JIBC PRIMARY CARE PARAMEDIC (PCP) PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR THE FULL VERSION STUDY GUIDE

https://jibcpcp.examzify.com

Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

Table of Contents

Copyright 1

Table of Contents 2

Introduction 3

How to Use This Guide 4

Questions 5

Answers 8

Explanations 10

Next Steps 16

SAMPLE

Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

SAMPLE

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

SAMPLE

Questions

SAMPLE

1. Which of the following is NOT one of the five "H" causes of heart attacks?

A. Hypokalemia
B. Hypovolemia
C. Hepatitis
D. Hypothermia

2. Which of the following ions is NOT involved in heart contraction?

A. Sodium
B. Potassium
C. Iron
D. Calcium

3. Which of the following individuals would qualify for major burn classification based on age?

A. Individuals aged 5 years old
B. Individuals aged 20 years old
C. Individuals aged 30 years old
D. Individuals aged 60 years old

4. What is the purpose of coronary circulation?

A. To supply the body with oxygen
B. To supply the heart with blood
C. To remove waste from the heart
D. To carry blood to the lungs

5. Which of the following is a sign of respiratory distress?

A. Cyanosis
B. Regular pulse
C. Elevated blood pressure
D. Clear skin

6. Which condition could lead to respiratory distress?

A. Heart attack
B. Asthma
C. Diabetes
D. Stroke

SAMPLE

7. When should emergency responders honor a "Do Not Resuscitate" (DNR) order?

A. When the patient has a valid DNR

B. When the family requests resuscitation

C. When the patient is unconscious, regardless of DNR

D. When the emergency responders deem it appropriate

8. What is the mid layer of skin referred to as?

A. Epidermis

B. Dermis

C. Subcutaneous

D. Hypodermis

9. Which of the following is a common complication of long-term oxygen therapy?

A. Hypoxia

B. Oxygen toxicity

C. Respiratory alkalosis

D. Hypercapnia

10. Why is it important to confirm the patient's allergies during assessment?

A. To ensure accurate medical history

B. To prevent adverse reactions to medications and treatments

C. To provide a better diagnosis

D. To avoid unnecessary tests

SAMPLE

Answers

SAMPLE

1. C
2. C
3. D
4. B
5. A
6. B
7. A
8. B
9. B
10. B

SAMPLE

Explanations

SAMPLE

1. Which of the following is NOT one of the five "H" causes of heart attacks?

A. Hypokalemia

B. Hypovolemia

C. Hepatitis

D. Hypothermia

The option that is not one of the five "H" causes of heart attacks is hepatitis. The five "H" causes generally refer to specific medical conditions or imbalances that can lead to cardiac events. Hypokalemia involves low levels of potassium in the blood, which can disrupt the electrical activity of the heart and lead to arrhythmias. Hypovolemia refers to a decrease in blood volume, which can reduce perfusion and oxygen delivery to the heart muscle, potentially causing injury. Hypothermia is a dangerously low body temperature that can affect heart function and lead to life-threatening complications, including cardiac arrest. Hepatitis, on the other hand, is an inflammation of the liver caused by viral infections or other factors. While hepatitis can affect overall health and have systemic effects, it is not directly associated with the immediate causes of heart attacks, thus making it the outlier among the listed options.

2. Which of the following ions is NOT involved in heart contraction?

A. Sodium

B. Potassium

C. Iron

D. Calcium

In the context of heart contraction, calcium ions play a crucial role in initiating and regulating the contraction of cardiac muscle fibers. When the heart is stimulated by an electrical impulse, calcium ions are released from the sarcoplasmic reticulum into the cytoplasm of the heart cells. This influx of calcium is essential for the interaction between actin and myosin, which leads to muscle contraction. Sodium ions also play a significant role in electrical signaling within the heart, as they are involved in the depolarization phase of action potentials. Potassium ions are important for repolarization and maintaining the resting membrane potential after the action potential. Iron, while essential for various bodily functions, including oxygen transport as part of hemoglobin in red blood cells, does not have a direct role in the contraction of cardiac muscle. Therefore, it is appropriate to identify iron as the ion that is not involved in heart contraction. This underscores the specificity of the ions that participate directly in the electrochemical processes facilitating cardiac muscle contraction.

SAMPLE

3. Which of the following individuals would qualify for major burn classification based on age?

A. Individuals aged 5 years old

B. Individuals aged 20 years old

C. Individuals aged 30 years old

D. Individuals aged 60 years old

Individuals who are classified as having a major burn should consider specific age factors as part of their assessment. Older adults, particularly those aged 60 years or older, are at a higher risk for complications from burns. Their skin is often thinner and less resilient, making them more susceptible to severe damage. Additionally, older individuals often have pre-existing health conditions that can complicate burn healing and lead to higher mortality rates. For burns, the general criteria that dictate major burn classification includes total body surface area (TBSA) involved, the depth of the burn, and specific at-risk population factors, including age. In pediatric and geriatric populations, the threshold for what constitutes a major burn may be lower due to their physiological vulnerabilities. This highlights the importance of age in the context of burn severity and treatment needs. In contrast, younger adults aged 20 or 30 typically have more robust skin and health, which is why they do not fall into the major burn classification category based solely on age. Individuals aged 5 years old may face other risks related to burns, but when considering age alone and its impact on the classification of major burns, older adults are considered more critically affected.

4. What is the purpose of coronary circulation?

A. To supply the body with oxygen

B. To supply the heart with blood

C. To remove waste from the heart

D. To carry blood to the lungs

The purpose of coronary circulation is to supply the heart with blood. This circulation is a crucial aspect of the cardiovascular system because the heart is a muscle that requires a continuous supply of oxygen-rich blood to function effectively. The coronary arteries branch off from the aorta and encircle the heart, delivering oxygen and nutrients that are essential for the heart muscle's metabolic needs. Without adequate coronary circulation, the heart muscle can suffer from ischemia, which may lead to angina or even a myocardial infarction, commonly known as a heart attack. The other options focus on functions related to different parts of the circulatory system, such as supplying oxygen to the body, removing waste, or carrying blood to the lungs for oxygenation, but they do not pertain specifically to the primary role of coronary circulation.

SAMPLE

5. Which of the following is a sign of respiratory distress?

A. Cyanosis

B. Regular pulse

C. Elevated blood pressure

D. Clear skin

Cyanosis is a clinical sign that indicates a lack of oxygen in the bloodstream, which often signifies respiratory distress. It manifests as a bluish tint to the skin, lips, or nail beds and is a direct result of inadequate oxygenation, which can occur in various respiratory conditions such as asthma, COPD, or pulmonary edema. Recognizing cyanosis as a sign of respiratory distress is crucial for timely intervention and management, as it can be indicative of severe underlying issues that require immediate attention. In contrast, the other options do not typically reflect respiratory distress. A regular pulse indicates a stable heart rhythm and is generally not a direct sign of respiratory issues. Elevated blood pressure can occur in various contexts but is not specific to respiratory distress. Clear skin, while often a sign of good circulation and oxygenation, does not provide information about respiratory function. Hence, the presence of cyanosis is a reliable indicator of distress in the respiratory system.

6. Which condition could lead to respiratory distress?

A. Heart attack

B. Asthma

C. Diabetes

D. Stroke

Asthma is a condition that directly affects the airways and can lead to respiratory distress. In asthma, the airways become inflamed and constricted, leading to difficulty breathing, wheezing, and shortness of breath. This can be triggered by various factors, including allergens, exercise, respiratory infections, or environmental stressors. During an asthma attack, the bronchial tubes' muscles tighten, and excessive mucus production can further obstruct airflow, resulting in significant respiratory distress. Other conditions listed, while they can impact overall health, do not produce respiratory distress in the same direct manner as asthma. For instance, a heart attack primarily affects the heart and may lead to symptoms like chest pain and discomfort before potentially causing complications that could impact breathing. Diabetes can lead to various systemic issues, but it does not typically cause acute respiratory distress unless it progresses to a state such as diabetic ketoacidosis, which is an indirect effect. Similarly, a stroke can affect breathing if the part of the brain that controls breathing is compromised, but it is not a primary respiratory condition. Asthma's specific involvement of the respiratory system makes it the most direct cause of respiratory distress in this scenario.

SAMPLE

7. When should emergency responders honor a "Do Not Resuscitate" (DNR) order?

A. When the patient has a valid DNR

B. When the family requests resuscitation

C. When the patient is unconscious, regardless of DNR

D. When the emergency responders deem it appropriate

Emergency responders should honor a "Do Not Resuscitate" (DNR) order when the patient has a valid DNR. A valid DNR order is a legally recognized document that indicates a patient's wishes to forgo resuscitative efforts in the event of cardiac arrest or respiratory failure. It is important for responders to adhere to this directive to respect patient autonomy and their right to make informed decisions about their own care. A valid DNR must meet specific criteria, such as being signed by a physician and being in accordance with local laws and regulations. When a valid DNR is presented, it serves as clear evidence of the patient's wishes, and responders have a legal and ethical obligation to follow it. In contrast, requests from family members do not supersede a valid DNR, and resuscitation should not be attempted based solely on family wishes if a valid DNR is in place. Responders must also assess the situation carefully; if a patient is unconscious, the presence of a valid DNR must be verified before making any assumptions, as their wishes would take precedence over attempts to resuscitate. Additionally, subjective judgments by responders alone do not dictate the enforcement of a DNR order; it must always be followed if valid documentation is available

8. What is the mid layer of skin referred to as?

A. Epidermis

B. Dermis

C. Subcutaneous

D. Hypodermis

The mid layer of the skin is referred to as the dermis. This layer is located beneath the epidermis, which is the outermost layer of skin, and above the subcutaneous layer (also known as the hypodermis). The dermis is crucial to skin health because it contains the bulk of the skin's structure, including connective tissues, blood vessels, nerves, hair follicles, and various glands. The dermis plays a vital role in maintaining the skin's integrity and resilience, providing support and strength, and facilitating sensations such as touch and pain through its rich nerve supply. It also houses essential components like collagen and elastin, which contribute to the skin's flexibility and firmness. The presence of blood vessels within the dermis is important for thermoregulation and supplying nutrients to the skin. In contrast, the epidermis primarily consists of keratinized cells that provide a protective barrier, while the subcutaneous layer serves as an insulating layer and a reserve of energy in the form of fat. Therefore, understanding the dermis and its functions helps in appreciating its role in overall skin health and responses to various medical conditions.

SAMPLE

9. Which of the following is a common complication of long-term oxygen therapy?

A. Hypoxia

B. Oxygen toxicity

C. Respiratory alkalosis

D. Hypercapnia

Long-term oxygen therapy is essential for managing conditions that result in chronic hypoxia, such as COPD or other respiratory disorders. However, it carries risks, one of which is oxygen toxicity. This occurs when a patient receives oxygen concentrations that are too high for an extended period. Oxygen toxicity can lead to cellular and tissue damage, particularly affecting the lungs and central nervous system. The body requires a delicate balance; while it needs oxygen to function, excess oxygen can lead to oxidative stress and inflammation. Symptoms of oxygen toxicity may include visual disturbances, nausea, muscle twitching, and in severe cases, seizures. This understanding of oxygen toxicity highlights the importance of monitoring patients on long-term oxygen therapy to ensure they are receiving the appropriate concentrations and not exceeding safe levels.

10. Why is it important to confirm the patient's allergies during assessment?

A. To ensure accurate medical history

B. To prevent adverse reactions to medications and treatments

C. To provide a better diagnosis

D. To avoid unnecessary tests

Confirming a patient's allergies during assessment is crucial primarily to prevent adverse reactions to medications and treatments. This is a vital aspect of patient safety and quality of care in the field of paramedicine and healthcare in general. When a patient's allergies are accurately identified and documented, it ensures that any medications, vaccines, or treatments administered do not trigger an allergic response. This could be life-threatening in some cases, particularly with severe allergies that might lead to anaphylaxis—a rapid and potentially fatal reaction. Knowing a patient's allergies allows paramedics to select appropriate medications and treatments that are safe for the patient, thereby avoiding complications that could arise from inappropriate choices. This step is particularly important because some patients may be unaware of specific allergies, and their medical records may not always be available or up-to-date in emergency situations. While confirming allergies also contributes to obtaining an accurate medical history, aiding in diagnosis, and avoiding unnecessary tests, the immediate and overriding purpose in the context of patient assessment is the prevention of harmful allergic reactions, which directly impacts the patient's health and safety.

SAMPLE

Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

https://jibcpcp.examzify.com

We wish you the very best on your exam journey. You've got this!

SAMPLE