NREMT ADVANCED-EMT 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. Stenosis is defined as what?

A. Abnormal narrowing

B. Increased tissue perfusion

C. Inflammation of joints

D. Dilation of vessels

2. Common Law is defined as rules created by which authority?

A. Written Statutes Enacted by a Legislature

B. Common Law Created by Judges or Past Cases

C. International Treaties

D. Executive Orders from the President

3. Which combination of signs is associated with myxedema?

A. Tachycardia, hypertension, hyperglycemia, hypernatremia

B. Bradycardia, hypotension, hypoglycemia, hyponatremia

C. Tachycardia, hypotension, hypoglycemia, hyponatremia

D. Bradycardia, hypertension, hypoglycemia, hypernatremia

4. Fowler's position is best characterized by which description?

A. Supine with the head/shoulders elevated to a sitting position

B. Standing upright

C. Prone with chest down

D. Lateral recumbent with knees flexed

5. Which term describes a faster-than-normal heart rate that originates above the ventricles?

A. Ventricular Tachycardia

B. Sinus Tachycardia

C. Atrial Fibrillation

D. Supraventricular Tachycardia

6. Which device delivers 100% oxygen concentration in typical EMS use?

A. Nasal Cannula

B. Non-Rebreather Mask

C. Simple Face Mask

D. Bag Valve Mask

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7. Choking in an infant younger than 1 year is best treated with which approach?

A. Abdominal Thrusts

B. Chest Compressions

C. Heimlich Maneuver

D. Back Blows & Chest Thrusts

8. Respiratory Syncytial Virus primarily affects which patient group?

A. Pediatric illness

B. Adult illness

C. Geriatric illness

D. Neonatal illness

9. What is the recommended distance for MVA first on-scene parking?

A. 100 feet in front of the accident

B. 50 feet in front of the accident

C. 25 feet in front of the accident

D. 75 feet in front of the accident

10. What is the most common psychiatric illness diagnosed?

A. Major Depression

B. Bipolar Disorder

C. Schizophrenia

D. Anxiety Disorder

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Answers

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

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Explanations

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1. Stenosis is defined as what?

A. Abnormal narrowing

B. Increased tissue perfusion

C. Inflammation of joints

D. Dilation of vessels

Stenosis means abnormal narrowing of a passage or vessel, which increases resistance to flow and can reduce perfusion beyond the narrowed area. This term is used for things like narrowed arteries or heart valve stenosis, where the opening is constricted and flow is impeded. The other descriptions refer to different processes: increased tissue perfusion is more blood flow to tissue, not a narrowing; inflammation of joints describes arthritis; dilation of vessels is widening of the vessels, which is the opposite of narrowing.

2. Common Law is defined as rules created by which authority?

A. Written Statutes Enacted by a Legislature

B. Common Law Created by Judges or Past Cases

C. International Treaties

D. Executive Orders from the President

Common law consists of rules created by judges through court decisions and the doctrine of precedent. It grows as past cases are interpreted and applied to new disputes, so courts rely on earlier rulings to decide current ones. This creates a body of law that evolves without new statutes every time a similar issue arises. Written statutes enacted by a legislature are statutory law, created by the legislative branch. International treaties govern relationships between nations and become domestic law only if adopted or incorporated. Executive orders from the president are executive or administrative actions that implement policy or statutes, not the source of common law.

3. Which combination of signs is associated with myxedema?

A. Tachycardia, hypertension, hyperglycemia, hypernatremia

B. Bradycardia, hypotension, hypoglycemia, hyponatremia

C. Tachycardia, hypotension, hypoglycemia, hyponatremia

D. Bradycardia, hypertension, hypoglycemia, hypernatremia

Myxedema is a severe hypothyroid state where metabolism slows dramatically. This slowdown reduces heart rate and cardiac output, so bradycardia and hypotension are common. The diminished metabolic activity also lowers hepatic glucose production, making hypoglycemia more likely. The kidneys' ability to handle water changes, with decreased free water clearance, often leads to hyponatremia. Together, bradycardia, hypotension, hypoglycemia, and hyponatremia form a characteristic set of signs for myxedema. Tachycardia or hypertension would not fit this picture, and hypernatremia is not typical in this condition.

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4. Fowler's position is best characterized by which description?

A. Supine with the head/shoulders elevated to a sitting position

B. Standing upright

C. Prone with chest down

D. Lateral recumbent with knees flexed

Fowler's position is a semi-upright posture where the patient lies on their back with the head and upper chest elevated, typically at about 45 degrees (higher angles are called high Fowler's). This arrangement helps expand the chest and makes breathing easier for patients who can sit up but remain supine enough for monitoring and care. It also provides better access for airway management, suctioning, and assessment while reducing the work of breathing compared to a flat supine position. The other postures described—standing upright, lying prone with the chest down, or lying on the side with knees flexed—are not Fowler's and serve different clinical needs.

5. Which term describes a faster-than-normal heart rate that originates above the ventricles?

A. Ventricular Tachycardia

B. Sinus Tachycardia

C. Atrial Fibrillation

D. Supraventricular Tachycardia

A rapid heart rate that starts above the ventricles is described as supraventricular tachycardia. This means the electrical impulse driving the heart originates from tissue above the ventricles—typically the atria or the AV node—producing a fast rhythm that is usually narrow in appearance on the ECG. This term fits best because it identifies both the elevated rate and the site of origin above the ventricles, distinguishing it from rhythms that start in the ventricles. In contrast, ventricular tachycardia originates in the ventricles and typically presents with wide QRS complexes and can be more unstable. Sinus tachycardia is a fast rate caused by the SA node and often reflects a normal physiologic response to activity, fever, or stress, with a normal P wave before each QRS. Atrial fibrillation involves irregular, chaotic atrial activity with an irregular rhythm, not a single, regular supraventricular rhythm.

6. Which device delivers 100% oxygen concentration in typical EMS use?

A. Nasal Cannula

B. Non-Rebreather Mask

C. Simple Face Mask

D. Bag Valve Mask

Delivering the highest oxygen concentration depends on having a reservoir and a seal so that oxygen isn't diluted by room air. A bag-valve-mask combines a tight-sealing face mask, the Ambu bag, and an oxygen reservoir. When you squeeze the bag and keep a good seal, the patient inhales gas drawn from the reservoir with each breath, giving near–100% oxygen concentration during ventilation. Nasal cannulas feed oxygen passively through the nose and mix with room air, so the inspired fraction is relatively low—roughly in the 24–44% range depending on flow. A simple face mask improves on that but still typically provides only about 40–60% oxygen, influenced by fit and flow. A non-rebreather mask can reach very high concentrations if the reservoir stays full and the mask fits well, but it relies on the patient's breathing and conditions that can allow dilution, so it's not as reliably close to 100% as a properly used bag-valve-mask during active ventilation. So, in typical EMS use, the device that delivers effectively the highest oxygen concentration is the bag-valve-mask.

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7. Choking in an infant younger than 1 year is best treated with which approach?

A. Abdominal Thrusts

B. Chest Compressions

C. Heimlich Maneuver

D. Back Blows & Chest Thrusts

For an infant younger than 1 year who is choking, the best initial treatment is back blows followed by chest thrusts. This approach uses gentle, targeted forces to dislodge the object while protecting the infant's soft body. Start with the infant facing down along your forearm, head supported and lower than the chest, and deliver up to five back blows between the shoulder blades with the heel of your hand. If the airway is still obstructed, flip the infant over and give up to five chest thrusts with two or three fingers on the center of the chest just below the nipple line. Alternate back blows and chest thrusts until the object is expelled or the infant becomes unresponsive. Abdominal thrusts (the Heimlich maneuver) are not used for infants because applying pressure to the abdomen can cause injury and is not appropriate for this age. If the infant becomes unresponsive, begin CPR with chest compressions and rescue breaths, and look for and remove the object before delivering breaths.

8. Respiratory Syncytial Virus primarily affects which patient group?

A. Pediatric illness

B. Adult illness

C. Geriatric illness

D. Neonatal illness

RSV most severely affects young children, especially infants. In this group it commonly causes bronchiolitis and pneumonia and leads to the highest hospitalization rates for RSV. Adults can get RSV too, but their illness is typically milder; while neonates and older adults may experience serious disease, the overall burden sits with the pediatric population. Therefore, pediatric illness is the best answer.

9. What is the recommended distance for MVA first on-scene parking?

A. 100 feet in front of the accident

B. 50 feet in front of the accident

C. 25 feet in front of the accident

D. 75 feet in front of the accident

The main idea is keeping a safe operating area around the crash so responders can work without being in traffic or near hazards. Parking about 50 feet in front of the scene provides a protective buffer between the crash and the ambulance, giving space to set up extrication, stabilize the patient, and lay out essential tools while still keeping the patient within quick reach for rapid transport. It's roughly the distance of two car lengths, long enough to avoid debris, fuel leaks, or unstable vehicles, but not so far that it delays patient care or blocks access for additional units. Parking closer would put you in the travel lane and hinder operations; parking much farther away would unnecessarily delay care and complicate access for other responders.

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10. What is the most common psychiatric illness diagnosed?

A. Major Depression

B. Bipolar Disorder

C. Schizophrenia

D. Anxiety Disorder

The question is about which psychiatric diagnosis is most commonly made in clinical practice. Major depressive disorder stands out because it has a very high prevalence and is frequently identified in patients who seek care, including primary care settings. Its hallmark features—persistent sad or empty mood, loss of interest or pleasure, changes in sleep and appetite, fatigue, diminished concentration, feelings of worthlessness or guilt, and sometimes suicidal thoughts—tend to impair daily functioning widely and are common reasons people seek help. Because these symptoms can affect multiple areas of life and are often prominent enough to meet diagnostic criteria, depression is diagnosed more often than many other psychiatric conditions in routine practice. In contrast, illnesses like bipolar disorder and schizophrenia are much less common in the general population, and while anxiety disorders are highly prevalent, the question's framing reflects the overall frequency of diagnoses encountered across settings, for which major depressive disorder is frequently the most commonly diagnosed. This underscores why mood symptoms, especially when persistent and impairing, warrant careful evaluation for depression and appropriate safety planning.

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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://nremtadvemt.examzify.com

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

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