REMSA EMERGENCY MEDICAL TECHNICIAN (EMT) DIVISION 1 PRACTICE EXAM (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 result of progressive shock leading to multiorgan failure?

A. Cardiac arrest

B. Hypotension

C. Multiorgan dysfunction syndrome

D. Respiratory failure

2. What term describes diseases that are capable of being transferred from person to person?

A. Non-communicable diseases

B. Contagious diseases

C. Chronic diseases

D. Aging diseases

3. What can happen if a suction device is used improperly on an airway?

A. Increased oxygenation

B. Airway obstruction

C. Improved breathing

D. Decreased risk of trauma

4. What is a characteristic feature of pediatric airways?

A. Shaped like a funnel

B. Omega-shaped epiglottis

C. Wider cricoid cartilage

D. More rigid trachea

5. What is generally considered an improper practice when using a radio?

A. Choosing the correct frequency

B. Reducing background noise

C. Talking too close to the microphone

D. Keying the mic before speaking

6. What is the formula to calculate oxygen PSI?

A. (Current [ ] + 200) / LPM

B. (Current [ ] - 200) x constant / LPM

C. (200 - Current [ ]) x constant x LPM

D. (Current [ ] x constant) / LPM

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7. What is the flow rate for a nasal cannula?

A. 2-6 lpm

B. 6-10 lpm

C. 10-15 lpm

D. 1-5 lpm

8. Which type of medication form is characterized by a fluid state?

A. Tablet

B. Gel

C. Liquid

D. Powder

9. What type of items can be categorized as contaminated in a medical context?

A. Food, water, objects

B. Living organisms, insects, plants

C. Medical supplies, equipment, tools

D. Organic matter, chemicals, pollutants

10. Which assessment method uses signs and symptoms to gather patient information?

A. DCAP-BTLS

B. OPQRST

C. Focused assessment

D. Average blood volume assessment

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Answers

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

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Explanations

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1. What is the result of progressive shock leading to multiorgan failure?

A. Cardiac arrest

B. Hypotension

C. Multiorgan dysfunction syndrome

D. Respiratory failure

Multiorgan dysfunction syndrome, also known as MODS, is a critical condition that occurs when progressive shock leads to the failure of multiple organ systems in the body. This phenomenon typically arises due to inadequate perfusion and oxygenation of tissues as a result of shock, which can stem from various causes such as severe trauma, sepsis, or significant blood loss. When the body experiences shock, it struggles to maintain adequate circulation and organ function. Initially, the body may compensate, but as the situation worsens, irreversible damage can occur. This leads to a cascade of inflammatory responses, disruption of cellular metabolism, and ultimately compromises the functionality of one or more organs. While cardiac arrest, hypotension, and respiratory failure can indeed result from severe shock, they are not the final outcome of the process of progressive shock. Instead, multiorgan dysfunction syndrome encompasses these potential outcomes, reflecting a more comprehensive understanding of how shock can impact multiple systems within the body simultaneously. Therefore, identifying MODS as the result highlights the severe implications of untreated or inadequately managed shock, emphasizing the critical need for timely and effective intervention in emergency medical situations.

2. What term describes diseases that are capable of being transferred from person to person?

A. Non-communicable diseases

B. Contagious diseases

C. Chronic diseases

D. Aging diseases

The term that describes diseases capable of being transferred from person to person is "contagious diseases." Contagious diseases are directly spread through contact with an infected person, their secretions, or through the air, making them significant in public health considerations. Contagious diseases include infections like the flu, measles, and COVID-19, where transmission occurs easily and rapidly among individuals. Understanding this classification is crucial for EMTs and healthcare providers as it informs how to approach control measures, treatment, and prevention protocols. Other terms presented, like non-communicable diseases, refer to conditions that cannot be transmitted from person to person, such as heart disease or diabetes. Chronic diseases are long-lasting conditions that may require ongoing management but do not necessarily imply transmissibility. Aging diseases typically refer to conditions associated with aging but also do not reflect transmissibility. Recognizing the nature of contagious diseases is vital for maintaining public health and ensuring proper response measures in any medical situation.

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3. What can happen if a suction device is used improperly on an airway?

A. Increased oxygenation

B. Airway obstruction

C. Improved breathing

D. Decreased risk of trauma

Using a suction device improperly on an airway can lead to airway obstruction. This can occur when the suctioning is performed too vigorously, resulting in the removal of necessary secretions or tissue, which can cause swelling or blockage. Additionally, if the suction catheter is inserted too deeply or if there is excessive suction pressure, it can create further irritation or trauma to the airway lining, leading to potential swelling or obstruction as well. In properly managing an airway, suctioning is meant to clear obstructions such as secretions, vomit, or blood. However, if done incorrectly, it can create a situation where the airway becomes narrow or blocked, preventing airflow and leading to inadequate ventilation or oxygenation. Safe suctioning techniques are essential to avoid complications and ensure that the airway remains clear and functional.

4. What is a characteristic feature of pediatric airways?

A. Shaped like a funnel

B. Omega-shaped epiglottis

C. Wider cricoid cartilage

D. More rigid trachea

The characteristic feature of pediatric airways that stands out is the omega-shaped epiglottis. In young children, the epiglottis is softer and more flexible compared to adults, leading to this distinctive omega-shaped appearance. This unique shape plays a significant role during breathing and swallowing, as it helps protect the airway. Understanding this structure is crucial for providing effective airway management in pediatric patients. The more flexible and omega-shaped epiglottis can impact how intubation is approached in children, as it may require different techniques compared to adult airways which have a more rigid and straight epiglottis. Recognizing the anatomical differences is vital for EMTs and healthcare providers when assessing and managing pediatric patients, particularly in emergency situations where securing the airway is a priority.

5. What is generally considered an improper practice when using a radio?

A. Choosing the correct frequency

B. Reducing background noise

C. Talking too close to the microphone

D. Keying the mic before speaking

Talking too close to the microphone is generally considered an improper practice when using a radio for several reasons. When a speaker is too close to the microphone, it can result in distortion of the audio signal, making it difficult for the receiver to hear and understand the message clearly. Additionally, this can create excessive noise from plosive sounds (like "p" and "b"), which can further impair communication. Ensuring clear communication is critical in emergency situations, where accurate information must be transmitted quickly and efficiently. Using proper microphone technique enhances the clarity of the message and reduces the likelihood of misunderstandings. In contrast, choosing the correct frequency, reducing background noise, and keying the mic before speaking are all considered proper practices that promote effective radio communication.

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6. What is the formula to calculate oxygen PSI?

A. (Current [ ] + 200) / LPM

B. (Current [ ] - 200) x constant / LPM

C. (200 - Current [ ]) x constant x LPM

D. (Current [ ] x constant) / LPM

The formula for calculating oxygen PSI is essential for EMTs and other emergency providers to effectively manage oxygen supplies in various situations. The correct answer indicates that the calculation requires taking the current PSI reading, adjusting it by subtracting a baseline figure (200), and then applying a constant factor before dividing by the liters per minute (LPM) flow rate. The rationale behind this approach lies in understanding the oxygen tank's capacity and how long it can sustain a particular flow rate. By subtracting 200 from the current PSI, you account for the minimum pressure required for the tank to be usable before it is considered empty. The constant in the formula is associated with the specific tank size and setting. Dividing by the LPM provides a means of determining how long the remaining oxygen can last when flowing at a specific rate. This calculation is crucial in medical emergencies, as it helps determine how to efficiently manage oxygen supply, ensuring patients receive adequate oxygen based on their needs. Knowing this formula allows EMTs to make informed decisions about resource allocation during transport or treatment.

7. What is the flow rate for a nasal cannula?

A. 2-6 lpm

B. 6-10 lpm

C. 10-15 lpm

D. 1-5 lpm

The flow rate for a nasal cannula typically ranges from 2 to 6 liters per minute (lpm). This range is effective for providing supplemental oxygen to patients who require assistance but do not need high-flow oxygen therapy. A nasal cannula is designed to deliver oxygen directly into the nostrils and is suitable for patients with mild to moderate respiratory distress or those with chronic obstructive pulmonary disease (COPD). At flow rates within this range, the nasal cannula can effectively increase the oxygen saturation levels in the blood without overwhelming the patient's respiratory system. Higher flow rates can lead to discomfort and potential drying of the nasal passages, making the lower end of the flow rates preferable for longer-term use. Other flow rate options may not be appropriate for the nasal cannula, as they exceed the typical recommendations for this type of oxygen delivery system, which is generally not designed for high-flow rates like 10-15 lpm. Understanding these nuances in oxygen delivery is crucial for providing optimal care tailored to patient needs.

8. Which type of medication form is characterized by a fluid state?

A. Tablet

B. Gel

C. Liquid

D. Powder

The correct answer is liquid, which is characterized by being in a fluid state. Liquid medications are formulated to be easily ingested or administered, often allowing for quicker absorption into the bloodstream compared to solid forms. Common examples of liquid medications include solutions, syrups, and suspensions, which can be either water-based or contain other solvents. In contrast, a tablet is solid and compressed, while a gel, although it has a consistency that can appear fluid, is more of a semi-solid that retains a defined shape and is not considered a true liquid form. Powder medications are also solid, requiring reconstitution with a liquid to become usable. Therefore, based on the definitions and characteristics of these medication forms, liquid is the choice that accurately describes a medication type that is in a fluid state.

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9. What type of items can be categorized as contaminated in a medical context?

A. Food, water, objects

B. Living organisms, insects, plants

C. Medical supplies, equipment, tools

D. Organic matter, chemicals, pollutants

In a medical context, contaminated items typically refer to those that have been exposed to harmful microorganisms, foreign substances, or toxins that could pose a risk to health. The correct classification includes food, water, and objects because these are essential components that can easily become contaminated through various means, such as exposure to pathogens or hazardous materials. Food and water can be contaminated by bacteria, viruses, parasites, or chemicals, which can lead to illness if ingested. Objects, particularly those that come into contact with patients or bodily fluids, can harbor pathogens and therefore need to be properly managed to ensure safety. Other categories, while they may involve substances that could be harmful, do not align as directly with common understandings of contamination in the medical field. For example, living organisms, insects, and plants can certainly be vectors for contamination but are not typically categorized as "contaminated items" in the same practical sense as food, water, and objects. Similarly, while medical supplies and equipment can also be contaminated, they fall under a focused category and do not encompass as broad a range of everyday items. The presence of organic matter, chemicals, and pollutants is significant but also specific to environmental or regulatory contexts rather than directly linked to contamination in a medical setting.

10. Which assessment method uses signs and symptoms to gather patient information?

A. DCAP-BTLS

B. OPQRST

C. Focused assessment

D. Average blood volume assessment

The method that uses signs and symptoms to gather patient information is OPQRST, which is an acronym that stands for Onset, Provocation, Quality, Radiation, Severity, and Time. This assessment tool is particularly useful in evaluating a patient's pain and symptoms during a medical assessment. By systematically asking questions related to these components, EMTs can gather valuable information about the patient's condition, understanding how it started, what makes it worse or better, the character of the pain or symptoms, whether the pain spreads to other areas, the intensity of the pain, and its duration. This patient-centered approach allows EMTs to effectively characterize the patient's experience and assists in forming a more accurate diagnosis and treatment plan. The other methods mentioned may be important in different contexts, but they do not focus specifically on the holistic collection of signs and symptoms in the way that OPQRST does. For instance, DCAP-BTLS emphasizes a physical examination for trauma assessment, the focused assessment is more about concentrating on specific areas of concern, and the average blood volume assessment deals with more physiological measurements rather than qualitative symptom evaluation.

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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:

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

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