OXYGEN THERAPY PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR THE FULL VERSION STUDY GUIDE

https://oxygentherapy.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. What is the main instruction for patients using an oxygen concentrator at home?

A. Keep the concentrator plugged in continuously

B. Ensure proper ventilation and avoid covering the device

C. Only use the device at night

D. Use the device in a closed room for best results

2. What percentage of oxygen does a simple face mask typically deliver?

A. 10-30%

B. 35-55%

C. 60-80%

D. 100%

3. What is the primary function of an oxygen hood in pediatric care?

A. Administers oxygen directly to the lungs

B. Covers only the body of the patient

C. Administers oxygen indirectly to pediatric patients

D. Provides humidified oxygen at low flow rates

4. What is the primary purpose of oxygen therapy?

A. To decrease work of breathing

B. To deliver oxygen to a patient when oxygenation is compromised

C. To relieve symptoms of respiratory infection

D. To improve lung capacity

5. Which type of mask is designed to deliver medium to high concentrations of oxygen?

A. Simple mask

B. Nonrebreather mask

C. Rebreather mask

D. Partial nonrebreather mask

SAMPLE

6. What is an essential principle to remember when performing deep breathing exercises?

A. Keep the mouth open at all times

B. Inhale quickly and exhale slowly

C. Inhale slowly through the nose and exhale through pursed lips

D. Focus solely on abdominal movement

7. What does SpO2 measure?

A. The heart rate of the patient

B. The saturation of peripheral oxygen in the bloodstream

C. The respiratory rate of the patient

D. The body temperature of the patient

8. What factor determines the need for oxygen therapy in hypoxemic patients?

A. Presence of symptoms

B. Oxygen saturation levels

C. Patient's age

D. Cost of oxygen supplies

9. What defines chronic respiratory failure?

A. A temporary condition requiring immediate support

B. A state where the lungs are unable to maintain normal gas exchange over an extended period

C. A condition marked by uncontrollable coughing

D. A state resulting from acute infections

10. How does one ensure patient well-being during oxygen therapy management?

A. Monitor oxygen levels and provide ample supplies

B. Limit visits to only high-risk patients

C. Focus exclusively on medication compliance

D. Encourage sedentary lifestyles

SAMPLE

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. What is the main instruction for patients using an oxygen concentrator at home?

A. Keep the concentrator plugged in continuously

B. Ensure proper ventilation and avoid covering the device

C. Only use the device at night

D. Use the device in a closed room for best results

The main instruction for patients using an oxygen concentrator at home is to ensure proper ventilation and avoid covering the device. This is vital because oxygen concentrators operate by drawing in ambient air, which is then filtered and concentrated to deliver a higher percentage of oxygen to the patient. Adequate ventilation is necessary for the device to function effectively, as it prevents overheating and ensures efficient oxygen delivery. Covering the device can obstruct airflow, potentially leading to malfunctions or reduced performance. Proper ventilation not only supports the functionality of the concentrator but also enhances safety by minimizing risks associated with overheating or accumulation of harmful gases. It's essential for patients and caregivers to be aware of these ventilation needs to optimize the therapeutic benefits of oxygen therapy. In contrast, keeping the concentrator plugged in continuously might be advisable for operation and availability, but it does not address the significant need for ventilation. Limiting use of the device to nighttime or confining it to a closed room doesn't promote the best practices for ensuring the device operates correctly and safely.

2. What percentage of oxygen does a simple face mask typically deliver?

A. 10-30%

B. 35-55%

C. 60-80%

D. 100%

A simple face mask typically delivers between 35-55% oxygen concentration. This range is due to the mask's design, which provides a direct flow of oxygen from a reservoir into the mask, mixing with ambient air. The result is an increased oxygen percentage delivered to the patient compared to room air while still allowing for some dilution from the patient's exhaled air and outside air. This delivery method is suitable for patients who require a moderate level of oxygen therapy, such as those experiencing respiratory distress or other conditions that impede normal gas exchange. The mask's capacity to deliver oxygen effectively is also influenced by factors such as the flow rate of oxygen and the patient's breathing pattern. The flow rate typically recommended for a simple face mask is around 5-10 liters per minute, which helps to achieve the approximate percentage of oxygen stated. In scenarios where a higher concentration of oxygen is needed, other devices like a non-rebreather mask would be used, which can deliver oxygen concentrations closer to 60-100%.

SAMPLE

3. What is the primary function of an oxygen hood in pediatric care?

A. Administers oxygen directly to the lungs

B. Covers only the body of the patient

C. Administers oxygen indirectly to pediatric patients

D. Provides humidified oxygen at low flow rates

The primary function of an oxygen hood in pediatric care is to provide oxygen to infants in a controlled environment while allowing for comfortable breathing. This method allows for the delivery of oxygen at a lower concentration, which is essential for maintaining appropriate oxygen levels without overloading the infant's lungs. By using the oxygen hood, the oxygen is delivered through a transparent enclosure that surrounds the baby's head, enabling the child to breathe naturally while receiving the therapy. This indirect administration is beneficial, as it minimizes the need for invasive procedures like intubation in young patients who might require supplemental oxygen due to respiratory issues or conditions such as RSV (respiratory syncytial virus). While an oxygen hood does help in creating a humidified environment, the primary focus of its design and function is on the indirect delivery of oxygen rather than direct administration, which aligns with the developmental considerations in treating infants.

4. What is the primary purpose of oxygen therapy?

A. To decrease work of breathing

B. To deliver oxygen to a patient when oxygenation is compromised

C. To relieve symptoms of respiratory infection

D. To improve lung capacity

The primary purpose of oxygen therapy is to deliver oxygen to a patient when oxygenation is compromised. This is essential in various medical situations where a patient's oxygen levels are insufficient, potentially leading to hypoxemia, which can cause numerous complications and worsen overall health. Oxygen therapy aims to restore optimal oxygen levels in the blood to ensure that tissues and organs receive the oxygen they require for proper function. While decreasing the work of breathing, relieving symptoms of respiratory infections, and improving lung capacity are associated benefits of oxygen therapy, they are not the main objectives. For instance, while improving respiratory efficiency and alleviating symptoms may occur as a result of restoring adequate oxygen levels, the core aim remains focused on addressing the immediate need for proper oxygenation in the patient. Thus, ensuring sufficient oxygen delivery is fundamental in critical care and management of chronic respiratory conditions, making it the central reason for utilizing oxygen therapy.

SAMPLE

5. Which type of mask is designed to deliver medium to high concentrations of oxygen?

A. Simple mask

B. Nonrebreather mask

C. Rebreather mask

D. Partial nonrebreather mask

The type of mask that is designed to deliver medium to high concentrations of oxygen is the nonrebreather mask. This mask is equipped with a reservoir bag and has specially designed valves that prevent exhaled air from being inhaled again, allowing for high concentrations of oxygen to be delivered to the patient. When a patient inhales, fresh oxygen from the reservoir bag is drawn in; this setup can deliver oxygen concentrations of 60% to 100%, making it suitable for patients needing significant respiratory support, such as those experiencing conditions like severe hypoxia. While the rebreather mask might seem like a possible option due to the ability to recycle some exhaled air, it is generally not designed for the same high concentration delivery since it allows mixing of exhaled air with the incoming oxygen. The simple mask delivers lower concentrations, and the partial nonrebreather mask, despite retaining some carbon dioxide in the exhaled breath, does not achieve the same effectiveness in oxygen delivery as the nonrebreather mask. Thus, the nonrebreather mask is the most effective for providing high concentrations of oxygen.

6. What is an essential principle to remember when performing deep breathing exercises?

A. Keep the mouth open at all times

B. Inhale quickly and exhale slowly

C. Inhale slowly through the nose and exhale through pursed lips

D. Focus solely on abdominal movement

Inhale slowly through the nose and exhale through pursed lips is an essential principle for performing deep breathing exercises because this method optimizes lung expansion and promotes efficient gas exchange. Inhaling through the nose allows for the air to be filtered, warmed, and humidified before it enters the lungs, which is crucial for respiratory health. Exhaling through pursed lips helps maintain airway pressure and prevents the collapse of the airways during exhalation, allowing for a longer exhalation phase. This technique enhances oxygenation by encouraging a thorough release of stale air and allows fresh air to fill the lungs more effectively during the next inhalation. Overall, this method contributes to relaxation, increases lung capacity, and can help manage conditions such as anxiety and respiratory diseases by improving overall breathing patterns.

SAMPLE

7. What does SpO2 measure?

A. The heart rate of the patient

B. The saturation of peripheral oxygen in the bloodstream

C. The respiratory rate of the patient

D. The body temperature of the patient

SpO2 measures the saturation of peripheral oxygen in the bloodstream. This is a crucial parameter in oxygen therapy as it reflects the percentage of hemoglobin binding sites in the bloodstream occupied by oxygen. A reading of SpO2 is obtained using a pulse oximeter, which is a non-invasive device that clips onto a patient's finger or earlobe and uses light absorption principles to determine how much oxygen is carried in the blood. The measurement is essential for assessing a patient's respiratory function and overall oxygenation. A normal SpO2 level typically ranges from 95% to 100%, and lower values can indicate hypoxemia, prompting medical intervention. This concept is vital in oxygen therapy as maintaining adequate oxygen saturation is fundamental to patient care, particularly in those with respiratory conditions. Understanding SpO2 is critical for healthcare providers as it helps in diagnosing and managing conditions that affect the oxygenation of the blood. It's one of the key parameters assessed along with patient history and clinical signs when determining oxygen therapy needs.

8. What factor determines the need for oxygen therapy in hypoxemic patients?

A. Presence of symptoms

B. Oxygen saturation levels

C. Patient's age

D. Cost of oxygen supplies

The need for oxygen therapy in hypoxemic patients is primarily determined by oxygen saturation levels. Oxygen saturation refers to the percentage of hemoglobin molecules in the blood that are bound with oxygen. In conditions of hypoxemia, where there is a deficiency of oxygen in the blood, monitoring oxygen saturation is crucial to assess the severity of the patient's condition and to guide treatment decisions. When the oxygen saturation levels fall below a certain threshold, typically around 90%, this indicates that the body's tissues may not be receiving enough oxygen to function effectively. Therefore, healthcare providers often use pulse oximetry to measure these levels and determine if supplemental oxygen is needed to help restore adequate oxygenation. While the presence of symptoms can provide additional context about a patient's respiratory status, it is the actual measurements of oxygen saturation that lead to the decision to initiate oxygen therapy. Other factors like a patient's age and the cost of oxygen supplies do not directly influence the medical necessity for oxygen therapy but may affect other considerations in treatment planning. Thus, oxygen saturation levels are the key determining factor in identifying the need for oxygen therapy in hypoxemic patients.

SAMPLE

9. What defines chronic respiratory failure?

A. A temporary condition requiring immediate support

B. A state where the lungs are unable to maintain normal gas exchange over an extended period

C. A condition marked by uncontrollable coughing

D. A state resulting from acute infections

Chronic respiratory failure is characterized by a prolonged inability of the lungs to maintain adequate gas exchange, specifically oxygenation and carbon dioxide removal, for an extended period. This condition often develops gradually due to underlying chronic lung diseases such as chronic obstructive pulmonary disease (COPD), interstitial lung disease, or conditions that affect the neuromuscular system. In chronic respiratory failure, the patient may not show immediate distress, but over time, the inadequate gas exchange leads to symptoms like fatigue, cyanosis, and shortness of breath during exertion. Unlike acute respiratory failure, which is sudden and requires immediate medical intervention, chronic respiratory failure may allow the patient to adapt to lower levels of oxygen in their blood over a longer duration. This definition distinguishes chronic respiratory failure from acute conditions, which are typically transient and require urgent treatment, emphasizing the importance of understanding the timeline and permanence of the gas exchange issue in chronic respiratory failure.

10. How does one ensure patient well-being during oxygen therapy management?

A. Monitor oxygen levels and provide ample supplies

B. Limit visits to only high-risk patients

C. Focus exclusively on medication compliance

D. Encourage sedentary lifestyles

Ensuring patient well-being during oxygen therapy management involves closely monitoring the patient's oxygen levels and providing sufficient supplies of oxygen. Regular monitoring is crucial because it helps assess whether the patient is receiving the appropriate amount of oxygen needed to maintain adequate levels in the bloodstream, which is essential for organ function and overall health. By tracking the oxygen saturation levels through pulse oximetry or arterial blood gases, healthcare providers can make informed decisions on adjustments to the oxygen flow rates, thus preventing complications that can arise from under- or over-oxygenation. Similarly, ensuring that there is a consistent and ample supply of oxygen reduces the risk of running out and, hence, prevents any emergencies related to oxygen deprivation. In contrast, limiting visits to only high-risk patients does not address the continuous monitoring needed for all patients who require oxygen therapy. Additionally, focusing solely on medication compliance disregards other aspects essential for patient management, such as lifestyle changes or monitoring vital signs. Encouraging sedentary lifestyles is counterproductive, as physical activity, when safely managed, can improve lung function and overall health status in patients with respiratory conditions. Therefore, the comprehensive approach of monitoring and providing adequate oxygen supplies is foundational for improving patient outcomes in oxygen therapy management.

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://oxygentherapy.examzify.com

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

SAMPLE