NREMT 68W COMBAT MEDIC PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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.

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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!

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Questions

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1. What is the significance of the capillary refill time in trauma patients?

A. It measures blood sugar levels

B. It helps assess peripheral circulation

C. It determines the need for oxygen therapy

D. It indicates neurological status

2. What are the foundational concepts of patient assessment in emergency medicine?

A. Scene size-up, primary assessment, secondary assessment, and notification

B. Initial evaluation, primary assessment, secondary assessment, and treatment

C. Scene size-up, primary assessment, secondary assessment, and reassessment

D. Overview, immediate assessment, in-depth assessment, and exit strategy

3. What tool is used to assess limb function in a trauma patient?

A. The Glasgow Coma Scale (GCS)

B. The APGAR score

C. The pulse oximeter

D. The peripheral vascular scale

4. What is defined as a description of medical techniques or practices supported by scientific evidence?

A. Personal protective equipment

B. Evidence-based

C. Standard precautions

D. Contamination

5. Which of the following would be crucial for preventing infection in a medical setting?

A. Evidence-based practices

B. Standard precautions

C. Personal protective equipment

D. All of the above

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6. When should you remove an impaled object from a patient?

A. Immediately to prevent infection

B. When the patient requests it

C. Never remove it; stabilize the object and transport the patient

D. If it affects the patient's breathing

7. What vital sign is typically assessed first in a trauma patient?

A. Heart rate

B. Blood pressure

C. Respiratory rate

D. Oxygen saturation

8. What is the recommended treatment for a patient experiencing anaphylaxis?

A. Administer antihistamines only

B. Administer epinephrine and provide supportive care

C. Provide oxygen therapy only

D. Monitor the patient for 24 hours

9. What is a key requirement for an occupational exposure control plan?

A. Occupational therapy sessions

B. Adequate education and training

C. Promotion of workplace fitness

D. Participation in insurance programs

10. What is traumatic brain injury (TBI)?

A. Injury caused by a fall

B. Damage to the brain caused by external mechanical forces

C. Injury from a stroke

D. Damage from a lack of oxygen

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Answers

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

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Explanations

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1. What is the significance of the capillary refill time in trauma patients?

A. It measures blood sugar levels

B. It helps assess peripheral circulation

C. It determines the need for oxygen therapy

D. It indicates neurological status

The significance of capillary refill time in trauma patients lies in its ability to help assess peripheral circulation. Capillary refill time is a quick test performed by pressing on a fingernail or the skin until it turns pale and then observing how quickly the color returns after the pressure is released. In a healthy individual, this should take no longer than two seconds. In trauma patients, an extended capillary refill time may indicate that the body is not adequately perfusing the extremities due to shock or reduced blood volume, which can be critical in understanding the patient's circulatory status. It serves as a simple bedside assessment tool to detect potential circulatory compromise, allowing medical professionals to make timely decisions about treatment interventions or the need for more advanced evaluations. This makes it an important sign in the overall assessment of a trauma patient's condition and helps in prioritizing care.

2. What are the foundational concepts of patient assessment in emergency medicine?

A. Scene size-up, primary assessment, secondary assessment, and notification

B. Initial evaluation, primary assessment, secondary assessment, and treatment

C. Scene size-up, primary assessment, secondary assessment, and reassessment

D. Overview, immediate assessment, in-depth assessment, and exit strategy

The foundational concepts of patient assessment in emergency medicine include scene size-up, primary assessment, secondary assessment, and reassessment. Each of these components plays a crucial role in providing thorough and effective care to patients in emergency situations. Scene size-up helps the medic understand the environment and any potential hazards, ensuring both the safety of responders and the victim. Following that, the primary assessment focuses on identifying life-threatening conditions, addressing airway, breathing, and circulation needs, and taking immediate action to stabilize the patient. After the primary assessment, the secondary assessment serves to gather additional information about the patient's condition through a more detailed examination, including medical history and vital signs. Finally, reassessment is important for continuously evaluating the patient's condition and the effectiveness of interventions, allowing the medic to adapt care based on any changes. These steps provide a systematic approach to assessment, ensuring that critical aspects of care are not overlooked.

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3. What tool is used to assess limb function in a trauma patient?

A. The Glasgow Coma Scale (GCS)

B. The APGAR score

C. The pulse oximeter

D. The peripheral vascular scale

The Glasgow Coma Scale (GCS) is primarily designed to assess a patient's level of consciousness, particularly in cases of head injuries. While it provides crucial information regarding neurological function, it does not specifically assess limb function in trauma patients. A tool that would be fitting to assess limb function in a trauma patient would typically evaluate movement, sensation, and circulation in the extremities rather than consciousness level. Assessing the range of motion, strength, and sensory response in limbs is essential in trauma situations to determine the extent of injury. The APGAR score is used to assess the health of newborns immediately after birth based on criteria like appearance, pulse, grimace response, activity, and respiration. It is not applicable for evaluating limb function in a trauma patient. The pulse oximeter measures the oxygen saturation of hemoglobin in the blood, providing information about a patient's respiratory status but not directly evaluating limb function. The peripheral vascular scale is used to assess the quality of peripheral pulses and circulation, which can be helpful in trauma cases, but it is not as focused on assessing overall limb function in the same way a more comprehensive evaluation of movement and sensation would be. Therefore, using the GCS for limb function assessment does not align with the correct context

4. What is defined as a description of medical techniques or practices supported by scientific evidence?

A. Personal protective equipment

B. Evidence-based

C. Standard precautions

D. Contamination

The term that accurately describes medical techniques or practices that are supported by scientific evidence is evidence-based. This concept emphasizes the importance of using the best available research, clinical expertise, and patient values to guide healthcare decisions. By relying on practices that have been studied and validated through research, healthcare professionals can ensure that the care they provide is effective, safe, and focused on the best outcomes for patients. In contrast to this, personal protective equipment refers to gear used to protect health workers from exposure to hazards, while standard precautions are guidelines that recommend practices to prevent the transmission of infections. Contamination involves the presence of an undesirable substance or infectious agent. These definitions illustrate that the other choices relate to safety measures or protocols rather than representing a framework built upon scientific validation of medical practices.

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5. Which of the following would be crucial for preventing infection in a medical setting?

A. Evidence-based practices

B. Standard precautions

C. Personal protective equipment

D. All of the above

Preventing infection in a medical setting is a multifaceted challenge that requires a comprehensive approach. Each element mentioned contributes to a robust infection control strategy. Evidence-based practices involve using current scientific research and established guidelines to inform decisions about patient care and infection control protocols. These practices are vital for optimizing outcomes and ensuring that methods for preventing infection are effective and appropriate for the situation. Standard precautions are fundamental in reducing the risk of transmission of infections. This approach applies to all patients regardless of their known infection status and includes practices like hand hygiene, use of gloves, and proper disposal of waste. By adhering to standard precautions, healthcare providers create a safe environment that minimizes the risk of cross-contamination and infection spread. Personal protective equipment (PPE) serves as a physical barrier against infection. This equipment, which includes gloves, masks, gowns, and eye protection, is essential when there is a risk of exposure to blood, body fluids, or infectious materials. Proper use of PPE helps protect both healthcare providers and patients from potential infections. Together, these components—evidence-based practices, standard precautions, and personal protective equipment—form a comprehensive strategy for infection prevention in healthcare settings. Therefore, recognizing the importance of each aspect underscores the critical nature of an integrated approach to mitigating

6. When should you remove an impaled object from a patient?

A. Immediately to prevent infection

B. When the patient requests it

C. Never remove it; stabilize the object and transport the patient

D. If it affects the patient's breathing

Removing an impaled object from a patient is typically contraindicated unless there are immediate life-threatening reasons to do so. The correct response highlights the importance of stabilizing the object rather than removing it. When an object is impaled, it may be acting as a plug to prevent bleeding from a wound or protecting underlying structures from further damage. Removing the object can lead to significant bleeding, increased risk of infection, or further injury to the affected area. The appropriate action is to stabilize the impaled object, which may involve using bulky dressings or other materials to secure it in place and minimize movement during transport. This approach allows for safe transport to a medical facility where professional medical personnel can evaluate and manage the injury with the appropriate level of care. In the context of the other choices, the option advocating for immediate removal of an impaled object to prevent infection reflects a misunderstanding of injury management. The patient's request does not provide a medical rationale for removal because informed medical decision-making is crucial in trauma cases. Lastly, while airway compromise is a significant concern, removal of an object in that scenario should also be guided by medical protocols and the specific clinical circumstances rather than a blanket rule.

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7. What vital sign is typically assessed first in a trauma patient?

A. Heart rate

B. Blood pressure

C. Respiratory rate

D. Oxygen saturation

In trauma cases, assessing the respiratory rate is crucial as it provides immediate insights into the patient's airway and breathing status, which are vital for ensuring adequate oxygenation and preventing hypoxia. The respiratory rate can indicate whether the patient is in respiratory distress or failure, which can quickly escalate in trauma situations. Monitoring how quickly and effectively a patient is breathing can also guide further interventions, such as administering supplemental oxygen or preparing for advanced airway management if necessary. Since maintaining an open airway and sufficient ventilation is often the highest priority in trauma care, starting with the respiratory rate allows for rapid identification of potential life threats. While other vital signs like heart rate, blood pressure, and oxygen saturation are also important and are typically monitored during a full assessment, establishing the respiratory status first helps in prioritizing treatment and resources in acute settings.

8. What is the recommended treatment for a patient experiencing anaphylaxis?

A. Administer antihistamines only

B. Administer epinephrine and provide supportive care

C. Provide oxygen therapy only

D. Monitor the patient for 24 hours

The recommended treatment for a patient experiencing anaphylaxis is to administer epinephrine and provide supportive care. Anaphylaxis is a severe, potentially life-threatening allergic reaction that requires immediate medical intervention. Epinephrine is the first-line treatment because it acts quickly to reverse the symptoms of anaphylaxis, including bronchoconstriction, vasodilation, and increased vascular permeability. By stimulating alpha and beta-adrenergic receptors, epinephrine helps to alleviate airway swelling, improve breathing, and stabilize blood pressure. Supportive care is also crucial as it involves monitoring the patient's condition and providing additional treatments as necessary, such as administering oxygen if the patient is experiencing respiratory distress. Positioning the patient comfortably and ensuring that emergency medical services are on their way are also important components of the supportive care provided in such situations. In contrast, relying on antihistamines alone does not address the life-threatening aspects of anaphylaxis, such as airway compromise or severe hypotension. Providing oxygen therapy without epinephrine would also be insufficient since it does not treat the underlying cause of the anaphylactic reaction. Finally, monitoring a patient for 24 hours without appropriate treatment is not effective in managing this urgent medical emergency. The immediate administration of epinephrine followed

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9. What is a key requirement for an occupational exposure control plan?

A. Occupational therapy sessions

B. Adequate education and training

C. Promotion of workplace fitness

D. Participation in insurance programs

A key requirement for an occupational exposure control plan is adequate education and training. This is essential because such plans are designed to minimize the risk of exposure to hazardous materials or infectious agents in the workplace. The effectiveness of an exposure control plan heavily relies on ensuring that all employees understand the protocols, procedures, and safety measures in place. Providing adequate education and training equips employees with knowledge about potential hazards, proper use of personal protective equipment (PPE), methods to reduce exposure, and how to respond in case of an incident. All these factors contribute to a safer work environment and compliance with regulatory standards, which is critical for protecting both employees and employers. Other options, while related to workplace safety or employee well-being, do not specifically address the fundamental need for understanding and implementing exposure control measures as effectively as education and training do. This underscores the importance of knowledge and preparedness in minimizing risks associated with occupational exposures.

10. What is traumatic brain injury (TBI)?

A. Injury caused by a fall

B. Damage to the brain caused by external mechanical forces

C. Injury from a stroke

D. Damage from a lack of oxygen

Traumatic brain injury (TBI) is defined as damage to the brain caused by external mechanical forces. This can include impacts from falls, vehicle accidents, blows to the head, or penetrating injuries such as gunshot wounds. The defining characteristic of TBI is the external force that results in temporary or permanent brain dysfunction. This condition can manifest in a variety of ways, including cognitive impairments, mood changes, and physical disabilities, depending on the severity and location of the injury. The focus on "external mechanical forces" is critical because it distinguishes TBI from other neurological conditions that do not involve trauma to the brain itself, such as those caused by internal physiological processes or systemic issues. For instance, conditions like strokes or oxygen deprivation (hypoxia) do not fall under the category of TBI since they involve internal factors affecting the brain rather than an outside force causing injury. Understanding the precise nature of TBI helps medical professionals provide appropriate interventions and care for affected individuals.

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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://nremt68wcombatmedic.examzify.com

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

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