewing one’s answers encourages deeper cognitive processing and enhances retention. Errors are transformed into learning opportunities, vital for consolidating knowledge and fostering a growth mindset.

We have made sure that the practice exams mirror the structure and difficulty of real-world examination settings to provide the most realistic preparation experience. Through timed conditions, varied question

types, and comprehensive coverage of topics, students can simulate the pressure and challenges of an actual exam, thereby building their test-taking confidence and skills.

In the summary portion, we consolidate the key takeaways, theories, and principles that were emphasized throughout this chapter. The summary section also offers a reflective pause, allowing students to assess their mastery of the subject matter. This comprehensive wrap-up serves as a quick reference for revisiting topics and ensuring that all relevant information has been adequately internalized.

Moreover, the feedback loop created by the practice exams and answers is crucial for educational growth. By revisiting certain topics after an initial practice exam, students can engage in a more focused study, specifically targeting those areas where they previously struggled. This repeated exposure to challenging material is an effective study strategy known as spaced repetition.

The inclusion of practice exams and their corresponding answers is also in line with the book's pedagogical approach that respects diverse learning styles. Some learners benefit greatly from active recall practices inherent in test-taking, while others gain from the passive review of answers and explanations. By catering to both approaches, this chapter functionally supports a wider audience of learners.

Lastly, it is our hope that this chapter has not only prepared students for their immediate academic needs but also equipped them with the tools and strategies for lifelong learning. The skills honed through these practice exams, such as critical thinking, time management, and analytical problem-solving, are universally applicable and transcend the classroom setting. Therefore, the true value of this chapter lies not just in the material covered, but also in the enduring learning competencies it helps to build.

Chapter 9:

Exam Day Preparation and Strategies

Successful exam performance is not only about mastering the subject matter; it involves strategic preparation and mental readiness. As such, the day before an exam is pivotal. Students should avoid cramming and focus on reviewing key concepts and theories. Cramming can lead to confusion and fatigue, thereby impairing recall and analytical thinking during the exam. A better strategy is to organize study notes and materials well in advance of the exam day, ensuring students feel confident in what they have learned and can easily access information for last-minute review.

Sleep is equally essential before an exam. A proper night's rest aids memory retention and helps to reduce stress levels. It is recommended that students aim for at least 7-8 hours of quality sleep the night before the test. To promote better sleep, avoiding caffeine and electronics before bed is beneficial, as both can disrupt sleep patterns. Relaxing activities, such as reading or taking a warm bath, can help ease into a restful state.

On the morning of the exam, students should maintain a normal routine as much as possible, to avoid additional stress. Eating a nutritious breakfast is key; it should include a balance of proteins, carbohydrates, and fats to provide sustained energy. Skipping breakfast prior to an exam can result in a lack of concentration and a decrease in cognitive function, as blood sugar levels drop.

Arriving early to the exam venue allows time to settle in, review any last-minute details, and mentally prepare for the task ahead. Students should ensure they bring all necessary materials, such as pens, pencils, erasers, calculators, and any permitted resources. Double-checking these the night before can reduce stress and avoid last-minute rush.

Understanding test instructions is crucial. Candidates should carefully read all instructions and questions before beginning to ensure they understand what is required. If there is any confusion, it is vital to ask the examiner for clarification to avoid making unnecessary errors due to misunderstanding the question.

Time management during the exam is a major factor for success. Students should allocate time to each question or section and stick to this plan. It is advisable to tackle easier questions first to secure those points and build confidence, then move on to more difficult questions. Time should also be set aside at the end of the exam to review answers and ensure all questions have been answered.

Dealing with anxiety is another key component of exam day strategy. Deep breathing exercises or brief meditation can help calm nerves and improve focus. Positive self-talk and visualization techniques, where students imagine themselves succeeding, can also be powerful tools in managing exam stress. Remaining calm and collected will improve performance more than entering the exam in a state of panic.

These strategies, combined with diligent study and practice, can significantly enhance the likelihood of success on exam day. The ultimate goal is for students to walk into the exam room feeling prepared, confident, and ready to tackle the challenges ahead.

9.1 Final Review Tips and Strategies

Preparing for a final exam can be stressful, but with the right approach and strategies, it can become a manageable process. One of the most effective ways to review is to create a study plan. This plan should break down the topics you need to cover each day, allowing you to tackle the material in manageable chunks. Prioritize areas that carry more weight on the exam or those in which your understanding is weaker. It's also important to set aside regular study times and adhere to this schedule to maintain a routine.

Active engagement with the material is far more effective than passive reading. Techniques such as summarizing information in your own words, creating flashcards for key concepts, and teaching the material to others can enhance retention. Active learning solidifies understanding by forcing you to engage with the content at a deeper level, hence making it more memorable when you need to recall it for your exam.

Practice makes perfect, as the saying goes. Working through past exam papers or sample questions applicable to your subject matter can be invaluable. This method not only helps you to become comfortable with the format and style of questioning but also aids in identifying gaps in your knowledge. Time yourself during these practice exams to simulate the actual test conditions and build your time management skills.

Your study environment can significantly influence your ability to concentrate and review effectively. Choose a quiet, well-lit, and clutter-free space dedicated to studying. Eliminating distractions, such as mobile phones or noisy backgrounds, allows for more focused study time. If possible, alternate study locations from time to time to maintain a fresh perspective and prevent the monotony that can lead to decreased motivation.

Throughout your review period, it's crucial to take care of your physical and mental health. Ensure that you get enough sleep, eat nutritious foods, and incorporate physical activity into your routine. These factors can greatly impact cognitive function and overall well-being, thus influencing your ability to study and perform on the exam.

Don't underestimate the importance of breaks. Studying for long periods without stopping can lead to burnout and diminished returns. Taking short, frequent breaks helps to maintain a high level of concentration and allows time for your brain to assimilate the information you've been studying. Techniques such as the Pomodoro Technique, which involves 25 minutes of focused work followed by a 5-minute break, can be useful to structure your study sessions.

Lastly, the night before the exam, make sure to set everything you need so that you can start the following day without stress. Gather your materials, double-check the exam time and location, and set out a comfortable outfit. This is also the time to wind down; avoid cramming as it is usually counterproductive. A relaxed evening with a good night's rest is vital for a sharp mind on exam day.

By incorporating these strategies into your final review plan, you stand a better chance of retaining the information and being well-prepared for exam day. Remember, strategy and consistency usually beat cramming and panic. Good luck with your studies!

9.2. Stress Management and Mental Preparation for the Exam

Stress management and mental preparation are crucial for achieving success in any examination. High levels of stress can impair cognitive functions, such as memory and concentration, adversely affecting exam performance. It is, therefore, essential for students to employ effective stress management techniques to enhance their focus and confidence before and during an exam. This section explores various strategies to help learners prepare mentally for their upcoming tests.

One effective approach to managing stress is the practice of mindfulness meditation. Mindfulness involves staying present at the moment and observing one's thoughts and emotions without judgment. Regular practice has been shown to reduce stress, improve attention, and contribute to a state of calm conducive to learning. Students can allocate a few minutes each day to practice mindfulness exercises leading up to the exam, thereby fostering a relaxed and attentive mind.

Another valuable method for reducing stress is through physical activity. Engaging in regular exercise, such as brisk walking, jogging, cycling, or swimming, can significantly decrease anxiety levels. Exercise releases endorphins, which are natural mood lifters, and can improve sleep quality—an important factor for cognitive function. Students should aim to include physical activity in their daily routine to maintain a healthy balance between study and self-care.

Time management is another critical aspect of stress reduction. Creating a detailed study schedule allows students to allocate adequate time for reviewing each subject without the need for last-minute cramming. This approach reduces the feeling of being overwhelmed and helps ensure that all material is covered methodically. Frequent breaks should be scheduled to let the mind rest, and the most challenging subjects should be tackled when concentration is at its peak.

Visualization techniques can also be a powerful tool for mental preparation. Before the exam, students can visualize themselves successfully answering questions and feeling confident and calm. Visualization serves to create a positive mental framework, reinforcing the belief in one's abilities and increasing the likelihood of achieving desired outcomes.

Effective coping strategies to manage anxiety on the day of the exam are also important. Deep-breathing exercises can help control the physiological symptoms of stress, such as a rapid heartbeat or shallow breathing. Taking deep, slow breaths can promote relaxation and improve focus. Students can practice this technique both prior to and during the exam to maintain composure.

Furthermore, adopting a healthy lifestyle contributes significantly to reducing stress. This includes maintaining a balanced diet rich in nutrients that support brain health, getting sufficient sleep, and avoiding excessive consumption of stimulants like caffeine, which can exacerbate anxiety. These lifestyle choices lay the groundwork for robust psychological resilience, better stress tolerance, and improved mental clarity.

Lastly, preparing for the unexpected is vital for mental preparation. Students should familiarize themselves with the exam format, venue, necessary materials, and time allocation for each section of the test. Being well-prepared for the logistical aspects of the exam can minimize the stress associated with uncertainty and allow the student to focus fully on the task at hand.

Implementing these strategies may significantly improve a student's ability to manage stress and prepare mentally for exams. Each student may respond differently to various techniques, so it's important to experiment with these methods and find a personalized approach that works best for each individual. With proper stress management and mental preparation, students can approach their exams with confidence, leading to improved performance and overall well-being.

9.3. What to Expect on the Day of the NREMT

When you arrive on the day of your National Registry Emergency Medical Technician (NREMT) exam, you should be prepared for a structured testing environment designed to assess your qualifications to practice as an EMT. The day will begin as soon as you enter the test center, where you will be required to present your identification and confirmation of your test appointment.

Once you have checked in, you will be informed about the testing rules and the process. It's crucial that you pay attention to these instructions, as adherence to the rules is strictly enforced. You will not be allowed to bring personal belongings such as phones, bags, or study materials into the testing room. These items will typically need to be stored in a locker provided by the test center.

Before entering the examination room, you may be subject to a security screening. This could include a pat-down, metal detector scan, or the inspection of eyeglasses, jewelry, and other accessories to ensure that no prohibited items enter the testing area. These measures are in place to maintain the integrity of the examination process.

Once you are in the examination room, you will be directed to your assigned workstation. Each workstation is equipped with a computer where you will take your exam. Before starting, you will have the opportunity to go through a tutorial that explains how to navigate the exam interface. This is not part of the exam and no time will be deducted from your allotted exam time for this tutorial.

The NREMT examination is computer adaptive, meaning the difficulty of the questions will adjust based on your previous answers. It is important to give each question your utmost attention and provide the best answer to your ability. The number of questions can vary as the exam adapts to your level of competence.

You are given a set amount of time to complete the examination, and a clock on the computer screen will help you to manage your time effectively. It is important not to rush, but also to be mindful of the time so that you can complete all the questions. Taking deep breaths and remaining calm will help you think clearly and perform to the best of your ability.

At the conclusion of your exam, you will simply be notified that you have finished and will not receive immediate results. Your exam will be scored, and you will later receive notification of your results. Passing the NREMT is a significant step in your career as an EMT, and the results will confirm if you're ready to move forward in this critical field. After leaving the testing facility, take the time to decompress as you wait for your results.

9.4. Post-Exam Evaluation and Next Steps

After completing an exam, it is crucial to engage in post-exam evaluation. This process involves reviewing the exam to understand your performance, identify areas of strength and weakness, and plan for improvement. The first step is to obtain your exam, if possible, and review each question carefully. Note which questions you answered correctly and where you made mistakes. Determine if the errors were due to a lack of knowledge, misunderstanding the question, or careless errors.

Analyzing the patterns in your performance can offer valuable insights for future studies. For example, if you notice that you struggle with certain types of questions, such as those requiring application of concepts rather than recall of facts, this suggests a specific area to focus on. Likewise, if you consistently miss questions on a particular topic, this could indicate a need to revisit and reinforce your understanding of that subject.

Reflecting on your study strategies and preparation methods is another critical component of post-exam evaluation. Consider the effectiveness of your study habits, time management, and resources used. Did you start preparing early enough? Were your study methods aligned with the nature of the material? Reflecting on these questions will enable you to refine your approach to studying for future exams.

Setting goals for the future is a forward-looking aspect of the post-exam evaluation. After pinpointing the areas needing improvement, establish clear and achievable goals for yourself. These should be specific, measurable, attainable, relevant, and time-bound (SMART). For instance, if you found that you need to improve your essay-writing skills, a SMART goal could be to practice writing two essays per week on various topics.

Utilizing feedback from instructors can significantly aid in the post-exam evaluation process. Educators often provide remarks on exams that can give insight into your thought process and where it may have diverged from the expected response. Reach out to your instructors to discuss your exam, ask for clarification, and get advice on how to better prepare for the next one.

Creating a concrete plan to tackle your weak areas is the next step. This may include arranging study groups, seeking help from a tutor, using different textbooks or online resources, or altering your study schedule to allow for more frequent review sessions. Ensure that your plan is realistic and fits within your existing commitments and lifestyle.

Lastly, consider the emotional and psychological impact of the exam. It's natural to experience a range of emotions after an exam, but it's important to maintain a healthy perspective. Whether you performed well or poorly, reflect on the experience as a learning opportunity. Celebrate your successes, learn from your mistakes, and remember that one exam does not define your intelligence or potential. With a constructive mindset and a clear plan for moving forward, you can use the post-exam evaluation as a powerful tool for personal and academic growth.

9.5. Chapter 9: Exam Day Preparation and Strategies | Conclusion and Final Thoughts

As we wrap up this chapter on exam day preparation and strategies, it's imperative to emphasize the culmination of your hard work and dedication to your studies. This chapter aimed to equip you with tactics and techniques that will enable you to approach exam day with confidence and an optimal mindset. However, it's important to understand that learning these strategies involves an individual approach and must be tailored to your personal strengths and weaknesses.

Remember that the night before the exam is as much a part of your preparation as the months of studying that preceded it. Ensure you rest adequately, avoiding last-minute cramming that can cloud your thought processes. Your brain requires rest to function at its peak performance, and a good night's sleep can solidify the information you've learned, making retrieval smoother during the test.

On the day of the exam, maintain a positive attitude and stay focused on the task at hand. Trust in your preparation and refrain from discussing potential test content with peers before the exam, as this can raise anxiety levels and introduce doubt about your readiness. Stick to your routine and follow the strategy you've practiced, whether it involves skimming through the entire exam first or tackling questions in a particular order.

Time management during the exam is crucial, and it cannot be overstated. Keep a close watch on your pace, and if you find yourself stuck on a question, move on to the next one. Accumulating easy wins by answering

questions you're sure of can boost your confidence and may jog your memory when approaching more challenging questions later on.

After completing your exam, it's natural to indulge in a post-exam analysis, but try to do this constructively. Understand that perfection is an ideal and not a realistic expectation. Reflect on what strategies worked well and what you might adjust for future assessments. This reflection is an invaluable part of the learning process and contributes to continuous improvement.

Finally, consider the broader perspective. Exams are significant, but they are just one aspect of your educational journey. They are a means to evaluate your understanding and ability to apply knowledge, but they do not define your entire academic capability or worth. Use exams as an opportunity to grow and as a stepping stone towards your larger goals.

In conclusion, developing a sound strategy for exam day and nurturing a healthy mindset can transform your test-taking experience from a trial into a demonstration of your capabilities. By following the guidelines and strategies discussed in this chapter, you can approach exam day with assurance and a clear plan of action. As you continue on your educational path, let these final thoughts resonate—a prepared mind is your greatest asset, and with it, exam day becomes not just an assessment, but an opportunity for personal and academic triumph.

Chapter 10:

Additional Resources and Continuing Education

The pursuit of knowledge in any field is a lifelong endeavor, and this is especially true for subjects that are constantly evolving. When it comes to seeking out additional resources and opportunities for continuing education, the options are numerous. Whether you are a student seeking to augment your current studies, a professional looking to keep up with the latest developments, or a curious individual with a thirst for knowledge, this chapter will guide you through a variety of resources available for further learning and professional development.

Books can provide a deep dive into specific topics and are often authored by experts in the field. They are valuable for both beginners and seasoned professionals who seek to strengthen their understanding of fundamental principles or explore advanced concepts. The selection of books is vast, covering every conceivable subject, and they can be found in libraries, bookstores, and online platforms. Always check for the most recent editions to ensure the information is up-to-date, and consider reading reviews to gauge the book's relevance and quality.

Online courses and webinars are other excellent resources for continuing education. Many institutions, including universities and private organizations, offer a wide array of online classes that can accommodate any schedule. These resources range from introductory courses to advanced specialized training. Additionally, many online courses come with certifications upon completion, which can be a valuable addition to your professional qualifications.

Professional networks and communities are a tremendous source of knowledge and opportunities for growth. Joining professional associations related to your field can provide access to exclusive resources, peer networks, and industry events. Engaging in professional social media groups, online forums, and discussion boards also enables you to share experiences, ask questions, and get insights from peers and experts around the world.

Workshops and conferences represent pivotal opportunities for in-person interactions and learning. They often feature talks by industry leaders, hands-on sessions, and panel discussions that provide the latest information and future trends in the field. Attending these events also allows for networking, which can lead to collaborative projects and job opportunities.

Internships and volunteer work are practical ways to gain valuable experience while expanding your knowledge. These experiences can expose you to real-world applications of your studies and offer insight into day-to-day operations within your chosen field. They can also be stepping stones to full-time positions and can help build a strong resume.

Mentorship programs can play a significant role in personal and professional development. Having a mentor means gaining access to the wisdom and guidance of someone who has navigated the path you're on. Mentors can provide advice, help you to identify areas for growth, and introduce you to their professional networks.

Lastly, it's crucial to stay informed about the latest research and developments in your field. Subscribing to relevant journals, following industry news websites, and attending presentations on new findings are important practices for keeping your knowledge current. Universities and research institutions often provide public access to lectures and seminars featuring notable experts and researchers discussing their latest work.

Remember, learning is an active process that doesn't end with formal education. The resources and strategies discussed in this chapter are just the beginning. By actively engaging with these additional resources and pursuing continuing education, you can enhance your understanding, broaden your skill set, and stay competitive in a rapidly changing world.

10.1. Recommended Reading and Online Study Resources

In today's ever-evolving educational landscape, students and enthusiasts across various fields can greatly benefit from a range of recommended readings and online study resources. These materials not only enhance the conventional learning experience but also provide opportunities for self-paced and in-depth exploration of subjects.

Books and Textbooks: Often seen as the cornerstone of educational resources, books and textbooks provide comprehensive information and are often curated by experts with years of experience in their respective fields. Textbooks especially, are structured to facilitate learning with chapters logically ordered to build understanding from foundational concepts to more advanced topics.

Scholarly Journals and Articles: Scholarly journals contain peer-reviewed articles that can offer cutting-edge insights into specific areas of study. These publications generally focus on original research, reviews of existing research, and can be discipline-specific or interdisciplinary. Online databases like JSTOR, PubMed, and Google Scholar are ideal places to search for such scholarly materials.

Online Courses and MOOCs: Massive Open Online Courses (MOOCs) have revolutionized access to education. Platforms such as Coursera, edX, and Khan Academy provide courses taught by instructors from reputable universities and organizations worldwide. These courses often include video lectures, reading materials, and forums for discussion with peers and instructors.

Educational Websites and Blogs: Many educational websites and blogs offer a plethora of resources, ranging from tutorial articles, how-to guides, to expert insights on current trends and best practices within a field of study. These resources can be particularly useful for keeping up-to-date with the latest information or for learning in a more casual, self-directed manner.

Podcasts and Video Channels: Audio and visual learners may benefit from resources like educational podcasts and video channels on platforms like YouTube or Vimeo. These media-rich formats are effective for engaging with content and can offer unique perspectives or methods of teaching that resonate differently than written materials.

Libraries and Digital Archives: Libraries, whether they are public, university, or specialized, provide access to an array of resources including books, periodicals, and digital archives. Many libraries also offer access to specialized databases that are otherwise subscription-based, thus offering valuable resources without the need for personal investment.

Open Educational Resources (OERs): OERs are freely accessible, openly licensed documents and media that are useful for teaching, learning, educational, assessment, and research purposes. Notable repositories include the OER Commons and MERLOT, which host a wide range of resources like full courses, textbooks, streaming videos, exams, software, and any other materials that support access to knowledge.

When utilizing these recommended resources, it's important to evaluate the credibility and reliability of the information provided. Always consider the author's background, the date of publication, and whether or not the resource is peer-reviewed when assessing its validity for educational use. With a critical eye and the vast array of resources available, both online and offline, learners can build a comprehensive base of knowledge and skills in their chosen field of study.

10.2. Joining Study Groups and Finding Tutoring

Participation in study groups can be a highly effective strategy for enhancing learning. Study groups provide a platform for students to collaborate and benefit from the diverse skills and knowledge of their peers. They foster a supportive learning environment where students can discuss difficult concepts, compare notes, and engage in intellectual discussions. Additionally, study groups often encourage accountability as each member is expected to contribute, thus promoting regular study habits.

Finding the right study group may involve seeking out peers within the same course who are interested in regular meet-ups. Many schools and universities offer forums, bulletin boards, or social media groups where students can find others with common academic goals. It's important to ensure the study group is focused and that each member is committed to contributing equally to avoid disproportionate workloads.

The structure of a study group can significantly impact its effectiveness. A well-organized group will set clear objectives for each session, assign roles (such as a moderator or note-taker), and prepare an agenda. Regular schedules and structured meetings help ensure that the study group remains productive. Groups should aim for a size that allows for diverse input without becoming unwieldy, typically four to six members.

Study groups also offer an opportunity to practice teaching material to others, which research has shown to help deepen the understanding of the subject being taught. This collaborative learning technique allows students to correct each other's misunderstandings and to reinforce their own comprehension through explanation and discussion.

When self-study and study groups are not sufficient, students can seek additional help through tutoring. Tutoring provides personalized attention that can address individual learning challenges, which is particularly beneficial for complex or difficult subjects. Tutors can offer different perspectives on material and can adapt explanations to suit the learning styles of their tutees.

Many educational institutions provide tutoring services free of charge to enrolled students. These services can often be found through the student services center or learning support office. For those looking for more specialized assistance, private tutoring may also be an option, though this typically comes at a cost. When selecting a tutor, it's important to consider the tutor's expertise in the subject area, as well as their ability to communicate concepts clearly and patiently.

Alongside traditional in-person tutoring, online tutoring has become increasingly popular. Online tutors are available across various platforms offering flexible scheduling and a broad selection of subject matter experts. This mode of tutoring is particularly convenient for students with busy schedules or those who cannot easily access in-person support. Students can interact with tutors through video calls, instant messaging, or digital whiteboards, making learning more accessible and often more engaging.

10.3. Career Development and Continuing Education in EMS

Career development in Emergency Medical Services (EMS) is a dynamic and continuous process, reflecting the field's evolving nature and the increasingly complex healthcare landscape. EMS professionals, comprising EMTs, paramedics, and other prehospital care providers, must engage in lifelong learning to stay current with medical practices, technology advancements, and protocols.

Continuing education (CE) is pivotal for EMS personnel, necessitating a commitment to ongoing learning beyond initial certification. CE programs serve to refresh foundational knowledge and skills, introduce new methodologies, and address changes in clinical procedures or legislation. These educational opportunities are available through seminars, workshops, online courses, and training sessions.

To advance one's career in EMS, it is beneficial to set professional development goals and pursue higher certifications or specializations. Specialized roles in EMS, such as Critical Care Paramedic, Flight Paramedic, or Community Paramedic, demand additional education and certification but offer expanded responsibilities and often, increased compensation.

Leadership roles such as EMS supervisor, manager, or director can be pursued with additional training in management and leadership. Post-secondary education degrees such as an associate's, bachelor's, or master's in emergency medical services or healthcare administration can significantly bolster an EMS professional's qualifications for these roles.

Mentorship and networking are instrumental in career advancement. Seasoned EMS professionals can provide guidance and support to newer practitioners. Attendance at EMS conferences and participation in professional organizations can facilitate connections that lead to career opportunities and professional growth.

EMS education institutions and training centers often offer programs focusing on the development of instructional skills for those interested in teaching positions within the industry. Such roles require an understanding of educational principles and the ability to convey complex concepts effectively.

For EMS professionals aspiring to be involved with policy development, a deeper understanding of the healthcare system, public health, and legislation is crucial. Additional education in public health, public administration, or emergency management can help in obtaining roles that influence EMS protocols and policies at local, state, or national levels.

In summary, career development in EMS is a multifaceted endeavor that requires dedication to continuous education and professional growth. By embracing continuing education opportunities, setting career goals, exploring specialization, and actively engaging with the broader EMS community, professionals can ensure they remain at the forefront of this challenging and rewarding field.

10.4 Conclusion and Summary

As we conclude Chapter 10, let's revisit the essential ideas we've covered regarding additional resources and paths for continuing education. This chapter was dedicated to providing a wealth of information to assist you in on-going learning and professional development in the field of study relevant to this textbook.

Throughout the chapter, we have identified numerous resources such as online courses, workshops, seminars, webinars, and conferences. Emphasis has been placed on the value of lifelong learning and the importance of staying updated with the latest trends, theories, and technologies in your professional field.

We have discussed how pursuing further education can lead to a deeper understanding of your field, potentially offering new opportunities and career advancements. By actively seeking out educational resources, practitioners and students can remain competitive in their professions.

Networking was highlighted as not just an adjunct to one's career but an integral part of professional growth. Engaging with community groups, professional organizations, and online forums can not only offer support and new ideas but also can help with finding mentors and collaborators that can propel one's career forward.

A comprehensive list of online databases, journals, libraries, and websites was also provided to ensure that you have access to cutting-edge research and peer-reviewed articles. The utility of these resources for staying informed about advancements cannot be overstated, as they are the foundation for evidence-based practice and innovation.

Additionally, the significance of certifications and specialized training was discussed. Certifications can enhance credibility, underscore expertise in a niche within your field, and may be necessary for certain positions. Specialized training ensures that you are equipped with the latest skills and knowledge necessary to excel in your field.

In summary, the chapter has aimed to arm you with tools and knowledge to navigate the robust landscape of additional resources and continuing education. Taking the initiative to use these resources will help you build upon your existing knowledge base, keeping your skills sharp and current. Remember, education is an ongoing journey, and with the guidance provided in this chapter, you are well-equipped to continue on the path of personal and professional development.

Chapter 11:

Exams From Each Chapter

2.6. 120 Review Questions and Answers for Chapter 2

1. *What is the immediate priority when approaching the scene of an emergency?*

- a. Begin patient assessment
- b. Ensure scene safety
- c. Obtain patient history
- d. Prepare for transportation

Answer: b. Ensure scene safety

2. *During the primary assessment, what is the EMT assessing when checking “airway”?*

- a. If the patient’s airway is clear and not obstructed
- b. The patient’s blood pressure
- c. Heart rate and rhythm
- d. Body temperature

Answer: a. If the patient’s airway is clear and not obstructed

3. *Which pulse is most commonly checked by EMTs on an adult patient during an initial assessment?*

- a. Carotid
- b. Radial
- c. Brachial
- d. Femoral

Answer: a. Carotid

4. *What does the acronym AVPU stand for when assessing a patient’s level of consciousness?*

- a. Airway, Ventilation, Pulse, Unconscious
- b. Alert, Verbal, Pain, Unresponsive
- c. Assessment, Vital signs, Pupils, Understanding
- d. Alert, Voice, Pain, Unconscious

Answer: b. Alert, Verbal, Pain, Unresponsive

5. *What should an EMT do if a patient is found to have an open airway but is not breathing?*

- a. Immediately start chest compressions
- b. Administer high-flow oxygen
- c. Start positive pressure ventilation
- d. Position the patient for recovery

Answer: c. Start positive pressure ventilation

6. *What information is included in the SAMPLE history?*
- Symptoms, Allergies, Medications, Past medical history, Last oral intake, Events leading up to the injury or illness
 - Simple triage, Age, Medical history, Previous episodes, Last vitals, Expected outcome
 - Symptoms, Assessment findings, Medications, Problems, Last meal, Emotional status
 - Significance, Allergies, Medications, Pain level, Last assessment, EKG readings
- Answer:* a. Symptoms, Allergies, Medications, Past medical history, Last oral intake, Events leading up to the injury or illness
7. *What information does the mnemonic OPQRST stand for when evaluating a patient's pain?*
- Onset, Provocation, Quality, Region/Radiation, Severity, Time
 - Orientation, Perfusion, Quality, Respiratory rate, Skin signs, Temperature
 - Onset, Position, Quantity, Region/Radiation, Symptoms, Treatment
 - Oxygen, Pressure, Quickness, Range, Strength, Tenderness
- Answer:* a. Onset, Provocation, Quality, Region/Radiation, Severity, Time
8. *Which of the following best describes the term "capillary refill"?*
- The replenishment of capillaries with blood after applying pressure to a nail bed
 - The time it takes for a patient to recover from a capillary hemorrhage
 - The process of hyperventilating a patient to increase oxygenation in the capillaries
 - A test to measure the electrolyte levels within capillaries
- Answer:* a. The replenishment of capillaries with blood after applying pressure to a nail bed
9. *How should an EMT approach a patient suspected of having a spinal injury?*
- Apply manual stabilization to the head and neck immediately
 - Begin resuscitation efforts if patient is not breathing
 - Transport the patient to the hospital in a seated position
 - Perform the jaw-thrust maneuver without stabilizing the cervical spine
- Answer:* a. Apply manual stabilization to the head and neck immediately
10. *What does the "C" in the ABC's of a primary assessment stand for?*
- Compression
 - Circulation
 - Cervical spine
 - Contraction
- Answer:* b. Circulation
11. *When taking a blood pressure, what does the systolic pressure represent?*
- The pressure in the arteries when the ventricles are refilling
 - The pressure in the arteries during contractions of the heart
 - The resistance to blood flow within the vessels
 - The average pressure during the entire heart cycle
- Answer:* b. The pressure in the arteries during contractions of the heart
12. *What does the Glasgow Coma Scale (GCS) measure?*
- Hydration levels
 - Neurological function
 - Blood glucose levels
 - Pain response
- Answer:* b. Neurological function
13. *When assessing a patient's breathing, what does EMT stand for?*
- Emergency Medical Technician
 - Evaluate, Monitor, Treat

- c. Exhalation, Movement, Temperature
 - d. Effort, Rate, and Quality of Breathing
- Answer:* d. Effort, Rate, and Quality of Breathing

14. *If a patient is suspected of having a stroke, what assessment tool can an EMT use?*

- a. FAST exam
- b. OPQRST assessment
- c. Rule of nines
- d. SAMPLE history

Answer: a. FAST exam

15. *What is the most appropriate technique to control bleeding from a laceration on a forearm?*

- a. Elevation above heart level
- b. Direct pressure and elevation
- c. Tourniquet application
- d. Applying ice and direct pressure

Answer: b. Direct pressure and elevation

16. *How can an EMT best protect themselves when managing a violent patient?*

- a. Restrain the patient immediately upon arrival
- b. Request assistance and use de-escalation techniques
- c. Leave the scene and wait for law enforcement
- d. Engage the patient physically to show authority

Answer: b. Request assistance and use de-escalation techniques

17. *In the pre-hospital setting, which method is recommended for an EMT to obtain a patient's blood glucose level?*

- a. Venipuncture
- b. Finger stick with a glucometer
- c. Arterial blood gas analysis
- d. Urine test strip

Answer: b. Finger stick with a glucometer

18. *What is the purpose of the "rapid trauma assessment" in EMT practice?*

- a. To transport the patient to the hospital as quickly as possible
- b. To identify immediate threats to life in a trauma patient
- c. To perform a detailed head-to-toe examination
- d. To gather a comprehensive personal and medical history

Answer: b. To identify immediate threats to life in a trauma patient

19. *Which types of consent must an EMT obtain before providing patient care or transport?*

- a. Implied and informed
- b. Written and verbal
- c. Expressed and involuntary
- d. Informed and unconscious

Answer: a. Implied and informed

20. *When assessing a patient for shock, which signs and symptoms might an EMT find?*

- a. Hypertension, bradypnea, and warm skin
- b. Tachycardia, hypotension, and cool or clammy skin
- c. Hypertension, flushed skin, and tachypnea
- d. Bradycardia, hyperthermia, and dry skin

Answer: b. Tachycardia, hypotension, and cool or clammy skin

21. Which of the following is a correct step in the sequence of performing CPR on an adult patient?
- Deliver rescue breaths before checking for a pulse
 - Perform 30 chest compressions followed by two rescue breaths
 - Start with two rescue breaths before performing chest compressions
 - Check for a pulse for at least 20 seconds before starting compressions
- Answer: b. Perform 30 chest compressions followed by two rescue breaths
22. What is the primary goal for an EMT when providing care to a patient who has sustained a burn?
- To cool the burn with ice
 - To apply a tourniquet proximal to the burn
 - To prevent further injury and begin cooling the burn
 - To remove all burned clothing and cover the area with a blanket
- Answer: c. To prevent further injury and begin cooling the burn
23. When should an EMT consider the use of a traction splint?
- For all closed femur fractures
 - If there is a suspected tibial injury
 - For open fractures with severe bleeding
 - When a patient has a mid-shaft femur fracture and no pelvic or knee injury
- Answer: d. When a patient has a mid-shaft femur fracture and no pelvic or knee injury
24. Which of the following best describes the term 'crepitus'?
- Swelling of an injured body part
 - The sound or feeling of broken bone ends rubbing together
 - A whistling sound during respiration
 - Warm and red skin at the site of infection
- Answer: b. The sound or feeling of broken bone ends rubbing together
25. How should an EMT manage a patient who is experiencing a seizure upon arrival?
- Restrict patient movement and insert an oral airway
 - Protect the patient from injury and maintain an open airway
 - Administer an immediate dose of oral glucose
 - Perform a head tilt-chin lift maneuver to open the airway
- Answer: b. Protect the patient from injury and maintain an open airway
26. When is it appropriate for an EMT to administer aspirin to a patient?
- When the patient has a headache
 - If the patient has a fever
 - If the patient is experiencing chest pain suggestive of a cardiac event
 - When the patient has abdominal pain
- Answer: c. If the patient is experiencing chest pain suggestive of a cardiac event
27. How does an EMT assess for the presence of a tension pneumothorax?
- Noting jugular vein distention, tracheal deviation, and decreased breath sounds
 - Checking for a sucking chest wound and crepitus
 - Looking for unilateral chest rise and the presence of a flail segment
 - Monitoring the patient for cough and fever
- Answer: a. Noting jugular vein distention, tracheal deviation, and decreased breath sounds
28. What is an EMT's role in childbirth?
- Perform an episiotomy if necessary
 - Coordinating delivery with obstetricians by phone
 - Preparing to catch the baby and initiating newborn care

d. Giving the mother painkillers upon request
Answer: c. Preparing to catch the baby and initiating newborn care

29. *What should an EMT do to properly assess a patient's abdomen?*
a. Palpate the abdomen starting with the quadrant exhibiting pain
b. Perform deep palpation in all quadrants to check for organ size
c. Palpate the abdomen in a systematic manner, avoiding areas of pain until last
d. Have the patient lie on their side and palpate from the back
Answer: c. Palpate the abdomen in a systematic manner, avoiding areas of pain until last

30. *In which situation would an EMT administer naloxone (Narcan)?*
a. To a patient with hyperglycemia
b. To a patient experiencing alcohol poisoning
c. To a patient suspected of opioid overdose
d. To a patient with a known allergy to pain medications
Answer: c. To a patient suspected of opioid overdose

31. *When performing a secondary assessment on a trauma patient, what should an EMT check first?*
a. Assess the patient's history
b. Head-to-toe examination
c. Vital signs
d. Re-assess the primary survey
Answer: d. Re-assess the primary survey

32. *What is considered a normal respiratory rate for a healthy adult?*
a. 8-10 breaths per minute
b. 12-20 breaths per minute
c. 22-30 breaths per minute
d. 30-40 breaths per minute
Answer: b. 12-20 breaths per minute

33. *When handling a patient with suspected tuberculosis, what personal protective equipment should the EMT wear?*
a. Gloves
b. Goggles
c. HEPA or N95 respirator
d. Surgical mask
Answer: c. HEPA or N95 respirator

34. *What does the mnemonic "DCAP-BTLS" stand for in the physical examination of a patient?*
a. Deformities, Contusions, Abrasions, Penetrations, Burns, Tenderness, Lacerations, Swelling
b. Dislocation, Cuts, Allergies, Punctures, Bleeding, Trauma, Lesions, Strain
c. Distention, Concussion, Aneurysm, Pulsation, Bruising, Tension, Lesions, Separation
d. Discoloration, Contusions, Aneurysm, Paresthesia, Bleeding, Tension, Lesions, Sprain
Answer: a. Deformities, Contusions, Abrasions, Penetrations, Burns, Tenderness, Lacerations, Swelling

35. *What is a common sign of hypoglycemia that an EMT might observe?*
a. Slurred speech
b. Flushed skin
c. Hyperventilation
d. Slow pulse rate
Answer: a. Slurred speech

36. What does the medical term “dyspnea” refer to?
- Difficulty breathing
 - Double vision
 - Disoriented behavior
 - Decreased hearing
- Answer: a. Difficulty breathing
37. How does an EMT confirm that endotracheal intubation has been successfully performed?
- By listening for bowel sounds
 - By seeing a drop in blood pressure
 - By checking for chest rise and auscultating breath sounds
 - By assessing the patient’s GCS score
- Answer: c. By checking for chest rise and auscultating breath sounds
38. In cases of suspected poisoning, what information is most important for an EMT to obtain?
- The substance ingested and the time of ingestion
 - The patient’s favorite food
 - The patient’s medical history
 - The patient’s insurance information
- Answer: a. The substance ingested and the time of ingestion
39. For an adult patient in cardiac arrest, at what rate should chest compressions be given?
- 60-80 compressions per minute
 - 80-100 compressions per minute
 - 100-120 compressions per minute
 - 120-140 compressions per minute
- Answer: c. 100-120 compressions per minute
40. What is the most appropriate first step when addressing an open chest wound?
- Performing CPR
 - Covering the wound with a sterile, occlusive dressing
 - Splinting the area
 - Applying a tourniquet
- Answer: b. Covering the wound with a sterile, occlusive dressing
41. Which of the following is not part of the patient’s vital signs?
- Blood pressure
 - Respiratory rate
 - Temperature
 - Pupillary response
- Answer: d. Pupillary response
42. What is the correct position for transporting a patient with a suspected spinal injury?
- Supine with head elevated
 - Left lateral recumbent position
 - Sitting up with spine immobilized
 - Supine with neck and back in neutral, immobilized position
- Answer: d. Supine with neck and back in neutral, immobilized position
43. When providing bag-valve-mask (BVM) ventilations, what is important to ensure effective breaths?
- Ventilate rapidly to ensure a high oxygen delivery
 - Squeeze the bag as hard as possible
 - Maintain a proper seal and ventilate at the appropriate rate and volume

d. Only use BVM without supplemental oxygen
Answer: c. Maintain a proper seal and ventilate at the appropriate rate and volume

44. *How is oxygen typically administered to a patient with adequate breathing but showing signs of hypoxia?*

- a. Via a non-rebreather mask at 15 L/min
- b. Through a nasal cannula at 6 L/min
- c. Via a bag-valve-mask at 10 L/min
- d. Through a simple face mask at 5 L/min

Answer: a. Via a non-rebreather mask at 15 L/min

45. *When leaving a crime scene, what is the EMT's responsibility regarding the evidence?*

- a. Collect and catalog all evidence
- b. Preserve, do not touch or disturb any evidence
- c. Direct law enforcement to the evidence
- d. Take photographs of the scene and evidence

Answer: b. Preserve, do not touch or disturb any evidence

46. *When should an EMT use a long spine board?*

- a. When there is evidence of superficial bleeding
- b. For all patients as a precautionary measure
- c. For patients with suspected spinal trauma
- d. For all unconscious patients regardless of trauma

Answer: c. For patients with suspected spinal trauma

47. *What is the most effective way of preventing disease transmission?*

- a. Taking antibiotics before patient contact
- b. Wearing gloves and a face mask with all patients
- c. Thorough hand hygiene before and after patient contact
- d. Using a high-efficiency particulate arresting (HEPA) mask for every patient

Answer: c. Thorough hand hygiene before and after patient contact

48. *How should an EMT assess the circulation in an infant?*

- a. Check the carotid pulse
- b. Check the radial pulse
- c. Check the brachial pulse
- d. Check the femoral pulse

Answer: c. Check the brachial pulse

49. *What is the purpose of the pediatric assessment triangle (PAT)?*

- a. To assess a pediatric patient's vital signs
- b. To determine the pediatric patient's weight for medication dosing
- c. To evaluate the pediatric patient's general appearance, work of breathing, and circulation to the skin
- d. To confirm the presence of allergic reactions in pediatric patients

Answer: c. To evaluate the pediatric patient's general appearance, work of breathing, and circulation to the skin

50. *Which of the following is a sign of inadequate breathing in a patient?*

- a. Regular chest rise and fall
- b. A respiratory rate of 16 breaths per minute
- c. Use of accessory muscles to breathe
- d. A clear and strong cough

Answer: c. Use of accessory muscles to breathe

51. *What is the EMT's role when called to a patient who has decided to undergo physician-assisted suicide?*
- Ensure the patient understands the consequences and has legal documentation
 - Persuade the patient to reconsider their decision
 - To assist in administering the medication
 - To provide comfort care and support for the patient without intervening in the process
- Answer: d. To provide comfort care and support for the patient without intervening in the process*
52. *When performing a jaw-thrust maneuver, what is the EMT's most important consideration?*
- To flex the neck for easier access
 - To protect the airway while minimizing movement of the cervical spine
 - To ensure that the mouth is opened as widely as possible
 - To use this maneuver only when oral airway adjuncts are unavailable
- Answer: b. To protect the airway while minimizing movement of the cervical spine*
53. *Which condition is characterized by the EMT finding a rapid, strong pulse in a trauma patient?*
- Hypovolemic shock
 - Cardiogenic shock
 - Neurogenic shock
 - Compensated shock
- Answer: c. Neurogenic shock*
54. *What medication can an EMT administer to a patient experiencing chest pain with prescribed nitroglycerin?*
- Aspirin
 - Ibuprofen
 - Acetaminophen
 - Morphine
- Answer: a. Aspirin*
55. *What is the benefit of using a 4x4 gauze pad for a small, open wound?*
- It can be used to apply indirect pressure to control bleeding
 - It is the primary dressing for large, traumatic wounds
 - It can act as a tourniquet for life-threatening hemorrhages
 - It is typically used to clean the wound before applying other dressings
- Answer: a. It can be used to apply indirect pressure to control bleeding*
56. *When should an EMT consider ALS backup?*
- When a patient has a nosebleed
 - When patient transport is likely to be delayed due to weather conditions
 - When the patient's condition is beyond the scope of BLS care
 - For every medical call as a standard operating procedure
- Answer: c. When the patient's condition is beyond the scope of BLS care*
57. *After delivering a baby, what is the EMT's next step?*
- Immediately clamp and cut the umbilical cord
 - Ensure the baby is warm, dry, and has a clear airway
 - Place the baby on the mother's chest to promote bonding
 - Begin postpartum care of the mother
- Answer: b. Ensure the baby is warm, dry, and has a clear airway*
58. *How would an EMT categorize a contusion?*
- An open wound with significant bleeding
 - A closed injury characterized by bruising

- c. A break in the bone without an associated wound
 - d. An injury to organs within the abdominal cavity
- Answer:* b. A closed injury characterized by bruising

59. *In the event of an amputation, how should the amputated part be handled?*

- a. Washed with sterile saline and directly placed on ice
- b. Placed directly into a plastic bag and placed on ice
- c. Wrapped in a moist sterile dressing and placed into a plastic bag kept cool
- d. Placed in warm water to preserve tissue viability

Answer: c. Wrapped in a moist sterile dressing and placed into a plastic bag kept cool

60. *What does the “E” stand for in the “SAMPLE” history acronym for EMTs?*

- a. Events leading to the illness or injury
- b. Examination findings
- c. Equipment that may have caused the injury
- d. Estimated time of the last meal

Answer: a. Events leading to the illness or injury

61. *What is the EMT’s best action when encountering a hazardous materials incident?*

- a. Immediately rush in to rescue any victims
- b. Wait for the hazardous materials team to arrive
- c. Quickly don personal protective equipment and proceed
- d. Secure the scene and establish a perimeter

Answer: d. Secure the scene and establish a perimeter

62. *In which situation should an EMT apply a pelvic binder?*

- a. Suspected femur fracture
- b. Confirmed lower rib fractures
- c. Suspected pelvic fracture
- d. Abdominal evisceration

Answer: c. Suspected pelvic fracture

63. *What is the ideal position to place an unresponsive patient with no suspected spinal injury?*

- a. Supine
- b. Prone
- c. Left lateral recumbent (recovery position)
- d. Fowler’s position

Answer: c. Left lateral recumbent (recovery position)

64. *Which component is typically included in the Secondary Assessment?*

- a. Airway check
- b. Breathing assessment
- c. Circulation evaluation
- d. Detailed physical exam

Answer: d. Detailed physical exam

65. *How does an EMT assess a patient’s neurological function during a secondary assessment?*

- a. Pupil dilation check using a penlight
- b. Palpation of the radial pulse
- c. Auscultation of breath sounds
- d. Blood pressure measurement

Answer: a. Pupil dilation check using a penlight

66. *What type of consent is involved when a conscious, competent adult agrees to receive treatment?*
- Implied consent
 - Informed consent
 - Expressed consent
 - Uninformed consent
- Answer:* c. Expressed consent

67. *When should an EMT perform a “rapid extrication technique”?*
- When a patient needs immediate transport to a facility for life-threatening injuries
 - For comfortable transportation of a patient with non-urgent injuries
 - As a routine for all patients involved in motor vehicle collisions
 - When a patient requests to be moved out of the vehicle quickly
- Answer:* a. When a patient needs immediate transport to a facility for life-threatening injuries

68. *What does ‘referred pain’ mean in medical terms?*
- Pain felt in a part of the body other than its actual source
 - A term for pain that is directly at the injury site
 - Pain that refers to a psychic rather than a physical origin
 - The pain experienced prior to arriving at the hospital
- Answer:* a. Pain felt in a part of the body other than its actual source

69. *When suspecting a patient has epiglottitis, what action should an EMT avoid?*
- Taking a thorough history
 - Visual inspection of the throat
 - Providing high-flow oxygen
 - Maintaining a calm environment
- Answer:* b. Visual inspection of the throat

70. *What is a key sign of a tension pneumothorax?*
- Unilateral chest rise and fall
 - Muffled heart sounds
 - JVD (Jugular Vein Distension)
 - Frothy sputum from the nose and mouth
- Answer:* c. JVD (Jugular Vein Distension)

71. *How often should an EMT reassess a stable patient during transport?*
- Every 5 minutes
 - Every 10 minutes
 - Every 15 minutes
 - Every 30 minutes
- Answer:* c. Every 15 minutes

72. *What is the primary purpose of a head-tilt, chin-lift maneuver?*
- To stabilize the cervical spine
 - To clear the airway of foreign material
 - To open the airway
 - To check for neck injuries
- Answer:* c. To open the airway

73. *Which method of oxygen delivery provides the highest concentration of oxygen?*
- Nasal cannula
 - Non-rebreather mask
 - Venturi mask

d. Simple face mask
Answer: b. Non-rebreather mask

74. *In which type of shock might an EMT notice warm, flushed skin?*

- a. Neurogenic shock
- b. Hypovolemic shock
- c. Septic shock
- d. Cardiogenic shock

Answer: c. Septic shock

75. *What is the most appropriate action for an EMT when dealing with a patient who has ingested a toxic substance?*

- a. Induce vomiting immediately
- b. Provide activated charcoal, if protocol allows
- c. Administer large quantities of water
- d. Wait until arrival at the hospital for any interventions

Answer: b. Provide activated charcoal, if protocol allows

76. *When providing ventilations with a bag-valve-mask (BVM) to a patient who has a pulse but is not breathing, what is the correct ventilation rate for an adult?*

- a. 5-6 ventilations per minute
- b. 10-12 ventilations per minute
- c. 16-18 ventilations per minute
- d. 20-24 ventilations per minute

Answer: b. 10-12 ventilations per minute

77. *What type of move should an EMT use to transfer a patient from a bed to a stretcher when the patient does not have any suspected spinal injuries?*

- a. Emergency move
- b. Urgent move
- c. Non-urgent move
- d. Rapid extrication technique

Answer: c. Non-urgent move

78. *Why is it important for the EMT to stabilize a patient's cervical spine manually during the initial assessment?*

- a. To check for neck swelling
- b. To prevent airway obstruction
- c. To prepare the patient for a surgical airway
- d. To prevent further spinal cord injury

Answer: d. To prevent further spinal cord injury

79. *An adult patient is suspected to be suffering from hypoperfusion. What is another term for this condition?*

- a. Stroke
- b. Cardiac arrest
- c. Shock
- d. Hypotension

Answer: c. Shock

80. *How can an EMT identify the presence of jugular vein distention (JVD)?*

- a. By inspecting the side of the patient's neck for raised veins while at a 45-degree angle
- b. By palpating the abdomen
- c. By observing for the Heimlich maneuver

d. By checking for limb paralysis

Answer: a. By inspecting the side of the patient's neck for raised veins while at a 45-degree angle

81. *What is the first step an EMT should take when they suspect a patient has ingested a corrosive substance?*

- a. Administer activated charcoal
- b. Encourage the patient to eat bread
- c. Contact medical direction for advice
- d. Perform gastric lavage

Answer: c. Contact medical direction for advice

82. *What is the most appropriate EMT response for a nosebleed (epistaxis)?*

- a. Have the patient lean back and pinch the nostrils
- b. Have the patient blow their nose vigorously to clear blood clots
- c. Have the patient lean forward and pinch the nostrils
- d. Pack the nostrils with large cotton swabs

Answer: c. Have the patient lean forward and pinch the nostrils

83. *What condition is characterized by a sudden onset of difficulty breathing, sharp chest pain, and cyanosis?*

- a. Asthma
- b. Pneumothorax
- c. Myocardial infarction
- d. Pulmonary embolism

Answer: d. Pulmonary embolism

84. *How should an EMT assess a patient's skin as part of the primary assessment?*

- a. Check for pallor and note any tattoos or piercings
- b. Assess skin for temperature, moisture, and color
- c. Measure the skin's elasticity and look for jaundice
- d. Use a dermascope to inspect the skin for lesions

Answer: b. Assess skin for temperature, moisture, and color

85. *What is a contraindication for the application of a cervical collar?*

- a. Brachial plexus injury
- b. Imminent risk of cardiac arrest
- c. Existence of an obvious deformity in the neck region
- d. Patient complains of mild neck discomfort

Answer: c. Existence of an obvious deformity in the neck region

86. *For which condition is the administration of epinephrine via auto-injector indicated?*

- a. Asthma attack
- b. Diabetic emergency
- c. Anaphylactic shock
- d. Opioid overdose

Answer: c. Anaphylactic shock

87. *When assessing a pediatric patient's respiratory status, which sign would be cause for immediate concern?*

- a. Clubbing of the fingers
- b. Nasal flaring and grunting
- c. An irregular breathing pattern
- d. A respiratory rate of 24 breaths per minute

Answer: b. Nasal flaring and grunting

88. *In which situation would an oropharyngeal airway (OPA) be contraindicated?*
- The patient is unresponsive without a gag reflex
 - The patient has a robust, unaltered gag reflex
 - The patient is being prepared for intubation
 - The patient has profound tachypnea
- Answer:* b. The patient has a robust, unaltered gag reflex
89. *Which assessment finding necessitates the immediate application of high-flow oxygen?*
- Respirations of 22 breaths per minute
 - Pulse oximetry reading of 96%
 - Patient is reporting feelings of anxiety
 - Respirations of 6 breaths per minute
- Answer:* d. Respirations of 6 breaths per minute
90. *What is the significance of paradoxical motion noted on a flail chest patient?*
- It indicates a section of the rib cage is detached from the rest of the chest wall.
 - It is typically seen in patients with no significant underlying chest injury.
 - It suggests an increase in intrathoracic pressure during exhalation.
 - It constitutes a normal breathing pattern post injury.
- Answer:* a. It indicates a section of the rib cage is detached from the rest of the chest wall.
91. *How can an EMT differentiate between respiratory distress and respiratory failure?*
- By assessing the patient's ability to speak in full sentences
 - By checking for abnormal breathing sounds only
 - By measuring the respiratory rate alone
 - By the presence of cyanosis and altered mental status
- Answer:* d. By the presence of cyanosis and altered mental status
92. *What is the primary purpose of the "recovery position"?*
- To provide comfort to a patient with back pain
 - To prevent aspiration in an unconscious patient with normal breathing
 - To stabilize a patient with a pelvic fracture
 - To prepare a patient for a surgical procedure
- Answer:* b. To prevent aspiration in an unconscious patient with normal breathing
93. *In which situation would an EMT administer activated charcoal?*
- During hypoglycemic events
 - To a patient experiencing a heart attack
 - To a patient with suspected oral poisoning
 - To control external bleeding
- Answer:* c. To a patient with suspected oral poisoning
94. *What is an indication for providing supplemental oxygen to a patient?*
- Pulse rate above 100 bpm
 - Oxygen saturation (SpO₂) below 94%
 - Patient is fully alert and oriented
 - Tremendous blood loss without shock
- Answer:* b. Oxygen saturation (SpO₂) below 94%
95. *Which of the following indicates full spinal immobilization is required for a trauma patient?*
- Localized tenderness in the extremities
 - Numbness in the fingers with no other symptoms
 - Pain in the neck with tingling down the arms

d. An abrasion on the forehead
Answer: c. Pain in the neck with tingling down the arms

96. *When an EMT is taking blood pressure manually, what indicates the diastolic pressure?*

- a. The first appearance of the thumping sound
- b. When the thumping sound starts to muffle
- c. The complete disappearance of the thumping sound
- d. A constant humming sound throughout the measurement

Answer: c. The complete disappearance of the thumping sound

97. *How should an EMT respond to a patient who has signed a Do Not Resuscitate (DNR) order?*

- a. Proceed with full resuscitation efforts
- b. Verify the validity of the DNR and comply with the patient's wishes
- c. Disregard the DNR and provide life-sustaining treatment
- d. Only provide comfort measures and no resuscitation

Answer: b. Verify the validity of the DNR and comply with the patient's wishes

98. *Which of the following might indicate a patient is suffering from inadequate perfusion (shock)?*

- a. Warm, dry skin
- b. Constricted pupils
- c. Delayed capillary refill
- d. Hypertension

Answer: c. Delayed capillary refill

99. *How would an EMT most accurately categorize a 'hematoma'?*

- a. A swelling filled with pus
- b. A laceration needing stitches
- c. A swelling of clotted blood within tissues
- d. A bruise that is superficially discolored

Answer: c. A swelling of clotted blood within tissues

100. *Which of the following patients would be a priority for spinal immobilization?*

- a. A patient complaining of neck pain after a low-speed motor vehicle collision
- b. A patient with a twisted ankle from a fall
- c. A patient with a minor laceration on the head without neurological symptoms
- d. A patient with epistaxis after sneezing

Answer: a. A patient complaining of neck pain after a low-speed motor vehicle collision

101. *What is the significance of 'stridor' in a pediatric patient?*

- a. It indicates a lower airway obstruction
- b. It suggests gastroesophageal reflux
- c. It is a high-pitched sound indicating upper airway narrowing or obstruction
- d. It is the sound of a productive cough

Answer: c. It is a high-pitched sound indicating upper airway narrowing or obstruction

102. *Under what condition would an EMT appropriately apply a PASG (pneumatic anti-shock garment)?*

- a. Severe head trauma
- b. Pulmonary edema
- c. Pelvic fractures with signs of shock
- d. Extensive thermal burns

Answer: c. Pelvic fractures with signs of shock

103. Which assessment tool is used by EMTs to determine a stroke patient's severity and as a pre-hospital notification to the hospital?

- a. Cincinnati Prehospital Stroke Scale
- b. Montreal Cognitive Assessment
- c. Glasgow Coma Scale
- d. ABC assessment method

Answer: a. Cincinnati Prehospital Stroke Scale

104. What is a key difference between angina and a myocardial infarction (heart attack)?

- a. Angina pain is usually relieved with rest and nitroglycerin, while heart attack pain is not.
- b. Heart attack pain occurs only on the left side, but angina pain can occur anywhere.
- c. Angina is caused by a blocked artery, while a heart attack is caused by a muscle spasm.
- d. Angina can be diagnosed on the scene, but a heart attack can only be diagnosed in a hospital.

Answer: a. Angina pain is usually relieved with rest and nitroglycerin, while heart attack pain is not.

105. When assessing a patient with a potential extremity fracture, what sign would indicate a possible bone injury?

- a. Sudden, unexplained hypertension
- b. A history of chronic obstructive pulmonary disease (COPD)
- c. The presence of a 'snoring' respiratory sound
- d. Swelling and deformity at the site of injury

Answer: d. Swelling and deformity at the site of injury

106. What critical intervention should an EMT perform for a patient with severe epistaxis not controlled by direct pressure?

- a. Lay the patient flat and elevate the legs
- b. Pack the nose with hemostatic gauze
- c. Administer high-flow oxygen via non-rebreather mask
- d. Have the patient blow their nose to clear blood clots

Answer: b. Pack the nose with hemostatic gauze

107. How can an EMT best assess a patient for potential internal bleeding?

- a. Checking the patient's blood pressure in different positions
- b. Asking about the patient's medical history and current medications
- c. Observing for signs and symptoms such as tachycardia and pale, cool, clammy skin
- d. Performing a finger-stick blood glucose test

Answer: c. Observing for signs and symptoms such as tachycardia and pale, cool, clammy skin

108. When managing a patient with a suspected flail chest, what is the EMT's initial treatment?

- a. Provide positive pressure ventilation with a BVM
- b. Administer pain medication if protocols allow
- c. Position the patient on the uninjured side
- d. Apply a bulky dressing and secure it with a bandage to stabilize the chest wall

Answer: d. Apply a bulky dressing and secure it with a bandage to stabilize the chest wall

109. What does the term 'hypoxia' refer to?

- a. The insufficient supply of oxygen to the tissues
- b. An excessive level of carbon dioxide in the bloodstream
- c. A high level of glucose in the blood
- d. Elevated heart rate and palpitations

Answer: a. The insufficient supply of oxygen to the tissues

110. When should an EMT apply a tourniquet?

- a. To any open wound with visible bleeding

- b. Only to extremities with life-threatening bleeding that cannot be controlled by direct pressure
 - c. Whenever a patient has a pulse distal to the injury
 - d. As a primary intervention for minor external bleeding
- Answer:* b. Only to extremities with life-threatening bleeding that cannot be controlled by direct pressure

111. *What is the significance of wheezing heard upon auscultation of a patient's lungs?*

- a. It indicates fluid in the alveoli
- b. It suggests a narrowing of the air passages
- c. It is a sign of increased respiratory effort
- d. It denotes a blockage in the upper airway

Answer: b. It suggests a narrowing of the air passages

112. *When an EMT performs a detailed physical exam, in which order should the body systems typically be assessed?*

- a. The order should be directed by the patient's presentation and injuries.
- b. Head, neck, chest, abdomen, pelvis, extremities, posterior
- c. Chest, abdomen, pelvis, extremities, posterior, head, neck
- d. Extremities, pelvis, abdomen, chest, head, neck, posterior

Answer: a. The order should be directed by the patient's presentation and injuries.

113. *Which of the following describes the purpose of the incident command system (ICS)?*

- a. To provide a tool for triaging patients in mass casualty incidents only
- b. To ensure all emergency workers receive the same level of training
- c. To structure and coordinate the response of multiple agencies in emergency situations
- d. To establish a legal framework for pre-hospital emergency care

Answer: c. To structure and coordinate the response of multiple agencies in emergency situations

114. *When a patient is experiencing angina pectoris, what is usually expected on their ECG?*

- a. Significant ST-segment elevation
- b. Ventricular fibrillation
- c. No changes, as angina often does not cause permanent heart damage
- d. Tall, peaked T-waves indicating hyperkalemia

Answer: c. No changes, as angina often does not cause permanent heart damage

115. *In which condition is a rapid transport to a hospital more critical than spending time on scene interventions?*

- a. A patient with an isolated lower extremity fracture
- b. A patient with stable vital signs and minor burns
- c. A patient with moderate dyspnea but without cyanosis
- d. A patient with symptoms of an acute stroke

Answer: d. A patient with symptoms of an acute stroke

116. *How might an EMT accurately determine the presence of orthostatic vital signs?*

- a. Measure the patient's blood pressure and heart rate at intervals after changing positions from lying to sitting to standing.
- b. Take the patient's pulse and blood pressure only while the patient is sitting.
- c. Take the patient's pulse and blood pressure once while the patient is lying down and again while standing.
- d. Check the patient's temperature in different positions.

Answer: a. Measure the patient's blood pressure and heart rate at intervals after changing positions from lying to sitting to standing.

117. In a patient with suspected spinal injury, what method should an EMT use to open the airway?
- Head-tilt, chin-lift maneuver
 - Tongue-jaw lift maneuver
 - Jaw-thrust maneuver without neck extension
 - Neck flexion and hyperextension
- Answer:* c. Jaw-thrust maneuver without neck extension

118. What is the best position to transport a pregnant patient in her third trimester?
- Supine with legs raised
 - On her left side to prevent supine hypotensive syndrome
 - Sitting upright at a 90-degree angle
 - Prone with adequate cushioning
- Answer:* b. On her left side to prevent supine hypotensive syndrome

119. When assessing distal extremity circulation in a limb that is splinted, it's important for the EMT to check for:
- Capillary refill time, sensation, and motor function
 - The presence of a distal pulse only
 - Range of motion and reflexes
 - Skin temperature and color in the unaffected limb
- Answer:* a. Capillary refill time, sensation, and motor function

120. What type of breathing pattern is characterized by an irregular rate, depth, and rhythm, occasionally interspersed with periods of apnea?
- Eupneic breathing
 - Biot's respirations
 - Cheyne-Stokes respirations
 - Kussmaul's respirations
- Answer:* c. Cheyne-Stokes respirations

3.6. 120 Review Questions and Answers for Chapter 3

1. What are the main principles of patient assessment in the EMT scope of practice?
- Safety, Reassessment, History, Secondary survey, Primary survey
 - Scene safety, Primary assessment, History taking, Secondary assessment, Reassessment
 - Triage, Transport, Treatment, Reevaluation, Reporting
 - Initial contact, Patient consent, Treatment delivery, Discharge planning, Follow-up
- Answer:* b. Scene safety, Primary assessment, History taking, Secondary assessment, Reassessment
2. During which phase of the patient assessment should the EMT establish the presence of immediate life-threatening conditions?
- Upon arrival at the scene
 - During the primary assessment
 - While obtaining the patient's medical history
 - During the secondary assessment
- Answer:* b. During the primary assessment
3. Which of the following is NOT a vital sign that EMTs typically assess?
- Heart rate
 - Pupillary response
 - Blood pressure
 - Respiratory rate
- Answer:* b. Pupillary response

4. *What is the first step an EMT should take upon arriving at a scene?*
- Begin patient assessment
 - Establish command
 - Ensure scene safety
 - Provide immediate care
- Answer: c. Ensure scene safety*
5. *In the acronym SAMPLE, what does the “S” stand for?*
- Signs and symptoms
 - Salutations and greetings
 - Suction and airway clearance
 - Severity of the situation
- Answer: a. Signs and symptoms*
6. *Which of the following best explains the “A” in AVPU, a scale used to assess a patient’s level of consciousness?*
- Airway open
 - Able to speak
 - Alert
 - Assessed regularly
- Answer: c. Alert*
7. *When performing a secondary assessment, what is the primary goal for the EMT?*
- To get a detailed medical history
 - To identify potential environmental threats
 - To perform a detailed physical exam for injuries and/or medical conditions
 - To decide the destination facility
- Answer: c. To perform a detailed physical exam for injuries and/or medical conditions*
8. *Capillary refill time is considered normal in adults if it is less than:*
- 1 second
 - 2 seconds
 - 4 seconds
 - 5 seconds
- Answer: b. 2 seconds*
9. *What constitutes a high-priority patient in the prehospital setting?*
- A patient with a headache
 - A patient with stable vital signs
 - A patient with a complaint of chest pain and shortness of breath
 - A patient with a minor laceration on the arm
- Answer: c. A patient with a complaint of chest pain and shortness of breath*
10. *While assessing a patient’s respirations, what are EMTs observing?*
- Rate, rhythm, and quality
 - Rate, sound, and expansion
 - Rate, strength, and symmetry
 - Rate, rhythm, and sputum
- Answer: a. Rate, rhythm, and quality*
11. *During the primary assessment of a trauma patient, you notice the patient has an open airway but is not breathing. Your next step should be to:*
- Begin positive pressure ventilations
 - Perform a rapid head-to-toe assessment

- c. Initiate spinal immobilization
 - d. Take the patient's pulse
- Answer:* a. Begin positive pressure ventilations

12. *What is the correct method for checking responsiveness in an unresponsive adult?*

- a. Shaking the patient vigorously
- b. A light tap on the shoulder
- c. A verbal shout in the ear
- d. A sternal rub or a pinch

Answer: d. A sternal rub or a pinch

13. *When assessing a patient, which of these findings would suggest a neurovascular compromise?*

- a. A radial pulse of 120 beats per minute
- b. Increased heat in the extremity
- c. Pallor and weakness in an extremity
- d. Cool and moist skin

Answer: c. Pallor and weakness in an extremity

14. *EMTs use the mnemonic "OPQRST" when assessing a patient's pain. What does the "P" stand for?*

- a. Previous
- b. Provocation/Palliation
- c. Position
- d. Pulse

Answer: b. Provocation/Palliation

15. *If a patient is experiencing difficulty breathing but has adequate tidal volume and respiratory rate, an EMT should:*

- a. Apply a non-rebreather mask at a high flow rate
- b. Assist ventilations with a BVM
- c. Monitor the patient and provide oxygen via nasal cannula
- d. Do nothing and reassess in 15 minutes

Answer: c. Monitor the patient and provide oxygen via nasal cannula

16. *Which of the following describes the purpose of the Glasgow Coma Scale (GCS)?*

- a. To assess the severity of a headache
- b. To determine the patient's blood sugar level
- c. To evaluate the depth and regularity of breathing
- d. To assess the level of consciousness in a patient with a potential head injury

Answer: d. To assess the level of consciousness in a patient with a potential head injury

17. *In the context of trauma, what does the 'M' in the mnemonic MARCH stand for?*

- a. Medication
- b. Massive hemorrhage
- c. Mobility of joints
- d. Myocardial function

Answer: b. Massive hemorrhage

18. *When evaluating a patient's skin, which of the following findings would be of MOST concern to an EMT?*

- a. Moist skin
- b. Warm skin
- c. Cyanotic (blue) skin
- d. Dry skin

Answer: c. Cyanotic (blue) skin

19. What is the primary reason for applying a cervical collar to a trauma patient?

- a. To alleviate neck pain
- b. To immobilize the cervical spine
- c. To control bleeding from neck wounds
- d. To maintain an open airway

Answer: b. To immobilize the cervical spine

20. If a patient exhibits snoring respirations, this indicates that:

- a. The patient is in a deep sleep.
- b. There is partial obstruction of the airway at the level of the nose or throat.
- c. The patient is hyperventilating.
- d. The airway is clear, and there is no need for intervention.

Answer: b. There is partial obstruction of the airway at the level of the nose or throat.

21. The 'T' in the DCAP-BTLS mnemonic stands for:

- a. Tenderness
- b. Trauma
- c. Tachycardia
- d. Temperature

Answer: a. Tenderness

22. What is the most appropriate action when an EMT encounters a patient with a weak and rapid pulse?

- a. Having the patient sit down and rest until the pulse slows
- b. Applying a hot pack to the patient to encourage vasodilation
- c. Performing immediate CPR
- d. Preparing for possible shock and transport the patient promptly

Answer: d. Preparing for possible shock and transport the patient promptly

23. Pupils that are unequal in size (anisocoria) may suggest:

- a. Dehydration
- b. Exposure to a bright light
- c. A potential head injury or neurological event
- d. The patient is faking illness

Answer: c. A potential head injury or neurological event

24. Which of the following is an appropriate use of the Trendelenburg position?

- a. To manage patients with a suspected spinal injury
- b. To improve cerebral perfusion in patients with a head injury
- c. To facilitate breathing in patients with respiratory distress
- d. Historically used for shock management, but now generally advised against

Answer: d. Historically used for shock management, but now generally advised against

25. You have arrived on scene to find a patient lying on the ground with agonal respirations. Your FIRST course of action should be to:

- a. Start chest compressions immediately.
- b. Provide positive pressure ventilations.
- c. Check for a pulse to determine if CPR is necessary.
- d. Position the patient for recovery.

Answer: c. Check for a pulse to determine if CPR is necessary.

26. When assessing circulation in a conscious patient, which pulse site is generally checked by EMTs?

- a. Brachial
- b. Radial

- c. Carotid
 - d. Femoral
- Answer:* b. Radial

27. *What does the mnemonic “PEARRL” stand for when assessing pupils?*

- a. Painful, Equal, And Round, Reactive to Light
- b. Pupils Equal And Really Large
- c. Pupils Equal And Reactive to Light
- d. Pupils Evenly Aligned, Round, Reactive to Light

Answer: c. Pupils Equal And Reactive to Light

28. *When considering the use of supplemental oxygen, which one of the following patients would MOST likely benefit from it?*

- a. A patient with a sprained ankle who is breathing comfortably
- b. A patient with chest pain and a pulse oximeter reading of 97%
- c. A patient with a partial airway obstruction and difficulty breathing
- d. A patient with a headache and no sign of respiratory distress

Answer: c. A patient with a partial airway obstruction and difficulty breathing

29. *‘JVD’ stands for jugular vein distention. It can be a sign of:*

- a. Severe dehydration.
- b. Heart failure or tension pneumothorax.
- c. Hypothermia.
- d. An impending stroke.

Answer: b. Heart failure or tension pneumothorax.

30. *An EMT would identify the presence of crepitus by:*

- a. Listening for abnormal sounds with a stethoscope.
- b. Checking the patient’s blood pressure.
- c. Feeling a grating sensation when palpating bones.
- d. Observing the patient’s skin color and condition.

Answer: c. Feeling a grating sensation when palpating bones.

31. *Which of the following best describes the condition known as “hypoxia”?*

- a. Increased carbon dioxide levels in the blood
- b. Decreased oxygen supply to the tissues and organs
- c. High blood pressure due to excessive fluid volume
- d. Over-inflation of the lungs leading to tissue damage

Answer: b. Decreased oxygen supply to the tissues and organs

32. *How should an EMT check for circulation in an infant if the brachial pulse is not palpable?*

- a. Check for a femoral pulse
- b. Check for a carotid pulse
- c. Check for a radial pulse
- d. Check for a pedal pulse

Answer: a. Check for a femoral pulse

33. *When assessing a patient with suspected spinal injury, which of the following is the MOST appropriate EMT action?*

- a. Ask the patient to move his/her toes and fingers
- b. Perform a head-tilt-chin-lift maneuver
- c. Log-roll the patient to a supine position
- d. Maintain manual stabilization of the head and neck

Answer: d. Maintain manual stabilization of the head and neck

34. In the mnemonic “SLUDGE” used for organophosphate poisoning, what does the ‘U’ stand for?
- Urinary incontinence
 - Ulcers
 - Urticaria
 - Uncontrolled twitching
- Answer:* a. Urinary incontinence
35. Which of the following is a consideration when providing care to a geriatric patient?
- Elderly patients are less prone to hypothermia due to increased fat stores.
 - They may have underlying chronic conditions that complicate the assessment.
 - Geriatric patients should always be transported in a supine position.
 - Assessment techniques used for adults are not appropriate for the elderly.
- Answer:* b. They may have underlying chronic conditions that complicate the assessment.
36. During a primary assessment, which of the following should be the EMT’s first priority?
- Spinal precautions
 - Airway assessment and management
 - Detailed physical examination
 - History taking
- Answer:* b. Airway assessment and management
37. How often should an EMT reassess the vital signs of a stable patient?
- Every 5 minutes
 - Every 10 minutes
 - Every 15 minutes
 - Every 30 minutes
- Answer:* c. Every 15 minutes
38. What does the mnemonic “BE FAST” stand for in stroke assessment?
- Bleeding, Emesis, Facial droop, Arm weakness, Speech difficulties, Time to call 911
 - Breathing, Eyes, Facial droop, Arm weakness, Speech difficulties, Time to call 911
 - Balance, Eyes, Facial droop, Arm weakness, Speech difficulties, Time to call 911
 - Blood pressure, Eyes, Facial droop, Arm weakness, Speech difficulties, Time to call 911
- Answer:* c. Balance, Eyes, Facial droop, Arm weakness, Speech difficulties, Time to call 911
39. A patient’s blood glucose level is significantly higher than normal. This condition is known as:
- Hypoglycemia
 - Hyperglycemia
 - Anemia
 - Leukocytosis
- Answer:* b. Hyperglycemia
40. What is one of the primary reasons for conducting a scene size-up?
- To immediately provide patient care
 - To determine appropriate resources needed on the scene
 - To obtain a history from the patient
 - To establish a command structure for multiple casualty incidents
- Answer:* b. To determine appropriate resources needed on the scene
41. When using the mnemonic “AEIOU-TIPS,” what does ‘U’ stand for in altered mental status patients?
- Underdose
 - Unresponsive
 - Uremia

d. Utilizing opioids

Answer: c. Uremia

42. *What should an EMT do first when encountering a patient with a foreign body airway obstruction?*

- a. Perform back slaps
- b. Encourage the patient to cough
- c. Start chest compressions
- d. Begin abdominal thrusts

Answer: b. Encourage the patient to cough

43. *Why is it important to obtain a complete set of vital signs?*

- a. To communicate effectively with advanced life support personnel
- b. To determine the insurance coverage of the patient
- c. To establish a baseline for monitoring patient changes
- d. To ensure that the ambulance has all necessary equipment

Answer: c. To establish a baseline for monitoring patient changes

44. *What is the importance of determining the mechanism of injury (MOI) or nature of illness (NOI) in the prehospital setting?*

- a. It allows for an accurate billing process.
- b. It dictates the potential injuries or illnesses the patient has sustained.
- c. It is only relevant in trauma cases, not medical cases.
- d. It ensures proper documentation for legal purposes.

Answer: b. It dictates the potential injuries or illnesses the patient has sustained.

45. *When approaching a vehicle crash scene, what should an EMT be most concerned about?*

- a. Preserving evidence for law enforcement
- b. Immediate access to the patients
- c. The safety of the EMS crew and bystanders
- d. Minimizing damage to the vehicles

Answer: c. The safety of the EMS crew and bystanders

46. *When assessing a patient's blood pressure, what does the diastolic reading represent?*

- a. The pressure during the heart's contraction
- b. The pressure when the heart is at rest between beats
- c. The average pressure throughout the cardiac cycle
- d. The initial pressure felt during the inflation of the cuff

Answer: b. The pressure when the heart is at rest between beats

47. *Which of the following pulse points should be your first choice for checking in a non-responsive adult?*

- a. Radial
- b. Brachial
- c. Carotid
- d. Femoral

Answer: c. Carotid

48. *In the initial assessment of a trauma patient, the term 'deformities' would best relate to which assessment component?*

- a. Airway assessment
- b. Circulatory assessment
- c. Disability assessment
- d. Exposure/Examination of the body for injuries

Answer: d. Exposure/Examination of the body for injuries

49. The mnemonic 'RICE' is used for what kind of injury management?
- Respiratory distress
 - Chest pain
 - Head injuries
 - Musculoskeletal injuries
- Answer: d. Musculoskeletal injuries
50. A patient with suspected hypoglycemia should be given which of the following if they are conscious and able to swallow without difficulty?
- Insulin
 - Aspirin
 - Oral glucose
 - Sublingual nitroglycerin
- Answer: c. Oral glucose
51. During a secondary assessment, how would an EMT best assess a patient's abdomen?
- By auscultating lung sounds
 - Through palpation, observing for tenderness and guarding
 - By checking pupil reactivity
 - With a stethoscope to measure blood pressure
- Answer: b. Through palpation, observing for tenderness and guarding
52. If an adult patient's breathing is found to be inadequate during the primary assessment, what is the EMT's next course of action?
- Apply a non-rebreather mask at 15 lpm
 - Assist ventilations with a bag-valve mask
 - Perform abdominal thrusts
 - Listen to breath sounds with a stethoscope
- Answer: b. Assist ventilations with a bag-valve mask
53. The mnemonic 'FAST' is specifically used for assessing which condition?
- Traumatic injuries
 - Stroke
 - Cardiac arrest
 - Respiratory distress
- Answer: b. Stroke
54. What does the 'C' represent in the mnemonic 'CUPS,' which is used to prioritize patient transport?
- Cervical spine injury
 - Confusion
 - Critical condition
 - Chest pain
- Answer: c. Critical condition
55. How does an EMT assess for 'crepitus' in a patient with suspected fractures?
- By checking skin color, temperature, and condition
 - By asking the patient to move the affected limb
 - By palpating the injured area and feeling for a grating sensation
 - By taking a blood pressure reading near the site of injury
- Answer: c. By palpating the injured area and feeling for a grating sensation
56. When referring to the acronym 'PASTE,' what does the 'T' stand for?
- Time of onset
 - Temperature of the skin

- c. Tightness of the chest
 - d. Type of breath sounds
- Answer:* c. Tightness of the chest

57. *When assessing a pediatric patient's respiratory status, what is an EMT looking for that is different from that of an adult patient?*

- a. Nasal flaring
- b. Abdominal breathing
- c. Chest rise and fall
- d. Irregular rhythm

Answer: a. Nasal flaring

58. *Which of the following conditions is considered immediately life-threatening and requires prompt intervention?*

- a. Shortness of breath due to mild asthma
- b. A laceration on the forearm
- c. Tension pneumothorax
- d. Abdominal pain with nausea

Answer: c. Tension pneumothorax

59. *When performing the jaw-thrust maneuver on a patient with a suspected spinal injury, the EMT should avoid doing what?*

- a. Keeping the neck in a neutral position
- b. Using the fingers to lift the angles of the jaw forward
- c. Tilting or rotating the head
- d. Assuring the mouth opens

Answer: c. Tilting or rotating the head

60. *What is another term for a 'convulsion'?*

- a. Hemorrhage
- b. Palpitation
- c. Seizure
- d. Stridor

Answer: c. Seizure

61. *How would an EMT assess a patient's chest for injuries during a secondary survey?*

- a. By visual inspection only
- b. Through palpation and auscultation
- c. Auscultation alone
- d. Palpation followed by a neurological exam

Answer: b. Through palpation and auscultation

62. *What does the mnemonic "NOTES" stand for when assessing a patient's history?*

- a. Nausea, Output, Timing, Eating, Skin Signs
- b. Nausea, Oxygen, Tenderness, Edema, Seizures
- c. Neurological, Output, Trauma, Edema, Symptoms
- d. Neurological Symptoms, O₂ Saturation, Trauma History, Environment, Signs

Answer: a. Nausea, Output, Timing, Eating, Skin Signs

63. *In the context of a medical assessment, what is the significance of pinpoint pupils?*

- a. Likely exposure to nerve agents or opioids
- b. A normal variant and not of clinical significance
- c. Indicative of a neurological event such as a stroke

d. A sign of dehydration
Answer: a. Likely exposure to nerve agents or opioids

64. *What is the priority action for an EMT when presented with a patient who has suffered thermal burns?*

- a. Immediately begin to cool the burns
- b. Assess whether the patient's airway is compromised
- c. Document the temperature at which the burn occurred
- d. Apply burn ointment to the affected areas

Answer: b. Assess whether the patient's airway is compromised

65. *In EMT practice, the term "paradoxical motion" refers to which condition?*

- a. Normal chest movement during breathing
- b. Involuntary twitching of an extremity
- c. Unequal chest movement, typically due to a flail chest
- d. The movement of extremities in response to pain

Answer: c. Unequal chest movement, typically due to a flail chest

66. *What should an EMT use to gauge a patient's response to painful stimuli?*

- a. Only verbal responses are necessary
- b. The application of a pressure point technique
- c. Watching for facial expressions
- d. A gentle shake of the shoulders

Answer: b. The application of a pressure point technique

67. *During a primary survey, dilated and non-reactive pupils may indicate:*

- a. Possible drug use or exposure to a nerve agent
- b. Severe hypoxia or brain injury
- c. Normal pupil reaction in low light conditions
- d. The presence of cataracts or other eye diseases

Answer: b. Severe hypoxia or brain injury

68. *A patient with cool, clammy skin is most likely experiencing:*

- a. Hyperglycemia
- b. Heatstroke
- c. Shock
- d. Hyperthermia

Answer: c. Shock

69. *When performing a secondary assessment on an unconscious patient, what is the best way to assess their head?*

- a. Inspect and palpate, checking for deformities, contusions, abrasions, punctures, burns, tenderness, lacerations, and swelling
- b. Auscultation only, to avoid further movement of the head
- c. A visual survey from a distance for bleeding or swelling
- d. Immediately applying a cervical collar without further assessment

Answer: a. Inspect and palpate, checking for deformities, contusions, abrasions, punctures, burns, tenderness, lacerations, and swelling

70. *The 'B' in the mnemonic 'SAMPLE' stands for which of the following?*

- a. Blood pressure
- b. Breathing rate
- c. Burns

d. Background (medical history)
Answer: d. Background (medical history)

71. *What is the main purpose of the EMT providing in-line stabilization for the cervical spine of a trauma patient?*

- a. To limit spinal movement and prevent further injury
- b. To check for neck swelling
- c. To ensure full range of motion
- d. To prepare for immediate surgery

Answer: a. To limit spinal movement and prevent further injury

72. *Which of the following is the primary purpose of the rapid trauma assessment?*

- a. To identify all potential injuries regardless of their severity
- b. To facilitate a quick transport to the hospital
- c. To identify life-threatening injuries that must be managed immediately
- d. To ensure that the patient is comfortable and pain-free

Answer: c. To identify life-threatening injuries that must be managed immediately

73. *During the primary assessment, what conclusion can be drawn if an EMT finds that a patient has an absent radial pulse?*

- a. The patient likely has an orthopedic injury distal to the assessment point
- b. The patient may be experiencing a hypertensive crisis
- c. The patient's systolic blood pressure may be below 90 mm Hg
- d. The patient is most likely dehydrated

Answer: c. The patient's systolic blood pressure may be below 90 mm Hg

74. *If an EMT observes jugular vein distention (JVD) in a trauma patient, they should be suspicious of:*

- a. Dehydration
- b. A myocardial infarction
- c. Tension pneumothorax or cardiac tamponade
- d. Peripheral vascular disease

Answer: c. Tension pneumothorax or cardiac tamponade

75. *When assessing the pelvis during a trauma survey, an EMT should do which of the following?*

- a. Compress the pelvis downward firmly to test stability
- b. Avoid touching the pelvis if a fracture is suspected
- c. Gently compress the iliac crests inward and downward
- d. Lift the patient's legs to check for pelvic discomfort

Answer: c. Gently compress the iliac crests inward and downward

76. *Which finding would indicate the need for spinal immobilization in a trauma patient?*

- a. Localized pain in a limb
- b. Bruising on the abdomen
- c. Pain or tenderness on palpation of the spine
- d. A small laceration on the forehead

Answer: c. Pain or tenderness on palpation of the spine

77. *The appearance of hives or urticaria on a patient's skin is commonly associated with what condition?*

- a. Hypothermia
- b. An allergic reaction
- c. Dehydration
- d. Hyperglycemia

Answer: b. An allergic reaction

78. When performing chest compressions on an adult patient in cardiac arrest, the compression depth should be at least:
- a. 1 inch (2.5 cm)
 - b. 2 inches (5 cm)
 - c. 3 inches (7.6 cm)
 - d. 4 inches (10 cm)
- Answer: b. 2 inches (5 cm)
79. What is the best description of the term 'stridor'?
- a. A high-pitched sound heard on inhalation, indicating upper airway obstruction
 - b. A deep rumbling sound heard primarily during exhalation
 - c. A wet crackling sound heard in the lungs due to fluid accumulation
 - d. A whistling sound associated with bronchoconstriction
- Answer: a. A high-pitched sound heard on inhalation, indicating upper airway obstruction
80. The 'P' in the mnemonic 'PMSC' used to assess extremities stands for what?
- a. Pulsation
 - b. Pallor
 - c. Pain
 - d. Paralysis
- Answer: b. Pallor
81. EMTs utilize the 'Cincinnati Prehospital Stroke Scale' to assess for signs of a stroke. Which of the following is NOT a component of that assessment?
- a. Facial droop
 - b. Arm drift
 - c. Abnormal speech
 - d. Leg weakness
- Answer: d. Leg weakness
82. What is the significance of hearing a 'grunt' sound when assessing a pediatric patient?
- a. It indicates that the child is experiencing abdominal pain.
 - b. It typically signifies the presence of respiratory distress.
 - c. It is a common finding in children with ear infections.
 - d. It suggests that the child is engaging in normal vocalizations.
- Answer: b. It typically signifies the presence of respiratory distress.
83. When should an EMT use a 'recovery position' for an unresponsive patient without trauma and with normal breathing?
- a. When the patient has a suspected spinal injury
 - b. If the patient needs to be left alone for any period
 - c. While performing cardiopulmonary resuscitation (CPR)
 - d. Immediately after an advanced airway has been placed
- Answer: b. If the patient needs to be left alone for any period
84. For which condition is a 'nasal cannula' MOST appropriate for delivering supplemental oxygen?
- a. Severe asthma with rapid respiratory rate
 - b. Cardiac arrest with no spontaneous breathing
 - c. Chronic obstructive pulmonary disease (COPD) with moderate distress
 - d. Carbon monoxide poisoning with altered mental status
- Answer: c. Chronic obstructive pulmonary disease (COPD) with moderate distress
85. In a pediatric patient, grunting is most indicative of:
- a. Digestive distress

- b. A communicable disease
 - c. Efforts to maintain airway patency
 - d. Emotional stress
- Answer:* c. Efforts to maintain airway patency

86. *When assessing a patient's sensory function in their extremities, you notice a lack of sensation in their legs. What is this finding referred to as?*

- a. Paresthesia
- b. Hyperesthesia
- c. Anesthesia
- d. Dysesthesia

Answer: c. Anesthesia

87. *What is the most appropriate first step when encountering a patient with chest pain and difficulty breathing?*

- a. Transport immediately
- b. Perform a rapid trauma assessment
- c. Provide supplemental oxygen and assess vital signs
- d. Ask the patient to remain quiet and calm until you have additional resources

Answer: c. Provide supplemental oxygen and assess vital signs

88. *What would an EMT expect to find in a patient experiencing compensated shock?*

- a. Low blood pressure
- b. Altered mental status
- c. Rapid, weak pulse
- d. Normal blood pressure

Answer: d. Normal blood pressure

89. *Which of the following symptoms is most indicative of left-sided heart failure?*

- a. JVD
- b. Pedal edema
- c. Pulmonary edema
- d. Enlarged spleen

Answer: c. Pulmonary edema

90. *After securing the airway of a patient with severe head trauma, what is the NEXT priority?*

- a. Preventing hypothermia
- b. Immediate transport to a trauma center
- c. Spinal motion restriction
- d. Rapid sequence intubation

Answer: c. Spinal motion restriction

91. *When assessing for a tension pneumothorax, what symptom is MOST indicative of this condition?*

- a. Bradycardia
- b. Muffled heart sounds
- c. Jugular vein distention
- d. Wheezing on exhalation

Answer: c. Jugular vein distention

92. *What would be the most appropriate immediate action for an EMT when dealing with a patient who has sustained a chemical burn to the eyes?*

- a. Apply a dry sterile dressing over the eyes
- b. Irrigate the eyes with copious amounts of water
- c. Administer an analgesic

d. Cover the eyes with a cold compress

Answer: b. Irrigate the eyes with copious amounts of water

93. *During the primary assessment of a pediatric patient, a capillary refill time greater than _____ seconds is considered a sign of poor perfusion.*

a. 2

b. 3

c. 4

d. 5

Answer: a. 2

94. *What is the purpose of using the ‘rule of nines’ in the assessment of a burn patient?*

a. To assess the degree of burns

b. To identify the cause of burns

c. To estimate the total body surface area (TBSA) burned

d. To calculate the need for fluid resuscitation

Answer: c. To estimate the total body surface area (TBSA) burned

95. *In which condition would an EMT likely perform a ‘sternal rub’ to assess the patient’s responsiveness?*

a. Diabetic coma

b. Severe allergic reaction

c. Stroke

d. Opioid overdose

Answer: d. Opioid overdose

96. *What does the ‘L’ stand for in the “OPQRST” mnemonic when assessing a patient’s pain?*

a. Limitations

b. Location

c. Luminosity

d. Length

Answer: b. Location

97. *Which of the following is NOT part of the EMT’s role in the ‘chain of survival’?*

a. Early defibrillation

b. Rapid surgical intervention

c. Immediate recognition of cardiac arrest

d. Early advanced life support

Answer: b. Rapid surgical intervention

98. *A patient presents with a ‘seesaw’ respiratory pattern. This is most commonly associated with which condition?*

a. Adult respiratory distress syndrome (ARDS)

b. A foreign body obstruction in an infant

c. Congestive heart failure (CHF)

d. Asthma exacerbation

Answer: b. A foreign body obstruction in an infant

99. *How does an EMT determine if a patient’s chest expansion is symmetrical?*

a. By observing chest rise during inhalation and exhalation

b. By listening to lung sounds bilaterally

c. By palpating the chest for equal vibration during speech

d. By measuring chest circumference at the nipple line

Answer: a. By observing chest rise during inhalation and exhalation

100. When obtaining a patient's history using the "OPQRST" mnemonic for pain assessment, what question would an EMT ask to address the 'S'?

- a. "Does the pain spread anywhere?"
- b. "How severe is the pain on a scale of 1 to 10?"
- c. "When did the pain start?"
- d. "What makes the pain feel better or worse?"

Answer: a. "Does the pain spread anywhere?"

101. What is the FIRST step an EMT should take in managing a patient with suspected spinal injury?

- a. Apply a cervical collar
- b. Assess for distal neurovascular function
- c. Perform a log roll maneuver
- d. Manual stabilization of the head and neck

Answer: d. Manual stabilization of the head and neck

102. Which of the following is NOT a component of the "AEIOU-TIPS" mnemonic used for assessing altered mental status?

- a. Alcohol
- b. Epilepsy
- c. Uremia
- d. Trauma

Answer: b. Epilepsy

103. What is the proper depth for chest compressions on an infant during CPR?

- a. At least one third the depth of the chest, about 1.5 inches (4 cm)
- b. At least one half the depth of the chest, about 2 inches (5 cm)
- c. At least two inches (5 cm)
- d. At least 2.4 inches (6 cm)

Answer: a. At least one third the depth of the chest, about 1.5 inches (4 cm)

104. Upon arrival at a scene with potential hazardous materials, what is the MOST important action an EMT should take?

- a. Begin triaging patients
- b. Secure a perimeter and establish a safe zone
- c. Start decontamination of patients immediately
- d. Collect samples of the hazardous materials

Answer: b. Secure a perimeter and establish a safe zone

105. What does the 'E' stand for in the mnemonic "SAMPLE" when taking a patient's medical history?

- a. Events leading up to the illness or injury
- b. Early symptoms
- c. Existing medical conditions
- d. Exercise

Answer: a. Events leading up to the illness or injury

106. When using a bag-valve mask (BVM) for ventilations, what is the appropriate rate of ventilation for an adult patient?

- a. 10 to 12 ventilations per minute
- b. 16 to 20 ventilations per minute
- c. 6 to 8 ventilations per minute
- d. 12 to 20 ventilations per minute

Answer: a. 10 to 12 ventilations per minute

107. What should an EMT assess for when evaluating a patient's gait?

- a. Skin color and temperature
 - b. Symmetry and balance
 - c. Pupil size and reactivity
 - d. Heart rate and rhythm
- Answer: b. Symmetry and balance

108. In trauma patients, 'ecchymosis' is a term used to describe:

- a. Swelling due to fluid accumulation
 - b. A puncture wound or laceration
 - c. A nosebleed
 - d. Bruising or discoloration of the skin
- Answer: d. Bruising or discoloration of the skin

109. What does the 'M' represent in the "DCAP-BTLS" mnemonic?

- a. Motion
 - b. Medications
 - c. Medical history
 - d. Masses
- Answer: d. Masses

110. What term is used to describe difficult or labored breathing?

- a. Dysphasia
 - b. Dyspepsia
 - c. Dyspnea
 - d. Dysthymia
- Answer: c. Dyspnea

111. When palpating a patient's abdomen, what may tenderness in the right lower quadrant suggest?

- a. Cholecystitis
 - b. Pancreatitis
 - c. Appendicitis
 - d. Ulcerative colitis
- Answer: c. Appendicitis

112. If an EMT finds fluctuant swelling during a physical exam, this typically indicates:

- a. Bone deformity
 - b. Gas in the gastrointestinal tract
 - c. The presence of a fluid-filled cavity, such as an abscess
 - d. Severe muscle atrophy
- Answer: c. The presence of a fluid-filled cavity, such as an abscess

113. Which of the following best describes the purpose of using an oropharyngeal airway (OPA)?

- a. To suction secretions from the oropharynx
 - b. To secure the tongue and prevent airway obstruction in unconscious patients
 - c. To facilitate oral medication administration
 - d. To visualize the vocal cords during intubation
- Answer: b. To secure the tongue and prevent airway obstruction in unconscious patients

114. The presence of subcutaneous emphysema is most commonly associated with what type of injury?

- a. Abdominal trauma
- b. Head injury
- c. Chest trauma

d. Fractured femur
Answer: c. Chest trauma

115. *When an EMT uses the acronym “PERRLA” during an eye assessment, they are evaluating:*

- a. Pupils Equal, Round, Reactive to Light, and Accommodation
- b. Pressure, Edema, Retraction, Redness, Laceration, and Alignment
- c. Pain, Erythema, Range of motion, Lacerations, and Anisocoria
- d. Proptosis, Ecchymosis, Red reflex, Lesions, and Anisocoria

Answer: a. Pupils Equal, Round, Reactive to Light, and Accommodation

116. *What is the significance of ‘guarding’ when palpating a patient’s abdomen?*

- a. It indicates relaxation of the abdominal muscles
- b. It is a sign of patient anxiety and has no clinical significance
- c. It suggests voluntary or involuntary protection of an area of pain or injury
- d. It denotes generalized abdominal strengthening

Answer: c. It suggests voluntary or involuntary protection of an area of pain or injury

117. *How can an EMT differentiate between wheezing and stridor?*

- a. Stridor is a high-pitched noise heard on inhalation, while wheezing is typically heard on exhalation
- b. Wheezing is a low-pitched sound, while stridor is a whistling sound
- c. Stridor is heard without a stethoscope, while wheezing is not audible without auscultation
- d. Wheezing indicates an upper airway obstruction, while stridor suggests a lower respiratory issue

Answer: a. Stridor is a high-pitched noise heard on inhalation, while wheezing is typically heard on exhalation

118. *When performing a rapid extrication technique from a vehicle, the EMT’s first physical action should be to:*

- a. Apply a cervical collar
- b. Stabilize the head and neck
- c. Assess the patient’s leg injuries
- d. Cut the seatbelt

Answer: b. Stabilize the head and neck

119. *When documenting a patient’s blood sugar level as assessed with a glucometer, the value is recorded in:*

- a. Percentage
- b. Milligrams per deciliter (mg/dL)
- c. Millimoles per liter (mmol/L)
- d. Both b and c, depending on regional practice

Answer: d. Both b and c, depending on regional practice

120. *What condition is characterized by a sudden loss of consciousness followed by generalized involuntary muscular contractions, commonly known as ‘seizures’?*

- a. Syncope
- b. Hypoglycemia
- c. Epilepsy
- d. Stroke

Answer: c. Epilepsy

4.6. 120 Review Questions and Answers for Chapter 4

1. *Which of the following describes the anatomical position?*
 - a. Standing with arms raised above the head
 - b. Lying down on the back with arms crossed over the chest
 - c. Standing upright, facing forward, arms down at the sides with palms facing forward
 - d. Seated with legs crossed and hands on the knees

Answer: c. Standing upright, facing forward, arms down at the sides with palms facing forward

2. *What is the most superior part of the heart known as?*
 - a. The apex
 - b. The base
 - c. The left ventricle
 - d. The right atrium

Answer: b. The base

3. *Which structure separates the thoracic cavity from the abdominal cavity?*
 - a. Pleura
 - b. Diaphragm
 - c. Pericardium
 - d. Mediastinum

Answer: b. Diaphragm

4. *What type of blood vessels carry blood away from the heart?*
 - a. Veins
 - b. Arterioles
 - c. Venules
 - d. Arteries

Answer: d. Arteries

5. *What is the normal respiratory rate for an adult?*
 - a. 6-10 breaths per minute
 - b. 12-20 breaths per minute
 - c. 22-28 breaths per minute
 - d. 30-35 breaths per minute

Answer: b. 12-20 breaths per minute

6. *Which part of the brain is responsible for controlling basic life functions, such as breathing and blood pressure?*
 - a. Cerebrum
 - b. Cerebellum
 - c. Brain stem
 - d. Hypothalamus

Answer: c. Brain stem

7. *Which part of the spinal column is located directly below the cervical spine?*
 - a. Thoracic spine
 - b. Lumbar spine
 - c. Sacral spine
 - d. Coccygeal spine

Answer: a. Thoracic spine

8. *Which one of the following pulse points is most commonly used to assess a patient's heart rate?*
 - a. Brachial artery
 - b. Radial artery
 - c. Carotid artery

d. Femoral artery
Answer: b. Radial artery

9. *What is the primary function of the alveoli in the lungs?*

- a. To warm and humidify air
- b. To produce mucus
- c. To transport oxygen into the blood and remove carbon dioxide
- d. To protect against infection

Answer: c. To transport oxygen into the blood and remove carbon dioxide

10. *Hypoperfusion is most accurately defined as which of the following?*

- a. Increased blood flow to the body's tissues
- b. Decreased blood flow to the body's tissues
- c. The inability to breathe without assistance
- d. A state of excess oxygenation to the body's tissues

Answer: b. Decreased blood flow to the body's tissues

11. *What term is used to describe difficulty breathing?*

- a. Dyspepsia
- b. Dysphasia
- c. Dysarthria
- d. Dyspnea

Answer: d. Dyspnea

12. *In the absence of injury or illness, what is the most common cause of shock in a trauma patient?*

- a. Respiratory failure
- b. Dehydration
- c. Hemorrhage
- d. Cardiac arrest

Answer: c. Hemorrhage

13. *If a patient has pale, cool, clammy skin, what might this indicate?*

- a. High blood pressure
- b. Heat stroke
- c. Shock
- d. Hyperglycemia

Answer: c. Shock

14. *What does the mnemonic "DCAP-BTLS" stand for in trauma assessment?*

- a. Deformities, Contusions, Abrasions, Punctures - Burns, Tenderness, Lacerations, Swelling
- b. Discoloration, Contusions, Abscess, Palpations - Bruises, Tears, Lesions, Separations
- c. Distension, Compression, Aneurysms, Pains - Breaks, Tears, Ligaments, Strains
- d. Dislocation, Cuts, Angulation, Pulsations - Bleeding, Turgor, Lesions, Sensations

Answer: a. Deformities, Contusions, Abrasions, Punctures - Burns, Tenderness, Lacerations, Swelling

15. *The "Rule of Nines" is used to estimate what in a burn patient?*

- a. The degree of the burn
- b. The depth of the burn
- c. The percentage of body surface area burned
- d. The number of burns

Answer: c. The percentage of body surface area burned

16. Which cranial nerve is responsible for facial sensations and the motor functions of chewing?
- Vagus nerve
 - Trigeminal nerve
 - Hypoglossal nerve
 - Accessory nerve
- Answer: b. Trigeminal nerve
17. What is the term used to describe the amount of blood ejected from the heart in one minute?
- Stroke volume
 - Cardiac output
 - Heart rate
 - Blood pressure
- Answer: b. Cardiac output
18. During the primary assessment of a trauma patient, you note the patient's work of breathing is inadequate. What is your immediate next step?
- Administer high-flow oxygen
 - Perform a secondary assessment
 - Prepare for immediate transportation
 - Assess the patient's airway status
- Answer: d. Assess the patient's airway status
19. In a patient experiencing a hyperglycemic crisis, which symptom is most common?
- Cold, clammy skin
 - Kussmaul respirations
 - Hypertension
 - Profound bradycardia
- Answer: b. Kussmaul respirations
20. The mnemonic "OPQRST" is a tool for evaluating which of the following?
- A patient's mental status
 - Pain and discomfort
 - The level of consciousness
 - Circulatory status
- Answer: b. Pain and discomfort
21. What is the recommended initial step in managing a patient with suspected spinal injury?
- Neurological assessment
 - Manual stabilization of the spine
 - Log roll the patient onto a backboard
 - Immediate application of a cervical collar
- Answer: b. Manual stabilization of the spine
22. What does the term "crepitus" reference when performing a physical examination on a patient?
- A grating sound or feeling
 - Swelling under the skin
 - Abnormal pulse rate
 - Discoloration of the skin
- Answer: a. A grating sound or feeling
23. In the context of environmental emergencies, what is the first step in treating a patient with suspected hypothermia?
- Rapid rewarming in hot water
 - Applying a passive external rewarming technique

- c. Active internal rewarming
 - d. Immediate evacuation without treatment
- Answer:* b. Applying a passive external rewarming technique

24. *A fluttering sensation in the chest is most often associated with which cardiac condition?*

- a. Myocardial infarction
- b. Cardiac tamponade
- c. Ventricular fibrillation
- d. Atrial fibrillation

Answer: d. Atrial fibrillation

25. *What is the main advantage of using a nasopharyngeal airway (NPA) over an oropharyngeal airway (OPA)?*

- a. NPAs can be used on conscious patients
- b. NPAs provide better airway protection
- c. NPAs are easier to insert
- d. NPAs have a lower risk of aspiration

Answer: a. NPAs can be used on conscious patients

26. *You arrive on scene to find a patient who has been electrocuted. After ensuring scene safety, what would be your next step?*

- a. Checking for entry and exit wounds
- b. Beginning immediate defibrillation
- c. Performing a rapid trauma assessment
- d. Assessment of the patient's responsiveness and breathing

Answer: d. Assessment of the patient's responsiveness and breathing

27. *When providing care to a patient with a suspected stroke (CVA), what is an essential component of the prehospital care?*

- a. Waiting for symptoms to improve before transport
- b. Administering aspirin to prevent further clotting
- c. Immediate and rapid transport to an appropriate facility
- d. Performing on-scene neuro rehabilitation exercises

Answer: c. Immediate and rapid transport to an appropriate facility

28. *The respiratory process of moving air in and out of the lungs is known as:*

- a. Diffusion
- b. Perfusion
- c. Osmosis
- d. Ventilation

Answer: d. Ventilation

29. *When dealing with a patient who has sustained a chemical burn to the eyes, what is the appropriate first aid measure?*

- a. Blindfold the patient to prevent further eye damage
- b. Neutralize the chemical with an opposing pH substance
- c. Flush the eyes with copious amounts of water for at least 20 minutes
- d. Promptly cover the eyes with sterile dressings

Answer: c. Flush the eyes with copious amounts of water for at least 20 minutes

30. *An increase in the rate and depth of breathing, that significantly exceeds the body's need for removal of carbon dioxide, is known as:*

- a. Eupnea
- b. Dyspnea

- c. Hyperventilation
 - d. Apnea
- Answer:* c. Hyperventilation

31. *What procedure is used to secure an open airway in a trauma patient without manipulating the spine?*

- a. Jaw-thrust maneuver
- b. Head-tilt, chin-lift maneuver
- c. Tongue-jaw lift
- d. Cricothyrotomy

Answer: a. Jaw-thrust maneuver

32. *What is the most common cause of seizures in children?*

- a. Trauma
- b. Fever
- c. Brain tumors
- d. Hypoglycemia

Answer: b. Fever

33. *When assessing a patient with a suspected myocardial infarction, which medication is commonly administered prehospital?*

- a. Ibuprofen
- b. Nitroglycerin
- c. Metformin
- d. Acetaminophen

Answer: b. Nitroglycerin

34. *In which situation would you apply a tourniquet?*

- a. A patient is bleeding from a small laceration on the forearm
- b. A patient has an amputated limb with uncontrolled, life-threatening bleeding
- c. A patient complains of chest pain
- d. A patient has sustained a sprained ankle

Answer: b. A patient has an amputated limb with uncontrolled, life-threatening bleeding

35. *What does the mnemonic SAMPLE stand for when obtaining a patient's medical history?*

- a. Signs/Symptoms, Allergies, Medications, Past relevant history, Last oral intake, Events leading up
- b. Sensory, Assessment, Motor, Pupils, Language, Eyesight
- c. Signs/Symptoms, Airway, Movement/Motor, Pulse, Level of consciousness, Eyes
- d. Severity, Allergies, Mental status, Past relevant history, Last physical exam, Events leading up

Answer: a. Signs/Symptoms, Allergies, Medications, Past relevant history, Last oral intake, Events leading up

36. *What component is NOT part of the chain of survival in cardiac arrest?*

- a. Immediate recognition and activation of emergency response
- b. Early cardiopulmonary resuscitation (CPR)
- c. Rapid defibrillation
- d. Flash recovery and rehabilitation

Answer: d. Flash recovery and rehabilitation

37. *What is the appropriate compression-to-ventilation ratio for adult CPR according to current American Heart Association guidelines?*

- a. 15:2
- b. 30:2
- c. 5:1

d. 20:2
Answer: b. 30:2

38. *When assessing a patient with a potential spinal injury, what motor function test can you perform?*
- a. Ask the patient to close their eyes
 - b. Have the patient grip your hands
 - c. Check for pupil response to light
 - d. Listen for bowel sounds

Answer: b. Have the patient grip your hands

39. *Which of the following is an indication for administering activated charcoal?*
- a. An unconscious patient with unknown overdose
 - b. A conscious patient who has ingested a toxic substance that is adsorbed by charcoal
 - c. A patient with severe respiratory distress
 - d. A patient with an ingested corrosive substance

Answer: b. A conscious patient who has ingested a toxic substance that is adsorbed by charcoal

40. *What is the term for a rapid swelling of the epiglottis causing airway obstruction, predominantly in children?*
- a. Croup
 - b. Asthma
 - c. Epiglottitis
 - d. Bronchiolitis

Answer: c. Epiglottitis

41. *What is the first step in the “focused history and physical exam” for a patient with no significant trauma?*
- a. Perform a rapid trauma assessment
 - b. Obtain a full set of vital signs
 - c. Take an appropriate history related to the chief complaint
 - d. Immediately transport the patient

Answer: c. Take an appropriate history related to the chief complaint

42. *When providing prehospital care for a patient with suspected abdominal aortic aneurysm, what is the most important treatment?*
- a. Giving the patient water to drink to identify the pain source
 - b. Applying a cold pack to the abdomen to reduce inflammation
 - c. Providing rapid transport to an appropriate facility
 - d. Encouraging the patient to walk to assess the pain severity

Answer: c. Providing rapid transport to an appropriate facility

43. *In an EMT’s scope of practice, which of the following is a procedure for advanced airway management?*
- a. Endotracheal intubation
 - b. Needle cricothyrotomy
 - c. Insertion of a laryngeal mask airway (LMA)
 - d. Performing a tracheostomy

Answer: c. Insertion of a laryngeal mask airway (LMA)

44. *What medical condition often presents with chest pain that radiates to the left arm and jaw?*
- a. Gastroesophageal reflux disease (GERD)
 - b. Acute myocardial infarction
 - c. Pancreatitis

d. Pulmonary embolism
Answer: b. Acute myocardial infarction

45. *Which type of stroke is most common, ischemic or hemorrhagic?*

- a. Ischemic
- b. Hemorrhagic
- c. They occur with equal frequency
- d. Unable to be determined by prehospital personnel

Answer: a. Ischemic

46. *Which one of the following conditions is characterized by the irregular conduction of electrical impulses in the heart, commonly resulting in a rapid, uncoordinated heartbeat?*

- a. Myocardial infarction
- b. Ventricular fibrillation
- c. Angina pectoris
- d. Atrial fibrillation

Answer: d. Atrial fibrillation

47. *Which type of muscle tissue is found in the walls of blood vessels and not under voluntary control?*

- a. Skeletal muscle
- b. Cardiac muscle
- c. Smooth muscle
- d. Striated muscle

Answer: c. Smooth muscle

48. *What is the proper term for an elevated body temperature due to a failure of thermoregulation?*

- a. Hypothermia
- b. Fever
- c. Hyperthermia
- d. Heat stroke

Answer: c. Hyperthermia

49. *What is the minimum number of chest compressions per minute recommended during CPR for adults?*

- a. 60
- b. 80
- c. 100
- d. 120

Answer: c. 100

50. *What is the primary purpose of the pediatric assessment triangle (PAT)?*

- a. To determine a pediatric patient's weight
- b. To assess a child's airway patency
- c. To provide a rapid assessment of a pediatric patient's condition
- d. To measure a pediatric patient's vital signs

Answer: c. To provide a rapid assessment of a pediatric patient's condition

51. *Which one of the following would be considered a neurological finding during a patient assessment?*

- a. Tachycardia
- b. Hypertension
- c. Pupil reactivity
- d. Cyanosis

Answer: c. Pupil reactivity

52. What is the compression depth range for adult patients during CPR, according to current guidelines?

- a. At least 1 inch (2.5 cm)
- b. At least 2 inches (5 cm)
- c. 2 to 2.4 inches (5 to 6 cm)
- d. 3 to 4 inches (7.5 to 10 cm)

Answer: c. 2 to 2.4 inches (5 to 6 cm)

53. Which condition is often indicated by a tracheal shift in a patient?

- a. Asthma
- b. Pneumonia
- c. Tension pneumothorax
- d. Pulmonary embolism

Answer: c. Tension pneumothorax

54. What is a common sign of serious head injury in a patient?

- a. Flushed skin
- b. Battle's sign
- c. JVD (Jugular Vein Distension)
- d. Bradycardia

Answer: b. Battle's sign

55. If a patient's blood sugar level is 60 mg/dL, which condition are they likely suffering from?

- a. Hyperglycemia
- b. Normal glycemia
- c. Hypoglycemia
- d. Diabetic ketoacidosis

Answer: c. Hypoglycemia

56. For which of the following conditions is oxygen typically administered as part of the treatment?

- a. Hyperventilation syndrome
- b. Myocardial infarction
- c. Panic attack
- d. Digitalis toxicity

Answer: b. Myocardial infarction

57. In the context of trauma, what does the 'P' in the mnemonic 'AMPLE' stand for?

- a. Pulse
- b. Past medical history
- c. Pain
- d. Paralysis

Answer: b. Past medical history

58. What does the "30:2" ratio represent in CPR?

- a. The ratio of chest compressions to rescue breaths
- b. The number of cycles of CPR before rechecking the pulse
- c. The amount of time for checking for responsiveness and breathing
- d. The depth of compressions in inches and the number of breaths

Answer: a. The ratio of chest compressions to rescue breaths

59. In which position should a conscious patient with suspected spinal injury be transported, if spinal motion restriction has not been applied?

- a. Supine
- b. Prone

- c. Sitting up
 - d. Recovery position
- Answer:* a. Supine

60. Which device is used to measure a patient's blood oxygen saturation?

- a. Sphygmomanometer
- b. Stethoscope
- c. Pulse oximeter
- d. Capnograph

Answer: c. Pulse oximeter

61. What is the leading cause of death in trauma patients?

- a. Respiratory failure
- b. Cardiac arrest
- c. Hemorrhage
- d. Infection

Answer: c. Hemorrhage

62. What component of the vital signs is assessed by the EMT when observing skin color, temperature, and condition?

- a. Pulse rate
- b. Respiratory rate
- c. Blood pressure
- d. Perfusion

Answer: d. Perfusion

63. How does positive pressure ventilation affect cardiac output?

- a. It has no effect on cardiac output.
- b. It increases venous return and raises cardiac output.
- c. It decreases venous return and lowers cardiac output.
- d. It fluctuates cardiac output unpredictably.

Answer: c. It decreases venous return and lowers cardiac output.

64. Which of the following is a sign of inadequate breathing in a patient?

- a. Regular and deep breaths
- b. Use of accessory muscles to breathe
- c. A respiratory rate of 16 breaths per minute
- d. Clear and equal lung sounds

Answer: b. Use of accessory muscles to breathe

65. In a cardiac emergency, aspirin is administered to:

- a. Relieve pain
- b. Increase heart rate
- c. Prevent blood clotting
- d. Reduce fever

Answer: c. Prevent blood clotting

66. Capnography is used by EMTs to measure what?

- a. The oxygen content of inhaled air
- b. The carbon dioxide levels in exhaled air
- c. The patient's blood pressure
- d. The level of consciousness

Answer: b. The carbon dioxide levels in exhaled air

67. *What is the purpose of the Glasgow Coma Scale (GCS)?*
- To assess a patient's long-term cognitive function
 - To establish a patient's blood pressure baseline
 - To evaluate a patient's level of consciousness
 - To measure a patient's respiratory effort
- Answer: c. To evaluate a patient's level of consciousness*
68. *For a patient with a suspected flail chest, the EMT should:*
- Encourage the patient to cough regularly to clear secretions
 - Provide positive pressure ventilation immediately
 - Apply a bulky dressing and stabilize the flail segment
 - Avoid administering oxygen to prevent hyperventilation
- Answer: c. Apply a bulky dressing and stabilize the flail segment*
69. *Susie is an EMT assessing a child with stridor. What is likely the cause of this sound?*
- Lower airway obstruction
 - Bronchoconstriction
 - Upper airway obstruction
 - Pleural effusion
- Answer: c. Upper airway obstruction*
70. *Which of the following best describes the main role of the EMT in the prehospital care chain?*
- Diagnosing medical conditions
 - Providing initial care and transportation to a medical facility
 - Performing advanced medical procedures
 - Dispensing long-term medication
- Answer: b. Providing initial care and transportation to a medical facility*
71. *When oxygen is bound to hemoglobin in the blood, it is known as:*
- Carboxyhemoglobin
 - Bicarbonate
 - Oxyhemoglobin
 - Deoxyhemoglobin
- Answer: c. Oxyhemoglobin*
72. *What is the most common cause of airway obstruction in an unconscious patient?*
- Foreign body aspiration
 - Traumatic injury to the airway
 - Tongue falling back into the throat
 - Swelling of the airway due to an allergic reaction
- Answer: c. Tongue falling back into the throat*
73. *EMTs should use the two-person technique to perform CPR on a child in what situation?*
- When an AED is not available
 - Whenever the two EMTs are available regardless of circumstance
 - If rescue breaths are not causing chest rise
 - When there is a suspected neck injury
- Answer: b. Whenever the two EMTs are available regardless of circumstance*
74. *You are treating a patient with evident signs of shock. What is the BEST position to transport this patient?*
- Semi-Fowler's position
 - Prone position
 - Supine position with legs elevated

d. Seated with head between knees
Answer: c. Supine position with legs elevated

75. *To which of the following patients would an EMT apply a traction splint?*

- a. A patient with a suspected pelvic fracture
- b. A patient with an open fracture of the radius
- c. A patient with a suspected femur fracture
- d. A patient with a dislocated shoulder

Answer: c. A patient with a suspected femur fracture

76. *What is the primary role of the Emergency Medical Technician (EMT) at the scene of an automobile accident?*

- a. To provide transportation for hospital staff to the scene
- b. To perform emergency surgical procedures on critical patients
- c. To assess and manage patient conditions until more advanced medical help can take over
- d. To direct traffic away from the accident scene

Answer: c. To assess and manage patient conditions until more advanced medical help can take over

77. *When performing CPR on an infant, where should you check for a pulse?*

- a. Carotid artery
- b. Brachial artery
- c. Radial artery
- d. Femoral artery

Answer: b. Brachial artery

78. *For a responsive adult patient who is choking and cannot cough, speak, or breathe, what is the first action an EMT should take?*

- a. Begin chest compressions
- b. Perform a finger sweep of the mouth
- c. Delivered back blows followed by abdominal thrusts
- d. Administer high-flow oxygen

Answer: c. Delivered back blows followed by abdominal thrusts

79. *Which of the following is a sign of possible respiratory distress in a pediatric patient?*

- a. Slow breathing with long pauses in between breaths
- b. Steady, unlabored breathing with clear lung sounds
- c. Nasal flaring and retractions
- d. Regular breathing pattern with a heart rate within the normal range

Answer: c. Nasal flaring and retractions

80. *An EMT is called to the scene of a patient with chest pain. What is the top priority for this patient?*

- a. Providing emotional support
- b. Immediate transport to a cardiac center
- c. Administering a nitroglycerin tablet
- d. Collecting a detailed medical history

Answer: b. Immediate transport to a cardiac center

81. *While treating a patient with a suspected fracture of the femur, which type of splint should the EMT consider using?*

- a. Rigid splint
- b. Traction splint
- c. Soft splint
- d. Formable splint

Answer: b. Traction splint

82. EMTs are trained to deliver babies when transport to the hospital is not possible. Which of the following is *NOT* part of the immediate care for a newborn?
- Keeping the baby warm
 - Cutting the umbilical cord immediately after birth
 - Suctioning the baby's mouth and nose
 - Stimulating the baby to breathe
- Answer:* b. Cutting the umbilical cord immediately after birth
83. When communicating with a patient, which of the following is the most important for an EMT to remember?
- Using medical terminology frequently to demonstrate competence
 - Maintaining steady eye contact throughout the conversation
 - Speaking loudly and directly to ensure the patient understands
 - Listening actively and demonstrating empathy
- Answer:* d. Listening actively and demonstrating empathy
84. When assessing a patient with a potential head injury, what is important to check for during the secondary assessment?
- Blood pressure trends
 - Battle's sign and raccoon eyes
 - Abdominal rigidity
 - Distal pulse strength in the feet
- Answer:* b. Battle's sign and raccoon eyes
85. When providing defibrillation to a patient, what is an EMT *NOT* responsible for doing?
- Ensuring the defibrillator is properly charged
 - Checking for a carotid pulse immediately before delivering a shock
 - Applying the defibrillator pads correctly on the patient's chest
 - Performing a rapid neurological exam before delivering the shock
- Answer:* d. Performing a rapid neurological exam before delivering the shock
86. A patient with suspected spinal injury should be placed in which immobilization device?
- A vacuum mattress
 - A long backboard or a full-body vacuum splint
 - A traction splint
 - A soft tissue cervical collar
- Answer:* b. A long backboard or a full-body vacuum splint
87. When should an EMT consider the use of an automated external defibrillator (AED)?
- As soon as chest pain is reported
 - In any trauma-related incident
 - On unresponsive patients with no breathing and no pulse
 - During transportation of a stable heart attack patient
- Answer:* c. On unresponsive patients with no breathing and no pulse
88. What is the most appropriate way to communicate with a hearing-impaired patient?
- Using a stethoscope to amplify your voice
 - Writing down questions and answers
 - Speaking directly into the patient's ear
 - Gesturing and using medical equipment to pantomime questions
- Answer:* b. Writing down questions and answers
89. What is the significance of jugular vein distention (JVD) in a patient?
- It is a common finding in dehydration.

- b. It may indicate tension pneumothorax or cardiac tamponade.
 - c. It signifies a healthy cardiovascular response during exercise.
 - d. It is an expected finding in a patient with a low body temperature.
- Answer:* b. It may indicate tension pneumothorax or cardiac tamponade.

90. *In a case of anaphylaxis, what medication is commonly administered by EMTs?*

- a. Oral glucose
- b. Insulin
- c. Epinephrine
- d. Albuterol

Answer: c. Epinephrine

91. *When assessing for pitting edema in a patient, you are typically checking for signs of what?*

- a. Respiratory distress
- b. Skin infection
- c. Cardiac compromise
- d. Neurological deficit

Answer: c. Cardiac compromise

92. *What is the purpose of the rapid sequence intubation (RSI) in emergency medical services?*

- a. To rapidly cool a patient with hyperthermia
- b. To provide long-term nutritional support
- c. To quickly secure an airway in a critical patient
- d. To immobilize a patient for transport

Answer: c. To quickly secure an airway in a critical patient

93. *Owens is an EMT who is assessing pain in a patient with a suspected fracture. What scale might Owens use to determine the patient's pain level?*

- a. Glasgow Coma Scale
- b. APGAR scale
- c. Rule of Nine's scale
- d. Numeric rating scale

Answer: d. Numeric rating scale

94. *In which of the following scenarios would an EMT most likely administer oral glucose?*

- a. A patient who is unconscious with an unknown medical history
- b. A patient experiencing chest pain with a history of angina
- c. A patient with a confirmed history of diabetes exhibiting signs of hypoglycemia
- d. A patient who has sustained a head injury and is nauseated

Answer: c. A patient with a confirmed history of diabetes exhibiting signs of hypoglycemia

95. *The presence of jugular vein distention (JVD) in a trauma patient could indicate a problem with what area of the body?*

- a. Abdomen
- b. Chest
- c. Leg veins
- d. Brain

Answer: b. Chest

96. *A patient with slurred speech, facial droop, and arm weakness is likely experiencing what kind of medical emergency?*

- a. Hypoglycemic event
- b. Ischemic stroke
- c. Seizure

d. Bell's palsy
Answer: b. Ischemic stroke

97. *When assessing a patient's abdomen, the EMT is dividing it into quadrants. What is the primary purpose of this approach?*

- a. To determine the patient's body mass index (BMI)
- b. To localize the pain or tenderness to a specific part of the abdomen
- c. To assess the patient's range of motion in the torso
- d. To measure the abdominal circumference for bariatric considerations

Answer: b. To localize the pain or tenderness to a specific part of the abdomen

98. *During which phase of the patient assessment should the EMT obtain vital signs?*

- a. Upon arrival at the scene
- b. During the initial approach to the patient
- c. Secondary assessment
- d. Reassessment phase

Answer: c. Secondary assessment

99. *Which of the following is an indication for the administration of Naloxone (Narcan)?*

- a. Severe allergic reaction
- b. Opioid overdose
- c. Asthma attack
- d. Angina pectoris

Answer: b. Opioid overdose

100. *The sound produced by the rapid back and forth movement of air in the upper airway that may indicate the presence of an obstruction is called:*

- a. Wheezing
- b. Rhonchi
- c. Stridor
- d. Crackles

Answer: c. Stridor

101. *When ventilating a patient with a bag-valve mask (BVM), what is the correct rate of ventilation for an adult?*

- a. 12-20 ventilations per minute
- b. 10-12 ventilations per minute
- c. 5-6 ventilations per minute
- d. 20-24 ventilations per minute

Answer: b. 10-12 ventilations per minute

102. *What is the most common complication of CPR?*

- a. Rib fractures
- b. Spleen laceration
- c. Gastric distension
- d. Cerebral hypoxia

Answer: a. Rib fractures

103. *When providing supplemental oxygen to a COPD patient in respiratory distress, what is the most important factor to monitor?*

- a. Oxygen saturation levels
- b. Ambient temperature
- c. Respiratory rate only

- d. Blood glucose levels
- Answer:* a. Oxygen saturation levels

104. *When an EMT is assessing the motor function of a patient's lower extremities, the patient is asked to:*

- a. Shrug their shoulders
- b. Squeeze the EMT's hands
- c. Push against the EMT's hands with their feet
- d. Turn their head side to side

Answer: c. Push against the EMT's hands with their feet

105. *A normal capillary refill time in a healthy adult should be:*

- a. Less than 1 second
- b. 1-2 seconds
- c. 2-4 seconds
- d. More than 5 seconds

Answer: b. 1-2 seconds

106. *Which of the following is the best indicator of brain function in an unconscious patient?*

- a. Body temperature
- b. Pulse rate
- c. Pupil reactivity
- d. Blood pressure

Answer: c. Pupil reactivity

107. *When assessing a patient with a possible spinal injury, it is important to observe for what kind of breathing pattern?*

- a. Rapid and shallow breaths
- b. Unequal chest expansion
- c. Paradoxical motion
- d. Diaphragmatic breathing

Answer: c. Paradoxical motion

108. *In a multiple-casualty incident, which patient should be tagged as "Immediate" during triage?*

- a. A patient with a minor laceration on the forearm
- b. A patient with a sprained ankle
- c. A patient with respiratory distress
- d. A patient who is walking and talking without apparent distress

Answer: c. A patient with respiratory distress

109. *A patient presents with epigastric pain and a history of alcohol abuse. The EMT should suspect which condition?*

- a. Appendicitis
- b. Pancreatitis
- c. Gastroenteritis
- d. Cholecystitis

Answer: b. Pancreatitis

110. *Which of the following statements is true regarding geriatric patients and their response to pain?*

- a. Geriatric patients always exhibit obvious signs of pain.
- b. Geriatric patients may not experience the same level of pain as younger patients due to decreased nerve function.
- c. Pain in geriatric patients is best assessed by observing their vital signs.
- d. Geriatric patients are less likely to report pain due to cognitive impairments.

Answer: b. Geriatric patients may not experience the same level of pain as younger patients due to decreased nerve function.

111. *What is the proper name of the position used to prevent aspiration in an unconscious patient who is not suspected of having a spinal injury?*

- a. Recovery position
- b. Trendelenburg position
- c. Fowler's position
- d. Prone position

Answer: a. Recovery position

112. *When providing care to a patient who has sustained an electrical injury, it is important to assess for what potential complication?*

- a. Hyperglycemia
- b. Signs of a tension pneumothorax
- c. Cardiac dysrhythmias
- d. Heat exhaustion

Answer: c. Cardiac dysrhythmias

113. *What is the first step in controlling bleeding for a patient with an extremity injury?*

- a. Elevation of the extremity above heart level
- b. Application of a tourniquet
- c. Direct pressure to the wound
- d. Application of a splint

Answer: c. Direct pressure to the wound

114. *If a conscious patient with a suspected neck injury must be moved, which technique should the EMT use?*

- a. Extremity lift
- b. Direct ground lift
- c. Clothes drag
- d. Rapid extrication technique

Answer: c. Clothes drag

115. *A sign of late stage hypoperfusion (shock) in pediatric patients is:*

- a. Bradycardia
- b. Mottling of the skin
- c. Hyperactivity
- d. Strong peripheral pulses

Answer: a. Bradycardia

116. *What mnemonic can be used for the recognition of a stroke?*

- a. SAMPLE
- b. FAST
- c. DCAP-BTLS
- d. AVPU

Answer: b. FAST

117. *During the secondary assessment, you notice jugular vein distention (JVD) in a trauma patient. What could this indicate?*

- a. Tension pneumothorax
- b. Heart failure
- c. Hemothorax

- d. Both a and b
Answer: d. Both a and b

118. *When ventilating an adult patient with a bag-valve mask, what is the approximate rate you should deliver breaths?*

- a. 6-8 breaths per minute
- b. 10-12 breaths per minute
- c. 12-20 breaths per minute
- d. 20-24 breaths per minute

Answer: b. 10-12 breaths per minute

119. *What condition is characterized by a sudden onset of pinpoint pupil(s) and altered mental status?*

- a. Stroke
- b. Opiate overdose
- c. Hypoglycemia
- d. Heat stroke

Answer: b. Opiate overdose

120. *The presence of subcutaneous emphysema when palpating the chest of a trauma patient suggests what injury?*

- a. Rib fracture
- b. Flail chest
- c. Pneumothorax
- d. Pulmonary contusion

Answer: c. Pneumothorax

5.6. 120 Review Questions and Answers for Chapter 5

1. *What is the minimum safe distance from power lines to set up a ladder or operate equipment?*

- a. 5 feet
- b. 10 feet
- c. 15 feet
- d. 20 feet

Answer: b. 10 feet

2. *Which of the following is a primary purpose of the Incident Command System (ICS)?*

- a. To provide and manage financial assistance to victims of disasters
- b. To standardize management of emergency incidents
- c. To ensure that the emergency personnel get paid overtime
- d. To conduct public relations during an incident

Answer: b. To standardize management of emergency incidents

3. *How many abdominal thrusts should be given to an adult choking victim?*

- a. As many as necessary until the obstruction is relieved
- b. 5 thrusts
- c. 10 thrusts
- d. 3 thrusts

Answer: a. As many as necessary until the obstruction is relieved

4. *What is the normal respiratory rate for a healthy adult at rest?*

- a. 6-10 breaths per minute

- b. 12-20 breaths per minute
 - c. 22-28 breaths per minute
 - d. 30-36 breaths per minute
- Answer:* b. 12-20 breaths per minute

5. *Which condition often requires immediate transport to a hospital?*

- a. Headache
- b. Sprained ankle
- c. Severe pain or pressure in the chest
- d. Nausea

Answer: c. Severe pain or pressure in the chest

6. *What should be assessed first when approaching the scene of an emergency?*

- a. The age of the patient
- b. The safety of the scene
- c. The specific injuries of the patient
- d. The number of people involved

Answer: b. The safety of the scene

7. *How is glucose administered in a prehospital setting to a conscious patient with suspected hypoglycemia?*

- a. Intravenous injection
- b. Oral glucose
- c. Inhaled insulin
- d. Subcutaneous injection

Answer: b. Oral glucose

8. *If an adult patient is not breathing but has a pulse, how often should rescue breaths be given?*

- a. 1 breath every 5 seconds
- b. 1 breath every 6 seconds
- c. 1 breath every 10 seconds
- d. 2 breaths every 30 seconds

Answer: b. 1 breath every 6 seconds

9. *Which of the following is considered a sign of adequate artificial ventilation in a child?*

- a. Noisy breathing
- b. Visible chest rise with each breath
- c. Blue or grey lips and fingertips
- d. Decreased level of consciousness

Answer: b. Visible chest rise with each breath

10. *What is the maximum time limit for suctioning an adult victim's airway?*

- a. 5 seconds
- b. 10 seconds
- c. 15 seconds
- d. 30 seconds

Answer: c. 15 seconds

11. *During the primary assessment, what would a rapid, thready pulse potentially indicate?*

- a. High blood pressure
- b. Dehydration
- c. Shock
- d. Allergic reaction

Answer: c. Shock

12. *What is the first step in the care of a severe external bleed?*
- Apply a tourniquet
 - Check for a pulse
 - Apply direct pressure
 - Elevate the limb
- Answer: c. Apply direct pressure*
13. *Which of the following would be an appropriate step when arriving at the scene of a vehicle collision?*
- Immediately begin removing patients from their vehicles
 - Stabilize the vehicle to prevent movement
 - Direct traffic away from the scene
 - All of the above
- Answer: b. Stabilize the vehicle to prevent movement*
14. *In patients with suspected spinal injury, what maneuver is used to open the airway?*
- Head tilt-chin lift
 - Jaw thrust maneuver
 - Tongue-jaw lift
 - Head thrust maneuver
- Answer: b. Jaw thrust maneuver*
15. *What is the “golden hour” in trauma?*
- The first 60 minutes after a traumatic injury during which there is the highest likelihood that prompt medical treatment will prevent death
 - The time it takes for the first responders to arrive at the scene
 - The first hour of the hospital shift
 - The time frame in which a trauma patient needs to be in surgery
- Answer: a. The first 60 minutes after a traumatic injury during which there is the highest likelihood that prompt medical treatment will prevent death*
16. *What is the recommended compression-to-ventilation ratio for a single rescuer performing CPR on an adult?*
- 15:2
 - 30:2
 - 5:1
 - 20:2
- Answer: b. 30:2*
17. *What does the mnemonic “SAMPLE” stand for in patient assessment?*
- Symptoms, Allergies, Medications, Past medical history, Last oral intake, Events leading up to the injury/illness
 - Severity, Allergies, Medications, Pulse rate, Lacerations, Evidence of disease
 - Symptoms, Assessment, Medical history, Pulse rate, Lung sounds, Edema
 - Severity, Airway, Medications, Priorities, Lung sounds, Expiration date
- Answer: a. Symptoms, Allergies, Medications, Past medical history, Last oral intake, Events leading up to the injury/illness*
18. *How should you assess a patient’s circulation status during the primary assessment?*
- Checking for pulse, skin condition, and bleeding
 - Measuring blood pressure and temperature
 - Asking about the patient’s hydration habits
 - Observing the color and moisture of mucous membranes
- Answer: a. Checking for pulse, skin condition, and bleeding*

19. Which position is typically most comfortable for a patient experiencing difficulty breathing?
- Prone
 - Supine
 - Fowler's position
 - Trendelenburg position
- Answer: c. Fowler's position

20. Which of the following actions is correct when taking a blood pressure reading?
- The cuff should be placed on the arm at the level of the heart
 - The stethoscope's diaphragm should be placed over the radial artery
 - The blood pressure cuff should be deflated rapidly for accurate measurement
 - Inflate the cuff to 100 mmHg above the palpated systolic pressure
- Answer: a. The cuff should be placed on the arm at the level of the heart

21. What is the term for a device that delivers a shock to correct a heart's rhythm?
- Pulse oximeter
 - Automated External Defibrillator (AED)
 - Sphygmomanometer
 - Stethoscope
- Answer: b. Automated External Defibrillator (AED)

22. In anaphylaxis, which medication is typically administered first?
- Oral antihistamines
 - Epinephrine
 - Corticosteroids
 - Albuterol (inhaler)
- Answer: b. Epinephrine

23. What should an EMT do immediately after delivering a baby?
- Clamp and cut the umbilical cord
 - Initiate infant CPR
 - Dry the infant and stimulate crying
 - Check for additional infants
- Answer: c. Dry the infant and stimulate crying

24. What does the acronym "AVPU" help EMTs evaluate?
- Airway, Ventilation, Perfusion, and Urine output
 - Ability to follow Verbal commands, Pain response, and Unresponsiveness
 - Arterial blood flow, Vein patency, Pulse locations, and Urinary retention
 - Alertness, Verbal responsiveness, Pain responsiveness, and Unresponsiveness
- Answer: d. Alertness, Verbal responsiveness, Pain responsiveness, and Unresponsiveness

25. When is a rapid trauma assessment typically performed?
- Prior to the primary assessment
 - After the primary assessment if the patient has life-threatening injuries or is unconscious
 - Only after arriving at the hospital
 - After the patient has been stabilized and vital signs are normal
- Answer: b. After the primary assessment if the patient has life-threatening injuries or is unconscious

26. Which of the following is a sign of inadequate breathing in infants and children?
- A respiratory rate of 30 breaths per minute
 - Strong, equal cries
 - Nasal flaring or see-saw respirations

d. Regular and unlabored breathing
Answer: c. Nasal flaring or see-saw respirations

27. *When performing the jaw-thrust maneuver on a trauma patient, you should avoid which action?*

- a. Extending the neck
- b. Keeping the cervical spine stabilized
- c. Opening the mouth wide
- d. Tilting the head

Answer: d. Tilting the head

28. *What should be done with a frostbitten body part during prehospital care?*

- a. Rapidly rewarm by submersion in hot water
- b. Rub the area vigorously to restore circulation
- c. Gently warm using body heat and avoid refreezing
- d. Keep the area frozen until surgical debridement can be performed

Answer: c. Gently warm using body heat and avoid refreezing

29. *Which of the following indicates a need for immediate intervention when assessing a patient's pulse?*

- a. A pulse rate of 60 beats per minute in a resting adult
- b. A regular pulse with strong beats
- c. An absent or irregular pulse
- d. A pulse rate of 100 beats per minute in a patient who has been walking

Answer: c. An absent or irregular pulse

30. *What is an EMT's initial course of action upon arriving at the scene of a potential hazardous materials incident?*

- a. Rush in to rescue any victims while holding your breath
- b. Begin immediate decontamination of victims on the scene
- c. Secure the scene and wait for hazmat teams to arrive
- d. Collect a sample of the hazardous material for identification

Answer: c. Secure the scene and wait for hazmat teams to arrive

31. *During a primary assessment, how should an EMT evaluate a patient's airway?*

- a. Asking the patient to speak
- b. Checking for obstructions with a tongue depressor
- c. Observing the chest rise and fall
- d. Listening for breath sounds with a stethoscope

Answer: a. Asking the patient to speak

32. *What should an EMT do first when encountering a patient with a potential spinal injury who is in water?*

- a. Perform a log roll
- b. Secure the head and neck with a cervical collar
- c. Move the patient to shallow water immediately
- d. Stabilize the patient's head and spine manually

Answer: d. Stabilize the patient's head and spine manually

33. *How often should vitals be checked on a stable patient during transport?*

- a. Every 5 minutes
- b. Every 15 minutes
- c. Every 30 minutes
- d. At the discretion of the EMT

Answer: b. Every 15 minutes

34. *When fitting a patient with an oxygen mask, which type offers the highest concentration of oxygen?*
- Simple face mask
 - Nasal cannula
 - Non-rebreather mask
 - Venturi mask
- Answer:* c. Non-rebreather mask
35. *What is the primary reason for an EMT to use a long spine board?*
- To keep the patient warm
 - To immobilize the patient's spine
 - To perform CPR while in transport
 - To elevate the patient's legs
- Answer:* b. To immobilize the patient's spine
36. *Which of the following best describes the purpose of the Glasgow Coma Scale (GCS)?*
- To determine the need for spinal immobilization
 - To assess the severity of a stroke
 - To quantify a patient's level of consciousness
 - To evaluate the depth of a burn injury
- Answer:* c. To quantify a patient's level of consciousness
37. *When performing CPR, what is the first action you should take if you see an object obstructing the airway of an unconscious patient?*
- Continue with compressions
 - Attempt a blind finger sweep
 - Perform a jaw-thrust maneuver
 - Attempt to remove the object if it is safely reachable
- Answer:* d. Attempt to remove the object if it is safely reachable
38. *While performing CPR on an infant, how should the chest be compressed?*
- With one hand on the forehead and two fingers on the sternum
 - With the heel of one hand
 - With two hands at a slower rate than adults
 - By encircling the chest with both hands
- Answer:* a. With one hand on the forehead and two fingers on the sternum
39. *Which of the following is the correct procedure when using an automated external defibrillator (AED) on a child under the age of 8?*
- Use adult pads if pediatric pads are not available
 - Use pediatric pads and deliver the same energy as for an adult
 - Use a manual defibrillator instead of an AED
 - Use pediatric pads if available, otherwise modify the adult AED with a dose attenuator
- Answer:* d. Use pediatric pads if available, otherwise modify the adult AED with a dose attenuator
40. *What is the correct technique for performing the Heimlich maneuver on a small child?*
- Abdominal thrusts only
 - Alternating between back blows and chest thrusts
 - Back blows only
 - Chest thrusts only
- Answer:* b. Alternating between back blows and chest thrusts
41. *What is the primary sign that indicates a patient is experiencing compensated shock?*
- Cold, clammy skin
 - Unconsciousness

- c. Hypertensive blood pressure
 - d. Rapid pulse
- Answer:* d. Rapid pulse

42. *When splinting a suspected fracture, which of the following is most important?*

- a. Keep the patient mobile
- b. Apply heat to reduce swelling
- c. Immobilize the joint above and below the injury
- d. Loosen the splint after 5 minutes to check circulation

Answer: c. Immobilize the joint above and below the injury

43. *What is the first step in delivering a baby in the prehospital setting?*

- a. Applying gentle pressure to the baby's head as it crowns
- b. Checking for the umbilical cord around the baby's neck
- c. Placing the mother in a comfortable position
- d. Encouraging the mother to push during contractions

Answer: c. Placing the mother in a comfortable position

44. *When assessing a burn injury, what does the "rule of nines" help an EMT establish?*

- a. The priority of the patient for triage
- b. The total body surface area (TBSA) affected by burns
- c. The degree or depth of the burn injury
- d. The percentage of fluid loss from the burn

Answer: b. The total body surface area (TBSA) affected by burns

45. *In a patient with suspected carbon monoxide poisoning, what symptom is most commonly present?*

- a. Cyanosis
- b. Bright red lips and skin
- c. Jaundice
- d. Pallor

Answer: b. Bright red lips and skin

46. *After delivering a newborn, what should be done if the baby is not crying or breathing well?*

- a. Immediate chest compressions
- b. Dry the baby and stimulate breathing
- c. Perform a rapid trauma assessment
- d. Give oxygen to the mother

Answer: b. Dry the baby and stimulate breathing

47. *Which condition is characterized by the sudden onset of difficulty breathing during sleep?*

- a. Asthma
- b. Croup
- c. Paroxysmal nocturnal dyspnea
- d. Epiglottitis

Answer: c. Paroxysmal nocturnal dyspnea

48. *When should a tourniquet be used to control bleeding?*

- a. As a first-line treatment for all bleeding
- b. When direct pressure does not control severe bleeding
- c. After a pressure bandage has been applied
- d. Immediately upon arrival on the scene

Answer: b. When direct pressure does not control severe bleeding

49. *What is a primary role of the EMT in the care of a patient with a behavioral emergency?*
- To counsel the patient on behavioral modification strategies
 - To diagnose the underlying psychiatric condition
 - To ensure the safety of the patient, crew, and bystanders
 - To provide medications to manage the patient's behavior
- Answer:* c. To ensure the safety of the patient, crew, and bystanders
50. *In the case of a patient with suspected stroke, what is the importance of documenting the time of symptom onset?*
- To establish a timeline for potential thrombolytic therapy
 - To determine the patient's hydration status
 - To schedule a CT scan at the hospital
 - To verify the patient's medication compliance
- Answer:* a. To establish a timeline for potential thrombolytic therapy
51. *What is the primary goal of administering nitroglycerin to a patient with chest pain?*
- To increase blood pressure
 - To ease anxiety
 - To improve respiratory function
 - To dilate blood vessels and alleviate pain
- Answer:* d. To dilate blood vessels and alleviate pain
52. *Which of the following assessments is crucial to perform on a patient with altered mental status?*
- Blood glucose level
 - Skin turgor
 - Pupillary light reflex
 - Capillary refill time
- Answer:* a. Blood glucose level
53. *What should be your first action if a patient is found in cardiac arrest with an implanted defibrillator?*
- Deactivate the implanted device with a magnet
 - Begin standard CPR procedures
 - Avoid chest compressions due to risk of electrocution
 - Immediately call for a device technician
- Answer:* b. Begin standard CPR procedures
54. *How should an EMT manage a patient with severe abdominal pain and signs of shock?*
- Have the patient attempt to walk
 - Position the patient supine with legs elevated
 - Give the patient oral pain medications
 - Provide rapid transport to the hospital
- Answer:* d. Provide rapid transport to the hospital
55. *When performing a secondary assessment on a trauma patient, which area should be palpated last?*
- Extremities
 - Pelvis
 - Chest
 - Abdomen
- Answer:* b. Pelvis
56. *In the prehospital care of a patient with a seizure, what is the EMT's primary concern?*
- Stopping the seizure with medication

- b. Protecting the patient from injury
 - c. Determining the cause of the seizure
 - d. Immediate transportation to a hospital
- Answer:* b. Protecting the patient from injury

57. *What is indicated by the presence of snoring respirations in an unresponsive patient?*

- a. The patient is dreaming
- b. An obstructed airway
- c. Normal sleep patterns
- d. Adequate air exchange

Answer: b. An obstructed airway

58. *Which of the following best describes the purpose of the primary survey?*

- a. To gather a detailed medical history
- b. To perform an in-depth physical examination
- c. To identify and treat immediate life threats
- d. To establish a definitive diagnosis

Answer: c. To identify and treat immediate life threats

59. *When providing ventilations with a bag-valve mask, what is the correct rate for an adult patient?*

- a. 5 to 6 ventilations per minute
- b. 24 to 28 ventilations per minute
- c. 10 to 12 ventilations per minute
- d. 16 to 20 ventilations per minute

Answer: c. 10 to 12 ventilations per minute

60. *If a patient is experiencing chest pain, discomfort, or pressure, what should the EMT assess first?*

- a. The patient's temperature
- b. The need for supplemental oxygen
- c. The patient's range of motion
- d. The patient's headache history

Answer: b. The need for supplemental oxygen

61. *When confronted with a patient having a seizure, what is the most appropriate course of action for an EMT to ensure the patient's safety?*

- a. Restrain the patient to prevent injury
- b. Move objects away from the patient to create a safe environment
- c. Try to hold the patient's tongue to prevent swallowing
- d. Apply cold packs to the patient's head to slow the seizure

Answer: b. Move objects away from the patient to create a safe environment

62. *What intervention should be performed for a patient experiencing hypothermia?*

- a. Heat the extremities first to encourage rapid rewarming
- b. Administer warm fluids intravenously
- c. Begin active rewarming of the core and protect the patient from further heat loss
- d. Encourage the patient to perform vigorous exercise to generate body heat

Answer: c. Begin active rewarming of the core and protect the patient from further heat loss

63. *Which of the following is a contraindication for the administration of activated charcoal?*

- a. Ingestion of corrosive substances
- b. Conscious patient with overdose of oral medications
- c. Patient with a history of allergic reactions to medications
- d. Unconscious patient without a gag reflex

Answer: a. Ingestion of corrosive substances

64. *When assessing for jugular vein distention (JVD), which position should the patient be in?*
- Standing upright
 - Supine with head elevated 30 to 45 degrees
 - Prone with head turned to one side
 - Seated, leaning forward at the waist
- Answer:* b. Supine with head elevated 30 to 45 degrees
65. *In an emergency involving hazardous materials, what should an EMT consult for specific information about substances involved?*
- The Emergency Response Guidebook (ERG)
 - Local hospital policies
 - The National Incident Management System (NIMS)
 - The patient's family members for any known allergies
- Answer:* a. The Emergency Response Guidebook (ERG)
66. *How does positive pressure ventilation affect cardiac output when performed on a patient?*
- It increases cardiac output by promoting venous return.
 - It decreases cardiac output due to increased intrathoracic pressure.
 - It has no effect on cardiac output as it only influences lung mechanics.
 - It intermittently increases cardiac output by squeezing the heart.
- Answer:* b. It decreases cardiac output due to increased intrathoracic pressure.
67. *What feature should an EMT look for in a pulse oximetry reading to ensure accuracy?*
- A consistent and strong pulse symbol on the display
 - A low battery indicator
 - A rapid fluctuation between high and low oxygen saturation levels
 - The highest possible oxygen saturation percentage
- Answer:* a. A consistent and strong pulse symbol on the display
68. *What are the components of the Cincinnati Prehospital Stroke Scale?*
- Pulse, blood pressure, and respiration rate
 - Facial droop, arm drift, and abnormal speech
 - Headache duration, pupil size, and reflexes
 - Arm strength, leg strength, and eye movement
- Answer:* b. Facial droop, arm drift, and abnormal speech
69. *In a multi-casualty incident, what is the purpose of triage?*
- To provide definitive care to the most severely injured patients first
 - To sort patients based on the severity of their injuries and the urgency of their need for treatment
 - To determine the cause of the incident and prevent further casualties
 - To evacuate all patients from the scene as quickly as possible without assessment
- Answer:* b. To sort patients based on the severity of their injuries and the urgency of their need for treatment
70. *After your partner has applied a defibrillatory shock with an AED, what is your next immediate action?*
- Deliver high-quality chest compressions
 - Perform a pulse check
 - Prepare to administer a second shock
 - Attach a transport-capable cardiac monitor
- Answer:* a. Deliver high-quality chest compressions
71. *How should an EMT assess a patient's motor function in the extremities?*
- Ask the patient to squeeze the EMT's hand

- b. Observe the patient as they attempt to walk
 - c. Only visually inspect for obvious deformity
 - d. Move the patient's limbs passively
- Answer:* a. Ask the patient to squeeze the EMT's hand

72. *To obtain an accurate pulse oximetry reading, which factors should be considered?*

- a. Nail polish, artificial nails, and ambient light exposure
- b. Skin temperature, time of day, and patient activity level
- c. Blood pressure, respiration rate, and patient medication
- d. Age, gender, and pain level of the patient

Answer: a. Nail polish, artificial nails, and ambient light exposure

73. *How should you perform the log roll maneuver on a patient with suspected spinal injury?*

- a. With the patient standing, twist the upper body while stabilizing the legs
- b. With the patient lying down, roll the body as a unit while maintaining alignment of the head, neck, and back
- c. With the patient seated, rotate at the waist and swing the legs to one side
- d. With the patient prone, arch the back to roll towards the side

Answer: b. With the patient lying down, roll the body as a unit while maintaining alignment of the head, neck, and back

74. *What is indicated by a "tracheal shift" when palpating a patient's neck?*

- a. The presence of a mucus plug in the trachea
- b. The presence of a pulse in the trachea
- c. The movement of the trachea to one side of the neck, possibly due to tension pneumothorax
- d. The normal flexibility of the trachea in a relaxed state

Answer: c. The movement of the trachea to one side of the neck, possibly due to tension pneumothorax

75. *When should the EMT consider the need for a rapid extrication technique?*

- a. When a patient requires immediate medical intervention that cannot be performed in a vehicle
- b. When a patient in a vehicle is locked in the car and the keys are unavailable
- c. When a patient's vital signs are stable and the mechanism of injury is low risk
- d. When the patient prefers to exit the vehicle themselves and refuses assistance

Answer: a. When a patient requires immediate medical intervention that cannot be performed in a vehicle

76. *What is indicated by unequal pupils in a head-injured patient?*

- a. Normal anatomical variation
- b. Possible brain injury or increased intracranial pressure
- c. Ineffective CPR
- d. Reaction to a medication

Answer: b. Possible brain injury or increased intracranial pressure

77. *How should an EMT assess capillary refill in an infant or child?*

- a. By pressing on the skin over the sternum
- b. By checking the refill time in the toenails
- c. By pressing on the nailbed of a finger
- d. By observing color change on the forehead

Answer: c. By pressing on the nailbed of a finger

78. *When should you use a nasopharyngeal airway (NPA)?*

- a. On a patient who needs suctioning
- b. On a patient with severe head trauma

- c. On a conscious patient with an intact gag reflex
 - d. When an oropharyngeal airway (OPA) is not tolerated
- Answer:* d. When an oropharyngeal airway (OPA) is not tolerated

79. *What is the primary purpose of ventilating a patient with a bag-valve mask (BVM) during CPR?*
- a. To keep the patient from inhaling vomitus
 - b. To provide supplemental oxygen and ventilation
 - c. To stimulate the patient's respiratory drive
 - d. To prevent air from entering the stomach
- Answer:* b. To provide supplemental oxygen and ventilation

80. *How should an EMT assess skin temperature during the initial examination of a patient?*
- a. By palpating with the back of the hand
 - b. With a digital thermometer
 - c. Through visual assessment only
 - d. By using an infrared skin thermometer
- Answer:* a. By palpating with the back of the hand

81. *When dealing with a hazardous materials incident, what is the minimal level of personal protective equipment (PPE) that EMTs should use?*
- a. Level A PPE with self-contained breathing apparatus (SCBA)
 - b. The level of PPE used by the firefighters on the scene
 - c. Level B PPE including a full-face respirator
 - d. Standard PPE with the addition of gloves and eye protection
- Answer:* d. Standard PPE with the addition of gloves and eye protection

82. *How is aspirin most beneficial to a patient experiencing chest pain due to a suspected myocardial infarction?*
- a. It alleviates the pain
 - b. It reduces fever
 - c. It acts as a vasodilator
 - d. It inhibits platelet aggregation
- Answer:* d. It inhibits platelet aggregation

83. *What is the recommended procedure if you encounter a conscious adult patient with a partial airway obstruction?*
- a. Encourage coughing and closely monitor the patient
 - b. Deliver five back blows immediately
 - c. Begin chest compressions
 - d. Perform a finger sweep to remove the obstruction
- Answer:* a. Encourage coughing and closely monitor the patient

84. *In what situation would an EMT perform a rapid extrication?*
- a. The patient is sitting in a stalled vehicle at a red light
 - b. The patient's vehicle is on fire
 - c. When the patient has a superficial laceration
 - d. The patient requests to walk to the ambulance
- Answer:* b. The patient's vehicle is on fire

85. *What is a common sign of a tension pneumothorax?*
- a. Distended neck veins
 - b. Decreased blood pressure
 - c. Slurred speech

d. Peripheral cyanosis
Answer: a. Distended neck veins

86. *When controlling bleeding with a tourniquet, what is critical to document?*

- a. The patient's blood type
- b. The location of the wound
- c. The time the tourniquet was applied
- d. The reason for applying the tourniquet

Answer: c. The time the tourniquet was applied

87. *Why is it important to replace the oxygen cylinder on an ambulance when it falls below 200 psi?*

- a. The oxygen flow rate becomes too high
- b. There might not be enough oxygen to last an entire call
- c. The cylinder might explode
- d. The oxygen concentration drops

Answer: b. There might not be enough oxygen to last an entire call

88. *What component of scene size-up is essential for ensuring crew safety?*

- a. Patient triage
- b. Incident stabilization
- c. Scene safety and situational awareness
- d. Resource management

Answer: c. Scene safety and situational awareness

89. *How should an EMT care for a patient's avulsed (knocked-out) tooth?*

- a. Rinse the tooth in sterile saline and reinsert it
- b. Clean the tooth with hydrogen peroxide and place it in a bag of milk
- c. Place the tooth in a dry container and transport to the hospital
- d. Transport the tooth in a cup of sterile saline or milk

Answer: d. Transport the tooth in a cup of sterile saline or milk

90. *How can an EMT differentiate between angina and myocardial infarction (MI)?*

- a. MI is characterized by radiating pain, whereas angina is not
- b. Angina typically occurs after exertion and is relieved by rest or nitroglycerin
- c. MI can be relieved by nitroglycerin, whereas angina cannot
- d. Angina is characterized by nausea and vomiting, whereas MI is not

Answer: b. Angina typically occurs after exertion and is relieved by rest or nitroglycerin

91. *What is the appropriate intervention if an EMT notices severe swelling of a patient's airway?*

- a. Encourage the patient to cough forcefully
- b. Administer high-flow oxygen and prepare for rapid transport
- c. Perform abdominal thrusts
- d. Advise the patient to take deep breaths and relax

Answer: b. Administer high-flow oxygen and prepare for rapid transport

92. *During the initial assessment, what is an oropharyngeal airway (OPA) used for?*

- a. To suction the patient's airway
- b. To assist in ventilating the patient with a BVM
- c. To keep the tongue from blocking the airway in an unconscious patient
- d. To facilitate the administration of oral medications

Answer: c. To keep the tongue from blocking the airway in an unconscious patient

93. *What should be done if a patient with chest trauma exhibits signs of a sucking chest wound?*
a. Cover the wound with a non-permeable dressing taped on three sides
b. Start chest compressions
c. Initiate positive pressure ventilation with high oxygen concentration
d. Apply a tourniquet above the injury
Answer: a. Cover the wound with a non-permeable dressing taped on three sides
94. *Upon arrival at a scene, a patient is found with burns around the mouth and soot in the nostrils. What does this indicate?*
a. The patient may have a lower extremity fracture
b. This is a sign of a potential inhalation injury
c. There are likely no concerns for the airway
d. The focus should be on treating the external burns
Answer: b. This is a sign of a potential inhalation injury
95. *What should an EMT do when a conscious patient refuses care?*
a. Proceed with providing care as deemed necessary
b. Document the refusal and advise the patient of potential risks
c. Call law enforcement to enforce treatment
d. Transport the patient to the hospital against their will
Answer: b. Document the refusal and advise the patient of potential risks
96. *What is one of the most critical aspects of the scene size-up when dealing with a potential hazardous material incident?*
a. Immediately rushing to rescue any visible victims
b. Determining the number of patients involved
c. Identifying the nature of the hazardous material, if possible
d. Evaluating the need for additional lighting at the scene
Answer: c. Identifying the nature of the hazardous material, if possible
97. *What should an EMT assess when evaluating a patient with a complaint of a headache?*
a. The patient's need for immediate transportation only
b. Only the blood pressure as it relates to the headache
c. Suddenness of the headache onset, severity, and associated symptoms
d. The patient's preference for medication to alleviate the headache
Answer: c. Suddenness of the headache onset, severity, and associated symptoms
98. *What intervention is appropriate for a patient with suspected hypoglycemia who is unconscious?*
a. Administration of oral glucose
b. Provision of high-flow oxygen
c. Nasal administration of glucagon if available and protocol allows
d. Immediate performance of endotracheal intubation
Answer: b. Provision of high-flow oxygen
99. *How should you immobilize the spine of a patient with a suspected spinal injury who is found in a sitting position?*
a. Lay the patient down and apply a cervical collar
b. Leave the patient in a seated position and apply a cervical collar
c. Use a rapid takedown technique to a supine position and then immobilize
d. Perform a jaw-thrust maneuver while maintaining the head in a neutral position
Answer: c. Use a rapid takedown technique to a supine position and then immobilize
100. *When should a pelvic binder be applied to a patient?*
a. If the patient has a suspected arm fracture

- b. During the secondary assessment, regardless of symptoms
 - c. If the patient has a suspected pelvic fracture and signs of shock
 - d. Only if directed by medical control
- Answer:* c. If the patient has a suspected pelvic fracture and signs of shock

101. *Why is scene safety particularly important in situations where the patient may have experienced an overdose?*

- a. Overdose scenes are typically less dangerous than other scenes
- b. The substances involved may pose a risk to the EMT
- c. EMTs need to ensure they have adequate lighting
- d. To prevent the patient from escaping the scene

Answer: b. The substances involved may pose a risk to the EMT

102. *When securing a patient onto a backboard, what should be immobilized last?*

- a. The torso
- b. The head
- c. The pelvis
- d. The legs

Answer: b. The head

103. *How should an EMT most effectively manage stress after a particularly challenging call?*

- a. Ignoring the impact of the call and moving on to the next one
 - b. Participating in a debriefing with peers or accessing counseling services
 - c. Taking a leave of absence immediately following the call
 - d. Discussing the incident in detail on social media to gain support
- Answer:* b. Participating in a debriefing with peers or accessing counseling services

104. *For a patient experiencing a diabetic emergency with an altered level of consciousness, which of the following is the most appropriate course of action?*

- a. Perform a finger stick blood sugar test if trained and able
 - b. Wait for the blood sugar level to normalize naturally
 - c. Provide insulin injection as soon as possible
 - d. Encourage the patient to eat complex carbohydrates
- Answer:* a. Perform a finger stick blood sugar test if trained and able

105. *During transfer of care, which component is essential to provide to the receiving medical staff?*

- a. A detailed account of the patient's family medical history
- b. An oral report summarizing care and patient response
- c. A complete list of the patient's financial information
- d. The names and addresses of all relatives

Answer: b. An oral report summarizing care and patient response

106. *What is the typical shelf life of a commercially available oral glucose gel used for hypoglycemia in a prehospital setting?*

- a. 1 year
- b. 2 years
- c. 3 years
- d. 5 years

Answer: b. 2 years

107. *When providing care for a patient with a suspected flail chest, what is the most appropriate initial action?*

- a. Administer high-flow oxygen
- b. Immediate transportation to the hospital

- c. Apply a bulky dressing to stabilize the chest wall
 - d. Ventilate with a bag-valve mask
- Answer:* a. Administer high-flow oxygen

108. Which of the following best describes an occlusive dressing when treating a chest wound?

- a. A dressing that is larger than the wound and taped on all four sides
- b. A breathable dressing that promotes oxygen exchange
- c. A non-sterile dressing applied loosely to prevent infection
- d. A small gauze pad taped in place over the wound

Answer: a. A dressing that is larger than the wound and taped on all four sides

109. What is the most important piece of information to obtain from bystanders if a patient has ingested poison?

- a. The patient's age and weight
- b. The time when the poison was ingested
- c. The substance ingested and the quantity
- d. The patient's prior medical history

Answer: c. The substance ingested and the quantity

110. How should an EMT approach a patient showing signs of a psychiatric emergency?

- a. With an assertive command presence
- b. By calmly introducing themselves and asking permission to help
- c. With a team to physically restrain the patient immediately
- d. By initiating care from a distance using binoculars

Answer: b. By calmly introducing themselves and asking permission to help

111. Which breathing pattern is most associated with diabetic ketoacidosis (DKA)?

- a. Cheyne-Stokes respirations
- b. Biots respirations
- c. Kussmaul respirations
- d. Agonal respirations

Answer: c. Kussmaul respirations

112. What is the most appropriate treatment for a patient with a partial-thickness burn covering the entire chest?

- a. Cover the burn with a dry sterile dressing
- b. Immerse the burned area in cold water
- c. Apply an antibiotic ointment to the burn
- d. Wrap the burned area with cling film

Answer: a. Cover the burn with a dry sterile dressing

113. In pediatric patients showing signs of dehydration, which symptom is most concerning?

- a. Increased thirst
- b. Increased urination
- c. Dry mucous membranes
- d. Decreased tear production

Answer: d. Decreased tear production

114. Which of the following is a characteristic of a tension pneumothorax?

- a. Unequal chest expansion
- b. High-pitched breath sounds on the injured side
- c. Reduced jugular vein distention
- d. Crepitus felt over the chest wall

Answer: a. Unequal chest expansion

115. When an EMT is obtaining a blood glucose level on a patient, where is the most common site to obtain a blood sample?
- The fingertip
 - The earlobe
 - The forearm
 - The palm
- Answer:* a. The fingertip
116. What is the first consideration when arriving on the scene of an emergency involving a motorcycle crash?
- Motorcycle type to estimate the speed at impact
 - Position of the motorcycle for accident reconstruction
 - Safety and traffic control around the scene
 - Immediate identification of the number of patients
- Answer:* c. Safety and traffic control around the scene
117. How should oxygen be administered to a patient with suspected carbon monoxide poisoning?
- Low-flow via nasal cannula
 - High-flow via non-rebreather mask
 - With caution, only if hypoxia is indicated
 - Intermittent administration to avoid oxygen toxicity
- Answer:* b. High-flow via non-rebreather mask
118. In a patient with multi-system trauma, why is it important to assess for the possibility of a urinary tract injury?
- To check for potential poison ingestion
 - It is secondary to the assessment of life-threatening injuries
 - The urinary tract is rarely injured, making this a low-priority assessment
 - Visible blood at the urethral opening may indicate significant pelvic trauma
- Answer:* d. Visible blood at the urethral opening may indicate significant pelvic trauma
119. What is the most appropriate way to manage a patient with severe epistaxis (nosebleed) that is not controllable through direct pressure?
- Pack the nose with gauze and transport immediately
 - Lean the patient forward and pinch the nostrils for 10-15 minutes
 - Tilt the patient's head back and transport supine
 - Apply a cold pack to the bridge of the nose and transport
- Answer:* b. Lean the patient forward and pinch the nostrils for 10-15 minutes
120. Which one of the following is the primary reason for placing a patient in the recovery position?
- To facilitate easier breathing in asthma patients
 - To prevent aspiration in an unconscious patient
 - To lower the risk of a cerebrovascular accident
 - To reduce the likelihood of a myocardial infarction
- Answer:* b. To prevent aspiration in an unconscious patient

6.6. 120 Review Questions and Answers for Chapter 6

1. What is the first step you should take when arriving on the scene of an emergency as an EMT?
- Begin transporting the patient immediately
 - Secure the scene and ensure safety for yourself, your crew, and the patient
 - Start administering oxygen
 - Call for additional resources
- Answer:* b. Secure the scene and ensure safety for yourself, your crew, and the patient

2. *What is the compression-to-ventilation ratio recommended for adult CPR?*
- 15:2
 - 30:2
 - 5:1
 - 10:2
- Answer:* b. 30:2
3. *In which position should you place an unconscious patient with no spine injury and regular breathing?*
- Supine
 - Prone
 - Recovery
 - Fowler's
- Answer:* c. Recovery
4. *What does the acronym SAMPLE stand for during patient assessment?*
- Signs, Allergies, Medications, Past medical history, Last oral intake, Events leading up to the incident
 - Symptoms, Allergies, Medications, Pertinent past history, Last oral intake, Events leading up to the incident
 - Symptoms, Allergies, Medications, Pulse, Lacerations, Edema
 - Signs, Allergic reactions, Medications, Pain, Last oral intake, Exercise
- Answer:* a. Signs, Allergies, Medications, Past medical history, Last oral intake, Events leading up to the incident
5. *What does the acronym OPQRST stand for when evaluating a patient's pain?*
- Onset, Provocation, Quality, Region/Radiation, Severity, Time
 - Onset, Pulse, Quality, Region/Radiation, Severity, Temperature
 - Oxygen, Pressure, Quantity, Region/Radiation, Symptoms, Time
 - Onset, Position, Quantity, Region/Radiation, Symptoms, Tenderness
- Answer:* a. Onset, Provocation, Quality, Region/Radiation, Severity, Time
6. *How should you assess a patient's airway?*
- Ask the patient to speak or cough
 - Check for a pulse
 - Start chest compressions
 - Take the patient's blood pressure
- Answer:* a. Ask the patient to speak or cough
7. *What is the main goal in treating a patient with a partial thickness burn?*
- Immediate cooling
 - Pain relief
 - Preventing infection
 - Bandaging the wound tightly
- Answer:* c. Preventing infection
8. *For a patient experiencing a hypoglycemic emergency, what is the preferred initial treatment if they are conscious and able to swallow?*
- Administer insulin
 - Provide oral glucose
 - Begin CPR
 - Start an IV line
- Answer:* b. Provide oral glucose

9. *In trauma patients, what is the most common airway obstruction?*
- Blood
 - Broken teeth
 - The tongue
 - Vomit
- Answer: c. The tongue*
10. *What is the term for a bone that breaks to the extent that it pierces through the skin?*
- Closed fracture
 - Greenstick fracture
 - Compound fracture
 - Comminuted fracture
- Answer: c. Compound fracture*
11. *In a patient with suspected spine injury, how should you open the airway?*
- Head tilt-chin lift
 - Jaw-thrust maneuver
 - Modified chin lift
 - Neck extension
- Answer: b. Jaw-thrust maneuver*
12. *Which of the following is NOT a vital sign?*
- Blood pressure
 - Respiratory rate
 - Temperature
 - Pupillary response
- Answer: d. Pupillary response*
13. *When using a bag-valve mask (BVM) to ventilate a patient, how often should you squeeze the bag for an adult?*
- Every 5 seconds
 - Every 6 - 8 seconds
 - Every 10 seconds
 - As fast as possible
- Answer: b. Every 6 - 8 seconds*
14. *Which of the following should be assessed first in your scene size-up?*
- Airway
 - Breathing
 - Circulation
 - Safety of scene
- Answer: d. Safety of scene*
15. *You arrive at the scene of a car accident and notice an unresponsive patient. What should you do first?*
- Provide immediate care for life-threatening conditions
 - Take the patient's history
 - Transport the patient
 - Search for identification
- Answer: a. Provide immediate care for life-threatening conditions*
16. *When is it acceptable to use a tourniquet?*
- For any significant bleeding
 - When direct pressure and elevation are not controlling severe bleeding

- c. For a minor laceration
 - d. As a primary means to control all bleeding
- Answer:* b. When direct pressure and elevation are not controlling severe bleeding

17. *The recovery position helps lower the risk of what complication in an unconscious patient?*

- a. Joint stiffness
- b. Airway blockage from the tongue or vomit
- c. Pressure ulcers
- d. Hyperthermia

Answer: b. Airway blockage from the tongue or vomit

18. *What is the preferred method of ventilating a patient with a stoma?*

- a. Mouth-to-mouth ventilation
- b. Mouth-to-stoma ventilation
- c. Mouth-to-nose ventilation
- d. Ventilating through a non-rebreather mask

Answer: b. Mouth-to-stoma ventilation

19. *Which of the following is a sign of a tension pneumothorax?*

- a. Slow, bounding pulse
- b. Warm, flushed skin
- c. JVD (Jugular Venous Distension) and tracheal deviation
- d. Hypotension and tachycardia

Answer: c. JVD (Jugular Venous Distension) and tracheal deviation

20. *EMTs are responsible for determining which level of hospital care a patient requires. This is known as what?*

- a. Patient advocacy
- b. Continuity of care
- c. Triage
- d. Patient determination

Answer: c. Triage

21. *What is the most appropriate step after ensuring a safe environment at the scene of an emergency?*

- a. Gain access to the patient
- b. Immediately begin treating the patient
- c. Transport the patient
- d. Await additional resources

Answer: a. Gain access to the patient

22. *How should an EMT approach a patient suspected of having a spinal injury?*

- a. From the front
- b. From behind
- c. From the side
- d. It does not matter as long as the patient is approached calmly

Answer: a. From the front

23. *What is the best method to control external bleeding?*

- a. Apply a tourniquet
- b. Use direct pressure
- c. Elevate the limb
- d. Cover the wound with a bandage

Answer: b. Use direct pressure

24. Which of the following patient's conditions necessitates the immediate application of high-flow oxygen?
- Anxiety
 - Spinal cord injury with normal breathing
 - Chest pain with difficulty breathing
 - Isolated limb fracture with no other symptoms
- Answer: c. Chest pain with difficulty breathing
25. What is the primary concern when caring for a patient with a suspected neck injury?
- Preventing hypothermia
 - Providing analgesics
 - Immobilizing the spine
 - Encouraging the patient to remain still
- Answer: c. Immobilizing the spine
26. When performing CPR, what depth of chest compressions is appropriate for an adult?
- At least 1 inch (2.5 cm)
 - About 2 inches (5 cm)
 - 2 to 2.4 inches (5 to 6 cm)
 - More than 3 inches (7.6 cm)
- Answer: c. 2 to 2.4 inches (5 to 6 cm)
27. What is the maximum amount of time you should check for a pulse to confirm cardiac arrest?
- 5 seconds
 - 10 seconds
 - 15 seconds
 - 20 seconds
- Answer: b. 10 seconds
28. What type of personal protective equipment (PPE) should be used when there is a possibility of splashing or spraying body fluids?
- Gloves only
 - Gloves and a gown
 - Gloves, gown, and mask
 - Gloves, gown, mask, and eye protection
- Answer: d. Gloves, gown, mask, and eye protection
29. During the secondary assessment, if a patient is responsive and alert, which part of the body should you examine first?
- The area the patient indicates is most painful
 - Start with the head and proceed to the toes
 - Begin with the torso and work outward
 - The area that seems most injured from your initial impression
- Answer: a. The area the patient indicates is most painful
30. A diabetic patient has a blood sugar reading of 45 mg/dL. What term best describes this condition?
- Hyperglycemia
 - Hypoglycemia
 - Normoglycemia
 - Ketosis
- Answer: b. Hypoglycemia
31. When a patient has a flail chest, what underlying injury are they experiencing?
- A rib that is broken in multiple places

- b. A section of the chest wall that is detached from the rest of the ribcage
 - c. The presence of air in the pleural space
 - d. The lungs have become overinflated and ruptured
- Answer:* b. A section of the chest wall that is detached from the rest of the ribcage

32. *How should an EMT assess a patient's circulation during the primary assessment?*

- a. Taking a blood pressure reading
- b. Checking capillary refill time
- c. Monitoring the patient's heart rate on the EKG
- d. Observing the skin for color, temperature, and condition

Answer: d. Observing the skin for color, temperature, and condition

33. *A patient has taken an overdose of aspirin. What body system would you most be concerned about monitoring for dysfunction?*

- a. Musculoskeletal
- b. Cardiovascular
- c. Respiratory
- d. Renal

Answer: c. Respiratory

34. *What is the appropriate care for an open chest wound?*

- a. Apply a bandage tightly over the wound
- b. Leave the wound open to air
- c. Apply an occlusive dressing
- d. Administer high-flow oxygen by non-rebreather mask

Answer: c. Apply an occlusive dressing

35. *You are on scene with a patient who is experiencing severe chest pain and difficulty breathing. You determine the need for supplemental oxygen. Which device will deliver the highest concentration of oxygen to the patient?*

- a. Nasal cannula
- b. Simple face mask
- c. Venturi mask
- d. Non-rebreather mask

Answer: d. Non-rebreather mask

36. *When questioning a conscious patient, which component is not part of the patient history?*

- a. Chief complaint
- b. Current medications
- c. Patient's insurance information
- d. Any pertinent medical history

Answer: c. Patient's insurance information

37. *If a person is suffering a stroke, which acronym can help you remember the signs and symptoms to observe?*

- a. FAST (Face, Arms, Speech, Time)
- b. ABCD (Airway, Breathing, Circulation, Defibrillation)
- c. SAMPLE (Signs/Symptoms, Allergies, Medications, Past medical history, Last oral intake, Events leading up to the incident)
- d. PQRST (Provoke, Quality, Radiate, Severity, Time)

Answer: a. FAST (Face, Arms, Speech, Time)

38. *In which situation would you not move a patient with a potential spinal injury if traffic and other situations permit?*

- a. If the vehicle is on fire
 - b. If there is immediate danger from oncoming traffic
 - c. If the patient is having difficulty breathing
 - d. If the patient's position is blocking access to another seriously injured patient
- Answer:* d. If the patient's position is blocking access to another seriously injured patient

39. *What is the most appropriate treatment for a patient with a suspected pelvic fracture?*

- a. Immediate transport while keeping the patient in an upright position
- b. Application of a traction splint
- c. Secure the patient on a backboard and transport in a supine position
- d. Encourage the patient to walk to the ambulance if pain permits

Answer: c. Secure the patient on a backboard and transport in a supine position

40. *When does an EMT have the duty to act while off-duty and witness an emergency situation?*

- a. Never, the EMT is off-duty
- b. Always, as an EMT is always on duty
- c. Only if no one else is present and able to provide assistance
- d. It is based on individual state regulations and company policies

Answer: d. It is based on individual state regulations and company policies

41. *How many shockable rhythms are there in cardiac arrest, and what are they?*

- a. One; ventricular fibrillation
- b. Two; ventricular fibrillation and pulseless ventricular tachycardia
- c. Three; ventricular fibrillation, pulseless ventricular tachycardia, and asystole
- d. Four; ventricular fibrillation, pulseless ventricular tachycardia, asystole, and pulseless electrical activity

Answer: b. Two; ventricular fibrillation and pulseless ventricular tachycardia

42. *What is the procedure called where an EMT clears a patient's airway by suctioning?*

- a. Intubation
- b. Orogastic tube insertion
- c. Pharyngeal airway clearance
- d. Manual suctioning

Answer: d. Manual suctioning

43. *How often should an EMT reassess a stable patient during transport?*

- a. Every 5 minutes
- b. Every 15 minutes
- c. Every 30 minutes
- d. At least once during transport

Answer: b. Every 15 minutes

44. *What condition is characterized by sudden difficulty breathing, chest pain, and a fast heart rate, usually caused by a blood clot?*

- a. Pneumonia
- b. Pulmonary embolism
- c. Asthma attack
- d. Congestive heart failure

Answer: b. Pulmonary embolism

45. *In terms of pediatric patients, what is the Broselow Tape used for?*

- a. Measuring the level of consciousness
- b. Determining medication dosages based on size
- c. Assessing respiratory rates

d. Diagnosing pediatric illnesses
Answer: b. Determining medication dosages based on size

46. *In a multi-system trauma patient, what is the priority in the order of operations for treatment?*
a. Airway with C-spine protection, Breathing, Circulation, Disability, Exposure
b. Circulation, Airway, Disability, Exposure, Breathing
c. Disability, Exposure, Airway with C-spine protection, Breathing, Circulation
d. Exposure, Breathing, Airway with C-spine protection, Circulation, Disability
Answer: a. Airway with C-spine protection, Breathing, Circulation, Disability, Exposure

47. *When assessing a stroke patient, what does the “F” in the acronym “FAST” stand for?*
a. Face
b. Fingers
c. Feet
d. Fibrillation
Answer: a. Face

48. *What is another term for a myocardial infarction?*
a. Stroke
b. Heart attack
c. Cardiac arrest
d. Angina pectoris
Answer: b. Heart attack

49. *Besides oxygen, what drug is commonly given to patients suffering a myocardial infarction to prevent blood clots?*
a. Ibuprofen
b. Acetaminophen
c. Aspirin
d. Nitroglycerin
Answer: c. Aspirin

50. *What is the term for a condition where the heart cannot pump enough blood to meet the body’s needs?*
a. Cardiac tamponade
b. Cardiac arrest
c. Congestive heart failure
d. Hypertensive emergency
Answer: c. Congestive heart failure

51. *When dealing with a patient experiencing excited delirium, what is the EMT’s primary goal?*
a. To prosecute the individual
b. To provide calming verbal reassurance
c. To physically restrain the patient as quickly as possible
d. To assess and manage immediate life threats
Answer: d. To assess and manage immediate life threats

52. *What does the mnemonic AEIOU-TIPS stand for in the context of altered mental status?*
a. Alcohol, Epilepsy, Insulin, Oxygen, Uremia, Trauma, Infection, Poisoning, Stroke
b. Airway, Electricity, Infection, Overdose, Underdose, Trauma, Insulin, Psychosis, Syncope
c. Alcohol, Epilepsy, Infection, Overdose, Uremia, Temperature, Insulin, Psychosis, Seizure
d. Assessment, Electrolytes, Intoxication, Oxygen, Unconsciousness, Temperature, Infection, Psychosis, Sugar
Answer: a. Alcohol, Epilepsy, Insulin, Oxygen, Uremia, Trauma, Infection, Poisoning, Stroke

53. *How should an EMT splint an injured limb if a pulse is not present below the injury?*
a. Do not splint the limb and transport immediately.
b. Splint the limb as found and reassess pulse after splinting.
c. Attempt to realign the limb to restore pulse before splinting.
d. Apply a tourniquet above the injury before splinting.
Answer: c. Attempt to realign the limb to restore pulse before splinting.
54. *In case of a suspected overdose, which of the following is critical for an EMT to ask when obtaining history?*
a. The patient's employment status
b. The type and amount of substance taken
c. The patient's educational background
d. The time of the patient's last meal
Answer: b. The type and amount of substance taken
55. *What is the most appropriate device to deliver breaths to a patient with a stoma who is not breathing adequately?*
a. Standard adult facemask
b. Pediatric facemask
c. Nasal cannula
d. Pocketface mask adapted to fit the stoma
Answer: d. Pocket face mask adapted to fit the stoma
56. *What type of seizure is characterized by brief, generalized stiffening or jerking of the body or arms without a loss of consciousness?*
a. Absence seizure
b. Generalized tonic seizure
c. Generalized tonic-clonic seizure
d. Simple partial seizure
Answer: b. Generalized tonic seizure
57. *Which is the most appropriate method of lifting a heavy patient?*
a. Bending over at the waist
b. Using a four-person log roll
c. The power grip using your back muscles
d. Keeping your back straight and lifting with your legs
Answer: d. Keeping your back straight and lifting with your legs
58. *What is the first step an EMT should take when encountering a patient with a severe allergic reaction?*
a. Administer an antihistamine
b. Place a constricting band above the reaction site
c. Ensure the patient's airway is open and assess breathing difficulty
d. Contact medical direction for permission to use the patient's epinephrine auto-injector
Answer: c. Ensure the patient's airway is open and assess breathing difficulty
59. *What technique should an EMT use to move a patient down a set of stairs?*
a. Two-person chair carry
b. Direct ground lift
c. Power grip carry
d. Stair chair
Answer: d. Stair chair

60. *What does the mnemonic PASTE stand for in assessing a patient with respiratory distress?*
a. Pain, Auscultation, Speech, Time of onset, Exertion
b. Pulse, Allergies, Skin, Temperature, Eyes
c. Pallor, Anxiety, Sputum, Tachypnea, Edema
d. Position, Airway, Suction, Transport, Epinephrine
Answer: a. Pain, Auscultation, Speech, Time of onset, Exertion
61. *Which technique is used to move a patient with no suspected spinal injury from the floor to a stretcher?*
a. Bear hug
b. Cradle carry
c. Fireman's carry
d. Direct carry
Answer: d. Direct carry
62. *What is the priority treatment for a patient with an open abdominal wound with protruding organs?*
a. Apply direct pressure
b. Administer high-flow oxygen
c. Cover the wound with a moist, sterile dressing and secure with an occlusive dressing
d. Push the organs back into the abdominal cavity
Answer: c. Cover the wound with a moist, sterile dressing and secure with an occlusive dressing
63. *What condition might EMTs suspect if a patient presents with a sudden onset of uncoordinated movement, slurred speech, and one-sided facial droop?*
a. Hypoglycemia
b. Transient ischemic attack (TIA)
c. Meningitis
d. Bell's palsy
Answer: b. Transient ischemic attack (TIA)
64. *When using the "rule of nines" in adult patients, what percentage is assigned to the front and back of the torso?*
a. 9% each
b. 18% each
c. 27% total
d. 36% total
Answer: b. 18% each
65. *What is considered the most reliable indicator of a potentially serious underlying injury in pediatric patients?*
a. Heart rate
b. Parental assessment
c. Blood pressure
d. Mental status
Answer: d. Mental status
66. *What unique challenges might an EMT encounter when assessing and treating pediatric patients?*
a. Limited communication skills
b. Lower respiratory rates
c. Increased tolerance to pain
d. More developed immune systems
Answer: a. Limited communication skills

67. *When caring for an elderly patient, what physiological changes should an EMT consider?*
- Decreased risk of falls
 - Increased cardiac output
 - Slower metabolism and drug clearance
 - Enhanced hearing ability
- Answer: c. Slower metabolism and drug clearance*
68. *In which position should a pregnant patient with a suspected medical issue be placed during transport?*
- Supine
 - Left lateral recumbent
 - Prone
 - Trendelenburg
- Answer: b. Left lateral recumbent*
69. *What is a common cause of altered mental status in the elderly population?*
- Hyperactivity
 - Renal failure
 - Hypertension
 - Medication side effects
- Answer: d. Medication side effects*
70. *Why is the Glasgow Coma Scale (GCS) used by EMTs when assessing patients?*
- To measure blood pressure
 - To evaluate cardiac function
 - To assess neurological status
 - To determine respiratory rate
- Answer: c. To assess neurological status*
71. *What is the primary concern when managing a patient with autism spectrum disorder during an emergency?*
- Sensory stimulation
 - Hyperactivity
 - Strict adherence to routines
 - Impaired physical coordination
- Answer: a. Sensory stimulation*
72. *When encountering a patient with a developmental disability, what is crucial for effective communication?*
- Speaking loudly
 - Using complex medical terms
 - Assuming the patient understands instructions
 - Being patient and using simple language
- Answer: d. Being patient and using simple language*
73. *In the context of geriatric patients, what is polypharmacy, and why is it relevant for EMTs?*
- The use of multiple pharmacies for medication
 - Excessive fluid intake in elderly patients
 - The use of multiple medications by a single patient
 - A common side effect of aging
- Answer: c. The use of multiple medications by a single patient*
74. *What physiological change occurs in the cardiovascular system of pregnant patients?*
- Decreased blood volume

- b. Increased heart rate
 - c. Lower cardiac output
 - d. Elevated blood pressure
- Answer:* b. Increased heart rate

75. *Why is it essential for an EMT to be aware of cultural differences when providing care?*
- a. To promote cultural superiority
 - b. To avoid providing any care that may be considered culturally inappropriate
 - c. To ensure proper billing practices
 - d. To provide patient-centered care that respects diverse beliefs and practices
- Answer:* d. To provide patient-centered care that respects diverse beliefs and practices

76. *What is the primary goal of managing a patient with Alzheimer's disease or dementia during an emergency?*
- a. Restoring memory function
 - b. Calming the patient
 - c. Administering medications
 - d. Conducting a thorough neurological assessment
- Answer:* b. Calming the patient

77. *When dealing with patients who are deaf or hard of hearing, what communication approach is recommended for EMTs?*
- a. Speak loudly and use hand gestures
 - b. Write all instructions on paper
 - c. Assume the patient can read lips
 - d. Use clear verbal communication and consider written communication
- Answer:* d. Use clear verbal communication and consider written communication

78. *What is the purpose of the SAMPLE history when dealing with special patient populations?*
- a. To gather information about the patient's social life
 - b. To obtain a comprehensive medical history
 - c. To determine the patient's age and gender
 - d. To assess the patient's ability to communicate
- Answer:* b. To obtain a comprehensive medical history

79. *Why might a patient with a history of mental health issues present unique challenges during an emergency?*
- a. They are usually calm and cooperative
 - b. They may not accurately perceive reality or the severity of their condition
 - c. They often have superior communication skills
 - d. They require less attention from healthcare providers
- Answer:* b. They may not accurately perceive reality or the severity of their condition

80. *In the context of infectious diseases, why is personal protective equipment (PPE) important for EMTs?*
- a. To prevent patients from contracting diseases
 - b. To create a sterile environment in the ambulance
 - c. To protect the EMT from exposure to infectious agents
 - d. To meet fashion standards in healthcare settings
- Answer:* c. To protect the EMT from exposure to infectious agents

81. *When performing the primary assessment on a trauma patient, in what order should the assessments occur?*
- a. Airway, Breathing, Circulation, Disability, Exposure

- b. Breathing, Airway, Circulation, Disability, Exposure
 - c. Circulation, Airway, Breathing, Disability, Exposure
 - d. Disability, Airway, Breathing, Circulation, Exposure
- Answer:* a. Airway, Breathing, Circulation, Disability, Exposure

82. *When providing care to a patient with suspected spinal injury, what equipment is essential for proper immobilization?*

- a. Cervical collar and a long spine board
 - b. Sling and swathe
 - c. Traction splint
 - d. KED (Kendrick Extrication Device)
- Answer:* a. Cervical collar and a long spine board

83. *What is the major concern when dealing with a patient with a penetrating eye injury?*

- a. Immediately removing the object
 - b. Covering both eyes to minimize movement
 - c. Flushing the eye with saline
 - d. Applying an eye patch to the affected eye only
- Answer:* b. Covering both eyes to minimize movement

84. *What type of bleeding is characterized by a slow, steady oozing flow?*

- a. Arterial
 - b. Venous
 - c. Capillary
 - d. Severe
- Answer:* c. Capillary

85. *During anaphylaxis, what medication can an EMT administer, if protocol allows?*

- a. Aspirin
 - b. Epinephrine
 - c. Nitroglycerin
 - d. Oral glucose
- Answer:* b. Epinephrine

86. *Which of the following is an indication for administering oral glucose?*

- a. Unconscious patient with unknown blood sugar
 - b. Conscious patient with suspected high blood sugar
 - c. Conscious patient with history of diabetes and altered mental status
 - d. Any patient complaining of dizziness
- Answer:* c. Conscious patient with history of diabetes and altered mental status

87. *If a patient is having a seizure upon your arrival, what is the most appropriate first action?*

- a. Restrain the patient to prevent injury
 - b. Place a padded tongue depressor in the patient's mouth
 - c. Begin positive pressure ventilation immediately
 - d. Ensure the patient's safety by moving objects away and padding hard surfaces
- Answer:* d. Ensure the patient's safety by moving objects away and padding hard surfaces

88. *What is the main purpose of the secondary assessment?*

- a. To perform life-saving interventions immediately
 - b. To quickly get the patient to the ambulance
 - c. To gather a detailed patient history and conduct a systematic physical exam
 - d. To reassess vital signs repeatedly
- Answer:* c. To gather a detailed patient history and conduct a systematic physical exam

89. *In a medical assessment, which of the following would most likely indicate a neurological problem?*
- a. Decreased skin turgor
 - b. Unequal pupil size
 - c. Crackles in the lungs
 - d. Tachycardia
- Answer: b. Unequal pupil size*
90. *When a patient is experiencing a stroke, what is the recommended position for transport?*
- a. Supine with feet elevated
 - b. Recovery position on the side of body weakness
 - c. Sitting up at a 30-degree angle
 - d. Supine with head elevated 15-30 degrees
- Answer: d. Supine with head elevated 15-30 degrees*
91. *If you suspect a patient has ingested a poison, which of the following should you do first?*
- a. Induce vomiting
 - b. Give activated charcoal
 - c. Perform a finger sweep of the mouth
 - d. Contact poison control for further instructions
- Answer: d. Contact poison control for further instructions*
92. *What is the most common cause of cardiac arrest in infants and children?*
- a. Congenital heart disease
 - b. Drug overdose
 - c. Respiratory failure
 - d. Electrolyte imbalance
- Answer: c. Respiratory failure*
93. *In a patient exhibiting signs of shock, what type of breathing pattern might an EMT observe?*
- a. Slow and regular
 - b. Deep and forceful
 - c. Rapid and shallow
 - d. Irregular gasps
- Answer: c. Rapid and shallow*
94. *What is the correct compression depth during CPR for an infant?*
- a. At least 1 inch
 - b. About 1.5 inches
 - c. At least 2 inches
 - d. About 2.5 inches
- Answer: b. About 1.5 inches*
95. *What is the primary purpose of a pediatric assessment triangle (PAT)?*
- a. To identify the most appropriate facility to transport the patient
 - b. To gather a complete and comprehensive history of the patient's condition
 - c. To quickly establish a rapid assessment of the pediatric patient's condition
 - d. To monitor the pediatric patient's vital signs over time
- Answer: c. To quickly establish a rapid assessment of the pediatric patient's condition*
96. *How should an EMT assess a patient's chest during a physical examination?*
- a. Look only
 - b. Listen only
 - c. Feel only

d. Look, listen, and feel
Answer: d. Look, listen, and feel

97. *What is the most appropriate step for managing a patient with heatstroke?*

- a. Immersing the patient in ice water
- b. Encouraging the patient to drink caffeine
- c. Rapid cooling by removing clothing and applying cool packs to the neck, armpits, and groin
- d. Wrapping the patient in warm blankets

Answer: c. Rapid cooling by removing clothing and applying cool packs to the neck, armpits, and groin

98. *Which of the following might be a sign of compensated shock in an adult patient?*

- a. Blood pressure of 90/60 mmHg
- b. Fixed and dilated pupils
- c. Altered mental status or anxiety
- d. Absent peripheral pulses

Answer: c. Altered mental status or anxiety

99. *After an EMT applies high-flow oxygen to a patient with difficulty breathing, what is the next most appropriate step?*

- a. Prepare for immediate transport
- b. Reassess lung sounds to determine improvement
- c. Increase the flow rate of oxygen
- d. Begin CPR

Answer: b. Reassess lung sounds to determine improvement

100. *What is the first thing an EMT should do when contact with a downed electrical line is suspected?*

- a. Attempt to move the patient away from the source
- b. Begin assessing the patient from a safe distance
- c. Ensure the power is turned off by the utility company
- d. Use a non-conductive object to move the line

Answer: c. Ensure the power is turned off by the utility company

101. *What is the key sign of a tension pneumothorax?*

- a. Tracheal shift away from the affected side
- b. Paradoxical chest movement
- c. Presence of JVD (jugular venous distention)
- d. Both a and c

Answer: d. Both a and c

102. *When can an EMT safely remove a helmet from a patient with a potential spinal injury?*

- a. When the helmet allows for proper airway management
- b. Always, as the helmet may obstruct the airway
- c. If the helmet fits loosely and does not hold the head securely
- d. Never, the helmet should remain in place at all times

Answer: c. If the helmet fits loosely and does not hold the head securely

103. *What is the primary reason for an EMT to establish a rapid transport decision for a trauma patient?*

- a. To ensure the patient receives proper medication quickly
- b. To secure a trauma bay at the receiving hospital
- c. To alert law enforcement about the situation
- d. To move the patient to an appropriate facility for definitive care

Answer: d. To move the patient to an appropriate facility for definitive care

104. When helping a patient use their prescribed inhaler, what is important to instruct the patient to do?
- Hold the medication in their throat
 - Exhale completely before releasing the medication
 - Hold their breath after inhaling the medication
 - Inhale the medication while standing up
- Answer: c. Hold their breath after inhaling the medication
105. What must be done before an oral airway device is inserted in an unresponsive patient without a gag reflex?
- Pre-oxygenate with 100% oxygen
 - Check for neck injuries
 - Select the proper size of the airway device
 - Perform a finger sweep of the mouth
- Answer: c. Select the proper size of the airway device
106. How long should you check for a pulse when you suspect a neonate is in cardiac arrest?
- No more than 5 seconds
 - At least 10 but no more than 15 seconds
 - Up to 30 seconds
 - Between 30 and 60 seconds
- Answer: b. At least 10 but no more than 15 seconds
107. What is the proper procedure for the application of a tourniquet?
- Place directly over a joint
 - Apply loosely and then tighten as needed
 - Place approximately 2 inches above the wound, not over clothing
 - Apply directly over clothing without exposing the wound
- Answer: c. Place approximately 2 inches above the wound, not over clothing
108. How should an EMT manage a patient with a nosebleed (epistaxis)?
- Have the patient lean back and maintain a neutral neck position
 - Pack the nostrils with gauze to absorb the blood
 - Have the patient pinch their nose and lean forward slightly
 - Immediately perform nasal intubation to secure the airway
- Answer: c. Have the patient pinch their nose and lean forward slightly
109. For a pregnant patient in labor, what is the indication that delivery is imminent?
- Continual contractions lasting 30 to 45 seconds
 - The patient reports a need to defecate
 - The cervix is dilated to 4 centimeters
 - Water breaking more than 24 hours prior
- Answer: b. The patient reports a need to defecate
110. If a patient is suffering from a heat-related illness and can drink fluids, what is the best fluid to offer?
- Coffee or a sports drink
 - Room temperature water
 - Ice-cold water or ice chips
 - Soda or other carbonated beverages
- Answer: b. Room temperature water
111. How often should an EMT reassess a patient's vital signs if they are unstable?
- Every 15 minutes

- b. Every 5 minutes
 - c. Every 30 minutes
 - d. At least once during a 45-minute transport
- Answer:* b. Every 5 minutes

112. *What is the term for the body's process of maintaining a stable internal environment?*

- a. Metabolism
- b. Pathophysiology
- c. Homeostasis
- d. Compensation

Answer: c. Homeostasis

113. *In a suspected poisoning emergency, aside from life-saving interventions, what should an EMT's initial action be?*

- a. Administer an antidote immediately
- b. Pump the patient's stomach
- c. Perform a physical examination
- d. Take steps to preserve evidence and bring it to the hospital

Answer: d. Take steps to preserve evidence and bring it to the hospital

114. *When a patient has a gunshot wound to the abdomen, what assessment finding would most suggest a life-threatening condition?*

- a. A through-and-through wound
- b. Rapidly forming ecchymosis
- c. The absence of exit wounds
- d. Signs of shock

Answer: d. Signs of shock

115. *What is the next step after positioning a stroke patient with the head and shoulders elevated?*

- a. Administer high-flow oxygen
- b. Provide rapid transport
- c. Start chest compressions
- d. Apply a cervical collar

Answer: b. Provide rapid transport

116. *When a child presents with widespread wheezing, what condition should be suspected?*

- a. Croup
- b. Bronchitis
- c. Asthma
- d. Pneumonia

Answer: c. Asthma

117. *What is the most reliable method to determine if a patient has a patent (open) airway?*

- a. Watching the chest rise and fall
- b. Listening for breath sounds at the mouth and nose
- c. Applying a pulse oximeter
- d. Checking for verbal response

Answer: b. Listening for breath sounds at the mouth and nose

118. *Upon arriving at the scene of a potential carbon monoxide poisoning, what is the first action an EMT should take?*

- a. Start ventilations with a BVM
- b. Evacuate the patients to fresh air immediately
- c. Administer high-flow oxygen

d. Ensure the scene is safe for entry
Answer: d. Ensure the scene is safe for entry

119. *When an EMT encounters a patient with an altered level of consciousness and no apparent injury, what potential cause should be considered?*

- a. Hypoxia
- b. Fractured ribs
- c. Pelvic inflammatory disease
- d. Heat exhaustiton

Answer: a. Hypoxia

120. *Which of the following is a sign of inadequate breathing in a patient?*

- a. Respiratory rate of 18 breaths per minute
- b. Symmetrical chest movement
- c. Use of accessory muscles and nasal flaring
- d. Quiet, non-labored breathing at rest

Answer: c. Use of accessory muscles and nasal flaring

7.6. 120 Review Questions and Answers for Chapter 7: Operations and Emergency Response

1. *As an EMT, what is the most important reason for using a scene size-up?*

- a. To identify potential witnesses
- b. To locate the nearest hospital
- c. To ensure the safety of crews, patients, and bystanders
- d. To fulfill legal documentation requirements

Answer: c. To ensure the safety of crews, patients, and bystanders

2. *What is the immediate priority for an EMT when arriving on an emergency scene?*

- a. Begin patient assessment
- b. Secure a bystander's account of the incident
- c. Ensure the scene is safe
- d. Collect medical history from the patient

Answer: c. Ensure the scene is safe

3. *What is the purpose of the Incident Command System (ICS)?*

- a. To document healthcare interventions
- b. To provide a standardized approach to the command, control, and coordination of emergency response
- c. To maintain inventory of medical supplies
- d. To control media access to an emergency scene

Answer: b. To provide a standardized approach to the command, control, and coordination of emergency response

4. *During an emergency call, an EMT notes downed power lines. What is the most appropriate course of action?*

- a. Attempt to move the power lines with a non-conductive object
- b. Immediately start patient care without touching the lines
- c. Secure the area and wait for the utility company to arrive
- d. Drive the ambulance over the lines carefully to reach the patient

Answer: c. Secure the area and wait for the utility company to arrive

5. What does the 'R' stand for in the mnemonic "AVPU" used to assess a patient's level of consciousness?
- Respiratory rate
 - Responsive to verbal stimuli
 - Responsive to painful stimuli
 - Rapid pulse
- Answer:* b. Responsive to verbal stimuli
6. In mass casualty incidents (MCI), what triage tag color indicates the highest priority for treatment and transport?
- Green
 - Yellow
 - Red
 - Black
- Answer:* c. Red
7. An EMT should consider which of the following as a potential hazardous material at the scene of a motor vehicle accident?
- Blood
 - Vehicle fluids
 - Glass fragments
 - Both a and b
- Answer:* d. Both a and b
8. In the face of a potential terrorist attack, what is one of the first things an EMT should do at the scene?
- Evacuate casualties to the nearest hospital
 - Look for the presence of secondary devices
 - Begin triage of casualties
 - Start immediate treatment of the most critically injured
- Answer:* b. Look for the presence of secondary devices
9. When is it appropriate for an EMT to begin decontamination in a hazardous materials incident?
- Before patient contact
 - After securing the scene
 - Upon receiving orders from Incident Command
 - After transferring patient care to the hospital staff
- Answer:* a. Before patient contact
10. Upon arriving at a crash site, what should an EMT do after ensuring scene safety and identifying the mechanism of injury?
- Request additional resources if needed
 - Set up traffic control devices
 - Start extrication of the patient
 - Obtain access to the patient and provide emergency medical care
- Answer:* a. Request additional resources if needed
11. How should an EMT approach the scene of a suspected crime?
- Begin emergency care without altering the scene
 - Observe and mentally note changes in the scene
 - Preserve evidence while providing necessary care
 - Focus solely on patient care and disregard the scene condition
- Answer:* c. Preserve evidence while providing necessary care

12. *What is the golden hour in trauma?*
a. The hour immediately after an injury occurs
b. The first hour when the patient is in the hospital
c. The time period when a trauma patient has the best chance for survival
d. 60 minutes of uninterrupted CPR
Answer: c. The time period when a trauma patient has the best chance for survival
13. *When encountering a potentially violent patient, what would be an EMT's best initial action?*
a. Restrain the patient immediately
b. Call for law enforcement assistance
c. Approach the patient to calm them down
d. Retreat to a safe distance and observe the patient
Answer: d. Retreat to a safe distance and observe the patient
14. *What is the START triage system used for?*
a. To evaluate stroke patients
b. To determine the sequence of treatment in a mass-casualty incident
c. To assess severity of traumatic injuries
d. To prioritize emergency calls in a dispatch center
Answer: b. To determine the sequence of treatment in a mass-casualty incident
15. *What should an EMT consider when assessing a scene involving hazardous materials?*
a. The potential need for specialty rescue
b. The wind direction and topography
c. The need for additional lighting
d. The type of terrain for landing a helicopter
Answer: b. The wind direction and topography
16. *When lifting a patient, how should an EMT's knees be positioned to prevent injury?*
a. Fully extended
b. Slightly bent
c. In a deep squat
d. At the same angle as the back
Answer: b. Slightly bent
17. *Which radio report is given directly to the receiving facility about a patient's condition?*
a. A clearance report
b. A handoff report
c. A prearrival report
d. An availability report
Answer: c. A prearrival report
18. *What does the 'B' in the SAMPLE history stands for?*
a. Bleeding
b. Body temperature
c. Breathing
d. Background
Answer: c. Breathing
19. *In terms of vehicle safety, what is the purpose of the three-point seatbelt system?*
a. To hold radio equipment in place
b. To maintain open airways of the occupants
c. To distribute collision forces across the stronger parts of the body

d. To ensure that patients remain hydrated during transport
Answer: c. To distribute collision forces across the stronger parts of the body

20. *Upon which principle does the use of high-visibility safety vests by EMTs at a roadway incident primarily rely?*

- a. Psychological safety
- b. Tactical safety
- c. Conspicuity
- d. Thermal insulation

Answer: c. Conspicuity

21. *What is one of the first steps an EMT should take when there is a suspected carbon monoxide poisoning?*

- a. Begin immediate chest compressions
- b. Administer high-flow oxygen
- c. Provide oral glucose
- d. Set up for immediate intubation

Answer: b. Administer high-flow oxygen

22. *What is the primary reason for establishing a “cold zone” at a hazardous materials incident?*

- a. For rehabilitation of firefighters
- b. For law enforcement staging
- c. For media briefings and public relations
- d. For personnel not directly involved in the incident to operate safely

Answer: d. For personnel not directly involved in the incident to operate safely

23. *Which item is not considered part of the “personal protective equipment” (PPE) for an EMT?*

- a. Helmet
- b. Steel-toe boots
- c. Personal firearm
- d. Gloves

Answer: c. Personal firearm

24. *During an emergency response, what is the correct driving technique for navigating through an intersection with a red traffic signal?*

- a. Speeding up to clear the intersection quickly
- b. Proceeding without stopping if the siren is on
- c. Coming to a complete stop before proceeding with caution
- d. Using the opposite lane to bypass traffic

Answer: c. Coming to a complete stop before proceeding with caution

25. *In the NIMS-ICS structure, what unit is responsible for direct patient care at an MCI?*

- a. Triage Unit
- b. Treatment Unit
- c. Staging Area
- d. Logistics Section

Answer: b. Treatment Unit

26. *An EMT recognizes signs of imminent childbirth during transport. What is the first step to take?*

- a. Return to the station and await additional resources
- b. Continue to the intended destination with no changes
- c. Preparing a sterile field and obstetrics kit
- d. Diverting to a closer hospital

Answer: c. Preparing a sterile field and obstetrics kit

27. Which of the following is not a role of an EMT at the scene of a fire?
- Fire suppression
 - Rehabilitation
 - Patient assessment
 - Treatment and transport
- Answer: a. Fire suppression
28. How does an EMT maintain situational awareness at an emergency scene?
- By staying inside the ambulance at all times
 - Through continuous assessment and monitoring of potential hazards
 - By delegating responsibility to bystanders
 - Focusing only on the patient care and ignoring the surroundings
- Answer: b. Through continuous assessment and monitoring of potential hazards
29. What is the purpose of the “safe refuge area” within a building during an evacuation?
- To store extra medical supplies
 - To act as a triage center for mass casualty incidents
 - To provide a safe space for mobilizing resources
 - To protect individuals unable to evacuate immediately due to mobility issues
- Answer: d. To protect individuals unable to evacuate immediately due to mobility issues
30. The acronym SLUDGE is used to recall the signs and symptoms of exposure to what type of agent?
- Stimulants
 - Cholinergic
 - Hallucinogens
 - Opiates
- Answer: b. Cholinergic
31. When reporting to a receiving facility, what does the “P” in the “SOAP” report stand for?
- Prognosis
 - Procedure
 - Pulse
 - Presentation
- Answer: d. Presentation
32. Which of the following is an example of a mechanism of injury (MOI)?
- High blood pressure
 - Cardiac arrest
 - An individual falling from a height
 - A diabetic emergency
- Answer: c. An individual falling from a height
33. In the context of the NREMT cognitive exam, what does “personal protective equipment” refer to?
- Uniforms that display the EMS agency’s logo
 - Devices designed to protect EMTs from exposure to or contact with infectious agents
 - The equipment an EMT carries personally, like a stethoscope or a flashlight
 - Devices that protect patients from harm during transport
- Answer: b. Devices designed to protect EMTs from exposure to or contact with infectious agents
34. What is the primary goal of scene control at an EMS incident?
- To establish a temporary command center
 - To ensure the safety of patients, bystanders, and EMS personnel
 - To gather evidence for law enforcement

d. To direct traffic around the incident

Answer: b. To ensure the safety of patients, bystanders, and EMS personnel

35. *Which of these scenarios demonstrates the need for an urgent move?*

a. A patient with a suspected neck injury following a diving accident

b. An unresponsive patient in the driver's seat of a car that is on fire

c. A patient with a broken ankle on the side of a soccer field

d. A patient with abdominal pain sitting in their living room

Answer: b. An unresponsive patient in the driver's seat of a car that is on fire

36. *What is the role of staging areas in the management of a multi-vehicle collision?*

a. To provide long-term care for patients who cannot be immediately transported

b. To collect contact information from all the involved parties

c. To serve as a designated area for incoming resources to report in and receive assignments

d. To gather media representatives for press conferences

Answer: c. To serve as a designated area for incoming resources to report in and receive assignments

37. *When an EMT encounters a hazardous material spill, which resource can provide the most specific and detailed information about the substance involved?*

a. The National Fire Protection Association (NFPA) 704 diamond sign

b. The transport vehicle's driver

c. The Emergency Response Guidebook (ERG)

d. Local news media

Answer: c. The Emergency Response Guidebook (ERG)

38. *What do the "S" and the "O" stand for in the START triage acronym?*

a. Send and Observe

b. Stabilize and Orient

c. Simple and Overlook

d. Simple Triage and Rapid Treatment

Answer: d. Simple Triage and Rapid Treatment

39. *When is it most appropriate to use a non-rebreather mask for a patient?*

a. When the patient has a respiratory rate of 30 breaths per minute

b. When a patient is breathing adequately but needs supplemental oxygen

c. For any patient in the postictal state

d. For a patient with suspected carbon monoxide poisoning

Answer: b. When a patient is breathing adequately but needs supplemental oxygen

40. *Which of the following actions is part of the "recovery" phase of an emergency situation?*

a. Immediate care of the sick and injured

b. Rescuing people from immediate danger

c. Debriefing EMS personnel and restocking supplies

d. Activation of the emergency operations center

Answer: c. Debriefing EMS personnel and restocking supplies

41. *What is the importance of establishing a perimeter at the scene of a hazardous material incident?*

a. To indicate where additional supplies can be stored

b. To prevent unauthorized personnel from entering a danger zone

c. To set up a media briefing area

d. To mark the boundaries for patient triage

Answer: b. To prevent unauthorized personnel from entering a danger zone

42. *How should an EMT assess a patient's breathing during the primary survey?*
- By counting the heart rate for one full minute
 - By observing the chest rise and fall and listening to breath sounds
 - By checking for a radial pulse
 - By asking the patient to describe their difficulty breathing
- Answer:* b. By observing the chest rise and fall and listening to breath sounds
43. *What is the first step an EMT should take when coming upon an MVC with no apparent hazards?*
- Immediately remove the patients from their vehicles
 - Check for the mechanism of injury and number of patients
 - Place traffic cones around the scene
 - Begin patient care without assessing the scene
- Answer:* b. Check for the mechanism of injury and number of patients
44. *What is the main reason for establishing command at an MCI?*
- To provide a single point of decision-making and resource assignment
 - To ensure all patients are transported to the same hospital
 - To take responsibility for all media communications
 - To handle all financial expenditures related to the incident
- Answer:* a. To provide a single point of decision-making and resource assignment
45. *What should an EMT assess when observing the position in which a patient is found?*
- The comfort level of the patient while sitting or standing
 - The patient's cognitive ability to choose a comfortable position
 - The potential injury suggested by the patient's position and ability to move
 - The length of time the patient has been in the same position
- Answer:* c. The potential injury suggested by the patient's position and ability to move
46. *When assessing a patient involved in a vehicle accident, what is the term for the damage visible on the patient's body?*
- Index of suspicion
 - Mechanism of injury (MOI)
 - Nature of illness (NOI)
 - Secondary assessment
- Answer:* b. Mechanism of injury (MOI)
47. *What is the role of the safety officer in the ICS structure during an emergency response?*
- To provide medical care to patients
 - To coordinate communication between different agencies
 - To oversee the operational plan
 - To monitor operational safety and health for responders
- Answer:* d. To monitor operational safety and health for responders
48. *What type of move should an EMT utilize to move a patient with suspected spinal injury?*
- Emergency move
 - Non-urgent move
 - Urgent move
 - Log-roll move
- Answer:* d. Log-roll move
49. *In which situation is it appropriate for an EMT to use lights and sirens during transport?*
- All EMS vehicle operations
 - Only when patient condition justifies expedited transport
 - Non-emergent transports

d. Routine supply transfers

Answer: b. Only when patient condition justifies expedited transport

50. *What is the correct term for the transfer of care from one EMT to another?*

- a. Handoff
- b. Delegation
- c. Referral
- d. Triage

Answer: a. Handoff

51. *Which document provides detailed information about chemicals, hazards, and instructions for safe handling?*

- a. Emergency Response Guidebook (ERG)
- b. Material Safety Data Sheet (MSDS)
- c. Incident Action Plan (IAP)
- d. National Fire Protection Association (NFPA) guide

Answer: b. Material Safety Data Sheet (MSDS)

52. *What should an EMT do if a family member is interfering with patient care during a response?*

- a. Ignore the family member and continue patient care
- b. Physically remove the family member from the scene
- c. Enlist law enforcement for assistance, if needed
- d. Transfer care to another EMT

Answer: c. Enlist law enforcement for assistance, if needed

53. *What is the priority action for an EMT when a patient is found in an unsafe environment?*

- a. Begin immediate treatment to the patient
- b. Eliminate the hazard if possible
- c. Call for additional resources
- d. Move the patient to a safe area

Answer: d. Move the patient to a safe area

54. *Which NREMT cognitive exam topic includes questions about fireplace maintenance as a potential source of a CO incident?*

- a. EMS Operations
- b. Cardiology
- c. Airway, Respiration, and Ventilation
- d. Obstetrics/Gynecology

Answer: a. EMS Operations

55. *How does an EMT classify a burn injury during a primary assessment?*

- a. As part of the secondary survey
- b. As immediate life threats
- c. By degree and surface area after other life threats are managed
- d. By degree only

Answer: b. As immediate life threats

56. *When using START triage, which color tag represents patients who are deceased or have injuries incompatible with life?*

- a. Red
- b. Yellow
- c. Green
- d. Black

Answer: d. Black

57. *What does an EMT need to establish when a landing zone is needed for helicopter transport?*
- Only the perimeter of the landing zone
 - Communication with the aircraft, security of the area, and clear markings
 - Fire protection and crowd control only
 - A location as close to the incident as possible
- Answer:* b. Communication with the aircraft, security of the area, and clear markings
58. *Which term describes an organized approach to identify and manage stress in EMS personnel?*
- Critical Incident Stress Management (CISM)
 - Post-Traumatic Stress Disorder (PTSD) counseling
 - Operational Stress Control (OSC)
 - Psychological First Aid (PFA)
- Answer:* a. Critical Incident Stress Management (CISM)
59. *In EMS incident command, where does rehabilitation take place?*
- In the warm zone
 - At the incident command post
 - In a designated area, away from hazards and the incident
 - In the ambulance or transport vehicle
- Answer:* c. In a designated area, away from hazards and the incident
60. *What is the first rule of airway management that an EMT must remember?*
- Always use advanced airway devices when available
 - Oxygen should be administered to all patients
 - The airway must be opened before it can be cleared and maintained
 - Ventilations take precedence over chest compressions
- Answer:* c. The airway must be opened before it can be cleared and maintained
61. *In which NREMT category would emergency childbirth fall under?*
- Cardiology
 - Obstetrics and Gynecology
 - Operations
 - Trauma
- Answer:* b. Obstetrics and Gynecology
62. *Under what conditions should an EMT consider the application of spinal immobilization?*
- When the patient has superficial wounds
 - Any time the patient has been involved in a major trauma
 - Only when the patient is unconscious
 - Only if the patient complains of neck pain
- Answer:* b. Any time the patient has been involved in a major trauma
63. *How far should an EMT park the ambulance from a vehicle fire if possible?*
- 50 feet
 - 100 feet
 - 150 feet
 - 200 feet
- Answer:* b. 100 feet
64. *What is the first thing an EMT should do when encountering a combative patient?*
- Restrain the patient immediately for safety.
 - Retreat to a safe distance and wait for law enforcement.
 - Attempt to reason with the patient.

d. Administer a sedative if protocol allows.
Answer: b. Retreat to a safe distance and wait for law enforcement.

65. *What should be the primary concern for an EMT when assessing a patient in a hazardous materials incident?*

- a. Salvaging the patient's personal belongings
- b. Getting information about the hazardous material
- c. Ensuring the safety of the patient and EMS crew
- d. Cleaning the hazardous material off the patient

Answer: c. Ensuring the safety of the patient and EMS crew

66. *Which type of decontamination occurs in the warm zone?*

- a. Technical decontamination
- b. Gross decontamination
- c. Primary decontamination
- d. Secondary decontamination

Answer: a. Technical decontamination

67. *For which type of incident is it MOST appropriate to utilize the Incident Command System (ICS)?*

- a. Routine medical calls
- b. Multi-agency, multi-jurisdictional responses
- c. Transferring a patient from one facility to another
- d. A simple two-car motor vehicle collision without extrication

Answer: b. Multi-agency, multi-jurisdictional responses

68. *Which of the following may indicate the presence of a hazardous material when you first arrive at a motor vehicle crash?*

- a. The presence of commercial vehicles
- b. A vehicle turned on its side
- c. A broken utility pole
- d. An unusual odor or visible cloud

Answer: d. An unusual odor or visible cloud

69. *Why is it vital for an EMT to use body substance isolation (BSI) precautions during patient care?*

- a. To comply with hazardous materials regulations
- b. To protect the patient from further injury
- c. To protect against infection and contamination
- d. To adhere to vehicle operation policies

Answer: c. To protect against infection and contamination

70. *An EMT may be required to file which type of report if a collision occurs while operating an ambulance?*

- a. Incident report
- b. Press release
- c. Vehicle maintenance report
- d. Quality assurance report

Answer: a. Incident report

71. *How does an EMT ensure the 'scene is safe' when arriving at an accident location?*

- a. Announce on the radio that the scene is secure
- b. Wait for police to secure the scene
- c. Conduct a thorough environmental scan and risk assessment
- d. Put on a high-visibility vest

Answer: c. Conduct a thorough environmental scan and risk assessment

72. *What is the best approach for an EMT for dealing with onlookers at a scene?*
a. Ignore them and focus on patient care
b. Politely ask them to help with patient care
c. Secure the area and ask them to step back
d. Allow them to stay as long as they do not interfere
Answer: c. Secure the area and ask them to step back
73. *Which type of patient evacuation involves immediate spontaneous decision-making due to an immediate threat to life?*
a. Tactical evacuation
b. Emergency evacuation
c. Staged evacuation
d. Medically necessary evacuation
Answer: b. Emergency evacuation
74. *Which device transports multiple casualties from a disaster scene to various hospitals based on system protocols and patient condition?*
a. Standard ambulance
b. Mass casualty bus
c. Tactical response vehicle
d. Personal transport vehicles
Answer: b. Mass casualty bus
75. *What is the purpose of the EMS personnel accountability system?*
a. To document patient care accurately
b. To keep track of working hours for EMTs
c. To ensure patient privacy and confidentiality
d. To track personnel and equipment for safety and strategic reasons
Answer: d. To track personnel and equipment for safety and strategic reasons
76. *In what situation would an EMT perform a “load and go” transport?*
a. When the scene is secure and the patient has stable vitals
b. When a patient is in critical condition and on-scene time should be minimized
c. When the ambulance has multiple patients to transport
d. When the patient requests to be taken to a specific hospital
Answer: b. When a patient is in critical condition and on-scene time should be minimized
77. *What is the recommended distance for an ambulance to maintain behind another emergency vehicle while responding with lights and sirens?*
a. 300 to 500 feet
b. 100 to 300 feet
c. 500 to 700 feet
d. 50 to 100 feet
Answer: a. 300 to 500 feet
78. *Which of the following best describes the purpose of a “hot zone” at the scene of a hazardous materials incident?*
a. To provide treatment to injured personnel
b. To house equipment and supplies
c. To serve as a location for media briefings
d. To contain the area immediately surrounding the incident
Answer: d. To contain the area immediately surrounding the incident

79. *When parking an ambulance at an incident, the vehicle should face:*
- Away from oncoming traffic for a quick departure.
 - Towards the patient for immediate access.
 - In the direction of the wind in case of hazardous materials.
 - In the same direction as traffic to prevent accidents.
- Answer:* a. Away from oncoming traffic for a quick departure.
80. *What is the function of the rehabilitation sector at an emergency scene?*
- To provide logistical support for operational units
 - To assist with law enforcement and crowd control
 - To offer medical evaluation and care for emergency workers
 - To coordinate with external agencies and hospital services
- Answer:* c. To offer medical evaluation and care for emergency workers
81. *During multi-agency response, what is the EMT's main role in the unified command system?*
- Operational planning and strategy
 - Directing tactical operations
 - Patient care and safety provisions
 - Public information and communication
- Answer:* c. Patient care and safety provisions
82. *What is the term for ordered departure or flow control of people to a place of refuge?*
- Evacuation
 - Triage
 - Extraction
 - Staging
- Answer:* a. Evacuation
83. *In a hazardous materials incident, who is responsible for identifying the substances involved?*
- The EMT
 - The HazMat team
 - Law Enforcement
 - The Fire Department
- Answer:* b. The HazMat team
84. *What type of consent is needed when treating a mentally competent adult who understands the risks and benefits of treatment?*
- Implied consent
 - Informed consent
 - Expressed consent
 - Unconditional consent
- Answer:* b. Informed consent
85. *What is the function of the 'Medical Branch' within the Incident Command System?*
- To coordinate the transportation of patients to medical facilities
 - To manage all aspects of fire suppression and safety
 - To oversee the financial and administrative aspects of the incident
 - To ensure supply and logistics are functioning to support the incident
- Answer:* a. To coordinate the transportation of patients to medical facilities
86. *When securing a landing zone for a helicopter, which of these is not a consideration?*
- The presence of loose debris and obstacles
 - The grade of the landing surface
 - The type of medical equipment carried by the air ambulance

d. The wind direction and speed
Answer: c. The type of medical equipment carried by the air ambulance

87. *What is the primary role of the EMT when transferring patient care to the emergency department staff?*

- a. To assist with patient registration and documentation
- b. To immediately return to service and await another call
- c. To provide a clear and concise verbal report to the receiving staff
- d. To assume secondary roles unless asked for assistance

Answer: c. To provide a clear and concise verbal report to the receiving staff

88. *What should an EMT do after exposure to a patient's blood?*

- a. Take a prophylactic antibiotic immediately
- b. Document the exposure and report to a supervisor
- c. Clean the exposed area with alcohol and return to work
- d. Ignore it unless the patient was known to be infectious

Answer: b. Document the exposure and report to a supervisor

89. *Which technique is recommended when moving a patient down stairs using a stair chair?*

- a. The strongest EMT should lead going down the stairs
- b. Two EMTs should always carry the chair side by side
- c. The patient's feet should go first when descending stairs
- d. The chair should be tilted forward to reduce the strain on EMTs

Answer: c. The patient's feet should go first when descending stairs

90. *Which of these is not a typical role of the Public Information Officer in the ICS?*

- a. To interface with the media and public
- b. To provide safety briefings to incoming EMS personnel
- c. To relay information about incident operations to the public
- d. To distribute information that may be critical to public welfare

Answer: b. To provide safety briefings to incoming EMS personnel

91. *When responding to an emergency where hazardous materials are involved, what reference might an EMT use for guidance?*

- a. The Emergency Response Guidebook (ERG)
- b. The START triage manual
- c. The National Electric Code (NEC)
- d. Patient Care Protocols (PCP)

Answer: a. The Emergency Response Guidebook (ERG)

92. *Under what circumstances may an EMT provide patient care without obtaining consent?*

- a. A patient with life-threatening injuries is unconscious
- b. A patient requests an alternative treatment method
- c. A patient's family member gives consent instead
- d. All circumstances require explicit patient consent

Answer: a. A patient with life-threatening injuries is unconscious

93. *How does the Incident Command System improve interagency coordination at the scene of a large-scale disaster?*

- a. By providing a standard set of predetermined incident responses
- b. By designating a single commander for all agencies
- c. By establishing a common structure and shared language for all agencies
- d. By prioritizing agencies according to government hierarchy

Answer: c. By establishing a common structure and shared language for all agencies

94. *What is the primary reason for establishing a staging area at the scene of an MCI?*
a. To provide a rest area for EMS personnel
b. To coordinate patient transport and resource allocation
c. To conduct press briefings and media interaction
d. To organize family and friends of the involved parties
Answer: b. To coordinate patient transport and resource allocation
95. *When can an EMT legally enter a private residence without invitation or warrant?*
a. When it is suspected that there is a gas leak inside
b. When the EMT believes a crime is taking place
c. When there is evidence of domestic disturbance
d. When an exigent circumstance is present, such as a medical emergency
Answer: d. When an exigent circumstance is present, such as a medical emergency
96. *What factor primarily determines the appropriate level of PPE for EMTs at a hazardous materials incident?*
a. The incident command's preference
b. The time of day
c. The type and scope of the incident
d. Local protocols and regulations
Answer: c. The type and scope of the incident
97. *What is an EMT's primary legal concern when communicating patient information?*
a. Keeping the communication brief and essential
b. Complying with Health Insurance Portability and Accountability Act (HIPAA) regulations
c. Maintaining the confidentiality of the communication route
d. Ensuring the communication is only between healthcare professionals
Answer: b. Complying with Health Insurance Portability and Accountability Act (HIPAA) regulations
98. *Why is it important for an EMT to establish a rapport with a patient during an emergency call?*
a. To increase the chances of a more cooperative and relaxed patient
b. For the purpose of entertainment during transportation
c. To make documentation easier
d. To ensure that the patient doesn't request another EMT
Answer: a. To increase the chances of a more cooperative and relaxed patient
99. *What is the EMT's role during the "termination phase" at the scene of an incident?*
a. Commanding the Incident Command System
b. Participating in or conducting the debriefing and review of the incident
c. Decontaminating equipment and personnel
d. Coordinating media relations and news releases
Answer: b. Participating in or conducting the debriefing and review of the incident
100. *Which of the following situations would most likely NOT require a report to be filed by the EMT?*
a. An EMT refuels the ambulance at a local gas station
b. An EMT is bitten by a patient during an assessment
c. The ambulance is involved in a minor fender-bender without patients on board
d. A patient's valuables are lost during transport
Answer: a. An EMT refuels the ambulance at a local gas station
101. *What is the purpose of using a 'time-out' procedure before starting a procedure or transport?*
a. To ensure the correct patient is being treated and the correct procedures are being applied
b. To provide a break for the healthcare team
c. To check the functionality of medical equipment

d. To allow the patient to compose themselves before a procedure

Answer: a. To ensure the correct patient is being treated and the correct procedures are being applied

102. *What is the EMT's responsibility in relating to the 'chain of evidence' at a crime scene?*

- a. Cataloguing and analyzing evidence
- b. Protecting the integrity of potential evidence
- c. Taking photographs for legal records
- d. Interpreting evidence to determine the cause of injury

Answer: b. Protecting the integrity of potential evidence

103. *Why should an EMT understand the different roles within the ICS?*

- a. To potentially fill in any role as needed
- b. To give orders to other professionals at the scene
- c. To challenge the decisions of the incident commander
- d. To operate efficiently within an organized response framework

Answer: d. To operate efficiently within an organized response framework

104. *In which zone might an EMT expect to receive patients from a hazardous materials decontamination corridor?*

- a. The Hot Zone
- b. The Warm Zone
- c. The Cold Zone
- d. The Decontamination Zone

Answer: c. The Cold Zone

105. *When encountering a scene where violence is ongoing, what should the EMT's first action be?*

- a. Attempt to de-escalate the situation
- b. Provide immediate care to victims while awaiting law enforcement
- c. Retreat to a safe distance and wait for law enforcement to secure the scene
- d. Begin triage of patients if it can be done safely

Answer: c. Retreat to a safe distance and wait for law enforcement to secure the scene

106. *Which communication system is used to request additional resources at the scene of a multi-casualty incident?*

- a. Mobile data terminal (MDT)
- b. Plain language radio communication
- c. Tactical air operations
- d. Mutual aid frequency

Answer: d. Mutual aid frequency

107. *What does the 'D' in the 'SAMPLE' mnemonic represent?*

- a. Drugs
- b. Dose
- c. Duration
- d. Dyspnea

Answer: a. Drugs

108. *When should an EMT consider the use of an incident termination checklist?*

- a. Upon arrival at the scene
- b. After patient transport
- c. During the debriefing phase
- d. Once the incident is concluded and all units are ready to return to service

Answer: d. Once the incident is concluded and all units are ready to return to service

109. Which organization primarily sets the standards for ambulance design and operation?
- U.S. Department of Transportation (DOT)
 - National Fire Protection Association (NFPA)
 - National Highway Traffic Safety Administration (NHTSA)
 - Occupational Safety and Health Administration (OSHA)
- Answer:* c. National Highway Traffic Safety Administration (NHTSA)
110. What is the recommended action for an EMT if they notice an unsafe act by another EMT at the scene?
- Ignore the act if no one is harmed
 - Report the act only if the situation escalates
 - Interrupt and correct the unsafe act immediately
 - Wait until after the call to discuss it with the individual
- Answer:* c. Interrupt and correct the unsafe act immediately
111. When utilizing the two-person seat carry technique, what is important for the EMTs to maintain?
- Visual contact with the patient's feet
 - As much distance between the EMTs as possible
 - The patient's head lower than the feet
 - Coordination to prevent twisting or jarring movements
- Answer:* d. Coordination to prevent twisting or jarring movements
112. In an MCI, what is the purpose of dividing patients into groups based on the severity of their injuries?
- To determine who receives first aid first
 - To improve resource allocation and management
 - To facilitate the exchange of medical information
 - To determine the need for crime scene investigation
- Answer:* b. To improve resource allocation and management
113. During an emergency response involving hazardous materials, what is the benefit of using the Emergency Response Guidebook (ERG)?
- It provides specific treatment protocols for medical emergencies.
 - It gives instructions for proper personal protective equipment (PPE).
 - It identifies hazardous materials and appropriate initial actions.
 - It outlines proper patient care and transportation procedures.
- Answer:* c. It identifies hazardous materials and appropriate initial actions.
114. When an EMT is performing triage, what feature would classify a patient as "red" under the START system?
- A patient with no immediate life threats
 - A patient with a minor injury that can walk
 - A patient who is breathing less than 30 times per minute after airway management
 - A patient with a radial pulse and capillary refill of less than 2 seconds
- Answer:* d. A patient with a radial pulse and capillary refill of less than 2 seconds
115. What is the best course of action for an EMT if faced with a power failure during patient care in a facility?
- Immediate evacuation of the facility
 - Use of flashlights or other alternative light sources
 - Ceasing all patient care activities until power is restored
 - Request for law enforcement intervention
- Answer:* b. Use of flashlights or other alternative light sources

116. In the context of ambulance operations, what does the term 'posting' refer to?
- Stationing an ambulance at a strategic location to best respond to calls
 - Parking the ambulance outside the emergency department after patient transfer
 - Staging an ambulance near a command post at a large-scale incident
 - The period during which an ambulance is out of service for maintenance
- Answer:* a. Stationing an ambulance at a strategic location to best respond to calls

117. How can an EMT best demonstrate "scene presence" upon arrival at an emergency?
- By speaking loudly and taking control of the scene
 - Through a calm and confident approach, quickly assessing the situation
 - Instantly assigning tasks to bystanders
 - Immediately calling for additional resources before a scene size-up
- Answer:* b. Through a calm and confident approach, quickly assessing the situation

118. What is the primary benefit of using emergency medical dispatchers trained in providing pre-arrival instructions?
- They eliminate the need for EMTs to respond to calls.
 - They can provide life-saving instructions to callers before EMTs arrive.
 - They help in the logistical coordination of hospital admissions.
 - They take over the role of incident commander during an MCI.
- Answer:* b. They can provide life-saving instructions to callers before EMTs arrive.

119. In terms of scene safety, what should an EMT do upon noticing signs of a potential structural collapse?
- Immediately enter to search for patients
 - Establish a perimeter and avoid entry until the scene is secure
 - Call for a specialized urban search and rescue team and proceed
 - Secure the structure using available tools before starting operations
- Answer:* b. Establish a perimeter and avoid entry until the scene is secure

120. When assessing the effectiveness of ventilation during CPR, what should an EMT look for?
- The patient should be regaining consciousness.
 - There must be a visible rise and fall of the patient's chest.
 - The patient's pulse rate should increase immediately.
 - The EMT should hear breath sounds without using a stethoscope.
- Answer:* b. There must be a visible rise and fall of the patient's chest.

8.1. 120 Full-Length NREMT Simulation Exam #1 | Comprehensive Practice Exams and Answers

1. What should you suspect in a patient who presents with slurred speech, one-sided facial droop, and weakness in one arm?
- Heart attack
 - Stroke
 - Diabetic emergency
 - Seizure
- Answer:* b. Stroke
2. Which of the following is considered a high-priority condition in an emergency medical setting?
- A sprained ankle
 - Intermittent abdominal pain
 - Difficulty breathing
 - A minor laceration
- Answer:* c. Difficulty breathing

3. *When performing chest compressions during CPR on an adult, how deep should you compress the chest?*
- At least 1 inch
 - At least 2 inches
 - At least 3 inches
 - At least 4 inches
- Answer:* b. At least 2 inches
4. *For a responsive adult patient with a suspected spinal injury, which of the following is the most appropriate method of opening the airway?*
- Head tilt-chin lift
 - Jaw-thrust maneuver
 - Tongue-jaw lift
 - Finger sweep
- Answer:* b. Jaw-thrust maneuver
5. *How should you assess the circulation status (pulse) of an infant during a primary assessment?*
- Carotid pulse
 - Brachial pulse
 - Radial pulse
 - Femoral pulse
- Answer:* b. Brachial pulse
6. *Which of the following should you do first when you arrive at the scene of an accident?*
- Begin patient assessment
 - Move the patients to a safe area
 - Ensure the scene is safe for you and your team
 - Contact medical direction
- Answer:* c. Ensure the scene is safe for you and your team
7. *What is the first step in the NREMT's "Scene Size-Up" during a call?*
- Determine the number of patients
 - Take standard precautions
 - Assess the need for additional resources
 - Establish the mechanism of injury or nature of illness
- Answer:* b. Take standard precautions
8. *In which position should you place a conscious patient experiencing severe difficulty breathing?*
- Supine
 - Prone
 - Recovery
 - Fowler's or semi-Fowler's
- Answer:* d. Fowler's or semi-Fowler's
9. *What is the purpose of the primary assessment?*
- To gather a past medical history
 - To identify and manage life-threatening conditions
 - To conduct an in-depth physical exam
 - To collect insurance information
- Answer:* b. To identify and manage life-threatening conditions
10. *When providing first aid for a patient with a chemical burn to the eye, you should:*
- Cover the eye with a dry dressing
 - Flush the eye with large amounts of water

- c. Use an antiseptic solution to cleanse the eye
 - d. Have the patient keep the eye closed and wait for the hospital to wash it
- Answer:* b. Flush the eye with large amounts of water

11. *What is the correct compression-to-ventilation ratio for CPR on an adult according to AHA guidelines?*

- a. 15:2
- b. 30:2
- c. 5:1
- d. 10:2

Answer: b. 30:2

12. *Which of the following is an indication for the administration of supplemental oxygen?*

- a. A patient with a pulse oximetry reading of 97%
- b. A patient undergoing an asthma attack and struggling to breathe
- c. A patient who is fully alert and oriented with no complaints
- d. A patient with a stubbed toe with no other injuries

Answer: b. A patient undergoing an asthma attack and struggling to breathe

13. *What emergency medical condition does epinephrine auto-injector mainly treat?*

- a. Cardiac arrest
- b. Anaphylactic shock
- c. Hypoglycemia
- d. Asthma

Answer: b. Anaphylactic shock

14. *You arrive on a scene to find a patient lying unconscious on the ground with no bystanders present. There is no obvious trauma. What is the best course of action?*

- a. Check for responsiveness and breathing, and then begin CPR if necessary
- b. Move the patient to a safer location
- c. Wait for more responders to assist with moving the patient
- d. Apply a cervical collar and begin transport

Answer: a. Check for responsiveness and breathing, and then begin CPR if necessary

15. *A patient has a flail chest following a motor vehicle crash. What is the most appropriate treatment for this condition?*

- a. Assist ventilations with a bag-valve mask
- b. Apply high-flow oxygen via nasal cannula
- c. Allow the patient to assume a position of comfort
- d. Stabilize the flail segment and provide positive pressure ventilations

Answer: d. Stabilize the flail segment and provide positive pressure ventilations

16. *Which of the following is an appropriate next step after the AED delivers a shock?*

- a. Immediately check for a pulse
- b. Begin transport to the hospital
- c. Perform CPR, starting with chest compressions
- d. Ventilate the patient with a bag-valve mask

Answer: c. Perform CPR, starting with chest compressions

17. *In the event of an opioid overdose, which of the following medications may be administered by EMTs to reverse the effects?*

- a. Oral glucose
- b. Nitroglycerin
- c. Naloxone (Narcan)

d. Albuterol
Answer: c. Naloxone (Narcan)

18. *During an emergency childbirth, the baby's shoulder is stuck and cannot be delivered, this is known as:*

- a. Breech presentation
- b. Shoulder dystocia
- c. Placenta previa
- d. Uterine rupture

Answer: b. Shoulder dystocia

19. *What is the first thing you should do upon arrival at a scene where hazardous materials may be involved?*

- a. Begin immediate patient triage
- b. Enter the area quickly to rescue any victims
- c. Contact the appropriate authority and wait for the hazmat team
- d. Put on personal protective equipment (PPE) and approach the scene

Answer: c. Contact the appropriate authority and wait for the hazmat team

20. *If you suspect a patient has a spinal injury, what is the best way to open their airway?*

- a. Head-tilt chin-lift maneuver
- b. Jaw-thrust maneuver without head extension
- c. Finger sweep
- d. Aggressive neck extension

Answer: b. Jaw-thrust maneuver without head extension

21. *When providing care for a patient with suspected hypothermia, you should do all of the following except:*

- a. Remove wet clothing and dry the patient
- b. Apply warm blankets and heat packs to the patient's groin, armpits, and neck
- c. Give warm liquids if the patient is conscious and able to swallow without risk of aspiration
- d. Immerse the patient in hot water to quickly raise the body temperature

Answer: d. Immerse the patient in hot water to quickly raise the body temperature

22. *A patient with suspected cardiac chest pain should be given which of the following medications by the EMT if protocols allow?*

- a. Acetylsalicylic Acid (Aspirin)
- b. Ibuprofen
- c. Acetaminophen
- d. Naproxen

Answer: a. Acetylsalicylic Acid (Aspirin)

23. *How does positive pressure ventilation assist a patient in respiratory distress?*

- a. It increases the partial pressure of carbon dioxide in the blood
- b. It helps the patient exhale more efficiently
- c. It forces air into the lungs and aids in oxygenation and ventilation
- d. It stimulates the body to increase the respiratory rate naturally

Answer: c. It forces air into the lungs and aids in oxygenation and ventilation

24. *For an adult patient in suspected cardiac arrest, when is it appropriate to stop CPR?*

- a. If you are feeling tired
- b. Upon the request of a family member
- c. When you are relieved by someone of equal or higher training

d. After 5 minutes of continuous CPR

Answer: c. When you are relieved by someone of equal or higher training

25. *A patient with a known history of chronic obstructive pulmonary disease (COPD) is experiencing difficulty breathing. Which of the following actions should you take?*

a. Withhold supplemental oxygen to avoid knocking out their hypoxic drive

b. Administer high-flow oxygen via non-rebreather mask

c. Assist with prescribed inhalers if available and per protocol

d. Immediately intubate the patient

Answer: c. Assist with prescribed inhalers if available and per protocol

26. *What is the role of glucose in treating a conscious patient with suspected hypoglycemia?*

a. It helps the patient to lose consciousness

b. It decreases insulin production

c. It provides a quick source of energy to raise blood sugar

d. It suppresses the immune response

Answer: c. It provides a quick source of energy to raise blood sugar

27. *What is the most common cause of airway obstruction in an unconscious patient?*

a. Swollen airway tissues

b. Tongue falling back into the throat

c. Foreign body in the airway

d. Broken teeth or dentures

Answer: b. Tongue falling back into the throat

28. *When assessing a patient who has been exposed to a significant amount of heat and has hot, dry skin, what condition should you suspect?*

a. Hypoglycemia

b. Heat stroke

c. Heat exhaustion

d. Hypothermia

Answer: b. Heat stroke

29. *You are attending to a patient who fell from a ladder and is complaining of back pain. You suspect a possible spinal injury. What should you refrain from doing?*

a. Immobilizing the patient's spine

b. Conducting a rapid trauma assessment

c. Allowing the patient to move freely

d. Applying a cervical collar

Answer: c. Allowing the patient to move freely

30. *What is the most appropriate treatment for a chemical burn to the skin?*

a. Apply a neutralizing substance

b. Cover the burn with a dry sterile dressing

c. Flush the burn with large amounts of water

d. Leave the burn exposed to air to slow the chemical reaction

Answer: c. Flush the burn with large amounts of water

31. *You arrive on the scene of a car accident to find a patient in the front seat with an open airway but not breathing. What should you do next?*

a. Initiate transport to the nearest hospital immediately.

b. Begin chest compressions.

c. Provide rescue breathing.

d. Apply the AED and prepare to defibrillate.

Answer: c. Provide rescue breathing.

32. *A patient has suffered a severe allergic reaction with facial swelling and difficulty breathing. You have administered epinephrine. What is your next best course of action?*

a. Wait for the epinephrine to take effect.

b. Administer a second dose of epinephrine immediately.

c. Prepare to treat for anaphylactic shock and transport immediately.

d. Instruct the patient to take deep breaths to calm down.

Answer: c. Prepare to treat for anaphylactic shock and transport immediately.

33. *If you suspect a patient has ingested a poisonous substance, what is the FIRST thing you should do?*

a. Induce vomiting.

b. Contact poison control.

c. Administer activated charcoal.

d. Give the patient milk or water to drink.

Answer: b. Contact poison control.

34. *When performing a log roll on a trauma patient, how many rescuers should ideally participate?*

a. One

b. Two

c. Three

d. Four

Answer: d. Four.

35. *An EMT is taking the blood pressure of a patient and notices the reading is significantly lower than normal. What medical term is used to describe this condition?*

a. Hypertension

b. Hypotension

c. Tachycardia

d. Bradycardia

Answer: b. Hypotension.

36. *During the secondary assessment, what is the correct sequence of steps?*

a. Physical examination, vital signs, SAMPLE history, and then interventions.

b. SAMPLE history, physical examination, interventions, and then vital signs.

c. Vital signs, SAMPLE history, physical examination, and then interventions.

d. Physical examination, SAMPLE history, vital signs, and then interventions.

Answer: d. Physical examination, SAMPLE history, vital signs, and then interventions.

37. *A patient is experiencing a seizure upon your arrival. After ensuring the scene is safe, what is the next best step?*

a. Restrain the patient to prevent injury.

b. Insert an oral airway to maintain airway patency.

c. Move furniture and objects away from the patient to prevent injury.

d. Splash cold water on the patient's face to stop the seizure.

Answer: c. Move furniture and objects away from the patient to prevent injury.

38. *When approaching a scene with a potential hazardous material spill, what is the safest distance to park the ambulance?*

a. Immediately next to the spill area.

b. At least 50 feet away from the spill.

c. At least 100 feet away from the spill.

d. Uphill and upwind from the spill.
Answer: d. Uphill and upwind from the spill.

39. *You are assessing a patient with full-thickness burns on his arms and legs. What type of burn is this considered?*

- a. First-degree burn
- b. Second-degree burn
- c. Third-degree burn
- d. Fourth-degree burn

Answer: c. Third-degree burn.

40. *Which of the following pulse points should an EMT check in an unresponsive adult patient?*

- a. Radial pulse
- b. Brachial pulse
- c. Carotid pulse
- d. Femoral pulse

Answer: c. Carotid pulse.

41. *A patient suffers from a minor wound with minimal bleeding. This type of wound is known as which of the following?*

- a. Laceration
- b. Abrasion
- c. Puncture
- d. Avulsion

Answer: b. Abrasion.

42. *In a patient with chest pain, you have administered aspirin. Why is aspirin beneficial in this situation?*

- a. It acts as a vasodilator to increase blood flow to the heart.
- b. It relieves the pain associated with myocardial infarction.
- c. It reduces inflammation around the heart muscle.
- d. It decreases blood clotting and improves blood flow to the heart.

Answer: d. It decreases blood clotting and improves blood flow to the heart.

43. *When assisting a patient with an inhaler, it is important to ensure what?*

- a. The patient holds their breath for 5 seconds after inhaling the medication.
- b. The inhaler is used as often as the patient feels necessary.
- c. The patient exhales completely before inhaling the medication.
- d. Both a and c.

Answer: d. Both a and c.

44. *While assessing a patient with a suspected stroke, you use the Cincinnati Prehospital Stroke Scale. Which of the following is NOT one of the assessments of this scale?*

- a. Facial droop
- b. Arm drift
- c. Pupil dilation
- d. Speech

Answer: c. Pupil dilation.

45. *When treating a patient with suspected heat exhaustion, which action should be avoided?*

- a. Moving the patient to a cooler environment
- b. Giving the patient water to drink if conscious
- c. Applying cooling measures such as fanning

d. Immersing the patient in an ice bath
Answer: d. Immersing the patient in an ice bath.

46. *A patient presents with a low-grade fever, cough, and difficulty breathing. You suspect pneumonia. Which lung sound is typically associated with pneumonia?*

- a. Wheezing
- b. Rhonchi
- c. Stridor
- d. Crackles

Answer: d. Crackles

47. *For which of the following conditions is immediate defibrillation indicated?*

- a. Pulseless ventricular tachycardia (VT)
- b. Severe hypertension
- c. Respiratory arrest with a pulse
- d. Symptomatic bradycardia

Answer: a. Pulseless ventricular tachycardia (VT)

48. *You are assessing a patient with an altered mental status; his blood glucose level reads 38 mg/dL. Which of the following should you administer?*

- a. Oral glucose
- b. Aspirin
- c. Ibuprofen
- d. Sublingual nitroglycerin

Answer: a. Oral glucose

49. *When encountering a potential stroke patient, which of the following is NOT part of the FAST assessment acronym?*

- a. Face drooping
- b. Arm drift
- c. Speech difficulties
- d. Time to evaluate pulse

Answer: d. Time to evaluate pulse

50. *What is the appropriate care for a patient with a partial-thickness burn with blisters covering their forearm?*

- a. Apply ice directly to the burn area
- b. Leave blisters intact and bandage loosely
- c. Puncture the blisters and apply an antibiotic cream
- d. Scrub the area to prevent infection

Answer: b. Leave blisters intact and bandage loosely

51. *In an unresponsive patient without suspected spinal injury, which position is most appropriate for managing the airway?*

- a. Prone position
- b. Supine position
- c. Recovery position
- d. Fowler's position

Answer: c. Recovery position

52. *How should you treat a patient with a suspected tension pneumothorax?*

- a. High flow oxygen and immediate transport
- b. Administer a bronchodilator and monitor vitals
- c. Perform needle decompression on the affected side

d. Encourage deep breathing and coughing exercises
Answer: a. High flow oxygen and immediate transport

53. *If a patient has a severely angulated ulna fracture, what is the best course of action before transport?*

- a. Apply traction to the limb
- b. Try to realign the bone to the anatomic position
- c. Leave the limb in the position found
- d. Apply a tight splint above and below the fracture site

Answer: c. Leave the limb in the position found

54. *Which of the following signs/symptoms are indicative of compensated shock?*

- a. Fixed and dilated pupils
- b. Slow and irregular breathing
- c. Anxiety or irritability
- d. Absent peripheral pulses

Answer: c. Anxiety or irritability

55. *Where is the best place to check for a pulse in a child younger than 1 year old?*

- a. Carotid artery
- b. Femoral artery
- c. Brachial artery
- d. Radial artery

Answer: c. Brachial artery

56. *What is the proper technique for suctioning a patient's airway?*

- a. Suction for up to 30 seconds at a time
- b. Insert the suction catheter while suctioning
- c. Suction continuously when there is visible vomitus
- d. Suction on the way out after inserting the catheter without suction

Answer: d. Suction on the way out after inserting the catheter without suction

57. *A patient shows signs of epistaxis. What is the appropriate care for this condition?*

- a. Tilt the patient's head backward to stop the bleeding
- b. Have the patient blow their nose to clear blood clots
- c. Pinch the nostrils and lean the patient forward slightly
- d. Pack the nostrils with gauze and seek immediate transport

Answer: c. Pinch the nostrils and lean the patient forward slightly

58. *Which of the following best describes the rule of nines in the context of burn assessment?*

- a. Dividing the body into sections to estimate fluid resuscitation needs
- b. Categorizing nine classifications of burns based on depth
- c. A method of estimating the percentage of body surface area burned
- d. Determining the nine most common causes of burn-related infections

Answer: c. A method of estimating the percentage of body surface area burned

59. *You arrive on the scene of a motorcycle accident; the rider has been thrown from the bike and is lying on the pavement. After ensuring the scene is safe, what is your priority assessment?*

- a. Palpate extremities for fractures
- b. Assess the airway, breathing, and circulation (ABCs)
- c. Check for road rash or abrasions
- d. Remove the patient's helmet to better assess for injuries

Answer: b. Assess the airway, breathing, and circulation (ABCs)

60. A patient sustained a jagged laceration on their leg from a piece of machinery. There is significant bleeding. What is the best initial step to manage bleeding?
- Place a tourniquet above the wound
 - Apply direct pressure with a sterile dressing
 - Clean the wound with an antiseptic solution
 - Elevate the leg to slow down bleeding
- Answer: b. Apply direct pressure with a sterile dressing
61. You encounter a patient with a possible ankle fracture. What is the first step in caring for this injury?
- Apply a cold pack to the injury
 - Elevate the injured ankle above heart level
 - Splint the ankle as found
 - Have the patient try to walk on it
- Answer: c. Splint the ankle as found
62. When assessing a patient's mental status, the AVPU scale is used. What does the 'P' in AVPU stand for?
- Painful response
 - Pupil reactivity
 - Pulse present
 - Proper orientation
- Answer: a. Painful response
63. Which of the following best describes an occlusive dressing in the context of treating chest trauma?
- A dressing that is taped on all four sides
 - A dressing only taped on three sides to allow air to escape
 - A sterile, moist dressing applied to an open wound
 - A dressing used specifically for abdominal wounds
- Answer: b. A dressing only taped on three sides to allow air to escape
64. While assisting a patient with use of a Metered Dose Inhaler (MDI), what is important to instruct them to do?
- Hold their breath after inhalation
 - Inhale slowly while you depress the inhaler
 - Exhale rapidly through the mouthpiece
 - Take short, rapid breaths during administration
- Answer: b. Inhale slowly while you depress the inhaler
65. When managing a patient with a possible tension pneumothorax, which of the following is a priority?
- Immediate chest decompression with a needle
 - Giving fluids intravenously to increase blood pressure
 - Application of an occlusive dressing
 - High-flow oxygen through a non-rebreather mask
- Answer: a. Immediate chest decompression with a needle
66. A patient has been stabbed in the abdomen and is showing signs of shock. What position should you place the patient in?
- Sitting up to aid in breathing
 - Supine position with legs elevated
 - Recovery position on their left side
 - Trendelenburg position to increase blood flow to the brain
- Answer: b. Supine position with legs elevated

67. In a patient with suspected carbon monoxide poisoning, which device provides the best reading of their oxygen saturation?
- Standard pulse oximeter
 - Carbon monoxide detector
 - Blood gas analyzer
 - Pulse CO-oximeter
- Answer: d. Pulse CO-oximeter
68. What is the proper order of operations for controlling severe external bleeding?
- Apply a tourniquet, apply direct pressure, elevate the wound
 - Apply direct pressure, apply a tourniquet if necessary, consider wound elevation
 - Elevate the wound, apply direct pressure, apply a tourniquet
 - Apply direct pressure, elevate the wound, apply a pressure bandage
- Answer: b. Apply direct pressure, apply a tourniquet if necessary, consider wound elevation
69. You are treating a burn patient and notice the burn has white, leathery skin. There are no signs of inflammation or blisters. What type of burn is this?
- Superficial (first-degree) burn
 - Partial thickness (second-degree) burn
 - Full thickness (third-degree) burn
 - Subdermal burn
- Answer: c. Full thickness (third-degree) burn
70. A patient is exhibiting snoring respirations. Which intervention is most appropriate to correct this?
- Perform the jaw-thrust maneuver
 - Administer high-flow oxygen via non-rebreather mask
 - Deliver rescue breaths with a BVM
 - Use a nasopharyngeal airway
- Answer: a. Perform the jaw-thrust maneuver
71. A patient with a known history of COPD is breathing rapidly and shallowly. Which of the following pieces of equipment will assist in better ventilation?
- Nasal cannula
 - BVM (bag-valve mask)
 - CPAP (continuous positive airway pressure)
 - Nebulizer
- Answer: c. CPAP (continuous positive airway pressure)
72. During a primary assessment, what mnemonic is used to quickly evaluate a patient's disability or neurological status?
- SAMPLE
 - AVPU
 - RICE
 - DCAP-BTLS
- Answer: b. AVPU
73. When providing care for a patient in shock, it is important NOT to give them anything to eat or drink because it could:
- Increase the risk of vomiting and aspiration
 - Cause an allergic reaction
 - Decrease blood flow to vital organs
 - Interfere with absorption of oral medications at the hospital
- Answer: a. Increase the risk of vomiting and aspiration

74. What is the most common medication given by EMTs to a patient experiencing chest pain with a presumptive diagnosis of acute coronary syndrome (ACS)?
- Nitroglycerin
 - Aspirin
 - Albuterol
 - Epinephrine
- Answer: b. Aspirin
75. A patient with a significant allergic reaction is experiencing stridor. What does this indicate?
- Lower airway constriction
 - Fluid in the lungs
 - Upper airway swelling
 - Hyperventilation syndrome
- Answer: c. Upper airway swelling
76. In a multi-casualty incident, which of the following triage categories would you assign a patient who is breathing but unconscious with absent radial pulses?
- Immediate (red)
 - Delayed (yellow)
 - Minor (green)
 - Expectant (black)
- Answer: a. Immediate (red)
77. A patient is experiencing severe abdominal pain, nausea, and vomiting following a meal. Which abdominal quadrant should be examined last?
- Right upper quadrant (RUQ)
 - Left upper quadrant (LUQ)
 - Right lower quadrant (RLQ)
 - Left lower quadrant (LLQ)
- Answer: c. Right lower quadrant (RLQ)
78. When providing care for a patient experiencing a seizure, which of the following actions is most appropriate?
- Restrain the patient to prevent injury
 - Insert a tongue depressor in the patient's mouth to protect the airway
 - Position the patient to protect from injury and maintain airway patency
 - Attempt to stop the convulsions with rapid limb restraints
- Answer: c. Position the patient to protect from injury and maintain airway patency
79. A patient with a suspected myocardial infarction is experiencing hypotension. Which of the following positions should you transport this patient in?
- Semi-Fowler's
 - Supine
 - Left lateral recumbent
 - Sitting upright
- Answer: b. Supine
80. In stroke assessment, if a patient is unable to keep both arms raised and one arm drifts downward, this is a sign of:
- Normal muscular control
 - Definitive stroke diagnosis
 - Possible stroke affecting the motor cortex
 - Vestibular dysfunction
- Answer: c. Possible stroke affecting the motor cortex

81. *During a call, you determine that a pediatric patient has an absent pulse and is not breathing. You should:*
- Begin rescue breathing immediately
 - Wait for advanced life support (ALS) to arrive
 - Start CPR and prepare to use an AED if available
 - Transport the patient immediately without intervention
- Answer: c. Start CPR and prepare to use an AED if available*
82. *What is the initial dose of Nitroglycerin (NTG) for a patient with chest pain and prescribed NTG, if their blood pressure is adequate?*
- 0.4 mg sublingually
 - 1 tablet chewable aspirin
 - 1 mg intramuscularly
 - 2 puffs of a metered-dose inhaler (MDI)
- Answer: a. 0.4 mg sublingually*
83. *When treating a patient with a possible fracture to the forearm, the EMT should:*
- Bend the arm to a 90-degree angle at the elbow before splinting
 - Attempt to straighten the arm and apply traction before splinting
 - Immobilize the arm in the position found and apply a splint
 - Encourage the patient to use the injured arm to maintain muscle strength
- Answer: c. Immobilize the arm in the position found and apply a splint*
84. *Which of the following should be assessed first in a trauma patient with suspected internal bleeding and signs of shock?*
- Blood pressure
 - Skin color and temperature
 - Heart rate and quality
 - Pupil size and reactivity
- Answer: c. Heart rate and quality*
85. *A patient who is unable to speak after a lightning strike is likely experiencing which condition?*
- Hypoglycemia
 - Tympanic membrane rupture
 - Keraunoparalysis
 - Aphasia
- Answer: d. Aphasia*
86. *A patient with a suspected pelvic fracture should be transported in which of the following positions?*
- Supine with the hips flexed
 - Prone with a pillow under the pelvis
 - Supine with legs straight and secured together
 - Sitting upright with knees bent
- Answer: c. Supine with legs straight and secured together*
87. *When a patient experiences a syncopal episode, which of the following actions should the EMT take?*
- Immediately start chest compressions
 - Assess for potential head injury and monitor vital signs
 - Encourage the patient to stand up to assess orthostatic vital signs
 - Prepare to perform an emergency tracheotomy
- Answer: b. Assess for potential head injury and monitor vital signs*

88. For an infant choking and unable to cry, cough, or breathe, the proper technique for clearing the airway is:
- Perform back slaps and chest thrusts
 - Sweep the mouth with your finger to remove the object
 - Deliver a series of abdominal thrusts
 - Give rescue breaths until the object is expelled
- Answer:* a. Perform back slaps and chest thrusts
89. When treating a patient with a suspected overdose of an unknown substance, it is important to:
- Administer syrup of ipecac to induce vomiting
 - Provide high-flow oxygen regardless of oxygen saturation levels
 - Insert an advanced airway device as soon as possible
 - Perform a thorough secondary assessment and consider toxicological concerns
- Answer:* d. Perform a thorough secondary assessment and consider toxicological concerns
90. To assess the blood glucose level of a diabetic patient who is conscious and able to swallow, the EMT should use a:
- Finger stick blood glucose test
 - Blood pressure cuff pump test
 - Breathalyzer device
 - Hemoglobin test
- Answer:* a. Finger stick blood glucose test
91. You arrive at the scene where a patient has fallen from a height and is complaining of neck pain. What device should you use to immobilize the patient's cervical spine?
- KED (Kendrick Extrication Device)
 - Sager traction splint
 - Soft cervical collar
 - Rigid cervical collar
- Answer:* d. Rigid cervical collar
92. When assessing a patient with a suspected overdose, you find pinpoint pupils. This sign is most commonly associated with what type of substance?
- Stimulants
 - Opioids
 - Hallucinogens
 - Alcohol
- Answer:* b. Opioids
93. In respiratory emergencies, grunting is a sign typically observed in which group of patients?
- Adolescents
 - Elderly adults
 - Middle-aged adults
 - Pediatrics
- Answer:* d. Pediatrics
94. A patient has been bitten by an unknown insect and is experiencing widespread hives and difficulty breathing. This condition is known as:
- Anaphylactic shock
 - Septic shock
 - Hypovolemic shock
 - Neurogenic shock
- Answer:* a. Anaphylactic shock

95. *While administering oxygen to a COPD patient, you should be careful to NOT:*
- Exceed flow rates over 2 to 4 L/min unless specifically indicated
 - Use a nasal cannula instead of a non-rebreather mask
 - Monitor the patient for signs of oxygen-induced hypercapnia
 - Maintain the patient's oxygen saturation above 95%
- Answer: d. Maintain the patient's oxygen saturation above 95%*
96. *A patient with a previous history of pulmonary embolisms is displaying tachypnea, hypoxia, and chest pain. Which of the following should be the EMT's best course of action?*
- Providing ventilatory support with a bag-valve mask
 - Transporting without delay and providing continuous reassessment
 - Administering aspirin prophylactically
 - Placing the patient in a supine position to preserve energy
- Answer: b. Transporting without delay and providing continuous reassessment*
97. *What is the first step an EMT should take when treating a patient with a suspected heat stroke who is having seizures?*
- Administer an antipyretic such as acetaminophen
 - Perform a finger stick to check for hypoglycemia
 - Move the patient to a cooler environment
 - Apply ice packs to the groin and armpits
- Answer: c. Move the patient to a cooler environment*
98. *In which scenario would an EMT most likely need to use an occlusive dressing?*
- Laceration on the forearm
 - Abrasion on the knee
 - Penetrating chest trauma
 - Thermal burn on the neck
- Answer: c. Penetrating chest trauma*
99. *The presence of jugular vein distention (JVD) in a trauma patient may be a sign of:*
- Hypovolemia
 - Tension pneumothorax
 - Flail chest
 - Cardiac tamponade
- Answer: d. Cardiac tamponade*
100. *Which of the following is a contraindication for the use of a nasopharyngeal airway (NPA)?*
- A gag reflex
 - Suspected cranial fracture
 - Epiglottitis
 - Severe head trauma with blood in the nostrils
- Answer: d. Severe head trauma with blood in the nostrils*
101. *When providing ventilations with a bag-valve mask (BVM), the EMT should observe chest rise to determine:*
- Proper airway positioning
 - Sufficient ventilation volume
 - The need for cricoid pressure
 - If the patient is conscious or unconscious
- Answer: b. Sufficient ventilation volume*
102. *How should an EMT approach a scene where domestic violence is suspected?*
- By confronting the aggressor to diffuse the situation

- b. Waiting for law enforcement to secure the scene before entry
 - c. Separating the involved parties and obtaining statements
 - d. Immediately attending to the patient and ignoring the surroundings
- Answer:* b. Waiting for law enforcement to secure the scene before entry

103. A GCS (Glasgow Coma Scale) score of 8 or less is indicative of what level of consciousness?

- a. Mild impairment
- b. Moderate impairment
- c. Severe impairment
- d. Normal consciousness

Answer: c. Severe impairment

104. A burn characterized by redness, pain, and swelling, but no blisters is classified as a:

- a. Superficial burn
- b. Full-thickness burn
- c. Partial-thickness burn
- d. Deep partial-thickness burn

Answer: a. Superficial burn

105. When delivering a newborn, you notice that the umbilical cord is wrapped around the baby's neck.

This is known as:

- a. Nuchal cord
- b. Prolapsed cord
- c. Cord presentation
- d. Umbilical cord strangulation

Answer: a. Nuchal cord

106. When assessing a patient with suspected cardiogenic shock, what symptom would you expect to find?

- a. Warm, dry skin
- b. A rapid, weak pulse
- c. Slow respiratory rate
- d. Hypertension

Answer: b. A rapid, weak pulse

107. What is the treatment priority for a patient with a suspected pelvic fracture?

- a. Immediate reduction of the fracture on scene
- b. Administration of high-flow oxygen
- c. Application of a pelvic binder
- d. Transport in a sitting position

Answer: c. Application of a pelvic binder

108. When you encounter a patient experiencing a panic attack, what is an appropriate way to assist them?

- a. Have them breathe into a paper bag
- b. Leave them alone to self-regulate their breathing
- c. Encourage slow, deep breaths and provide calm reassurance
- d. Immediately administer high-flow oxygen

Answer: c. Encourage slow, deep breaths and provide calm reassurance

109. During anaphylaxis, what early treatment can an EMT provide while awaiting advanced medical care?

- a. Oral antihistamines
- b. Administration of an epinephrine auto-injector

- c. Intravenous corticosteroids
 - d. Nebulized bronchodilators
- Answer:* b. Administration of an epinephrine auto-injector

110. *How should you proceed when you suspect a patient has overdosed on acetaminophen?*

- a. Administer activated charcoal if protocols allow
- b. Induce vomiting immediately
- c. Wait for symptoms to develop before treatment
- d. Apply cold packs to reduce fever

Answer: a. Administer activated charcoal if protocols allow

111. *What is the most important piece of equipment to have readily available when dealing with a patient who is heavily bleeding from an extremity?*

- a. A tourniquet
- b. Sterile gauze pads
- c. A CPR mask
- d. SAM Splint

Answer: a. A tourniquet

112. *You are assessing a child with a barking cough and stridor at rest. What condition should you suspect?*

- a. Bronchiolitis
- b. Asthma
- c. Croup
- d. Epiglottitis

Answer: c. Croup

113. *A patient is experiencing a severe nosebleed (epistaxis). After you have taken standard precautionary measures, what is the best position for the patient?*

- a. Supine with the head tilted backward
- b. Sitting upright, leaning slightly forward
- c. In the recovery position on their side
- d. Supine with the head elevated

Answer: b. Sitting upright, leaning slightly forward

114. *For a patient complaining of isolated lower extremity pain with no signs of trauma or injury, what is an important question to ask regarding medical history?*

- a. "Have you had any recent surgeries?"
- b. "Are you allergic to any foods?"
- c. "Do you have a headache as well?"
- d. "What is your normal blood sugar level?"

Answer: a. "Have you had any recent surgeries?"

115. *What is a possible side effect of nitroglycerin that an EMT should monitor for in a patient with chest pain?*

- a. Hyperglycemia
- b. Tachycardia
- c. Hypotension
- d. Bradycardia

Answer: c. Hypotension

116. *When assessing a patient's abdomen, why should the EMT palpate the quadrants the patient identifies as painful last?*

- a. To build patient trust by demonstrating careful consideration

- b. To avoid eliciting a pain response that could hinder further examination
 - c. To ensure that all equipment is ready for immediate intervention
 - d. To allow time for the patient to become accustomed to your touch
- Answer:* b. To avoid eliciting a pain response that could hinder further examination

117. Which of the following types of medical direction do EMTs use when performing interventions based on their training and protocols without speaking directly to a physician?

- a. Direct medical oversight
- b. Offline medical direction
- c. Prospective medical direction
- d. Online medical direction

Answer: b. Offline medical direction

118. What is the correct method of measuring blood pressure by palpation?

- a. Inflate the cuff until the radial pulse is no longer palpable, then slowly deflate while listening with a stethoscope.
- b. Inflate the cuff until the brachial pulse is no longer palpable, then deflate and note the pressure at which the pulse returns.
- c. Palpate the radial pulse while inflating the cuff, then deflate rapidly to get a reading.
- d. Use a stethoscope to listen for Korotkoff sounds until the radial pulse disappears.

Answer: b. Inflate the cuff until the brachial pulse is no longer palpable, then deflate and note the pressure at which the pulse returns.

119. If a patient presents with symptoms of a transient ischemic attack (TIA), why is it still important for them to be transported to the hospital?

- a. Symptoms of a TIA are usually permanent.
- b. TIAs can be a precursor to a more serious stroke.
- c. Patients experiencing a TIA are at risk for immediate cardiac arrest.
- d. TIAs are typically caused by serious head trauma that needs to be assessed.

Answer: b. TIAs can be a precursor to a more serious stroke.

120. When treating a patient with a severe head injury, what is the most important thing an EMT can do to prevent secondary injury?

- a. Apply a cervical collar and secure the patient to a long board.
- b. Keep the patient warm and provide glucose if needed.
- c. Provide high-flow oxygen and ventilatory support.
- d. Maintain proper cerebral perfusion by ensuring adequate oxygenation and blood pressure.

Answer: d. Maintain proper cerebral perfusion by ensuring adequate oxygenation and blood pressure.

8.2. 120 Full-Length NREMT Simulation Exam #2 | Comprehensive Practice Exams and Answers

1. You arrive on scene to find a patient who was exposed to extreme cold and appears to have frostbite to the fingers. What is the best initial care for this patient?

- a. Vigorously rub the fingers to warm them
- b. Immerse the affected fingers in hot water
- c. Allow the fingers to rewarm gradually at room temperature
- d. Immerse the affected fingers in warm water

Answer: d. Immerse the affected fingers in warm water

2. What does the 'L' in the mnemonic SAMPLE stand for?

- a. Listening rate
- b. Lips

- c. Last meals
 - d. Longest events
- Answer:* c. Last meals

3. *Where should the EMT assess for a pulse in an unresponsive adult patient without a pulse oximeter?*
- a. Radial artery
 - b. Carotid artery
 - c. Brachial artery
 - d. Dorsal pedal artery
- Answer:* b. Carotid artery

4. *What is the most appropriate first step when approaching a scene with multiple casualties?*
- a. Begin immediate triage.
 - b. Call for additional resources.
 - c. Provide immediate care to the most critical patient.
 - d. Secure the scene and ensure it is safe.
- Answer:* d. Secure the scene and ensure it is safe.

5. *During your primary assessment of a trauma patient, you note that the patient has paradoxical motion of the left chest wall. What condition should you suspect?*
- a. Pneumothorax
 - b. Hemothorax
 - c. Flail chest
 - d. Pulmonary contusion
- Answer:* c. Flail chest

6. *Which of the following is a sign of an inadequate airway in a pediatric patient?*
- a. Abdominal breathing
 - b. Nasal flaring
 - c. Head bobbing
 - d. All of the above
- Answer:* d. All of the above

7. *When treating a patient with suspected spinal injury, what is the correct order of immobilization?*
- a. Cervical collar, backboard, head blocks, and securing the torso
 - b. Head blocks, cervical collar, securing the torso, and backboard
 - c. Backboard, cervical collar, head blocks, and securing the limbs
 - d. Cervical collar, head blocks, securing the torso, and backboard
- Answer:* a. Cervical collar, backboard, head blocks, and securing the torso

8. *A patient who is experiencing a severe allergic reaction may require immediate administration of:*
- a. Oral glucose
 - b. Epinephrine
 - c. Albuterol
 - d. Aspirin
- Answer:* b. Epinephrine

9. *What is the most common cause of airway obstruction in an unresponsive patient?*
- a. Blood
 - b. Tongue
 - c. Vomitus
 - d. Swollen airway tissues
- Answer:* b. Tongue

10. *What is the typical compression rate for effective CPR in adults?*
a. 60-80 compressions per minute
b. 100-120 compressions per minute
c. 80-100 compressions per minute
d. 120-140 compressions per minute
Answer: b. 100-120 compressions per minute
11. *The initial dose of nitroglycerin for a patient with chest pain and prescribed medication is typically:*
a. 0.4 mg sublingually
b. 2 mg sublingually
c. 2 mg intravenously
d. 0.4 mg intravenously
Answer: a. 0.4 mg sublingually
12. *When transporting a patient who has sustained a chemical burn to the eyes, the EMT should:*
a. Bandage both eyes tightly to reduce movement
b. Flush the affected eye with clean water or saline
c. Cover the eyes with a dry sterile dressing
d. Leave the eyes untreated to assess them at the hospital
Answer: b. Flush the affected eye with clean water or saline
13. *What should you do immediately after delivering a shock with an AED?*
a. Check for a pulse
b. Resume CPR
c. Ventilate the patient twice
d. Prepare for another shock
Answer: b. Resume CPR
14. *Which of the following is a sign of hypoperfusion (shock)?*
a. Pink, warm, dry skin
b. Slow respiratory rate
c. Constricted pupils
d. Narrowing pulse pressure
Answer: d. Narrowing pulse pressure
15. *What is the initial step in the OPQRST mnemonic used for pain assessment?*
a. Asking about the Onset of the pain
b. Assessing the Persistence of pain
c. Determining the Quality of pain
d. Asking about the Radiating nature of the pain
Answer: a. Asking about the Onset of the pain
16. *What is the recommended treatment for a patient with a partial-thickness burn without signs of airway compromise?*
a. Cool the burn with ice to numb the pain
b. Elevate the burned area and cover with a sterile, non-adherent dressing
c. Apply ointments and cover with a dry cotton dressing
d. Leave the burn exposed to air to accelerate healing
Answer: b. Elevate the burned area and cover with a sterile, non-adherent dressing
17. *You are performing CPR on an adult patient. How deep should the chest compressions be?*
a. At least 1 inch (2.5 cm)
b. At least 1.5 inches (4 cm)
c. At least 2 inches (5 cm)

d. At least 2.5 inches (6.5 cm)
Answer: c. At least 2 inches (5 cm)

18. *In which situation should an EMT consider the use of a tourniquet?*

- a. When a wound is oozing venous blood
- b. If there is an arterial bleed that cannot be controlled with direct pressure
- c. For all open wounds on an extremity
- d. When the patient complains of severe pain in a limb after a fall

Answer: b. If there is an arterial bleed that cannot be controlled with direct pressure

19. *A patient with a suspected myocardial infarction should be placed in which position?*

- a. Prone
- b. Left lateral recumbent
- c. Supine with legs elevated
- d. Sitting up or with the head of the bed elevated

Answer: d. Sitting up or with the head of the bed elevated

20. *Which of the following should be administered to a patient suffering from an opioid overdose?*

- a. Epinephrine
- b. Naloxone
- c. Nitroglycerin
- d. Albuterol

Answer: b. Naloxone

21. *How does aspirin help patients experiencing chest pain of cardiac origin?*

- a. It dilates the coronary vessels to increase blood flow to the heart muscle
- b. It relieves pain by acting on the central nervous system
- c. It reduces inflammation and decreases heart muscle damage
- d. It prevents platelets from clumping together and forming clots

Answer: d. It prevents platelets from clumping together and forming clots

22. *What is the standard procedure when assessing the blood glucose level of a diabetic patient?*

- a. Administer oral glucose immediately
- b. Perform a blood glucose test with a glucometer if indicated and permitted
- c. Provide patient with a carbohydrate-rich meal
- d. Transport without performing a glucose check

Answer: b. Perform a blood glucose test with a glucometer if indicated and permitted

23. *When assisting in the delivery of a newborn, what is the correct suction sequence for clearing the infant's airway?*

- a. Mouth first, then the nose
- b. Nose first, then the mouth
- c. Both mouth and nose simultaneously
- d. Airway should not be suctioned unless the baby is not breathing

Answer: a. Mouth first, then the nose

24. *Which part of the spine is most susceptible to injury during trauma?*

- a. Cervical spine
- b. Thoracic spine
- c. Lumbar spine
- d. Sacral spine

Answer: a. Cervical spine

25. *What technique should be used to ventilate a patient with a stoma?*
a. Bag-valve mask over the stoma with a tight seal
b. Mouth-to-mouth ventilation over the stoma
c. Nasal cannula at 15 L/min over the stoma
d. High-concentration oxygen mask over the face
Answer: a. Bag-valve mask over the stoma with a tight seal
26. *You are assessing a patient with a swollen, deformed lower leg following a fall. To check for a distal pulse, you would palpate which location?*
a. Radial artery
b. Brachial artery
c. Dorsalis pedis artery
d. Femoral artery
Answer: c. Dorsalis pedis artery
27. *During the primary assessment of a trauma patient, you notice jugular vein distention. What might this indicate?*
a. Possible tension pneumothorax
b. Severe dehydration
c. Indication of hypoglycemia
d. Sign of a potential stroke
Answer: a. Possible tension pneumothorax
28. *Which of the following is a symptom of carbon monoxide poisoning?*
a. Jaundice
b. Flushed skin
c. Cyanosis
d. Frothy sputum
Answer: b. Flushed skin
29. *The recovery position is MOST appropriately used in which situation?*
a. An unconscious patient with adequate breathing and no suspected spinal injury
b. A patient experiencing a severe allergic reaction
c. When you need immediate access to a patient's airway
d. A conscious patient with a suspected neck injury
Answer: a. An unconscious patient with adequate breathing and no suspected spinal injury
30. *When providing ventilations with a bag-valve mask to an adult patient in respiratory arrest, you should deliver each breath over:*
a. 1 second
b. 2 seconds
c. 3 seconds
d. 5 seconds
Answer: a. 1 second
31. *To assess a patient's blood circulation status during shock, which of the following skin characteristics should the EMT examine?*
a. Color, temperature, and moisture
b. Hair growth pattern and color
c. Skin transparency and texture
d. Presence of rashes or sun exposure effects
Answer: a. Color, temperature, and moisture

32. What is the correct dosage of epinephrine via auto-injector for a pediatric patient experiencing anaphylaxis?
- a. 0.15 mg
 - b. 0.3 mg
 - c. 0.5 mg
 - d. 0.1 mg
- Answer: a. 0.15 mg
33. Upon assessing a patient's respirations, you notice they are rapid and shallow. This type of breathing pattern is known as:
- a. Bradypnea
 - b. Kussmaul respirations
 - c. Tachypnea
 - d. Cheyne-Stokes respirations
- Answer: c. Tachypnea
34. When performing CPR on a pediatric patient, the correct compression-to-ventilation ratio when two rescuers are present is:
- a. 15:2
 - b. 30:2
 - c. 5:1
 - d. 3:1
- Answer: a. 15:2
35. What is an appropriate first step when approaching a patient who has sustained a thermal burn?
- a. Immediately apply ice to the burned area
 - b. Ensure the scene is safe from the source of the burn
 - c. Begin debridement of the dead skin
 - d. Cover the burn with dry sterile dressings before stopping the burning process
- Answer: b. Ensure the scene is safe from the source of the burn
36. A diabetic patient presents with confusion, irritability, and unusual behavior. The patient is able to swallow. Which of the following should you administer?
- a. Aspirin
 - b. Oral glucose
 - c. Epinephrine
 - d. Nitroglycerin
- Answer: b. Oral glucose
37. In what situation would an EMT perform the jaw-thrust maneuver without head extension on a patient?
- a. When the patient has a nosebleed
 - b. When the patient is found in prone position
 - c. When the patient has a suspected spinal injury
 - d. When the patient is in a sitting position
- Answer: c. When the patient has a suspected spinal injury
38. Which of the following is considered a late sign of hypoxia?
- a. Anxiety and restlessness
 - b. Increased heart rate
 - c. Cyanosis
 - d. Pale skin
- Answer: c. Cyanosis

39. *If a patient is experiencing a seizure upon your arrival, what is the most important action to take?*
- Immediately restrain the patient to stop the seizure
 - Begin ventilations with a bag-valve mask
 - Place a tongue depressor in the patient's mouth to prevent airway obstruction
 - Protect the patient from injury and maintain a patent airway
- Answer:* d. Protect the patient from injury and maintain a patent airway
40. *When a patient presents with abdominal pain, the EMT should avoid which of the following during the assessment?*
- Asking the patient to describe the pain
 - Palpating the abdomen last in the area where the pain is located
 - Providing sips of water in case the patient is dehydrated
 - Auscultating bowel sounds if trained to do so
- Answer:* c. Providing sips of water in case the patient is dehydrated
41. *Which of the following statements regarding the administration of oxygen to COPD patients is correct?*
- Oxygen should never be given to COPD patients
 - High-flow oxygen should be given to all COPD patients in distress
 - COPD patients may require oxygen administration at lower concentrations
 - Oxygen should only be given during active resuscitation efforts in COPD patients
- Answer:* c. COPD patients may require oxygen administration at lower concentrations
42. *In an adult patient, which pulse point should the EMT palpate when looking for signs of life?*
- Brachial
 - Radial
 - Carotid
 - Femoral
- Answer:* c. Carotid
43. *Which component is not part of a standard EMT's scope of practice during a pre-hospital emergency situation for a patient without advanced directives?*
- Providing life-saving emergency care
 - Transporting the patient to the hospital for further evaluation
 - Determining if the patient has a valid Do Not Resuscitate (DNR) order
 - Terminating current lifesaving measures based on EMT's judgment of patient's quality of life
- Answer:* d. Terminating current lifesaving measures based on EMT's judgment of patient's quality of life
44. *Upon arriving on the scene of a motorcycle collision, what is the first thing an EMT should do?*
- Check the patient for responsiveness
 - Call for additional resources
 - Secure the patient's motorcycle
 - Ensure personal safety and scene safety
- Answer:* d. Ensure personal safety and scene safety
45. *What should an EMT suspect when a patient presents with sudden-onset difficulty breathing, sharp chest pain, and cyanosis following a long bone fracture?*
- Pneumothorax
 - Hemothorax
 - Pulmonary embolism
 - Cardiac tamponade
- Answer:* c. Pulmonary embolism

46. *When assessing a patient who has been exposed to a significant heat source, which of the following findings would suggest the patient is suffering from heat stroke?*
- Cool, clammy skin with profuse sweating
 - Body temperature of 101°F (38.3°C)
 - Hot, dry skin and a body temperature above 104°F (40°C)
 - Pallor with muscle cramps and weakness
- Answer: c. Hot, dry skin and a body temperature above 104°F (40°C)*
47. *In the emergency care of a stroke patient, what is the priority assessment?*
- Glucose level
 - Time of symptom onset
 - Blood pressure
 - Temperature
- Answer: b. Time of symptom onset*
48. *You are treating a patient who is suffering from hives, itching, and facial swelling after eating peanuts. This reaction is best described as:*
- Angioedema
 - Anaphylaxis
 - A localized allergic reaction
 - Urticaria
- Answer: b. Anaphylaxis*
49. *What is the most effective method to control bleeding from an extremity?*
- Pressure bandage
 - Tourniquet
 - Elevation above heart level
 - Direct pressure
- Answer: d. Direct pressure*
50. *You arrive at the scene of a 65-year-old male patient with chest pain. Upon assessing the patient, he suddenly becomes unresponsive with no palpable pulse. You should:*
- Start transport to the hospital immediately.
 - Apply oxygen via a non-rebreather mask.
 - Begin CPR starting with chest compressions.
 - Wait for ALS backup before starting resuscitation.
- Answer: c. Begin CPR starting with chest compressions.*
51. *During the assessment of a pregnant patient in labor, you should avoid which of the following?*
- Asking about contractions
 - Monitoring the patient's vital signs
 - Conducting a vaginal examination
 - Placing the patient on her left side
- Answer: c. Conducting a vaginal examination*
52. *In a trauma patient with a suspected tension pneumothorax, the EMT should expect to find which one of the following signs?*
- Wheezing
 - Tracheal deviation to the unaffected side
 - Unilaterally absent breath sounds without tracheal shift
 - Frothy, pink sputum
- Answer: b. Tracheal deviation to the unaffected side*

53. *When performing CPR on an infant, which technique is correct?*
- Use two hands to compress the chest.
 - Compress the chest with the heel of one hand.
 - Deliver 15 compressions and two ventilations.
 - Compress the chest using two fingers.
- Answer:* d. Compress the chest using two fingers.
54. *When dealing with a hazardous materials incident, what is the most appropriate initial action for an EMT?*
- Begin decontaminating exposed victims.
 - Enter the hot zone for patient assessment.
 - Establish a safe zone and call specialized units.
 - Approach from upwind to assess the situation.
- Answer:* c. Establish a safe zone and call specialized units.
55. *How should a patient with a suspected hip fracture be transported?*
- In a sitting position
 - Supine with the legs straight
 - On the uninjured side with the legs flexed
 - Supine with the injured leg flexed and abducted
- Answer:* c. On the uninjured side with the legs flexed
56. *A patient complaining of difficulty breathing and sharp, pleuritic chest pain after a fall may be suspected of having:*
- A tension pneumothorax
 - A myocardial infarction
 - A flail chest
 - A pneumothorax
- Answer:* d. A pneumothorax
57. *When approaching a motor vehicle accident, it is important for the EMT to note the position of the vehicle because it:*
- Helps with patient extrication procedures.
 - Can indicate the mechanism of injury.
 - Is needed for the police report.
 - Determines the direction of transport.
- Answer:* b. Can indicate the mechanism of injury.
58. *The acronym AVPU is used to rate a patient's level of responsiveness. What does the "V" stand for?*
- Visual
 - Verbal
 - Vigorous
 - Variable
- Answer:* b. Verbal
59. *To maintain a patent airway in an unresponsive patient without a suspected spinal injury, you should:*
- Perform the head-tilt, chin-lift maneuver.
 - Use a jaw-thrust maneuver without head extension.
 - Place a nasopharyngeal airway.
 - Apply a cervical collar.
- Answer:* a. Perform the head-tilt, chin-lift maneuver.

60. While assessing a patient with abdominal pain, you note the presence of Pulsating Mass. You should be concerned about the possibility of:
- Appendicitis
 - An abdominal aortic aneurysm
 - Gallstones
 - Diverticulitis
- Answer: b. An abdominal aortic aneurysm
61. Which of the following statements best describes the 'O' in the SAMPLE history?
- Observations made by the EMT
 - Onset of the patient's condition
 - Outcomes expected from treatment
 - Oxygen saturation levels
- Answer: b. Onset of the patient's condition
62. When applying a cervical collar to a trauma patient, what is the most important consideration?
- The collar should restrict all neck movement
 - The size of the collar must be appropriate for the patient
 - The collar should be applied as tightly as possible
 - The collar can be omitted if the patient is ambulatory
- Answer: b. The size of the collar must be appropriate for the patient
63. When assessing a patient who is dizzy and has a history of cardiac issues, which of the following should the EMT check first?
- Blood glucose level
 - Cranial nerve response
 - Capillary refill time
 - Pulse rate and quality
- Answer: d. Pulse rate and quality
64. What is the correct technique for performing a log roll on a trauma patient?
- Roll the patient toward the EMT to maintain spinal alignment
 - Tilt the patient's head back while rolling to ensure airway patency
 - Lift the patient straight up and then over to avoid twisting motions
 - Roll the patient away from the EMT while one provider stabilizes the cervical spine
- Answer: d. Roll the patient away from the EMT while one provider stabilizes the cervical spine
65. For a patient with suspected hypoglycemia, what is an appropriate action after administering oral glucose?
- Lay the patient flat to increase cerebral blood flow
 - Reassess the patient's mental status regularly
 - Immediately administer a second dose of oral glucose
 - Check the patient's urine for ketone bodies
- Answer: b. Reassess the patient's mental status regularly
66. A pulse oximeter reading of 95% or above generally indicates:
- Severe respiratory distress
 - An incorrect reading
 - Adequate oxygen saturation
 - The need for supplemental oxygen
- Answer: c. Adequate oxygen saturation
67. What is the proper position to transport a stable patient with a suspected myocardial infarction?
- Prone

- b. Left lateral recumbent
 - c. Semi-Fowler's or upright sitting
 - d. Trendelenburg
- Answer:* c. Semi-Fowler's or upright sitting

68. *How does activated charcoal work in cases of ingested poisoning?*

- a. It induces vomiting to remove the poison from the stomach
 - b. It neutralizes the poison chemically
 - c. It binds to the poison, reducing its absorption by the body
 - d. It acts as an antidote for specific toxins
- Answer:* c. It binds to the poison, reducing its absorption by the body

69. *What type of consent is required when treating a mentally competent adult?*

- a. Informed consent
 - b. Express consent
 - c. Implied consent
 - d. Parental consent
- Answer:* b. Express consent

70. *A patient who appears to be having difficulty breathing and presents with audible wheezing likely has:*

- a. A lower airway obstruction
 - b. An upper airway obstruction
 - c. A tension pneumothorax
 - d. Congestive heart failure
- Answer:* a. A lower airway obstruction

71. *When a patient has sustained a chemical burn, what is the first step in mitigating further injury?*

- a. Brush off any dry chemicals before irrigation
 - b. Neutralize the chemical with a counteracting agent
 - c. Cover the burn with a sterile dressing
 - d. Apply a topical antibiotic ointment
- Answer:* a. Brush off any dry chemicals before irrigation

72. *When performing a secondary assessment on a stable patient, what should be the EMT's primary focus?*

- a. The patient's chief complaint and related body systems
 - b. Rapid transport to the nearest facility
 - c. A head-to-toe assessment for hidden injuries
 - d. Immediate lifesaving interventions
- Answer:* a. The patient's chief complaint and related body systems

73. *Which of these patients would be classified as having the highest priority in a triage situation?*

- a. A patient with an open fracture of the arm and no other injuries
 - b. A patient who is unconscious with a respiratory rate of 8 breaths per minute
 - c. A patient with minor abrasions and an allergic reaction to an insect sting
 - d. An ambulatory patient suffering from dizziness and headache
- Answer:* b. A patient who is unconscious with a respiratory rate of 8 breaths per minute

74. *If a patient is experiencing significant bleeding and direct pressure is not controlling the bleed, what is the next appropriate step?*

- a. Apply a tourniquet proximal to the injury
- b. Elevate the limb above the level of the heart
- c. Apply pressure to the distal pulse point

d. Pack the wound with gauze and bandage tightly
Answer: a. Apply a tourniquet proximal to the injury

75. *When a patient is experiencing chest discomfort, pain relief and vasodilation are best achieved with the administration of:*
- a. Albuterol
 - b. Acetaminophen
 - c. Nitroglycerin
 - d. Aspirin
- Answer:* c. Nitroglycerin

Continue creating subsequent questions and answers in this manner, ensuring that each question is unique and relevant to the knowledge required for the NREMT cognitive exam.

76. *If a patient presents with slurred speech, weakness on one side of the body, and facial droop, you should suspect which of the following?*
- a. Diabetic emergency
 - b. Stroke
 - c. Hypovolemic shock
 - d. Head injury
- Answer:* b. Stroke

77. *A patient with a history of chronic obstructive pulmonary disease (COPD) is breathing rapidly with a pulse oximetry reading of 88%. What is the best course of action?*
- a. Start positive pressure ventilation immediately.
 - b. Administer oxygen at 2-4 L/min through a nasal cannula.
 - c. Administer a high-concentration of oxygen through a non-rebreather mask.
 - d. Withhold oxygen and transport rapidly.
- Answer:* b. Administer oxygen at 2-4 L/min through a nasal cannula.

78. *What is the correct procedure for an EMT to splint a suspected radial fracture?*
- a. Splint the injury in the position found with minimal movement.
 - b. Straighten the arm and then apply a splint.
 - c. Apply a tourniquet above the injury site before splinting.
 - d. Bend the elbow to a 90-degree angle before splinting.
- Answer:* a. Splint the injury in the position found with minimal movement.

79. *When assessing a patient's vital signs, which of the following would be considered abnormal?*
- a. Respiratory rate of 18 breaths per minute
 - b. Blood pressure of 90/60 mmHg
 - c. Heart rate of 95 beats per minute
 - d. Pupil size that is unequal
- Answer:* d. Pupil size that is unequal

80. *In the presence of uncontrolled external bleeding, which type of dressing should be used directly on the wound?*
- a. Sterile occlusive dressing
 - b. Clean cloth
 - c. Hemostatic dressing
 - d. Moist dressing
- Answer:* c. Hemostatic dressing

81. *A 3-year-old child has ingested a bottle of cleaner and is showing signs of respiratory distress. What should you do first?*
- Induce vomiting to remove the substance.
 - Begin immediate transport to the nearest facility.
 - Contact poison control for further advice.
 - Perform abdominal thrusts to attempt to remove the substance.
- Answer:* b. Begin immediate transport to the nearest facility.
82. *You are assessing a patient with a suspected flail chest. What finding would be most consistent with this injury?*
- Crepitus with palpation of the chest
 - A segment of the chest wall moving opposite to the rest during respiration
 - Absent breath sounds on one side of the chest
 - A protruding section of rib bone
- Answer:* b. A segment of the chest wall moving opposite to the rest during respiration
83. *How should you manage a patient with a nosebleed (epistaxis) that does not stop after you have pinched the nostrils and had the patient lean forward?*
- Have the patient blow their nose to clear clots and then apply a nasal pack.
 - Tilt the patient's head back to reduce blood pressure at the nose.
 - Transport the patient to the emergency department while continuing to pinch the nostrils.
 - Apply a cold compress to the patient's neck.
- Answer:* c. Transport the patient to the emergency department while continuing to pinch the nostrils.
84. *What is the best method to assess the capillary refill time in a pediatric patient?*
- Apply pressure to the patient's sternum and observe for color return.
 - Squeeze a fingernail or toenail and release, looking for color return in less than 2 seconds.
 - Press on the patient's abdomen and wait for the skin to return to the previous color.
 - Pinch the patient's earlobe and time how long it takes for color to return.
- Answer:* b. Squeeze a fingernail or toenail and release, looking for color return in less than 2 seconds.
85. *When suctioning an adult patient's airway, how long should suction be applied?*
- No longer than 5 seconds
 - No longer than 10 seconds
 - No longer than 15 seconds
 - No longer than 20 seconds
- Answer:* b. No longer than 10 seconds
86. *You are providing care to a patient experiencing status epilepticus. After ensuring scene safety and patient airway, what is the next most important action?*
- Place soft padding under the head to prevent injury.
 - Insert an oropharyngeal airway.
 - Restrain the patient to prevent self-harm.
 - Prepare to administer anti-seizure medications per protocol.
- Answer:* a. Place soft padding under the head to prevent injury.
87. *A patient has fallen and is complaining of sharp back pain and tingling in their legs. What should you suspect?*
- Pelvic fracture
 - Kidney injury
 - Spinal injury
 - Muscle strain
- Answer:* c. Spinal injury

88. When providing ventilations for an adult patient in respiratory arrest, what is the correct rate of breaths per minute for a single rescuer?
- 5-6 breaths per minute
 - 10-12 breaths per minute
 - 16-18 breaths per minute
 - 20-24 breaths per minute
- Answer:* b. 10-12 breaths per minute
89. During the secondary assessment, you note that a trauma patient has Battle's sign. What does this indicate?
- Skull fracture
 - Hypoxia
 - Spinal injury
 - High blood pressure
- Answer:* a. Skull fracture
90. A patient with a known history of heart failure presents with increased difficulty breathing, swollen ankles, and a cough that produces frothy sputum. What condition should you suspect?
- COPD exacerbation
 - Acute myocardial infarction
 - Asthma attack
 - Congestive heart failure exacerbation
- Answer:* d. Congestive heart failure exacerbation
91. You are assessing a patient complaining of severe headache and blurred vision. The patient's blood pressure is 210/110 mmHg. You should suspect:
- Hypoglycemia
 - Anxiety attack
 - Stroke
 - Hypertension crisis
- Answer:* d. Hypertension crisis
92. The term "tripodding" is often used to describe a patient with:
- Lower back pain who cannot sit down
 - A broken leg attempting to stand
 - Abdominal pain leaning forward
 - Difficulty breathing leaning forward with hands on knees
- Answer:* d. Difficulty breathing leaning forward with hands on knees
93. What is the most important piece of information when assessing a patient with a suspected stroke using the Cincinnati Prehospital Stroke Scale?
- The time of the patient's last known normal state
 - The patient's blood sugar level
 - The patient's age
 - The history of the present illness
- Answer:* a. The time of the patient's last known normal state
94. What does the mnemonic DOTS stand for in the assessment of injuries?
- Deformity, Open wounds, Tenderness, Swelling
 - Deformity, Orientation, Tenderness, Signs
 - Disorientation, Open wounds, Temperature, Swelling
 - Discoloration, Open wounds, Tenderness, Stiffness
- Answer:* a. Deformity, Open wounds, Tenderness, Swelling

95. *When caring for a patient with a suspected infectious disease, what personal protective equipment should the EMT primarily use?*
- Sterile gloves and safety goggles
 - N95 mask, gloves, face shield, and a gown
 - Leather gloves and a HEPA mask
 - Helmet with face shield and latex gloves
- Answer:* b. N95 mask, gloves, face shield, and a gown
96. *A patient presents with slurred speech, confusion, and an abnormal gait, but no signs of facial droop or arm drift. You suspect:*
- Stroke
 - Diabetic emergency
 - Drug overdose
 - Bell's palsy
- Answer:* b. Diabetic emergency
97. *When performing a rapid extrication technique, the EMT should first:*
- Immobilize the head
 - Apply a cervical collar
 - Move the patient to a longboard
 - Secure the patient's legs
- Answer:* a. Immobilize the head
98. *A patient with a known history of chronic kidney disease is presenting with shortness of breath, hypertension, and edema. You should be concerned about:*
- Pulmonary embolism
 - Myocardial infarction
 - Acute asthma attack
 - Fluid overload
- Answer:* d. Fluid overload
99. *For a conscious patient with an impaled object in the abdomen, the EMT should:*
- Remove the object and control the bleeding
 - Apply direct pressure around the object to control bleeding
 - Leave the object in place and stabilize it
 - Try to move the patient as little as possible
- Answer:* c. Leave the object in place and stabilize it
100. *When assessing a patient with suspected hypothermia, which of the following should you avoid?*
- Applying warm blankets
 - Monitoring the airway for signs of frostbite
 - Offering warm liquids if the patient is alert
 - Aggressive re-warming techniques
- Answer:* d. Aggressive re-warming techniques
101. *A patient most likely has epiglottitis if they present with:*
- A barking cough and stridor
 - Drooling, difficulty swallowing, and a high fever
 - Wheezing on exhalation and a history of asthma
 - Chest pain and shortness of breath
- Answer:* b. Drooling, difficulty swallowing, and a high fever
102. *In cases of a possible overdose, the EMT's first priority should be to:*
- Induce vomiting

- b. Assess the patient's airway and breathing
 - c. Gather medication bottles for the hospital
 - d. Begin decontamination
- Answer:* b. Assess the patient's airway and breathing

103. *When encountering a downed power line near a vehicle crash, you should:*

- a. Move the power line with a non-conductive object
- b. Immediately extricate the patients from the vehicle
- c. Stay at a safe distance and await the utility company
- d. Use rubber gloves to protect against electrical shock

Answer: c. Stay at a safe distance and await the utility company

104. *During transport of a stroke patient, it is important to maintain the patient's head:*

- a. In a hyperextended position to open the airway
- b. Flat to promote blood flow to the brain
- c. Elevated to reduce intracranial pressure
- d. Turned to the side to prevent aspiration

Answer: c. Elevated to reduce intracranial pressure

105. *If a patient with a possible spinal injury is found prone, what is the best initial action?*

- a. Lift the patient into a sitting position to assess spinal alignment
- b. Assume cervical spine injury and provide spinal motion restriction
- c. Log roll the patient onto a spine board immediately
- d. Maintain stabilization of the head and neck and assess the need for movement

Answer: d. Maintain stabilization of the head and neck and assess the need for movement

106. *Which of the following is an indication for the administration of oral glucose?*

- a. A patient with a decreased level of consciousness and known diabetes
- b. A patient with suspected stroke symptoms and an unknown blood sugar level
- c. A conscious patient with chest pain and a history of diabetes
- d. An unconscious patient with a history of diabetes and no gag reflex

Answer: a. A patient with a decreased level of consciousness and known diabetes

107. *When treating a patient who has experienced an electrical shock, it is important to be alert for which of the following complications?*

- a. Hyperglycemia
- b. Seizures
- c. Cardiac arrhythmias
- d. Heat stroke

Answer: c. Cardiac arrhythmias

108. *In which of the following situations is a Naloxone (Narcan) administration contraindicated?*

- a. Known opioid overdose with respiratory depression
- b. Unresponsive patient with no history of opioid use
- c. Patient with allergies to Naloxone
- d. Patient who is awake and breathing adequately

Answer: c. Patient with allergies to Naloxone

109. *What is the most appropriate course of action for an EMT when dealing with a patient who has experienced a traumatic amputation?*

- a. Apply a tourniquet proximal to the injury
- b. Attempt to reattach the amputated part immediately
- c. Clean the amputated part with saline

d. Apply direct pressure only and avoid tourniquet use

Answer: a. Apply a tourniquet proximal to the injury

110. *You are assessing a patient with a known history of asthma. The patient is using accessory muscles to breathe and can only speak in two- to three-word sentences. What should you do first?*

a. Administer epinephrine

b. Begin positive pressure ventilation

c. Encourage the patient to use their inhaler

d. Provide supplemental oxygen and prepare to assist ventilations

Answer: d. Provide supplemental oxygen and prepare to assist ventilations

111. *For an adult patient in suspected cardiac arrest, what is the ratio of chest compressions to ventilations when no advanced airway is in place?*

a. 15:2

b. 30:2

c. 5:1

d. Continuous compressions with no ventilations

Answer: b. 30:2

112. *When responding to a potential overdose involving an unknown substance, what is the most important safety precaution for the EMT to take?*

a. Provide positive pressure ventilation at once

b. Use personal protective equipment (PPE) and approach with caution

c. Administer Narcan immediately before any assessment

d. Decontaminate the patient's skin prior to any treatment

Answer: b. Use personal protective equipment (PPE) and approach with caution

113. *In a patient presenting with a sudden, severe headache and stiff neck, what condition should the EMT suspect?*

a. Epidural hematoma

b. Intracranial hemorrhage

c. Meningitis

d. Cervical spine injury

Answer: c. Meningitis

114. *What is the correct procedure when assessing the pupillary response of a patient with potential head trauma?*

a. Check for reactivity to light using a flashlight, looking for unequal response

b. Observe the pupils for a few minutes in ambient light for any reaction

c. Shine a light in both eyes simultaneously and assess for dilation

d. Assess pupil size and shape at rest without introducing a light source

Answer: a. Check for reactivity to light using a flashlight, looking for unequal response

115. *In an adult patient exhibiting signs of shock with a systolic blood pressure of 70 mm Hg, which of the following is the appropriate treatment?*

a. Administer high-concentration oxygen and keep the patient warm

b. Encourage patient to drink fluids and rest

c. Apply heat packs to the patient's extremities to improve circulation

d. Prepare for immediate transport and consider advanced airway management

Answer: d. Prepare for immediate transport and consider advanced airway management

116. *A patient with a severe cough, high fever, and reported hemoptysis should be suspected of having which condition?*

a. Heart failure

- b. Bronchitis
 - c. Pneumonia
 - d. Tuberculosis
- Answer:* d. Tuberculosis

117. *What is the BSI precaution every EMT should take prior to patient contact?*

- a. Donning a hazmat suit for all patient interactions
- b. Handwashing only after patient contact
- c. Ensuring all equipment is sterilized between calls
- d. Wearing gloves and possibly eye protection as standard protection

Answer: d. Wearing gloves and possibly eye protection as standard protection

118. *When assessing a burn injury, the rule of nines is used to estimate the total body surface area affected. In an adult, what percentage does the anterior torso represent?*

- a. 9%
- b. 18%
- c. 27%
- d. 36%

Answer: b. 18%

119. *How should an EMT manage a patient with a suspected tension pneumothorax who is progressively experiencing shortness of breath and decreased blood pressure?*

- a. Administer nitroglycerin to improve blood flow
- b. Apply CPAP to increase oxygenation and ventilation
- c. Perform needle decompression if within scope of practice and authorized
- d. Wait for ALS providers to perform advanced interventions

Answer: c. Perform needle decompression if within scope of practice and authorized

120. *What is the primary reason for an EMT to use the “time-critical” designation when transferring the care of a stroke patient to the emergency department staff?*

- a. To ensure the patient can receive a meal as quickly as possible
- b. To document the patient’s pre-hospital care accurately
- c. To bypass normal triage procedures in the emergency department
- d. To help expedite the patient’s evaluation for potential stroke interventions

Answer: d. To help expedite the patient’s evaluation for potential stroke interventions

8.3. 120 Full-Length NREMT Simulation Exam #3 | Comprehensive Practice Exams and Answers

1. *Which of the following is the most appropriate first action for a suspected tension pneumothorax in a trauma patient?*

- a. High flow oxygen administration
- b. Needle decompression
- c. Covering the wound with an occlusive dressing
- d. Immediate rapid transportation to a hospital

Answer: b. Needle decompression

2. *An EMT should suspect that a patient is experiencing hypoglycemia if the patient presents with which of the following symptoms?*

- a. Dry skin and thirst
- b. Hot, red, and dry skin
- c. Cool, clammy skin, and abnormal behavior
- d. Kussmaul respirations

Answer: c. Cool, clammy skin, and abnormal behavior

3. *When treating a burn patient, the rule of nines is used to estimate the:*
- Severity of the burn
 - Total body surface area burned
 - Depth of the burn
 - Percentage of fluid loss
- Answer:* b. Total body surface area burned
4. *A common sign of a stroke is:*
- Bilateral paralysis
 - Chest pain
 - Sudden, severe headache with no known cause
 - Hyperglycemia
- Answer:* c. Sudden, severe headache with no known cause
5. *The purpose of the primary assessment is to:*
- Identify immediate life threats
 - Obtain a full set of vital signs
 - Gather a complete medical history
 - Perform a detailed head-to-toe assessment
- Answer:* a. Identify immediate life threats
6. *The Glasgow Coma Scale (GCS) score consists of three components: eye opening, verbal response, and:*
- Motor response
 - Reflex testing
 - Pupil reactivity
 - Respiratory rate
- Answer:* a. Motor response
7. *Which of the following is an indication for the administration of oral glucose?*
- Stroke
 - Diabetic ketoacidosis
 - Hypoglycemia in a conscious patient with an intact gag reflex
 - Unresponsive patient with unknown medical history
- Answer:* c. Hypoglycemia in a conscious patient with an intact gag reflex
8. *Upon arriving at the scene of a motor vehicle accident, you note that a single patient is still inside the vehicle, which is stable. Your first action should be to:*
- Begin extrication of the patient
 - Stabilize the patient's head and perform a primary assessment
 - Ask bystanders for details of the incident
 - Call for additional resources
- Answer:* b. Stabilize the patient's head and perform a primary assessment
9. *In the case of a suspected myocardial infarction, which medication is commonly administered by EMTs?*
- Nitroglycerin
 - Albuterol
 - Furosemide
 - Prednisone
- Answer:* a. Nitroglycerin
10. *For a patient exhibiting signs of shock, an EMT should immediately:*
- Administer high-concentration oxygen

- b. Begin chest compressions
 - c. Provide oral fluids to maintain hydration
 - d. Elevate the patient's legs 12 inches
- Answer:* a. Administer high-concentration oxygen

11. *A proper sling and swath for an injured arm includes:*
- a. Positioning the arm above the level of the heart
 - b. Restricting all finger movement
 - c. Supporting the arm in a position of comfort
 - d. Applying the sling tightly to restrict elbow movement
- Answer:* c. Supporting the arm in a position of comfort

12. *When performing CPR on an adult, the compression-to-ventilation ratio is:*
- a. 15:2
 - b. 30:2
 - c. 5:1
 - d. 3:3
- Answer:* b. 30:2

13. *The recovery position is used for an unconscious patient who is:*
- a. Breathing adequately and without injury to the spine
 - b. Exhibiting agonal respirations
 - c. Suffering from a gastrointestinal bleed
 - d. In cardiopulmonary arrest
- Answer:* a. Breathing adequately and without injury to the spine

14. *Which portion of the spinal column is the most susceptible to injury during a traumatic incident?*
- a. Cervical
 - b. Thoracic
 - c. Lumbar
 - d. Sacral
- Answer:* a. Cervical

15. *You arrive on the scene where a patient has a nosebleed. The best action you can initially advise the patient to take is:*
- a. Tilt head backwards to reduce blood flow
 - b. Blow their nose forcefully to clear blood clots
 - c. Lean forward and pinch the nostrils together
 - d. Remain standing to decrease blood pressure to the head
- Answer:* c. Lean forward and pinch the nostrils together

16. *Which of the following best describes the purpose of using high-flow oxygen therapy in a prehospital setting?*
- a. To promote diuresis and fluid removal from the body
 - b. To induce hyperventilation and reduce CO₂ levels
 - c. To decrease the workload of breathing for the patient
 - d. To correct hypoxemia and maintain adequate tissue oxygenation
- Answer:* d. To correct hypoxemia and maintain adequate tissue oxygenation

17. *If a patient is experiencing chest pain with a suspected cardiac origin, which of the following is the preferred position in which to transport the patient?*
- a. Supine with legs raised
 - b. Left lateral recumbent position
 - c. Sitting position, leaning forward slightly

- d. Prone position with a pillow under the chest
Answer: c. Sitting position, leaning forward slightly

18. A 30-year-old male has been stabbed in the abdomen. Upon assessment, you notice his intestines are protruding from the wound. What should you do?

- Push the intestines back into the abdominal cavity gently and apply a dry dressing.
- Cover the wound with a moist, sterile dressing and secure it with an occlusive material.
- Irrigate the wound with sterile saline to prevent infection before applying a dressing.
- Place a tight tourniquet around the abdomen to slow bleeding before transport.

Answer: b. Cover the wound with a moist, sterile dressing and secure it with an occlusive material.

19. You arrive on scene to find a 50-year-old man complaining of severe difficulty breathing. His skin is pink, warm, and dry, and he has a history of COPD. After securing the airway and administering oxygen, your next step should be to:

- Perform immediate endotracheal intubation.
- Prepare to administer a bronchodilator medication, if protocol allows.
- Administer high-dose aspirin in case of a heart attack.
- Begin chest compressions due to impending cardiac arrest.

Answer: b. Prepare to administer a bronchodilator medication, if protocol allows.

20. While assessing a conscious patient with a suspected spinal injury, you should NOT:

- Apply a cervical collar.
- Use the jaw-thrust maneuver if needed to open the airway.
- Log-roll the patient to assess for back injuries.
- Allow the patient to nod their head when answering questions.

Answer: d. Allow the patient to nod their head when answering questions.

21. You are called to a scene where a patient has fallen from a ladder and landed on his back. He is complaining of numbness in his legs. You should suspect:

- A herniated disc.
- A hip fracture.
- A spinal cord injury.
- A quadriceps strain.

Answer: c. A spinal cord injury.

22. The appropriate dose of nitroglycerin for a patient experiencing chest pain, provided their blood pressure is stable, is:

- 0.3 mg to 0.4 mg, administered sublingually.
- 2.0 mg to 2.5 mg, administered orally.
- 1.0 mg, administered intravenously.
- 5.0 mg, administered intramuscularly.

Answer: a. 0.3 mg to 0.4 mg, administered sublingually.

23. When approaching a scene with multiple casualties, the FIRST step an EMT should perform is:

- Begin immediate treatment of the most critically injured patient.
- Establish an incident command system.
- Triage all patients to determine the order of treatment.
- Request additional resources including advanced life support.

Answer: b. Establish an incident command system.

24. A patient with a suspected flail chest will likely exhibit:

- Paradoxical motion of the chest wall during breathing.
- Profuse bleeding from a laceration on the chest.
- A sucking chest wound with each inhalation.

d. Bilateral wheezing and stridor.
Answer: a. Paradoxical motion of the chest wall during breathing.

25. *What is the most appropriate method to control severe bleeding from an extremity?*

- a. Apply pressure to a proximal pressure point.
- b. Use a tourniquet.
- c. Elevate the limb above the level of the heart.
- d. Cover the wound with a bandage and apply ice.

Answer: b. Use a tourniquet.

26. *During a primary assessment, if an adult patient is not breathing but has a pulse, you should:*

- a. Begin chest compressions immediately.
- b. Provide rescue breathing at a rate of 10 to 12 breaths per minute.
- c. Ventilate with a bag-mask device at a rate of 2 breaths every 5 to 6 seconds.
- d. Wait for advanced life support to arrive before initiating any intervention.

Answer: c. Ventilate with a bag-mask device at a rate of 2 breaths every 5 to 6 seconds.

27. *The FIRST step in the OPQRST mnemonic for pain assessment is to:*

- a. Determine the Quality of the pain.
- b. Ask about Provocation or Palliation.
- c. Evaluate for Referred pain.
- d. Ascertain the Onset of the pain.

Answer: d. Ascertain the Onset of the pain.

28. *The initial dose of epinephrine for an adult patient experiencing anaphylaxis is typically:*

- a. 0.1 mg intramuscularly.
- b. 0.3 mg to 0.5 mg intramuscularly.
- c. 1 mg intravenously.
- d. 5 mg nebulized.

Answer: b. 0.3 mg to 0.5 mg intramuscularly.

29. *In patients with suspected pelvic fractures, which of the following actions is generally advised?*

- a. Apply direct pressure to control any external bleeding.
- b. Manually test pelvic stability by pushing and pulling on the pelvic ring.
- c. Move the patient to a standing position to assess weight bearing.
- d. Bind the pelvis with a commercial pelvic binder or a sheet.

Answer: d. Bind the pelvis with a commercial pelvic binder or a sheet.

30. *To assist a patient who is giving birth, the EMT should:*

- a. Encourage the patient to hold her breath and push for 10 seconds during contractions.
- b. Place the patient on her left side with her hips elevated.
- c. Prepare for delivery, positioning the EMT at the patient's side.
- d. Provide transport only; do not attempt to deliver the baby in the prehospital setting.

Answer: c. Prepare for delivery, positioning the EMT at the patient's side.

31. *What clinical sign is typically observed in a patient experiencing an opioid overdose?*

- a. Hypertension
- b. Constricted pupils
- c. Agitation
- d. Hyperthermia

Answer: b. Constricted pupils

32. *When would an EMT use the two-person bag valve mask (BVM) technique?*
- When the patient is tachypneic
 - When the patient requires mild airway support
 - When there are not enough respirations to maintain oxygenation
 - When high-quality ventilations are difficult to achieve with one rescuer
- Answer:* d. When high-quality ventilations are difficult to achieve with one rescuer
33. *The SAMPLE history is an acronym used to gather which type of patient information?*
- Present illness or injury
 - Baseline vitals
 - Developmental history
 - Family medical history
- Answer:* a. Present illness or injury
34. *You are on the scene where a child has ingested a household cleaner. In addition to supportive care, what is your priority intervention?*
- Induce vomiting
 - Administer activated charcoal
 - Contact medical control for further advice
 - Immediately transport with no interventions
- Answer:* c. Contact medical control for further advice
35. *A patient presenting with a rapid pulse, pale cool skin, delayed capillary refill, and decreased urine output is most likely experiencing:*
- Hypertension
 - An allergic reaction
 - Hypovolemic shock
 - Diabetic ketoacidosis
- Answer:* c. Hypovolemic shock
36. *For a conscious patient with a suspected spinal injury, which device is MOST appropriate for spinal immobilization during transport?*
- Scoop stretcher
 - Long spine board
 - Vacuum mattress
 - Cervical collar only
- Answer:* c. Vacuum mattress
37. *Which of the following tools is most commonly used to measure a patient's blood glucose level?*
- Pulse oximeter
 - Sphygmomanometer
 - Glucometer
 - Stethoscope
- Answer:* c. Glucometer
38. *A patient who is speaking in fragmented sentences and taking pauses to breathe between words is likely experiencing:*
- Aphasia
 - Dysarthria
 - Dyspnea
 - Agonal respirations
- Answer:* c. Dyspnea

39. *What is the most appropriate way to assess a patient's skin condition?*
a. Palpate for temperature sensation only
b. Look at the face only for color changes
c. Check skin turgor on the forehead
d. Look and feel for color, temperature, and moisture
Answer: d. Look and feel for color, temperature, and moisture
40. *The term "crepitus" is used to describe which of the following during a patient assessment?*
a. A gritty sound or feeling found in a joint
b. The sound of noisy breathing
c. Abdominal sounds heard during palpation
d. The high-pitched sound of a narrowing airway
Answer: a. A gritty sound or feeling found in a joint
41. *In the management of a chemical burn to the eye, the EMT should:*
a. Immediately apply an antibiotic ointment
b. Irrigate immediately and thoroughly with water or saline
c. Cover both eyes and transport without irrigation
d. Direct the patient to rub the eye to distribute natural tears
Answer: b. Irrigate immediately and thoroughly with water or saline
42. *When a patient exhibits slurred speech, difficulty understanding language, and numbness on one side of the body, they are most likely suffering from:*
a. A severe migraine
b. Bell's palsy
c. An ischemic stroke
d. Hypoglycemia
Answer: c. An ischemic stroke
43. *When assessing a patient with potential cardiac problems, which of the following is the most important question regarding the patient's history?*
a. "Have you had any respiratory infections recently?"
b. "Do you have a history of diabetes?"
c. "Have you ever experienced this pain before?"
d. "How much physical activity do you engage in weekly?"
Answer: c. "Have you ever experienced this pain before?"
44. *Upon arrival at the scene of a potential hazardous materials (HAZMAT) incident, an EMT should first:*
a. Begin triage of patients
b. Evacuate the bystanders
c. Ensure personal safety and scene safety
d. Attempt to contain the hazardous material
Answer: c. Ensure personal safety and scene safety
45. *A pulse oximeter reads oxygen saturation levels. On which part of the body is it MOST commonly placed?*
a. The earlobe
b. The fingertip
c. The forehead
d. Over the heart
Answer: b. The fingertip

46. *What is the significance of jugular vein distension (JVD) in a trauma patient?*
a. It is a sign of severe dehydration
b. It suggests a tension pneumothorax or cardiac tamponade
c. It is typically a benign finding with no clinical relevance
d. It is an indication of increased intracranial pressure
Answer: b. It suggests a tension pneumothorax or cardiac tamponade
47. *When should an EMT consider using a traction splint for a lower extremity injury?*
a. When there is a suspected hip dislocation
b. When there is an open wound with severe bleeding
c. When there is a suspected femur fracture with limb shortening
d. When the injury is distal to the knee
Answer: c. When there is a suspected femur fracture with limb shortening
48. *Which of the following is a contraindication for placing a patient on a non-rebreather mask at a high flow rate?*
a. Suspected pneumothorax
b. Moderate to severe hypoxia
c. Carbon monoxide poisoning
d. Chronic obstructive pulmonary disease (COPD) with risk of hypercapnia
Answer: d. Chronic obstructive pulmonary disease (COPD) with risk of hypercapnia
49. *The mnemonic "AEIOU-TIPS" is a memory aid for what?*
a. The steps in performing CPR
b. The causes of altered mental status
c. The anatomical structures of the airway
d. The safety measures at a hazardous materials scene
Answer: b. The causes of altered mental status
50. *Which of the following is most indicative of compensated shock?*
a. Fixed and dilated pupils
b. Absent peripheral pulses
c. Anxiety and restlessness
d. Hypotension
Answer: c. Anxiety and restlessness
51. *How does positive pressure ventilation affect cardiac output?*
a. It increases cardiac output by forcing air into the lungs
b. It decreases cardiac output by decreasing intrathoracic pressure
c. It has no effect on cardiac output
d. It decreases cardiac output by increasing intrathoracic pressure
Answer: d. It decreases cardiac output by increasing intrathoracic pressure
52. *Which of the following is considered a 'silent killer' because it often goes undetected?*
a. Hypoglycemia
b. Hypertension
c. Hyperthermia
d. Hypoxia
Answer: b. Hypertension
53. *The technique used to open the airway of a trauma patient suspected of having a cervical spine injury is the:*
a. Head-tilt, chin-lift
b. Jaw thrust maneuver

- c. Modified chin lift
 - d. Neck extension method
- Answer:* b. Jaw thrust maneuver

54. *In a multi-system trauma patient, when should an EMT evaluate for a secondary injury?*
- a. Before transport when primary injuries are life-threatening
 - b. After transport on the way to the hospital
 - c. As soon as the primary assessment is completed
 - d. During the reassessment phase in the ambulance
- Answer:* d. During the reassessment phase in the ambulance

55. *Which of the following best describes the term 'diaphoresis'?*
- a. Difficulty breathing
 - b. Excessive sweating
 - c. A type of seizure
 - d. Low blood sugar
- Answer:* b. Excessive sweating

56. *Which of the following signs is a common indicator of a tension pneumothorax that has developed into a critical condition?*
- a. Hyperresonance on the affected side during percussion
 - b. A slow and bounding pulse
 - c. Marked tracheal deviation toward the unaffected side
 - d. Bilateral breath sounds that are clear and equally loud
- Answer:* c. Marked tracheal deviation toward the unaffected side

57. *The presence of subcutaneous emphysema after blunt force trauma to the chest is indicative of a:*
- a. Sternal fracture
 - b. Pericardial tamponade
 - c. Myocardial contusion
 - d. Pneumothorax or another air leak in the thoracic cavity
- Answer:* d. Pneumothorax or another air leak in the thoracic cavity

58. *In which position should you transport a conscious patient with an isolated lower extremity injury and no evidence of shock?*
- a. Supine with the legs elevated
 - b. Semi-Fowler's position
 - c. Prone with the injured leg elevated
 - d. Position of comfort with the injured extremity supported and immobilized
- Answer:* d. Position of comfort with the injured extremity supported and immobilized

59. *What is the role of activated charcoal in the prehospital treatment of poisoning?*
- a. It serves as an antidote for most poisons
 - b. It induces vomiting to expel the poison
 - c. It binds to many poisons, reducing their absorption
 - d. It is used to neutralize acidic or alkaline substances
- Answer:* c. It binds to many poisons, reducing their absorption

60. *The most important consideration when selecting a landing zone for a helicopter at a trauma scene is:*
- a. Proximity to the nearest trauma center
 - b. Size and level of the ground
 - c. Night-time lighting requirements

d. Ability to protect the scene from spectators

Answer: b. Size and level of the ground

61. *A patient with a possible basilar skull fracture should not have which of the following done during treatment?*

a. Spinal immobilization

b. Application of a cervical collar

c. Use of nasopharyngeal airway

d. Administration of high-flow oxygen

Answer: c. Use of nasopharyngeal airway

62. *When managing a patient with a suspected spinal injury, what device is preferred for full spinal immobilization?*

a. Scoop stretcher

b. Spine board

c. Vacuum mattress

d. Soft stretcher

Answer: b. Spine board

63. *An infant's heart rate should generally be in the range of:*

a. 60 to 100 beats per minute

b. 100 to 120 beats per minute

c. 120 to 160 beats per minute

d. 160 to 200 beats per minute

Answer: c. 120 to 160 beats per minute

64. *In a patient with a known history of congestive heart failure (CHF), which of the following signs would suggest acute pulmonary edema?*

a. Sudden onset of fever and chills

b. Dry cough and thirst

c. Abdominal pain radiating to the back

d. Sudden dyspnea and pink, frothy sputum

Answer: d. Sudden dyspnea and pink, frothy sputum

65. *What type of consent is implied by law when a patient is unresponsive or unable to make a rational decision?*

a. Expressed consent

b. Informed consent

c. Implied consent

d. Unconditional consent

Answer: c. Implied consent

66. *A portable device used to deliver a set amount of medication to the lungs is called a:*

a. Nebulizer

b. Metered-dose inhaler

c. Small-volume nebulizer

d. Positive pressure ventilator

Answer: b. Metered-dose inhaler

67. *If a responsive adult patient is refusing care, the EMT should:*

a. Immediately transport the patient against their will.

b. Explain the potential risks of refusing care and ask the patient to sign a refusal form.

c. Coerce the patient into accepting care by threatening legal action.

d. Leave the scene immediately and document the encounter later.

Answer: b. Explain the potential risks of refusing care and ask the patient to sign a refusal form.

68. *Before suctioning an adult's airway, the EMT should pre-oxygenate the patient for approximately:*

a. 30 seconds

b. 1 minute

c. 2 minutes

d. 3 minutes

Answer: c. 2 minutes

69. *When would an EMT use a jaw-thrust maneuver?*

a. When the patient is a child

b. When the airway is obstructed by vomit

c. When there is suspicion of a cervical spine injury

d. When there is no suspicion of a spinal injury

Answer: c. When there is suspicion of a cervical spine injury

70. *A medication that is designed to increase the force of a heartbeat is called a:*

a. Diuretic

b. Beta-blocker

c. Vasodilator

d. Positive inotrope

Answer: d. Positive inotrope

71. *What is the primary survey tool used to determine level of consciousness in a trauma patient?*

a. AVPU scale

b. Glasgow Coma Scale

c. PERRLA examination

d. Cincinnati Prehospital Stroke Scale

Answer: b. Glasgow Coma Scale

72. *To manage ventilations for a 5-year-old child who is breathing inadequately, the EMT should use:*

a. Mouth-to-mask technique

b. A bag valve mask at 10-12 breaths per minute

c. A bag valve mask at 12-20 breaths per minute

d. A nasal cannula at 1-2 liters per minute

Answer: c. A bag valve mask at 12-20 breaths per minute

73. *Hyperglycemia would most likely present in which patient population?*

a. Patients with diabetes

b. Patients with hypothyroidism

c. Patients who have had a recent blood transfusion

d. Patients with a history of anemia

Answer: a. Patients with diabetes

74. *Which of the following actions is most appropriate for an EMT to take when approaching a scene with suspected violence?*

a. Rush in to assist the victims regardless of scene safety

b. Wait for law enforcement to declare the scene safe before entering

c. Quickly extract the patient without waiting for law enforcement

d. Begin treating patients from a distance using verbal instructions

Answer: b. Wait for law enforcement to declare the scene safe before entering

75. *When assisting a patient with a prescribed nitroglycerin dosage, the EMT must:*
- Ensure the medication is injected subcutaneously
 - Place the tablet under the patient's tongue
 - Confirm the medication date is expired for maximum effect
 - Encourage the patient to swallow the medication
- Answer: b. Place the tablet under the patient's tongue*
76. *During the rapid extrication technique, an EMT's first hand placement should be on the patient's:*
- Legs to stabilize them during movement
 - Torso for support
 - Head to manually stabilize the cervical spine
 - Arm closest to the EMT to guide movement
- Answer: c. Head to manually stabilize the cervical spine*
77. *What is the recommended compression depth during CPR for an adult patient?*
- At least 1 inch (2.5 cm)
 - At least 1.5 inches (4 cm)
 - At least 2 inches (5 cm)
 - At least 2.5 inches (6 cm)
- Answer: c. At least 2 inches (5 cm)*
78. *A patient with chest pain has a prescription for nitroglycerin. What vital sign is most important to check before administration?*
- Temperature
 - Pulse
 - Blood pressure
 - Respiratory rate
- Answer: c. Blood pressure*
79. *For an EMT, the best approach to handle stress and prevent burnout includes:*
- Working longer shifts to maintain proficiency
 - Taking on additional responsibilities beyond their scope
 - Regular physical exercise and stress management techniques
 - Avoiding discussion of stressful calls with peers
- Answer: c. Regular physical exercise and stress management techniques*
80. *The appropriate technique for opening the airway of an unconscious patient without a suspected spinal injury is the:*
- Chin lift maneuver
 - Tongue-jaw lift
 - Head tilt-chin lift maneuver
 - Jaw-thrust maneuver
- Answer: c. Head tilt-chin lift maneuver*
81. *What condition is characterized by a rapid and irregular heart rate that can lead to poor blood flow during cardiac output?*
- Myocardial infarction
 - Ventricular tachycardia
 - Atrial fibrillation
 - Bradycardia
- Answer: c. Atrial fibrillation*
82. *If an oral airway device is inserted improperly, it may:*
- Stimulate a cough reflex

- b. Cause gastric inflation
 - c. Block the airway
 - d. Improve tidal volume
- Answer:* c. Block the airway

83. *When performing the jaw-thrust maneuver to open the airway, the EMT should:*

- a. Tilt the head backward
- b. Lift the chin forward
- c. Place fingers behind the angle of the lower jaw and lift with both hands
- d. Press down on the forehead while lifting the mandible

Answer: c. Place fingers behind the angle of the lower jaw and lift with both hands

84. *What type of medication is Lidocaine commonly acknowledged as in the prehospital setting?*

- a. Anticoagulant
- b. Antiarrhythmic
- c. Antihypertensive
- d. Analgesic

Answer: b. Antiarrhythmic

85. *When assessing a patient with abdominal pain, it is important to avoid:*

- a. Palpating the painful area first
- b. Taking a thorough history
- c. Palpating the abdomen at all
- d. Asking directed questions regarding the pain

Answer: a. Palpating the painful area first

86. *The mnemonic 'DCAP-BTLS' is used during the assessment of which type of patient?*

- a. Medical
- b. Behavioral
- c. Trauma
- d. Pediatric

Answer: c. Trauma

87. *A properly applied tourniquet should:*

- a. Be easily removable in case of readjustment
- b. Be hidden under clothing to preserve patient dignity
- c. Be placed directly over a joint for secure placement
- d. Stop all blood flow to and from the extremity

Answer: d. Stop all blood flow to and from the extremity

88. *During transport, a patient with severe back pain requests to lay flat. How should the EMT position the patient?*

- a. In a position of comfort, if it does not exacerbate the pain or cause injury
- b. In a full Fowler's position to reduce spinal movement
- c. Seated with a padded board behind the back for support
- d. Refuse the patient's request and transport in a sitting position

Answer: a. In a position of comfort, if it does not exacerbate the pain or cause injury

89. *How frequently should the EMT reassess vital signs for a stable patient?*

- a. Every 5 minutes
- b. Every 15 minutes
- c. Every 30 minutes
- d. Once during transport

Answer: b. Every 15 minutes

90. To determine if a patient has a patent airway, the EMT should:
- Check for chest rise and fall
 - Listen for breathing at the mouth and nose
 - Feel for air flow with the back of the hand
 - All of the above
- Answer: d. All of the above
91. If a patient presents with a suspected spinal cord injury, what is the most appropriate method of opening their airway?
- Head tilt-chin lift maneuver
 - Jaw-thrust maneuver without head extension
 - Modified chin lift
 - Flexion of the neck
- Answer: b. Jaw-thrust maneuver without head extension
92. When assessing a patient's chest who has sustained blunt trauma, you note paradoxical movement. What condition should you suspect?
- Simple pneumothorax
 - Flail chest
 - Hemothorax
 - Asthma attack
- Answer: b. Flail chest
93. What is the correct technique for performing a log roll on a trauma patient?
- Rolling the patient toward the EMT
 - Rotating the patient's upper body before the lower body
 - Maintaining spinal alignment while rolling the patient as a unit
 - Lifting the patient rather than rolling them
- Answer: c. Maintaining spinal alignment while rolling the patient as a unit
94. In a responsive pediatric patient presenting with dyspnea, which of the following sounds indicates an upper airway obstruction?
- Wheezing
 - Rhonchi
 - Stridor
 - Crackles
- Answer: c. Stridor
95. What is a key difference between angina pectoris and a myocardial infarction (MI)?
- Angina is not relieved by nitroglycerin, while an MI is
 - Angina is typically relieved by rest and/or nitroglycerin, while an MI is not
 - An MI results in chest pain that radiates to the right arm, while angina does not
 - An MI results in permanent damage, while angina indicates temporary hypoxia
- Answer: b. Angina is typically relieved by rest and/or nitroglycerin, while an MI is not
96. What should be the first step in the assessment of a responsive patient with a behavioral emergency?
- Physically restraining the patient
 - Transporting the patient rapidly to the hospital
 - Establishing a therapeutic rapport
 - Immediately administering sedatives if available
- Answer: c. Establishing a therapeutic rapport

97. Which of the following is an EMT authorized to administer to a patient under the appropriate circumstances?

- a. Oral glucose
- b. Fentanyl
- c. Insulin
- d. Albuterol via a nebulizer, without medical control

Answer: a. Oral glucose

98. When a patient is in the late stages of shock, what signs might you observe?

- a. Hypertension and bradycardia
- b. Restlessness and hyperactivity
- c. Marked tachycardia and hypotension
- d. Slow, regular breathing and warm skin

Answer: c. Marked tachycardia and hypotension

99. What term is used to describe the condition of a patient who has a pulse but is not breathing adequately?

- a. Apneic
- b. Hyperpneic
- c. Hypopneic
- d. Dyspneic

Answer: a. Apneic

100. Which of the following actions is appropriate for a patient showing signs of a diabetic emergency with an altered mental status and the inability to swallow?

- a. Give them oral glucose gel between the cheek and gum
- b. Administer a half dose of subcutaneous insulin
- c. Immediately start rapid transport to the hospital
- d. Encourage them to drink a sugary beverage

Answer: c. Immediately start rapid transport to the hospital

101. An EMT performs the jaw-thrust maneuver on a patient to achieve what primary goal?

- a. To open the airway without moving the cervical spine
- b. To enable suctioning of the oropharynx
- c. To check for facial fractures
- d. To assess for a gag reflex

Answer: a. To open the airway without moving the cervical spine

102. What is the main benefit of applying a pelvic binder to a patient with a suspected pelvic fracture?

- a. To realign the pelvis anatomically
- b. To provide external stabilization and reduce hemorrhage
- c. To allow the patient to be moved without pain
- d. To prepare the patient for surgery

Answer: b. To provide external stabilization and reduce hemorrhage

103. When initiating an IV, what is the purpose of occluding the vein proximal (above) to the intended site of catheter insertion?

- a. To distend the vein, making it easier to puncture
- b. To stop distal blood flow, ensuring medication does not circulate
- c. To prepare for a possible tourniquet application
- d. To test the patient's pain response before needle insertion

Answer: a. To distend the vein, making it easier to puncture

104. *Why is it important for an EMT to use an occlusive dressing for a sucking chest wound?*

- a. To ensure the wound remains open for air passage
- b. To allow air to escape from the chest cavity on inhalation
- c. To prevent air from entering the chest cavity during inhalation
- d. To absorb excess blood from the wound

Answer: c. To prevent air from entering the chest cavity during inhalation

105. *At the scene of a hazardous materials incident, it is essential for the EMT to recognize the danger based on which of the following?*

- a. The layout of the local area
- b. The amount of traffic near the scene
- c. The types of commercial buildings nearby
- d. The presence of placards and labels indicating hazardous materials

Answer: d. The presence of placards and labels indicating hazardous materials

106. *Which of the following is NOT part of the secondary assessment for an EMT?*

- a. Taking a patient's medical history
- b. Performing a rapid full-body scan
- c. Assessing vital signs
- d. Administering definitive care for injuries

Answer: d. Administering definitive care for injuries

107. *When a patient has a suspected extremity fracture, the EMT should first:*

- a. Apply direct pressure to the site of the fracture
- b. Check for pulse, motor, and sensory function distal to the injury
- c. Splint the fracture site immediately, without assessing limb function
- d. Move the patient to the ambulance without stabilization of the fracture

Answer: b. Check for pulse, motor, and sensory function distal to the injury

108. *An EMT would recognize the presence of orthostatic hypotension when the patient experiences:*

- a. An increase in heart rate by at least 20 bpm upon standing
- b. A sudden spike in blood pressure when moving from lying to sitting position
- c. A drop in blood sugar when moving from lying to sitting position
- d. Elevated temperature readings when changing positions

Answer: a. An increase in heart rate by at least 20 bpm upon standing

109. *A sign of adequate artificial ventilation in an adult patient is:*

- a. Seeing the chest rise and fall with each breath
- b. Hearing breath sounds only on the patient's right side
- c. The patient regaining consciousness during ventilation
- d. A rapidly increasing heart rate

Answer: a. Seeing the chest rise and fall with each breath

110. *In a neonate, bradycardia is most commonly the result of:*

- a. Hypoxia
- b. Hypoglycemia
- c. Congenital heart disease
- d. Hyperthermia

Answer: a. Hypoxia

111. *The EMT should suspect left-sided heart failure in the elderly patient who presents with:*

- a. Sudden confusion and flank pain
- b. Fever, cough, and sputum production
- c. Wheezing, difficulty breathing, and rales

d. Abdominal pain and vomiting
Answer: c. Wheezing, difficulty breathing, and rales

112. *A key difference between an asthma attack and a COPD exacerbation is that asthma is usually:*
a. Triggered by infections, while COPD exacerbation is not
b. Associated with wheezing, while COPD exacerbation is usually silent
c. A reversible obstruction, while COPD exacerbation is often not fully reversible
d. Associated with older age, while COPD affects younger individuals
Answer: c. A reversible obstruction, while COPD exacerbation is often not fully reversible

113. *What is one of the most common complications for a patient with an indwelling Foley catheter?*
a. Tachypnea
b. Urinary tract infection
c. Gastrointestinal bleeding
d. Orthostatic hypotension
Answer: b. Urinary tract infection

114. *When assessing a patient with a medical alert bracelet indicating ‘diabetic,’ it is important for the EMT to:*
a. Start an IV line immediately
b. Check the patient’s blood sugar level, if possible
c. Look for an injury that might have caused altered mental status
d. Administer a high concentration of oxygen, regardless of SpO₂ readings
Answer: b. Check the patient’s blood sugar level, if possible

115. *A mnemonic that can be used for assessing a patient’s history of present illness is “OPQRST.” What does the “P” stand for?*
a. Past medical history
b. Probability of associated symptoms
c. Provokes or Palliates
d. Pulse rate
Answer: c. Provokes or Palliates

116. *The correct placement of the hands for chest compressions during CPR on an adult is:*
a. On the lower half of the breastbone
b. Above the xiphoid process
c. On the left side of the chest cavity
d. Over the lower ribs
Answer: a. On the lower half of the breastbone

117. *Which condition is characterized by the sudden onset of difficulty breathing, sharp chest pain, and cyanosis that may follow a period of immobilization?*
a. Congestive heart failure
b. Pneumonia
c. Pulmonary embolism
d. Spontaneous pneumothorax
Answer: c. Pulmonary embolism

118. *The LEMON method is used by EMTs to assess for:*
a. Stroke symptoms
b. Airway difficulty in intubation
c. Cardiopulmonary resuscitation effectiveness
d. Poisoning severity
Answer: b. Airway difficulty in intubation

119. During childbirth, if the umbilical cord is noted to be prolapsed, the EMT must immediately:
- Cut the cord with sterile scissors
 - Place the mother in a head-down position with her hips elevated
 - Encourage the mother to push harder to expedite delivery
 - Wrap the baby and cord together and transport immediately
- Answer:* b. Place the mother in a head-down position with her hips elevated

120. The use of a spacer device with a metered-dose inhaler is designed to:
- Decrease the flow of medication
 - Break up the medication into finer particles
 - Increase the depth of the patient's breaths
 - Measure the amount of medication the patient receives
- Answer:* b. Break up the medication into finer particles

8.4. 120 Full-Length NREMT Simulation Exam #4 | Comprehensive Practice Exams and Answers

1. Which of the following is the most appropriate first step in managing a conscious adult patient with a suspected spinal injury?
- Apply cold packs to the injury site
 - Immediately perform a rapid trauma assessment
 - Manually stabilize the head and neck
 - Transport the patient to the hospital without spinal precautions
- Answer:* c. Manually stabilize the head and neck
2. When assessing a patient with chest pain, which of the following questions is most important to determine the need for immediate intervention?
- “Do you have a family history of heart disease?”
 - “On a scale from 1 to 10, how would you rate your pain?”
 - “Are you experiencing any difficulty breathing?”
 - “How long ago did the chest pain start?”
- Answer:* d. “How long ago did the chest pain start?”
3. During the primary assessment of a trauma patient, you note the patient has absent breath sounds on the right side of the chest. What condition is this most indicative of?
- Pneumonia
 - Tension pneumothorax
 - Hemothorax
 - Asthma attack
- Answer:* b. Tension pneumothorax
4. What is the target compression rate for a single rescuer performing CPR on an adult?
- 60-80 compressions per minute
 - 80-100 compressions per minute
 - 100-120 compressions per minute
 - Over 120 compressions per minute
- Answer:* c. 100-120 compressions per minute
5. To which of the following patients should you apply high-concentration oxygen?
- A patient with a suspected stroke and normal SpO₂ readings
 - A conscious patient with a pulse Ox reading of 97%
 - A patient suffering from carbon monoxide poisoning
 - A patient exhibiting signs of hyperventilation
- Answer:* c. A patient suffering from carbon monoxide poisoning

6. *You arrive on scene to find a patient with a flail chest. What is the most appropriate treatment?*
- Perform immediate needle decompression.
 - Apply oxygen and prepare for rapid transport.
 - Splint the chest with a soft dressing.
 - Bind the chest tightly with large bandages.
- Answer:* b. Apply oxygen and prepare for rapid transport.
7. *What is the function of activated charcoal in the prehospital management of a patient who has ingested a toxic substance?*
- To induce vomiting
 - To neutralize the toxic substance
 - To bind to the toxin and reduce absorption
 - To accelerate the metabolism of the toxin
- Answer:* c. To bind to the toxin and reduce absorption
8. *A patient exhibits snoring respirations. Which of the following is the appropriate initial action?*
- Perform a finger sweep to clear the airway.
 - Insert a nasopharyngeal airway.
 - Use a bag-valve mask to ventilate the patient.
 - Perform a head-tilt, chin-lift maneuver.
- Answer:* d. Perform a head-tilt, chin-lift maneuver.
9. *In the presence of a fuel spill at a motor vehicle collision, what is the primary safety concern for EMTs?*
- Slip and fall accidents due to the spill
 - Risk of explosion or fire
 - Chemical exposure leading to toxicity
 - Environmental pollution concerns
- Answer:* b. Risk of explosion or fire
10. *How should an EMT assess the circulation status of an unresponsive infant?*
- Check for a brachial pulse
 - Check for a radial pulse
 - Check for a femoral pulse
 - Check for a carotid pulse
- Answer:* a. Check for a brachial pulse
11. *Upon delivery of a newborn, you notice that the umbilical cord is wrapped around the baby's neck. What is the first action you should take?*
- Clamp and cut the cord immediately.
 - Slip the cord gently over the baby's head if possible.
 - Call for advanced life support backup.
 - Prepare for immediate neonatal resuscitation.
- Answer:* b. Slip the cord gently over the baby's head if possible.
12. *While treating a burn patient, it is important to stop the burning process. How should this be achieved?*
- Apply butter or a greasy substance to the burn.
 - Cool the burn with large amounts of water.
 - Cover the burn with dry sterile dressings.
 - Leave the burn exposed to air to cool down.
- Answer:* b. Cool the burn with large amounts of water.

13. *When treating a patient with a suspected fracture of the lower leg, why is it important to assess distal pulse, motor, and sensory function before and after splinting?*
- To determine the need for a traction splint.
 - To assess for compartment syndrome.
 - To monitor for signs of shock.
 - To ensure that the splint has not impaired circulation or nerve function.
- Answer:* d. To ensure that the splint has not impaired circulation or nerve function.
14. *A patient with a known history of chronic obstructive pulmonary disease (COPD) is in respiratory distress. What oxygen delivery device is most appropriate for this patient?*
- Non-rebreather mask at 15 L/min
 - Nasal cannula at 2-4 L/min
 - Venturi mask at prescribed oxygen percentage
 - Bag-valve mask with reservoir at 12-15 L/min
- Answer:* c. Venturi mask at prescribed oxygen percentage
15. *You respond to a call for an unresponsive patient with a known history of diabetes mellitus. The patient's blood glucose level reads 32 mg/dL. What condition is this patient most likely experiencing?*
- Diabetic ketoacidosis (DKA)
 - Hyperosmolar hyperglycemic state (HHS)
 - Hypoglycemia
 - Hyperglycemia
- Answer:* c. Hypoglycemia
16. *Which of the following is a common sign of a tension pneumothorax?*
- JVD (Jugular Vein Distension)
 - Pulsus paradoxus
 - Bilateral wheezing
 - Muffled heart sounds
- Answer:* a. JVD (Jugular Vein Distension)
17. *A patient is experiencing anaphylaxis after a bee sting. What medication would you expect to administer first?*
- Albuterol
 - Nitroglycerin
 - Epinephrine
 - Aspirin
- Answer:* c. Epinephrine
18. *During an assessment, you notice a patient's skin is cool, pale, and clammy. What does this indicate?*
- Hyperglycemia
 - Dehydration
 - Shock
 - Heat stroke
- Answer:* c. Shock
19. *What is the most appropriate way to transport a patient with suspected spinal injury?*
- Seated position with c-spine precautions
 - On their side, in the recovery position
 - Supine on a backboard with c-spine immobilization
 - In the prone position
- Answer:* c. Supine on a backboard with c-spine immobilization

20. A patient with slurred speech, weakness on one side of the body, and drooping facial features is likely suffering from what condition?
- Hypoglycemia
 - A stroke
 - Bell's palsy
 - Myocardial infarction
- Answer: b. A stroke
21. How should EMTs approach a situation involving a hazardous material spill with a patient involved?
- Enter immediately to remove the patient
 - Request specialized hazardous materials response team
 - Begin decontamination of the patient without delay
 - Use standard precautions and begin patient care
- Answer: b. Request specialized hazardous materials response team
22. In the event of a childbirth during a prehospital emergency call, which of the following is a priority action after the delivery?
- Check for a second baby
 - Deliver the placenta immediately
 - Keep the newborn warm
 - Cut the umbilical cord right away
- Answer: c. Keep the newborn warm
23. When performing a primary assessment on an adult patient, what is the correct order of operations?
- Airway, Breathing, Circulation, Disability, Expose/Examine
 - Breathing, Airway, Circulation, Disability, Expose/Examine
 - Circulation, Airway, Breathing, Disability, Expose/Examine
 - Airway, Circulation, Breathing, Disability, Expose/Examine
- Answer: a. Airway, Breathing, Circulation, Disability, Expose/Examine
24. You are at the scene where a patient has fallen from a significant height. The patient is conscious and complaining of back pain. What is your first action?
- Apply a cervical collar
 - Perform a log roll to a backboard
 - Assess the patient's airway
 - Immediately immobilize them in the position found
- Answer: a. Apply a cervical collar
25. When dealing with a patient who has sustained multiple gunshot wounds, what is the primary focus of treatment?
- Controlling hemorrhage
 - Administering pain medication
 - Anticipating potential spinal injury
 - Immediate transport without on-scene treatment
- Answer: a. Controlling hemorrhage
26. Which of the following pulse points should be checked in an infant if you suspect cardiac arrest?
- Radial pulse
 - Femoral pulse
 - Brachial pulse
 - Carotid pulse
- Answer: c. Brachial pulse

27. A patient has been involved in a high-speed motor vehicle collision. They are alert but anxious and have shallow, rapid breathing. What is the most appropriate action?
- Have the patient breathe into a paper bag
 - Administer high-flow oxygen
 - Initiate positive pressure ventilation
 - Encourage the patient to slow their breathing and take deep breaths
- Answer: b. Administer high-flow oxygen
28. What is the term for the condition where blood is present in the thoracic cavity?
- Hemothorax
 - Pneumothorax
 - Pleural effusion
 - Cardiac tamponade
- Answer: a. Hemothorax
29. In patients with suspected ischemic cardiac chest pain, which medication is most commonly given by EMTs?
- Anticoagulants
 - Beta-blockers
 - Nitroglycerin
 - Calcium channel blockers
- Answer: c. Nitroglycerin
30. When performing a secondary assessment on a trauma patient, which of the following is NOT part of the evaluation?
- Taking a patient history
 - Head-to-toe physical exam
 - Focused assessment on areas of injury
 - Contacting the patient's family for medical history
- Answer: d. Contacting the patient's family for medical history
31. You arrive at the scene of an apparent drug overdose. The patient is unresponsive, with pinpoint pupils and depressed respirations. Which medication should you administer?
- Oral glucose
 - Aspirin
 - Naloxone
 - Nitroglycerin
- Answer: c. Naloxone
32. A patient is experiencing stridor and increased work of breathing after being stung by a bee. What type of reaction is this?
- Mild allergic reaction
 - Severe allergic reaction
 - Asthma attack
 - Bronchitis
- Answer: b. Severe allergic reaction
33. During the secondary assessment, you notice jugular vein distention (JVD) and muffled heart sounds in a trauma patient. What injury should you suspect?
- Abdominal aortic aneurysm
 - Tension pneumothorax
 - Cardiac tamponade
 - Flail chest
- Answer: c. Cardiac tamponade

34. *What is the recommended treatment for a partial-thickness burn with no airway involvement?*
a. Apply ice directly to the burn
b. Cover with a dry, sterile dressing
c. Immerse the burned area in warm water
d. Clean the burn with hydrogen peroxide
Answer: b. Cover with a dry, sterile dressing
35. *For a patient experiencing hypoglycemia, which is the most appropriate intervention after ensuring a patent airway and administering oxygen?*
a. Administering oral glucose if the patient can swallow
b. Providing subcutaneous insulin
c. Initiating an intravenous line and administering dextrose
d. Encouraging the patient to eat a large meal
Answer: a. Administering oral glucose if the patient can swallow
36. *What type of seizure involves sudden, temporary loss of muscle tone and is often described as a “drop attack”?*
a. Generalized tonic-clonic seizure
b. Absence seizure
c. Myoclonic seizure
d. Atonic seizure
Answer: d. Atonic seizure
37. *Which of the following best describes the use of a traction splint?*
a. To stabilize a pelvic fracture
b. For immobilization of cervical spine injuries
c. To stabilize a femur fracture
d. To secure a flail segment in the chest
Answer: c. To stabilize a femur fracture
38. *In the context of the START triage system in a mass casualty incident, what does “START” stand for?*
a. Simple Triage And Rapid Transport
b. Synchronized Team Allocation of Resources and Treatment
c. Standardized Triage And Response Techniques
d. Strategic Triage And Recovery Team
Answer: a. Simple Triage And Rapid Transport
39. *You are assessing a patient with severe facial trauma. The patient is alert, but you are concerned about airway obstruction. What is the best position for this patient?*
a. Recovery position
b. Supine with head elevated
c. Sitting upright
d. Prone
Answer: c. Sitting upright
40. *What is the most important reason for EMTs to use personal protective equipment (PPE) when delivering patient care?*
a. To prevent patient infection
b. To set a professional example
c. To protect against bloodborne and airborne pathogens
d. To avoid leaving fingerprints at the scene
Answer: c. To protect against bloodborne and airborne pathogens

41. *When you suspect that a patient has ingested a toxic substance, which resource can provide you with specific information for management of the patient?*
- American Heart Association (AHA) guidelines
 - Poison Control Center
 - Red Cross first aid manual
 - Your local protocols
- Answer:* b. Poison Control Center
42. *How should a conscious adult patient with a partially obstructed airway be managed?*
- Perform abdominal thrusts
 - Encourage the patient to cough and monitor closely
 - Give back blows and chest thrusts
 - Deliver positive pressure ventilations with a bag-valve mask
- Answer:* b. Encourage the patient to cough and monitor closely
43. *A football player was hit and is complaining of numbness in his extremities with a deformity to his arm. Which of the following is the most appropriate immediate action?*
- Assist the patient in stretching the arm
 - Apply a sling and swathe to immobilize the arm
 - Attempt to reduce the deformity
 - Have the patient shake it off and continue playing
- Answer:* b. Apply a sling and swathe to immobilize the arm
44. *If a patient begins to seize during your assessment, what is the most appropriate action to take?*
- Hold the patient down to prevent injury
 - Insert an oral airway to maintain airway patency
 - Move dangerous objects away from the patient
 - Administer an immediate dose of antiseizure medication
- Answer:* c. Move dangerous objects away from the patient
45. *What is the principal benefit of placing a patient in the “Trendelenburg position” or a modified version known as “shock position”?*
- To increase blood flow to the brain
 - To facilitate breathing in patients with respiratory distress
 - To decrease blood pressure in hypertensive patients
 - To reduce the risk of aspiration
- Answer:* a. To increase blood flow to the brain
46. *When encountering a patient with a sudden onset of confusion, dizziness, and the inability to speak clearly, which of the following conditions should the EMT suspect?*
- Hyperglycemia
 - Stroke
 - Postictal state
 - Opioid overdose
- Answer:* b. Stroke
47. *A patient who was rescued from a house fire is coughing up sooty sputum. What does this suggest?*
- The patient may have a gastrointestinal bleed.
 - The patient could have smoke inhalation with respiratory tract injury.
 - The patient likely has a punctured lung.
 - The patient is experiencing a severe allergic reaction.
- Answer:* b. The patient could have smoke inhalation with respiratory tract injury.

48. For an adult patient experiencing a seizure, which of the following is the most appropriate next step after ensuring scene safety and managing the airway?

- a. Restraining the patient's limbs
- b. Administering oral glucose
- c. Protecting the patient from injury
- d. Inserting an oropharyngeal airway

Answer: c. Protecting the patient from injury

49. If an EMT is unable to feel a pulse in an unresponsive, apneic adult patient, what should be their immediate next step?

- a. Provide rescue breathing only.
- b. Start cardiopulmonary resuscitation (CPR).
- c. Apply an Automated External Defibrillator (AED) immediately.
- d. Wait for advanced life support to arrive.

Answer: b. Start cardiopulmonary resuscitation (CPR).

50. A patient is experiencing chest pain that is relieved with rest. This pain is most consistent with which of the following conditions?

- a. Acute myocardial infarction
- b. Angina pectoris
- c. Indigestion
- d. Aortic dissection

Answer: b. Angina pectoris

51. When performing the jaw-thrust maneuver to open an injured patient's airway, which of the following should the EMT avoid?

- a. Keeping the neck in a neutral position
- b. Extending the neck
- c. Maintaining inline stabilization
- d. Opening the mouth to insert an airway adjunct

Answer: b. Extending the neck

52. A patient with a suspected overdose has a respiratory rate of 8 breaths per minute. What is the most appropriate EMT action?

- a. Apply a non-rebreather mask with 100% oxygen.
- b. Monitor the patient until the respiratory rate improves.
- c. Begin positive pressure ventilation with a BVM.
- d. Encourage the patient to take deep breaths on their own.

Answer: c. Begin positive pressure ventilation with a BVM.

53. You are assessing a patient with a chemical burn to the eye. What is the first action you should take?

- a. Cover both eyes with a sterile dressing.
- b. Begin flushing the affected eye with water immediately.
- c. Apply an antibiotic ointment to the eye.
- d. Administer an analgesic for pain management.

Answer: b. Begin flushing the affected eye with water immediately.

54. What is the most common cause of cardiac arrest in pediatric patients?

- a. Trauma
- b. Congenital heart defects
- c. Respiratory failure
- d. Electrolyte imbalances

Answer: c. Respiratory failure

55. *When a patient presents with abdominal pain localized to the lower right quadrant, what condition should be suspected?*
- Diverticulitis
 - Peptic ulcer disease
 - Pancreatitis
 - Appendicitis
- Answer: d. Appendicitis*
56. *A patient with a history of asthma is now experiencing wheezing and chest tightness that did not improve with their prescribed inhaler. What treatment should the EMT provide?*
- High-flow oxygen via a non-rebreather mask
 - Another dose of the patient's inhaler immediately
 - Oral glucose and re-assessment
 - A rapid transport to the hospital with close monitoring
- Answer: a. High-flow oxygen via a non-rebreather mask*
57. *When assessing a patient with abdominal pain, which of the following is the most appropriate procedure for palpation?*
- Begin palpation in the quadrant with the most pain
 - Start with deep palpation followed by light palpation
 - Palpate the quadrants in a clockwise fashion starting from the right upper quadrant
 - Only palpate areas away from the pain to avoid discomfort
- Answer: c. Palpate the quadrants in a clockwise fashion starting from the right upper quadrant*
58. *A patient found lying on the sidewalk at night presents with ice-cold skin, bradycardia, and a weak pulse. What is the most likely problem?*
- Heat stroke
 - Hypoglycemia
 - Hyperglycemia
 - Hypothermia
- Answer: d. Hypothermia*
59. *If an EMT is assessing a patient with a potential neck injury following a dive into shallow water, what device would be most appropriate to use for immobilization?*
- Soft cervical collar
 - Splint
 - Long spine board
 - Sling and swath
- Answer: c. Long spine board*
60. *A patient presents with severe epigastric pain radiating to the back, nausea, and vomiting. These symptoms are suggestive of which condition?*
- Cholecystitis
 - Renal colic
 - Pancreatitis
 - Peptic ulcer disease
- Answer: c. Pancreatitis*
61. *During your secondary assessment, you notice an unstable pelvis in a patient who fell from a height. What complication are you most concerned about in this patient?*
- Hemarthrosis
 - Appendicitis
 - Pelvic fracture with possible hypovolemia

d. Urinary tract infection
Answer: c. Pelvic fracture with possible hypovolemia

62. *When assessing a patient with abdominal pain, where should you start palpating?*

- a. In the quadrant with pain
- b. In the quadrant diagonal from the pain
- c. In the quadrant opposite the pain
- d. In the quadrant directly above the location of pain

Answer: b. In the quadrant diagonal from the pain

63. *Which of the following signs is most indicative of an anterior nosebleed?*

- a. Blood draining into the throat
- b. Blood primarily flowing from one nostril
- c. Rapid swelling of the nose
- d. Bruising around the eyes

Answer: b. Blood primarily flowing from one nostril

64. *A 22-year-old female patient presents with lower left quadrant abdominal pain and a fever. This presentation is most consistent with which of the following conditions?*

- a. Pancreatitis
- b. Peptic ulcer disease
- c. Diverticulitis
- d. Cholecystitis

Answer: c. Diverticulitis

65. *How should you place a patient with a suspected tension pneumothorax if they are conscious and alert?*

- a. Supine with legs elevated
- b. On their injured side
- c. Sitting upright
- d. Prone

Answer: c. Sitting upright

66. *What is the correct procedure for suctioning a patient's oropharynx?*

- a. Insert the suction catheter until resistance is met, and then suction while withdrawing
- b. Continuous suction while inserting the suction catheter
- c. Insert the suction catheter, then begin suctioning as you rotate and withdraw
- d. Suction only after the catheter is fully inserted to the base of the oropharynx

Answer: c. Insert the suction catheter, then begin suctioning as you rotate and withdraw

67. *In which condition would you observe paradoxical motion during inspiration?*

- a. Asthma
- b. Pneumonia
- c. Flail chest
- d. Pulmonary embolism

Answer: c. Flail chest

68. *What is the most appropriate immediate intervention for a patient experiencing hypoglycemia with altered mental status who is unable to swallow?*

- a. Oral glucose
- b. Intravenous sugar solution
- c. Subcutaneous insulin injection
- d. Intramuscular glucagon

Answer: d. Intramuscular glucagon

69. *How should an EMT check the blood glucose level of a patient?*
- By ordering a blood draw from the lab
 - Using a glucometer to assess the patient's capillary blood sugar
 - Asking the patient for their most recent hemoglobin A1c level
 - Performing a urine dipstick test on site
- Answer:* b. Using a glucometer to assess the patient's capillary blood sugar
70. *What is an important consideration when managing a patient with a tracheostomy tube who is in respiratory distress?*
- Ensuring the stoma site is free from infection before providing oxygen
 - Suctioning the tracheostomy tube to remove any secretions
 - Placing the patient on their back with their neck extended
 - Administering high-flow oxygen via nasopharyngeal airway
- Answer:* b. Suctioning the tracheostomy tube to remove any secretions
71. *A patient is experiencing chest pain, irregular heartbeat, and light-headedness. The heart monitor shows a sawtooth pattern. What cardiac rhythm is likely present?*
- Ventricular fibrillation
 - Atrial fibrillation
 - Atrial flutter
 - Torsades de pointes
- Answer:* c. Atrial flutter
72. *You are the first to arrive at a potential hazardous materials incident. What is your best initial action?*
- Rush in to save any visible victims
 - Begin immediate decontamination of the scene
 - Establish a safe zone and wait for a hazmat team to arrive
 - Evacuate the surrounding buildings
- Answer:* c. Establish a safe zone and wait for a hazmat team to arrive
73. *When a patient has a seizure characterized by muscle rigidity followed by phases of muscle twitching, which type of seizure are they experiencing?*
- Absence seizure
 - Tonic seizure
 - Myoclonic seizure
 - Generalized tonic-clonic seizure
- Answer:* d. Generalized tonic-clonic seizure
74. *What is the most appropriate action for an EMT when encountering a patient with severe anxiety and hyperventilation?*
- Have the patient rebreathe from a plastic bag
 - Administer a sedative to the patient
 - Provide reassurance and coach the patient to slow their breathing
 - Immediately administer high-concentration oxygen via a non-rebreather mask
- Answer:* c. Provide reassurance and coach the patient to slow their breathing
75. *If a patient has sustained a chemical burn to the skin, after ensuring the scene is safe, what is the next best step?*
- Dry the chemical off with sterile gauze
 - Begin immediate debridement of the burn site
 - Apply a neutralizing agent to the chemical
 - Flush the affected area with large amounts of water
- Answer:* d. Flush the affected area with large amounts of water

76. A patient is experiencing severe allergic reaction with swelling of the face and hives after eating peanuts. What medication would you administer assuming you have the proper authorization and protocols?
- Oral glucose
 - Albuterol
 - Epinephrine
 - Nitroglycerin
- Answer: c. Epinephrine*
77. In adults, where is the most appropriate location to check for a pulse when performing a primary survey?
- Radial artery
 - Brachial artery
 - Carotid artery
 - Femoral artery
- Answer: c. Carotid artery*
78. When providing rescue breaths during CPR, what is the correct technique for sealing the mask on the patient's face?
- One-handed E-C clamp technique
 - Two-handed E-C clamp technique
 - Jaw-thrust maneuver
 - Head-tilt, chin-lift maneuver
- Answer: b. Two-handed E-C clamp technique*
79. As an EMT, you have arrived on scene to find a patient with a suspected overdose of painkillers. Which of the following findings would suggest opioid toxicity?
- Pinpoint pupils
 - Extremely dilated pupils
 - Profound tachycardia
 - Flushed, hot skin
- Answer: a. Pinpoint pupils*
80. If an adult patient's airway is blocked completely by a foreign object, which of the following procedures should you perform?
- Finger sweep
 - Abdominal thrusts
 - Rescue breathing
 - Back slaps
- Answer: b. Abdominal thrusts*
81. When approaching a scene of a motor vehicle accident at night, what lighting strategy should be employed to ensure safety and visibility?
- Use only headlights to avoid blinding oncoming traffic
 - Use high beams to maximize visibility
 - Use emergency lights and headlights to illuminate the scene fully
 - Turn off all lights to approach secretly
- Answer: c. Use emergency lights and headlights to illuminate the scene fully*
82. How should an EMT assess a patient's pupils during the secondary assessment?
- Size, equality, and reactivity to light
 - Change in color and shape
 - Pupil distance from one another

d. Ability to focus on close objects
Answer: a. Size, equality, and reactivity to light

83. You are treating a patient with a suspected stroke. Time is most important because:
- Medications used to dissolve clots are most effective if given within 3 hours
 - Blood pressure usually peaks in less than an hour
 - Seizures are more likely to occur within the first hour
 - Stroke symptoms can spontaneously resolve in less than 2 hours

Answer: a. Medications used to dissolve clots are most effective if given within 3 hours

84. In a trauma patient with suspected internal bleeding, what signs and symptoms would you expect to find?
- Decrease in heart rate and increase in blood pressure
 - Increase in heart rate and decrease in blood pressure
 - Hot, red skin and slow breathing
 - Cool, clammy skin and lethargy

Answer: b. Increase in heart rate and decrease in blood pressure

85. What is the most appropriate next step after delivering a shock with an AED?
- Check for a pulse
 - Immediately deliver another shock
 - Resume CPR
 - Ventilate with a bag-valve mask

Answer: c. Resume CPR

86. When hyperventilating a patient with a bag-valve mask, what rate should you aim to maintain?
- 10-12 breaths per minute
 - 20-24 breaths per minute
 - 8-10 breaths per minute
 - 12-20 breaths per minute

Answer: c. 8-10 breaths per minute

87. What is a common cause of syncope in adult patients?
- Hyperglycemia
 - Over-inflation of the lungs
 - Vagal response
 - Profuse sweating

Answer: c. Vagal response

88. In cases of trauma, why is it important to maintain in-line stabilization of the cervical spine during airway management?
- To prevent hyperextension of the neck
 - To prevent kinking of the trachea
 - To prevent exacerbation of a potential spinal injury
 - To provide a clear visual of the oropharynx

Answer: c. To prevent exacerbation of a potential spinal injury

89. What is a contraindication for the use of an oropharyngeal airway (OPA)?
- The patient is unconscious without a gag reflex
 - The patient has clenched teeth
 - The patient has a suspected basilar skull fracture
 - The patient has copious secretions

Answer: b. The patient has clenched teeth

90. How should an infant be positioned to open the airway properly and ensure ventilation is effective?
- Supine with head elevated
 - Prone with head to the side
 - Neutral position with a rolled towel under the shoulders
 - Flexed position with the neck extended
- Answer:* c. Neutral position with a rolled towel under the shoulders
91. *When initiating CPR on an adult patient, what depth of chest compression is considered adequate?*
- At least 1 inch (2.5 cm)
 - At least 1.5 inches (4 cm)
 - At least 2 inches (5 cm)
 - At least 2.5 inches (6.5 cm)
- Answer:* c. At least 2 inches (5 cm)
92. *What is the primary goal of the “recovery position” for an unconscious but breathing patient?*
- To relieve pain
 - To facilitate CPR
 - To prevent airway obstruction
 - To control bleeding
- Answer:* c. To prevent airway obstruction
93. *In a patient with suspected flail chest, you are likely to observe which of the following?*
- Paradoxical chest movement
 - JVD with tracheal deviation
 - Equal chest rise and fall with breathing
 - Rapid resolution without intervention
- Answer:* a. Paradoxical chest movement
94. *A patient’s skin condition appears blue or gray. What term is used to describe this condition?*
- Pallor
 - Erythema
 - Cyanosis
 - Jaundice
- Answer:* c. Cyanosis
95. *When assessing circulation in a trauma patient, which finding would indicate the need for immediate intervention?*
- Heart rate of 90 bpm
 - Strong radial pulse
 - Bright red bleeding from a wound
 - Pale skin color
- Answer:* c. Bright red bleeding from a wound
96. *You arrive on scene to find a patient with burns to the face and singed nasal hair. What is your primary concern?*
- Cosmetic damage
 - Airway compromise
 - External bleeding
 - Pain management
- Answer:* b. Airway compromise
97. *When managing an occlusive dressing for a sucking chest wound, what should the EMT ensure?*
- The dressing is secured on all four sides
 - The dressing allows air to escape from the chest

- c. The dressing is made of non-porous material
 - d. Both 'b' and 'c' are correct
- Answer:* d. Both 'b' and 'c' are correct

98. *What condition can result from the improper management of a patient's airway following a severe head injury?*

- a. Hyperglycemia
- b. Cushing's triad
- c. Tension pneumothorax
- d. Hypoperfusion

Answer: b. Cushing's triad

99. *A patient involved in a motor vehicle collision is presenting with stridor. What should this indicate to the EMT?*

- a. Lower airway injury
- b. Gastric distention
- c. Upper airway obstruction
- d. Pleural effusion

Answer: c. Upper airway obstruction

100. *In a responsive patient with a suspected spinal injury, which technique should be used to open the airway?*

- a. Head tilt-chin lift
- b. Tongue-jaw lift
- c. Jaw-thrust without head extension
- d. Finger sweep

Answer: c. Jaw-thrust without head extension

101. *How should an EMT respond to a patient experiencing a syncopal episode?*

- a. Immediate transport in a sitting position
- b. Administer high-flow oxygen and prepare for transport
- c. Assess for spinal injuries and apply a cervical collar
- d. Perform a finger sweep to ensure the airway is clear

Answer: b. Administer high-flow oxygen and prepare for transport

102. *What is the most appropriate step in managing a patient with a nosebleed (epistaxis)?*

- a. Have the patient lean forward and pinch the nostrils
- b. Lay the patient flat and apply a cold pack to the forehead
- c. Insert a nasal airway to absorb the bleeding
- d. Tilt the patient's head backward to prevent blood from entering the throat

Answer: a. Have the patient lean forward and pinch the nostrils

103. *What is indicated by a triage tag marked "Red" in a mass casualty incident (MCI)?*

- a. The patient is deceased
- b. The patient requires immediate life-saving interventions
- c. The patient has minor injuries
- d. The patient can be delayed in receiving care

Answer: b. The patient requires immediate life-saving interventions

104. *The sound of gurgling when assessing a patient's airway indicates the presence of what?*

- a. Swelling of the airway tissues
- b. Fluids in the airway
- c. A foreign body obstruction

d. Severely constricted air passages

Answer: b. Fluids in the airway

105. *In terms of scene safety, which of the following statements is correct?*

- a. The EMT's safety is secondary to patient care
- b. Scene safety is the responsibility of police, not EMTs
- c. EMTs should ensure scene safety before patient care begins
- d. Scene safety can be assumed if no apparent hazards exist

Answer: c. EMTs should ensure scene safety before patient care begins

106. *What is indicated by a systolic blood pressure of less than 90 mm Hg in an adult patient?*

- a. Normal blood pressure
- b. Hypotension
- c. Hypertension
- d. An expected reading post-exertion

Answer: b. Hypotension

107. *Which of the following best describes the purpose of the Glasgow Coma Scale (GCS)?*

- a. To measure the blood glucose level of a patient
- b. To determine the severity of a traumatic brain injury
- c. To assess the patient's blood pressure
- d. To evaluate the patient's pupil response to light

Answer: b. To determine the severity of a traumatic brain injury

108. *In the prehospital setting, what is the EMT's priority for a patient with a suspected pelvic fracture?*

- a. Immediate transportation
- b. Application of a pelvic binder
- c. Assessment of neurological function
- d. Providing a patient with pain relief medication

Answer: b. Application of a pelvic binder

109. *When should an EMT consider the use of a nasopharyngeal airway (NPA)?*

- a. When the patient has a severe head injury
- b. When the patient is an infant under 1 year old
- c. When oropharyngeal airway (OPA) use is contraindicated due to a gag reflex
- d. When there is a suspected skull fracture

Answer: c. When oropharyngeal airway (OPA) use is contraindicated due to a gag reflex

110. *What is the first step an EMT should take when confrontation arises from a patient's family member?*

- a. Restrain the family member
- b. Call for law enforcement
- c. Attempt to de-escalate the situation verbally
- d. Physically move the patient away from the family member

Answer: c. Attempt to de-escalate the situation verbally

111. *Which finding is consistent with a diagnosis of hyperglycemic hyperosmolar syndrome (HHS) in a diabetic patient?*

- a. Rapid onset of symptoms
- b. Blood glucose levels >600 mg/dL without significant ketosis
- c. Fruity odor on the breath
- d. Blood glucose levels <70 mg/dL

Answer: b. Blood glucose levels >600 mg/dL without significant ketosis

112. A patient with a history of congestive heart failure (CHF) complains of difficulty breathing and swollen lower extremities. Which position should you consider placing this patient in during transport?
- Supine
 - Prone
 - Fowler's or semi-Fowler's
 - Trendelenburg
- Answer: c. Fowler's or semi-Fowler's
113. When performing a blood glucose test, what minimum volume of blood sample is generally necessary?
- 0.3 microliters
 - 0.5 microliters
 - 1 microliter
 - Additionally specified by the glucometer manufacturer
- Answer: d. Additionally specified by the glucometer manufacturer
114. During your assessment of a 45-year-old male with chest pain, he suddenly becomes unresponsive. What is your best immediate action?
- Begin rescue breathing
 - Apply high-concentration oxygen
 - Verify the absence of a pulse and start CPR if necessary
 - Prepare for immediate transport
- Answer: c. Verify the absence of a pulse and start CPR if necessary
115. A patient with a suspected basilar skull fracture should not have which of the following airway devices inserted?
- Oropharyngeal airway (OPA)
 - Nasopharyngeal airway (NPA)
 - Supraglottic airway
 - Endotracheal tube
- Answer: b. Nasopharyngeal airway (NPA)
116. When a patient suffers a steam burn, what is the primary danger beyond the thermal injury?
- Immediate hypothermia risk
 - Introduction of toxic chemicals into the bloodstream
 - Airway obstruction due to inhaled steam
 - Electrical injury due to steam conductivity
- Answer: c. Airway obstruction due to inhaled steam
117. Which of the following conditions could lead to obstructive shock?
- Cardiac tamponade
 - Hemorrhage
 - Dehydration
 - Insulin overdose
- Answer: a. Cardiac tamponade
118. An EMT is assessing a patient with significant facial trauma; the patient is showing signs of airway obstruction due to blood and debris. What is the most suitable airway management technique?
- Wait for advanced life support (ALS) for intubation
 - Perform back blows and chest thrusts
 - Use suction to clear the airway

d. Immediately begin positive pressure ventilations

Answer: c. Use suction to clear the airway

119. *What is the term for an allergic reaction that is not localized to one part of the body but rather affects multiple systems, often including airway and hemodynamic stability?*

a. Angioedema

b. Urticaria

c. Anaphylaxis

d. Dermatitis

Answer: c. Anaphylaxis

120. *A patient is displaying signs and symptoms of shock including tachycardia, low blood pressure, and altered mental status. Which of the following forms of shock should be suspected in the absence of bleeding?*

a. Hypovolemic

b. Cardiogenic

c. Neurogenic

d. Septic

Answer: d. Septic

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1. *Which of the following is the most appropriate first step when approaching the scene of an emergency?*

a. Begin transporting the patient immediately

b. Secure the scene to ensure safety for all

c. Start providing care to the patient from a distance

d. Call for additional resources right away

Answer: b. Secure the scene to ensure safety for all

2. *What is the main purpose of the chain of survival?*

a. To document patient care

b. To defend against liability issues

c. To maximize the chances of survival after a cardiac arrest

d. To establish a hierarchy of command on the scene of an incident

Answer: c. To maximize the chances of survival after a cardiac arrest

3. *What is the correct compression-to-ventilation ratio for adult CPR as recommended by the AHA?*

a. 15:2

b. 5:1

c. 30:2

d. 10:2

Answer: c. 30:2

4. *Which of these vital signs is NOT typically assessed by EMTs?*

a. Blood glucose levels

b. Respiration rate

c. Skin color and temperature

d. Pupil reactivity

Answer: a. Blood glucose levels

5. *What is the most common cause of airway obstruction in an unconscious patient?*

a. Vomiting

- b. The tongue
 - c. Blood clots
 - d. Foreign objects
- Answer:* b. The tongue

6. *When applying oxygen therapy, which device provides a high concentration of oxygen to a breathing patient?*

- a. Nasal cannula
- b. Non-rebreather mask
- c. Bag-valve mask (BVM)
- d. Simple face mask

Answer: b. Non-rebreather mask

7. *The SAMPLE history is used to gather information about a patient. What does the P in SAMPLE stand for?*

- a. Prognosis
- b. Pain
- c. Previous medical history
- d. Prescription medications

Answer: c. Previous medical history

8. *Which type of shock is caused by a severe allergic reaction?*

- a. Hypovolemic shock
- b. Neurogenic shock
- c. Cardiogenic shock
- d. Anaphylactic shock

Answer: d. Anaphylactic shock

9. *What is the best method to control external bleeding?*

- a. Apply a tourniquet immediately
- b. Elevate the wound above the heart
- c. Apply indirect pressure
- d. Apply direct pressure and use bandages

Answer: d. Apply direct pressure and use bandages

10. *In the context of trauma, what does the mnemonic “DCAP-BTLS” stand for?*

- a. Deformities, Contusions, Amputations, Punctures/Burns, Tenderness, Lacerations, Swelling
- b. Distention, Contractions, Aneurysms, Pulsations/Bruising, Turgor, Lesions, Stiffness
- c. Discoloration, Cuts, Abrasions, Penetrations/Bleeding, Tenderness, Lesions, Sagging
- d. Dislocations, Cramps, Asphyxia, Palpitations/Burns, Tension, Ligature marks, Strains

Answer: a. Deformities, Contusions, Amputations, Punctures/Burns, Tenderness, Lacerations, Swelling

11. *Which piece of equipment should be used to suction the oropharynx of an adult patient?*

- a. A rigid pharyngeal tip catheter
- b. A soft suction catheter
- c. A bulb syringe
- d. A Yankauer suction tip

Answer: d. A Yankauer suction tip

12. *What does the mnemonic AVPU stand for in assessing a patient’s level of responsiveness?*

- a. Alert, Voice, Pain, Unconscious
- b. Awake, Verbal, Palpate, Unresponsive
- c. Alert, Verbal, Painful stimuli, Unresponsive

d. Attention, Vision, Palpate, Unconscious
Answer: c. Alert, Verbal, Painful stimuli, Unresponsive

13. *What is the most preferred method for an EMT to gain access to a patient in a vehicle collision?*
- a. Use ALS techniques to enter the vehicle
 - b. Have firefighters cut the vehicle to access the patient
 - c. Allow law enforcement to break the window and unlock the door
 - d. Use the door or window that offers the least resistance and damage
- Answer: d. Use the door or window that offers the least resistance and damage

14. *For which of the following conditions is the application of cold packs most appropriate?*
- a. Stroke
 - b. Sprains and strains
 - c. Hyperglycemia
 - d. Heat exhaustion
- Answer: b. Sprains and strains

15. *In a trauma patient with a suspected spinal injury, which of the following methods should be used to open the airway?*
- a. Head tilt-chin lift maneuver
 - b. Jaw-thrust maneuver without head extension
 - c. Blind finger sweep
 - d. Hyperextension of the neck
- Answer: b. Jaw-thrust maneuver without head extension

Please note that the information presented is reflective of guidelines and practices that were current at the time of the knowledge cutoff. All readers and exam takers should verify that they are using the most up-to-date information and protocols for their studies and practice.

16. *Which of the following is an indication for the administration of activated charcoal in a patient with poisoning?*
- a. The patient ingested a corrosive substance
 - b. The patient has a decreased level of consciousness
 - c. The poison was ingested within the last hour
 - d. The patient has respiratory distress
- Answer: c. The poison was ingested within the last hour

17. *According to the START triage system, which color tag is assigned to patients who are deceased?*
- a. Red
 - b. Yellow
 - c. Green
 - d. Black
- Answer: d. Black

18. *Which of the following patients should be considered a priority for spinal immobilization?*
- a. A patient who fell from a height of three feet with no back pain
 - b. A patient with abdominal pain after a motor vehicle collision
 - c. A patient with tingling in the extremities after a diving accident
 - d. A patient with a headache after a minor fall with no loss of consciousness
- Answer: c. A patient with tingling in the extremities after a diving accident

19. *What is the recommended treatment for a patient experiencing chest pain with a history of cardiac problems?*

- a. High-concentration oxygen, nitroglycerin, and transport
 - b. Oral glucose and immediate transport
 - c. Cold compress to the chest and rapid transport
 - d. Full spinal immobilization and transport
- Answer:* a. High-concentration oxygen, nitroglycerin, and transport

20. *When obtaining a history from a patient, which of the following questions would be least beneficial?*

- a. "When did the symptoms start?"
- b. "What were you doing when the symptoms began?"
- c. "How would you rate your pain on a scale of 1 to 10?"
- d. "What is your neighbor's phone number?"

Answer: d. "What is your neighbor's phone number?"

21. *What is the first step in managing a patient with a suspected stroke?*

- a. Transport immediately without assessment
- b. Complete a thorough physical examination
- c. Assess the airway, breathing, and circulation
- d. Arrange for an airlift to a stroke center

Answer: c. Assess the airway, breathing, and circulation

22. *Pediatric patients can decompensate rapidly. Which sign should raise immediate concern?*

- a. A cough
- b. A rapid, thready pulse
- c. A fever of 100.4°F (38°C)
- d. Crying without tears

Answer: b. A rapid, thready pulse

23. *What should an EMT do immediately after delivering a baby?*

- a. Check the baby's ID tags
- b. Begin CPR on the newborn
- c. Clamp and cut the umbilical cord
- d. Dry, warm, and stimulate the baby

Answer: d. Dry, warm, and stimulate the baby

24. *When providing ventilations with a bag-valve mask (BVM), what is the correct rate for an adult?*

- a. 5-6 ventilations per minute
- b. 10-12 ventilations per minute
- c. 20-24 ventilations per minute
- d. 30-35 ventilations per minute

Answer: b. 10-12 ventilations per minute

25. *In the case of a limb-threatening injury with severe bleeding which cannot be controlled by direct pressure, what is the next best step?*

- a. Elevate the injured limb
- b. Apply a tourniquet proximal to the bleeding site
- c. Wrap the limb with an elastic bandage
- d. Immediately transport the patient without further intervention

Answer: b. Apply a tourniquet proximal to the bleeding site

26. *How should an EMT check for responsiveness in an infant patient?*

- a. Shaking the infant gently
- b. Tapping the bottom of the foot
- c. Yelling loudly into the infant's ear

d. A sternal rub
Answer: b. Tapping the bottom of the foot

27. *What is the purpose of the incident command system (ICS)?*

- a. To arrange for transport of multiple patients
- b. To coordinate personnel and resources during multi-agency incidents
- c. To provide additional training for EMTs on scene
- d. To dispatch additional ambulances to the incident

Answer: b. To coordinate personnel and resources during multi-agency incidents

28. *When can an EMT legally release confidential patient information?*

- a. When the media requests it for a public-interest story
- b. When the patient's family asks for an update on their condition
- c. When the police question the EMT about a crime
- d. When transferring care to other healthcare professionals

Answer: d. When transferring care to other healthcare professionals

29. *What is the correct sequence of steps when using an AED?*

- a. Power on, attach pads, analyze rhythm, deliver shock if needed
- b. Attach pads, power on, analyze rhythm, perform CPR
- c. Analyze rhythm, power on, attach pads, deliver shock if needed
- d. Deliver shock if needed, attach pads, power on, analyze rhythm

Answer: a. Power on, attach pads, analyze rhythm, deliver shock if needed

30. *Which of the following best describes the term "capillary refill" in the context of an EMT assessment?*

- a. The time it takes for a patient's blood pressure to return to normal
- b. The time it takes for the color to return to a blanched (white) nail bed after pressure is released
- c. The rate at which a patient's capillaries expand and contract
- d. The ability of the skin to return to its original state after being pinched

Answer: b. The time it takes for the color to return to a blanched (white) nail bed after pressure is released

31. *How many post-resuscitation breaths per minute should be delivered to an adult patient after return of spontaneous circulation (ROSC)?*

- a. 5-6 breaths
- b. 10-12 breaths
- c. 16-20 breaths
- d. 24-35 breaths

Answer: b. 10-12 breaths

32. *When assessing a patient with suspected hypoglycemia, which of the following is the most immediate action?*

- a. Administer oral glucose
- b. Obtain a blood glucose reading
- c. Provide high-flow oxygen
- d. Begin chest compressions

Answer: b. Obtain a blood glucose reading

33. *Which of the following is considered a late sign of hypoxia?*

- a. Tachycardia
- b. Restlessness
- c. Cyanosis

d. Sweating
Answer: c. Cyanosis

34. *In the pediatric assessment triangle (PAT), what does the appearance of “grunting” indicate?*

- a. Increased intracranial pressure
- b. Work of breathing
- c. Adequate air exchange
- d. Cardiac distress

Answer: b. Work of breathing

35. *What is the goal systolic blood pressure for a patient with suspected traumatic brain injury (TBI) who is showing signs of shock?*

- a. At least 90 mmHg
- b. At least 100 mmHg
- c. At least 110 mmHg
- d. At least 120 mmHg

Answer: c. At least 110 mmHg

36. *In relation to emergency childbirth, when should the umbilical cord be clamped and cut?*

- a. Immediately after the baby is delivered
- b. After the cord stops pulsating
- c. Before the delivery of the placenta
- d. Only if the cord is wrapped around the baby’s neck

Answer: b. After the cord stops pulsating

37. *In a mass casualty incident, which patient should be tagged as “immediate” using the START triage system?*

- a. A patient with no respiratory effort after positioning the airway
- b. A patient with a radial pulse and rapid breathing
- c. A patient who obeys commands and can walk
- d. A patient with a respiratory rate of less than 30 per minute

Answer: b. A patient with a radial pulse and rapid breathing

38. *Which of the following medications is typically administered by an EMT via the intranasal route?*

- a. Aspirin
- b. Naloxone
- c. Nitroglycerin
- d. Ipratropium

Answer: b. Naloxone

39. *What is the primary reason for applying a traction splint on a patient with a suspected femoral fracture?*

- a. To reduce pain and bleeding
- b. To realign the spine
- c. To immobilize the cervical spine
- d. To ease transportation of the patient

Answer: a. To reduce pain and bleeding

40. *Which of the following best characterizes a flail chest?*

- a. A section of the chest wall moves opposite to the rest of the chest during respiration
- b. There is a sucking chest wound that causes a fluttering sound
- c. The chest has a single rib fracture on one side
- d. Multiple rib fractures on both sides of the chest without paradoxical motion

Answer: a. A section of the chest wall moves opposite to the rest of the chest during respiration

41. *What is the first step in the OPQRST mnemonic used by EMTs to assess pain?*
- Obtain the patient's vitals
 - Ask the patient about the onset of the pain
 - Determine the provocation or palliation of pain
 - Evaluate the quality of the pain
- Answer:* b. Ask the patient about the onset of the pain
42. *When treating a patient who presents with epistaxis (nosebleed), what is the recommended position for the patient?*
- Supine with head elevated
 - Sitting, leaning forward
 - Prone with head turned to the side
 - Fowler's position
- Answer:* b. Sitting, leaning forward
43. *If you suspect a patient has ingested a poisonous substance, what piece of information is most important to obtain first?*
- The patient's known allergies
 - The time of the poison ingestion
 - The quantity of the substance ingested
 - The substance that was ingested
- Answer:* d. The substance that was ingested
44. *What is the proper term for a nosebleed?*
- Rhinorrhea
 - Epistaxis
 - Cyanosis
 - Hemoptysis
- Answer:* b. Epistaxis
45. *When performing the jaw-thrust maneuver on a trauma patient with a suspected spinal injury, it is important to:*
- Tilt the head back to align the airway
 - Move the jaw forward without moving the neck
 - Lift the chin while holding the forehead stationary
 - Apply pressure to the patient's incisors to pry the mouth open
- Answer:* b. Move the jaw forward without moving the neck
46. *What is the most appropriate destination facility for a patient exhibiting signs of an acute stroke?*
- The nearest urgent care center
 - A primary care physician's office
 - A stroke center or facility with neurology services
 - The closest community hospital
- Answer:* c. A stroke center or facility with neurology services
47. *When assessing a patient with a potential fracture to an extremity, what should an EMT check first?*
- Pulse distal to the injury
 - Immediate immobilization of the limb
 - Application of heat to reduce swelling
 - Elevation of the limb
- Answer:* a. Pulse distal to the injury

48. *In a conscious patient with a partial airway obstruction, what is the appropriate intervention?*
- Encourage the patient to cough and monitor the airway status
 - Deliver back blows and abdominal thrusts immediately
 - Perform a finger sweep of the mouth
 - Prepare to perform an advanced airway maneuver
- Answer:* a. Encourage the patient to cough and monitor the airway status
49. *How often should an EMT reassess a stable patient during transport?*
- Every 5 minutes
 - Every 10 minutes
 - Every 15 minutes
 - As patient conditions dictate
- Answer:* c. Every 15 minutes
50. *What is an appropriate response if a patient with suspected spine injury complains of numbness and tingling in their extremities?*
- Have the patient attempt to move their extremities to assess the extent of the injury
 - Administer pain medication as authorized
 - Immobilize the spine, document findings, and provide rapid transport
 - Reassure the patient that this is a normal response to stress
- Answer:* c. Immobilize the spine, document findings, and provide rapid transport
51. *An unresponsive, apneic, and pulseless patient is found; an EMT should immediately begin:*
- Ventilations with a pocket mask
 - Chest compressions
 - Full spinal immobilization
 - Transport to the nearest hospital
- Answer:* b. Chest compressions
52. *Which of the following is a contraindication for the use of Nitroglycerin in chest pain patients?*
- Hypertension
 - Erectile dysfunction medication use within 24-48 hours
 - History of prior heart attack
 - The presence of a pacemaker
- Answer:* b. Erectile dysfunction medication use within 24-48 hours
53. *What technique should be used to ventilate a patient with severe burns around the mouth and nose?*
- Mouth-to-mouth ventilation
 - Mouth-to-nose ventilation, if the mouth is not available
 - Bag-valve mask with high-flow oxygen
 - Immediate endotracheal intubation
- Answer:* c. Bag-valve mask with high-flow oxygen
54. *In the context of splinting, why is it important to immobilize the joints above and below a fracture site?*
- To minimize pain during transport
 - To ensure proper alignment of the limb
 - To reduce the risk of further injury to the fracture site
 - To allow for possible swelling
- Answer:* c. To reduce the risk of further injury to the fracture site
55. *What is a primary concern when managing a patient with a tracheostomy who is in respiratory distress?*
- Suctioning the airway to ensure patency

- b. Prescribing antibiotics for possible infection
 - c. Covering the tracheostomy site with a dry dressing
 - d. Administering nebulized medication treatments
- Answer:* a. Suctioning the airway to ensure patency

56. *When treating a patient with suspected hypothermia, EMTs should avoid:*

- a. Active rewarming techniques
- b. Removing wet clothing from the patient
- c. Rough handling and excessive movement of the patient
- d. Administering warm oral fluids

Answer: c. Rough handling and excessive movement of the patient

57. *What is the priority action for a patient presenting with a sudden onset of slurred speech and one-sided facial droop?*

- a. Perform a stroke scale assessment and prepare for rapid transport
- b. Administer aspirin if the patient is not allergic
- c. Immediately start CPR as this indicates cardiac arrest
- d. Wait for a few minutes to see if the symptoms resolve on their own

Answer: a. Perform a stroke scale assessment and prepare for rapid transport

58. *Which assessment finding warrants immediate intervention in a patient with a suspected head injury?*

- a. Scalp laceration with minor bleeding
- b. A Glasgow Coma Scale (GCS) score of 14
- c. Unequal pupil size
- d. Complaint of a headache

Answer: c. Unequal pupil size

59. *For a patient with an inhalation injury from a fire, what is the greatest concern?*

- a. Burns to the face and neck
- b. Carbon monoxide poisoning
- c. The potential for fluid resuscitation
- d. The presence of stridor or hoarse voice

Answer: b. Carbon monoxide poisoning

60. *During childbirth, if the baby's head is delivered and the umbilical cord is wrapped around the neck, what should be done first?*

- a. Cut the cord immediately
- b. Attempt to slip the cord gently over the baby's head
- c. Leave the cord alone and continue with delivery
- d. Clamp the cord and wait for advanced life support

Answer: b. Attempt to slip the cord gently over the baby's head

61. *What is the initial care step for a patient with a thermal burn?*

- a. Apply ice to the burned area to relieve pain
- b. Cover the burn with a sterile, non-adhesive dressing
- c. Immerse the burned area in warm water
- d. Break blisters to release fluid and relieve pressure

Answer: b. Cover the burn with a sterile, non-adhesive dressing

62. *Which of the following findings in a chest pain patient would be the most concerning?*

- a. Heart rate of 76 beats per minute
- b. Blood pressure of 130/80 mmHg
- c. Respiratory rate of 18 breaths per minute

d. Skin that is cool, pale, and diaphoretic
Answer: d. Skin that is cool, pale, and diaphoretic

63. *When should the recovery position be used on a patient?*

- a. For patients with a suspected neck injury
- b. When the patient is in cardiac arrest
- c. For an unconscious patient who is breathing adequately and without injury
- d. In all trauma patients to maintain spinal alignment

Answer: c. For an unconscious patient who is breathing adequately and without injury

64. *What does the term “BLS” stand for in the context of EMT care?*

- a. Basic Lifesaving Solutions
- b. Basic Life Support
- c. Basic Lesion Stabilization
- d. Basic Liability Services

Answer: b. Basic Life Support

65. *What is the recommended depth of chest compressions for an adult during CPR?*

- a. At least 1 inch (2.5 cm)
- b. At least 2 inches (5 cm)
- c. At least 3 inches (7.5 cm)
- d. At least 4 inches (10 cm)

Answer: b. At least 2 inches (5 cm)

66. *Which of the following signs is commonly associated with a tension pneumothorax?*

- a. Slow heart rate
- b. Hyperresonance on chest percussion
- c. A low-pitched wheezing on inspiration
- d. Jugular vein distention

Answer: d. Jugular vein distention

67. *When is it appropriate for an EMT to use a tourniquet?*

- a. When there is a minor bleed from an extremity
- b. When there is a nosebleed that is not responding to direct pressure
- c. When there is severe bleeding from an extremity that cannot be controlled with direct pressure
- d. For all open wound injuries on extremities

Answer: c. When there is severe bleeding from an extremity that cannot be controlled with direct pressure

68. *In the primary survey of a trauma patient, what does the ‘C’ in the ABCDEs stand for?*

- a. Circulation
- b. Compression
- c. Cervical spine protection
- d. Consciousness

Answer: a. Circulation

69. *What is the most appropriate initial treatment for a patient experiencing an asthma attack?*

- a. Administration of Nitroglycerin
- b. Assisted ventilations with a BVM
- c. Administration of a beta agonist inhaler (e.g., albuterol)
- d. Oral administration of antihistamines

Answer: c. Administration of a beta agonist inhaler (e.g., albuterol)

70. *What should an EMT do if they encounter a patient with agonal respirations?*
- Provide supplemental oxygen and monitor the patient
 - Start immediate transport to the hospital with no interventions
 - Begin artificial ventilations with a bag-valve mask
 - Encourage the patient to take deep breaths and cough
- Answer: c. Begin artificial ventilations with a bag-valve mask*
71. *How should an EMT classify a burn that involves the entire thickness of the skin and may include subcutaneous tissues?*
- Superficial burn
 - Partial thickness burn
 - Full thickness burn
 - First-degree burn
- Answer: c. Full thickness burn*
72. *Which of the following best defines the term “crepitus”?*
- The bubbling sound of fluid in the airway
 - A high-pitched whistling sound on inspiration
 - The grating sound or feeling of broken bones rubbing together
 - The sound of a heart murmur through a stethoscope
- Answer: c. The grating sound or feeling of broken bones rubbing together*
73. *What should NOT be included when obtaining a patient’s past medical history?*
- Current medications
 - Previous surgical procedures
 - Family medical history
 - The patient’s financial information
- Answer: d. The patient’s financial information*
74. *Upon arriving on a scene with multiple patients, what is the first action an EMT should take?*
- Begin triage starting with the most severely injured patients
 - Establish a command structure
 - Provide immediate life-saving interventions
 - Call for additional resources
- Answer: b. Establish a command structure*
75. *Which of the following would be an expected finding in a patient suffering from anaphylaxis?*
- Pinpoint pupils
 - Localized itching and redness only
 - Progressive shortness of breath
 - Cough with frothy sputum
- Answer: c. Progressive shortness of breath*
76. *How should an EMT assess the ventilation rate in a patient?*
- By checking the patient’s blood pressure
 - By counting the number of respirations per minute
 - By measuring the oxygen saturation with a pulse oximeter
 - By evaluating the level of consciousness
- Answer: b. By counting the number of respirations per minute*
77. *When approaching a patient with a possible spinal injury, what should be your first concern?*
- Immediate transport to the hospital
 - Manual stabilization of the spine
 - Assessing for airway obstruction

d. Checking for consciousness
Answer: b. Manual stabilization of the spine

78. *What is the appropriate action for an EMT when encountering a patient who has fainted (syncope)?*

- a. Perform a rapid trauma assessment
- b. Apply oxygen at 15 liters per minute via non-rebreather mask
- c. Position the patient supine and elevate the legs
- d. Provide small sips of water if the patient is thirsty

Answer: c. Position the patient supine and elevate the legs

79. *What is the maximum time interval for reassessing a critically injured patient?*

- a. Every 15 minutes
- b. Every 5 minutes
- c. Every 30 minutes
- d. Every 10 minutes

Answer: b. Every 5 minutes

80. *How should an EMT manage a patient with a suspected open pneumothorax (sucking chest wound)?*

- a. Seal the wound with an occlusive dressing taped on three sides
- b. Apply direct pressure to the wound
- c. Administer high-flow oxygen via nasal cannula
- d. Encourage deep breaths to prevent lung collapse

Answer: a. Seal the wound with an occlusive dressing taped on three sides

81. *What is the most critical piece of information to gather from bystanders when treating a patient who is unconscious and has no visible injuries?*

- a. The patient's name and age
- b. Medications the patient may be taking
- c. The events leading up to the patient's current state
- d. Whether the patient has health insurance

Answer: c. The events leading up to the patient's current state

82. *When providing cardiopulmonary resuscitation (CPR) to an adult, at what rate should the chest compressions be given?*

- a. 80-100 compressions per minute
- b. 100-120 compressions per minute
- c. 60-80 compressions per minute
- d. 120-140 compressions per minute

Answer: b. 100-120 compressions per minute

83. *Which condition is considered a contraindication for the administration of aspirin to a chest pain patient?*

- a. Hypertension
- b. History of stroke
- c. Known allergy to aspirin
- d. Patient is currently taking beta-blockers

Answer: c. Known allergy to aspirin

84. *When encountering a patient with slurred speech, confusion, and weakness on one side of the body, you should suspect:*

- a. Hypoglycemia
- b. A transient ischemic attack (TIA) or stroke

- c. Intoxication
 - d. Bell's palsy
- Answer:* b. A transient ischemic attack (TIA) or stroke

85. *How would you assess a patient for orthostatic hypotension?*

- a. Take blood pressure readings at different times of the day
- b. Take blood pressure and pulse readings while lying, sitting, and standing
- c. Assess for a carotid pulse while the patient is in a supine position
- d. Monitor the patient's blood pressure continuously for 10 minutes

Answer: b. Take blood pressure and pulse readings while lying, sitting, and standing

86. *For a patient with a suspected overdose, the EMT should prepare to administer:*

- a. Oral glucose
- b. Naloxone (Narcan®)
- c. Activated charcoal
- d. Aspirin

Answer: b. Naloxone (Narcan®)

87. *In the case of a suspected extremity fracture, what should the EMT assess distal to the injury?*

- a. Pulse, Motor function, and Sensation (PMS)
- b. Range of motion
- c. Muscle strength
- d. Skin color and temperature alone

Answer: a. Pulse, Motor function, and Sensation (PMS)

88. *What is an EMT's first priority upon arrival at a potential hazardous materials (HazMat) incident?*

- a. Begin immediate decontamination of patients
- b. Ensure personal safety by staying in the safe zone and sizing up the scene
- c. Enter the hot zone to rescue patients
- d. Start treating patients from the immediate danger area

Answer: b. Ensure personal safety by staying in the safe zone and sizing up the scene

89. *What type of consent is needed when treating a mentally competent adult?*

- a. Implied consent
- b. Minor consent
- c. Involuntary consent
- d. Expressed consent

Answer: d. Expressed consent

90. *A patient with difficulty breathing and a 'tripod' position is likely experiencing:*

- a. Heart attack
- b. Stroke
- c. Asthma attack or COPD exacerbation
- d. Appendicitis

Answer: c. Asthma attack or COPD exacerbation

91. *When performing CPR, why is it important to allow complete chest recoil after each compression?*

- a. To allow for the heart to refill with blood between compressions
- b. To prevent rib fractures during CPR
- c. To reduce the risk of delivering ventilations too quickly
- d. To minimize the duration of CPR

Answer: a. To allow for the heart to refill with blood between compressions

92. During the secondary assessment, what does the 'E' in SAMPLE history stand for?
- Events leading up to the illness or injury
 - Elevation of the injury
 - Examination
 - Every medication used by the patient
- Answer:* a. Events leading up to the illness or injury
93. Which of the following best describes the process of palpating a patient's radial pulse?
- Placing the tips of your fingers over the patient's wrist on the side closest to the thumb
 - Applying firm pressure on the patient's neck, just next to the Adam's apple
 - Feeling for the beat of the heart by placing your hand over the patient's chest
 - Observing the patient's chest rise and fall to assess their respiratory rate
- Answer:* a. Placing the tips of your fingers over the patient's wrist on the side closest to the thumb
94. What should an EMT check for during a rapid trauma assessment?
- Mental status only
 - Blood pressure and heart rate
 - Systemic thorough head-to-toe check for injuries
 - Airway patency and breathing only
- Answer:* c. Systemic thorough head-to-toe check for injuries
95. Which of the following medications can be administered by an EMT to a patient suffering from acute asthma?
- Albuterol via metered-dose inhaler (MDI) or nebulizer
 - Ibuprofen for inflammation reduction
 - Oral corticosteroids for immediate relief
 - Intravenous antibiotics
- Answer:* a. Albuterol via metered-dose inhaler (MDI) or nebulizer
96. What is the purpose of using the "PASTE" mnemonic when assessing a patient with respiratory distress?
- To evaluate the potential for spinal injury
 - To facilitate a detailed secondary physical examination
 - To organize the assessment of a patient's pain symptoms
 - To assess the quality of the patient's respirations and possible causes
- Answer:* d. To assess the quality of the patient's respirations and possible causes
97. For a patient with a serious bleeding wound on the arm, what is the most effective method to control bleeding?
- Application of a tourniquet
 - Direct pressure to the wound
 - Elevation of the arm above heart level
 - Covering the wound with a sterile dressing and bandage
- Answer:* b. Direct pressure to the wound
98. What does the "G" stand for in the GCS (Glasgow Coma Scale)?
- General condition
 - Gaze
 - Gestation
 - Glasgow
- Answer:* d. Glasgow
99. In case of a chemical burn to the eye, what is the most crucial first step?
- Close the eye to prevent further contamination

- b. Apply a sterile, dry dressing to the eye
 - c. Begin immediate irrigation with copious amounts of water
 - d. Administer an antidote specific to the chemical involved
- Answer:* c. Begin immediate irrigation with copious amounts of water

100. *You arrive at a scene where a patient has fainted and is beginning to regain consciousness. What position should you place this patient in?*

- a. Supine with legs elevated
- b. Seated upright
- c. Recovery position on their side
- d. Prone with the head turned to one side

Answer: a. Supine with legs elevated

101. *When determining the priority of patient care and transport, which of the following factors should be considered?*

- a. The patient's insurance provider
- b. Time of day and traffic conditions
- c. Severity of the patient's condition and potential for deterioration
- d. Distance to the nearest hospital

Answer: c. Severity of the patient's condition and potential for deterioration

102. *Which of the following is the correct depth of chest compressions for a child during CPR?*

- a. At least 2 inches (5 cm)
- b. About 1.5 inches (4 cm)
- c. At least one third the depth of the chest, approximately 1.5 to 2 inches (4 to 5 cm)
- d. At least one third the depth of the chest, about 2 to 2.4 inches (5 to 6 cm)

Answer: c. At least one third the depth of the chest, approximately 1.5 to 2 inches (4 to 5 cm)

103. *What is an important aspect of scene safety for an EMT at the site of a motor vehicle accident?*

- a. Moving the patient's vehicle to the side of the road
- b. Ensuring traffic control is in place to protect responders and patients
- c. Collecting evidence for law enforcement
- d. Directing bystanders to leave the scene immediately

Answer: b. Ensuring traffic control is in place to protect responders and patients

104. *A patient with a suspected tension pneumothorax is experiencing increasing difficulty breathing and hypotension. What is the most appropriate intervention by the EMT?*

- a. Administration of high-flow oxygen and immediate transport
- b. Performing needle decompression on the affected side
- c. Application of a chest seal to the suspected injury site
- d. Initiating positive pressure ventilation with a BVM

Answer: a. Administration of high-flow oxygen and immediate transport

105. *In a patient with a suspected myocardial infarction (heart attack), what is one of the medications that EMTs may be authorized to administer, if protocols allow?*

- a. Oral glucose
- b. Aspirin
- c. Epinephrine
- d. Atropine

Answer: b. Aspirin

106. *What is the primary goal of a primary assessment?*

- a. To gather the patient's medical history
- b. To perform a detailed physical examination

- c. To identify and manage all life-threatening conditions
 - d. To decide the destination hospital
- Answer:* c. To identify and manage all life-threatening conditions

107. *When performing a secondary assessment on a patient, what does the “M” in the SAMPLE history stand for?*

- a. Medications
- b. Mental Status
- c. Mobility of extremities
- d. Myocardial infarction

Answer: a. Medications

108. *Which of the following tools is used to measure blood glucose levels?*

- a. Glucometer
- b. Sphygmomanometer
- c. Pulse oximeter
- d. Stethoscope

Answer: a. Glucometer

109. *What is the most appropriate first action for an EMT when encountering a downed electrical wire?*

- a. Attempt to move the wire with a non-conductive object
- b. Immediately begin patient care
- c. Secure the area and wait for the utility company
- d. Use personal protective equipment to isolate the patient

Answer: c. Secure the area and wait for the utility company

110. *Which of the following conditions would most likely lead to hypoperfusion (shock)?*

- a. Hypertension
- b. Tachycardia
- c. Hemorrhage
- d. Fever

Answer: c. Hemorrhage

111. *In the presence of a potentially spinal-injured patient, which device is used to immobilize the cervical spine?*

- a. KED (Kendrick Extrication Device)
- b. Long backboard
- c. Cervical collar
- d. Scoop stretcher

Answer: c. Cervical collar

112. *A patient presents with a stabbing wound to the chest. What type of dressing should be applied?*

- a. Adhesive bandage
- b. Gauze pad
- c. Occlusive dressing
- d. Tourniquet

Answer: c. Occlusive dressing

113. *When should the EMT reassess a patient’s vital signs after administering a medication?*

- a. Immediately before giving the medication
- b. Five minutes after administering medication
- c. Only if the patient’s condition appears to deteriorate

d. At the time of the post-medication administration assessment

Answer: b. Five minutes after administering medication

114. *What is the best position to transport a patient in shock?*

- a. Prone
- b. Left lateral recumbent
- c. Supine with legs elevated
- d. Sitting upright

Answer: c. Supine with legs elevated

115. *For an EMT, what is the primary reason for completing a thorough pre-hospital care report (PCR)?*

- a. Legal documentation
- b. Personal memory aid
- c. Facilitating hospital billing
- d. Communication of patient information to hospital staff

Answer: a. Legal documentation

116. *What does the use of the “PEARRL” mnemonic help an EMT to assess?*

- a. Lung sounds
- b. Quality of respirations
- c. Skin condition
- d. Pupillary reaction

Answer: d. Pupillary reaction

117. *Which of the following is a benefit of using the “head-tilt chin-lift” maneuver?*

- a. It immobilizes the cervical spine
- b. It opens the airway in an unconscious patient without suspected spinal injury
- c. It is used to clear vomit from the patient’s airway
- d. It enables better visualization for insertion of an oropharyngeal airway

Answer: b. It opens the airway in an unconscious patient without suspected spinal injury

118. *EMTs arrive at a scene where a patient is suffering from severe abdominal pain. What mnemonic can be used to remember the correct order of assessment?*

- a. PQRST
- b. SAMPLE
- c. OPQRST
- d. ABCDE

Answer: c. OPQRST

119. *What is a common sign of a tension pneumothorax in a patient with chest trauma?*

- a. Paradoxical movement
- b. A sucking sound at the wound site
- c. Tracheal deviation
- d. Pink frothy sputum

Answer: c. Tracheal deviation

120. *In which situation would an EMT perform a “load and go” rapid transport to the hospital?*

- a. A patient with minor abrasions and contusions
- b. A patient with a stable fracture of the forearm
- c. A patient in active labor with no complications
- d. A patient with signs and symptoms of a stroke

Answer: d. A patient with signs and symptoms of a stroke

Chapter 12:

Visualization Exercises for Success

12.1. The Exam Room Confidence Visualization

Sit in a comfortable chair, with your back straight, feet planted firmly on the ground, and hands resting gently on your lap. Allow yourself this moment to simply be present and listen to my guidance. Remember, there's no right or wrong way to engage in this visualization. Accept whatever experiences and feelings arise.

Now, gently close your eyes... keep them closed throughout this journey. Take a deep, nourishing breath... inhale the serene energy of the universe... and exhale, releasing any stress or tension. Again, breathe in deeply... and out... And once more, inhale deeply... and exhale completely. Feel the relaxation beginning to spread throughout your body. Start from the top of your head, slowly moving down to your toes... relax. Release the tension in the muscles around your eyes... your cheeks... your mouth... your neck... shoulders... back... arms... hands... chest... stomach... hips... legs... feet...

Allow yourself to completely relax, checking any part of your body that may still be tense... and let that tension go...

Now, envision yourself on the day of an important exam. This exam is a significant step towards your goal, and it's natural to feel apprehensive. But imagine, just for a moment, that you approach this exam without any fear...

Visualize yourself entering the exam room, but this time, you're filled with a deep sense of confidence and calm. You find your seat effortlessly, feeling grounded and centered. As you sit, you notice the solidity of the chair supporting you, anchoring you in this moment of potential.

You open the exam paper, and instead of anxiety, you feel a wave of clarity wash over you. Every question seems familiar, and you recall all your study materials with ease. You're writing your answers with a steady, assured hand, confident in your knowledge and preparation.

As you progress through the exam, you feel a growing sense of empowerment. Each answered question bolsters your confidence further. You're no longer just taking an exam; you're demonstrating your mastery, your hard work, and your dedication.

Look around the room. The other examinees are there, but they don't distract you. You're in your own space of focus and determination. You're not competing against them; you're simply showcasing your own capabilities.

Feel this moment of triumph, the realization that you are capable, prepared, and strong. This sense of confidence isn't just for now; it's a part of who you are, always accessible to you.

See yourself completing the exam, standing up, and leaving the room with a quiet, assured smile. You've done your best, and that is your victory.

Now, slowly, start to bring yourself back to the present room. This confidence, this power, is always available to you. It's just a matter of reaching within and allowing it to surface.

Feel your body in the chair, the room around you, the sounds that fill the space. When you're ready, and there's no rush, gently open your eyes.

Stretch out and feel the strength and confidence coursing through you. This power, this assurance, it's yours for the taking, always.

12.2. The Successful Outcome Visualization

Sit comfortably in your chair, ensuring your back is straight, feet flat on the ground, and hands resting softly on your lap. Give yourself this time to just be, with nothing to do but follow my voice. Remember, there's no correct way to experience this visualization. Accept and embrace whatever comes to you during this process.

Now, gently close your eyes, keeping them closed as we go through the visualization. Take a deep breath in, drawing in all the positivity and peace the universe has to offer. As you exhale, send out your own positive energy into the world. Breathe in again, deeply... and out. Once more, inhale... and exhale fully. Feel the relaxation beginning, starting from your head, slowly moving down to your toes. Relax every part of your body - the muscles in your forehead, around your eyes, your cheeks, jaw, neck, shoulders, arms, hands, chest, abdomen, back, hips, legs, and feet. Let go completely, releasing any remaining tension in your body.

In this state of relaxation, imagine the day you receive the results of your important exam. Visualize the scene vividly - where are you? What are you doing? Now, see yourself receiving the notification of your results. Feel the anticipation as you open the email or letter.

As you read the results, let yourself experience the wave of joy and relief when you see that you've passed. Feel the elation, the pride in your accomplishment. Allow yourself to bask in the success of your hard work paying off. Visualize your friends and family congratulating you, feel their pride and happiness for you. Think about the doors that this success will open for you, the opportunities that are now within reach.

In this moment, recognize the hard work, dedication, and perseverance that brought you here. Feel the strength and intelligence within you that made this possible. Let this feeling of accomplishment fill you up, reinforcing your belief in your capabilities and potential.

Now, as you continue to savor this feeling of success, start to bring yourself back to the present moment. Remember, this sense of achievement and capability is always within you, ready to be accessed whenever you need it.

Feel the chair beneath you, the room around you, the sounds in the space. When you are ready, slowly open your eyes, taking your time. There's no rush. As you return to the present, carry with you the feeling of success and the knowledge that you have the power to achieve your goals. Stretch gently, feeling energized and ready to embrace the opportunities that await you.

12.3. The Mastery of Material Visualization

Find a comfortable seating position, ensuring your back is straight, feet are firmly on the ground, and your hands are resting lightly on your lap. This moment is for you - to listen, visualize, and experience. Remember, there's no right or wrong in visualization. Whatever you perceive or feel is perfectly valid.

Now, gently close your eyes. Keep them closed as we go through this visualization process. Take a deep, soothing breath in, inhaling the positive, enriching energy of the universe. As you exhale, release your energy back into the universe. Inhale deeply once more... and exhale. Do this one more time, breathe in... and breathe out. Let yourself begin to relax completely, starting from the top of your head and moving down to your toes. Relax every muscle – in your forehead, around your eyes, your cheeks, jaw, neck, shoulders, arms, hands, chest, abdomen, back, hips, legs, and feet. Let go of any tension, allowing your entire body to become loose and relaxed.

Now, in this relaxed state, imagine yourself immersed in your study materials. Visualize the textbooks, notes, and resources you're using to prepare for your exam. See yourself opening a book to a complex topic, one that previously seemed challenging. But this time, as you read, everything clicks. The concepts are clear, the information makes perfect sense, and you understand it with ease.

Picture yourself engaging with the material, drawing connections between different topics, recalling facts, formulas, and key points effortlessly. You're not just memorizing; you're comprehending and internalizing the knowledge.

Visualize a study session where you're answering practice questions flawlessly. Each answer you give is confident and accurate. You're not guessing; you know. Feel the sense of mastery and competence as you tackle each new topic or question.

Now, see yourself in a discussion with peers or a mentor, articulating your understanding of the subject matter. You're explaining concepts clearly, answering questions, and even providing insights that others hadn't considered. Recognize your deep understanding and your ability to communicate it effectively.

In this moment, acknowledge the hard work and dedication that brought you to this level of mastery. Feel the confidence in your knowledge and your ability to apply it. This isn't just for the exam; this is a testament to your learning and growth in the subject.

Begin to bring yourself back to the present moment, keeping this sense of mastery and understanding with you. This confidence in your knowledge is a part of you, always accessible.

Feel the chair supporting you, hear the sounds of the room around you, and when you're ready, gently open your eyes. There's no hurry. As you return to the present, carry with you the sense of academic accomplishment and readiness. Stretch out, feeling prepared and empowered, ready to face your studies and the exam with confidence.

12.4. The Supportive Environment Visualization

Find a comfortable position in your chair, ensuring your back is straight, feet are firmly planted on the ground, and your hands rest gently on your lap. This time is dedicated to you, to listen, visualize, and absorb. Remember, in visualization, there is no right or wrong way to experience what comes to you.

Now, gently close your eyes and keep them closed throughout this visualization. Take a deep breath in, drawing in all the calming and supportive energy of the universe. Exhale, releasing any stress or tension. Inhale again deeply... and exhale. One more time, breathe in deeply... and breathe out completely. Allow your body to relax, starting from the top of your head and moving slowly down to your toes. Relax every part of your body - your forehead, eyes, cheeks, jaw, neck, shoulders, arms, hands, chest, abdomen, back, hips, legs, and feet. Let go of any tension, feeling your body becoming loose and relaxed.

In this relaxed state, envision yourself surrounded by a circle of support. These are the people in your life who believe in you - family, friends, teachers, mentors. See their faces, feel their presence, and hear their words of encouragement. They are here to support you in your journey, especially as you prepare for your exam.

Picture a scene where you're discussing your upcoming exam with this supportive group. They are listening intently, offering words of encouragement, and reminding you of your past successes and strengths. Feel the warmth and strength emanating from them, bolstering your confidence and diminishing your fears.

Visualize a moment where you feel unsure about a topic, and a friend or mentor provides just the insight or explanation you need. Their support helps you overcome this hurdle, reinforcing your ability to handle challenges.

Now, see yourself on the day of the exam, surrounded by this invisible circle of support. They are with you in spirit, cheering you on. Feel their confidence in you, filling you with a sense of calm and assurance.

Acknowledge the value of this support system. Their belief in you helps strengthen your own belief in yourself. You are not alone in this journey; you have a network of support.

Begin to bring your awareness back to the present moment, keeping this sense of support with you. This feeling of being backed and believed in is always accessible to you.

Feel the chair supporting you, the room around you, the sounds filling the space. When you are ready, slowly open your eyes. There's no rush. As you return to the present, carry with you this sense of support and confidence. Stretch lightly, feeling grateful and ready to face your studies and the exam, knowing you have a strong support system behind you.

12.5. The Overcoming Challenges Visualization

Settle into a comfortable position in your chair, ensuring your back is straight, feet are firmly on the ground, and your hands rest gently on your lap. This time is for you, to listen, visualize, and experience. Remember, there's no right or wrong in visualization. Accept whatever thoughts and feelings arise.

Now, gently close your eyes, keeping them closed as we move through this visualization. Take a deep breath in, filling yourself with calm, empowering energy. As you exhale, release any doubts or uncertainties. Inhale again deeply... and exhale. Do this one more time, breathe in... and breathe out. Allow yourself to relax from the top of your head, slowly moving down to your toes. Relax every muscle – your forehead, eyes, cheeks, jaw, neck, shoulders, arms, hands, chest, abdomen, back, hips, legs, and feet. Let go of any tension, letting your body become completely relaxed.

In this relaxed state, envision a scenario related to your goal or exam, where you encounter a significant challenge. This could be a difficult question or a complex problem that you need to solve. See yourself in this moment, facing this challenge head-on.

Despite the initial difficulty, visualize yourself calmly assessing the situation. You're drawing upon your knowledge, skills, and preparation. You methodically work through the problem, using logical reasoning and recalling relevant information. With each step, you're moving closer to the solution.

Feel the sense of accomplishment as you overcome this obstacle. Your confidence grows with the realization that you can handle challenges effectively. This experience reinforces your ability to tackle any difficult situation, whether in your studies, the exam, or other areas of life.

Now, see yourself moving past this challenge, continuing with your goals with renewed confidence and determination. This challenge has not defeated you; it has made you stronger and more capable.

Start to bring your awareness back to the present moment, keeping this sense of resilience and strength with you. This ability to overcome challenges is a part of who you are.

Feel the chair beneath you, the sounds around you, and when you're ready, slowly open your eyes. Take your time – there's no rush. As you return to your surroundings, carry with you this feeling of empowerment and readiness. Stretch gently, feeling capable and prepared to face any challenges that come your way.