# RESUSCITATION COUNCIL UK (RCUK) ADVANCED LIFE SUPPORT (ALS) PRACTICE EXAM (SAMPLE)

## STUDY GUIDE



## SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

**VISIT US ONLINE FOR THE FULL VERSION STUDY GUIDE**

https://rcukals.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 typical initial bolus for lipid emulsion in local anaesthetic toxicity?**

   A. 1ml/kg

   B. 1.5ml/kg

   C. 2ml/kg

   D. 0.5ml/kg

2. **How much does survival rate decrease with each minute of defibrillation delay?**

   A. 5%

   B. 10%

   C. 15%

   D. 20%

3. **Which of the following is a critical component of the ALS approach?**

   A. Early defibrillation

   B. Long transport times

   C. Isolation of the patient

   D. Limited communication with emergency services

4. **What is the recommended maximum rate of IV potassium replacement in hypokalemia?**

   A. 40 mmol/hr

   B. 20 mmol/hr

   C. 10 mmol/hr

   D. 5 mmol/hr

5. **What is the recommended management for 'H's and T's' during Advanced Life Support?**

   A. Delay treatment until further assessment

   B. Identify and treat reversible causes

   C. Focus solely on CPR until arrival of advanced care

   D. Increase adrenaline dosage immediately

SAMPLE

**6. What must be checked to ensure safe AED use?**

A. Confirm the AED is fully charged

B. Ensure the patient is not in a confined space

C. Assess that the environment is safe and no one is in contact with the patient

D. Make sure the patient is awake and alert

**7. Which of the following is primarily used to improve outcomes from cardiac arrest?**

A. Utilizing anecdotal methods

B. Evidence-based guidelines

C. Personal experience

D. General practice

**8. What does the acronym "BLS" stand for in relation to ALS?**

A. Basic Life Support

B. Basic Life Skills

C. Basic Lifesaving Strategies

D. Basic Lifeguard Services

**9. What can a tension pneumothorax potentially cause during an asthma arrest?**

A. Hypotension

B. Hypercapnia

C. Increased airway resistance

D. Coronary vasodilation

**10. How can specific protocols affect resuscitation outcomes?**

A. They limit options for healthcare professionals

B. They streamline processes and improve the chances of survival

C. They complicate the decision-making for healthcare providers

D. They introduce variability in treatment approaches

SAMPLE

# Answers

SAMPLE

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

SAMPLE

# Explanations

SAMPLE

## 1. What is the typical initial bolus for lipid emulsion in local anaesthetic toxicity?

A. 1ml/kg

B. 1.5ml/kg

C. 2ml/kg

D. 0.5ml/kg

*The typical initial bolus for lipid emulsion in cases of local anaesthetic toxicity is 1.5 ml/kg. This dosing is established based on clinical practice guidelines aimed at effectively counteracting the cardiovascular effects of local anaesthetic overdose. Lipid emulsion therapy acts as a "lipid sink," which means it can sequester the lipophilic local anaesthetics and reduce their availability for tissue uptake and systemic circulation, ultimately mitigating toxicity. Administering the initial bolus at this specified level provides a substantial amount of lipid to address the potential signs of toxicity quickly and efficiently. Subsequent to the initial bolus, the protocol typically suggests that this can be followed by continuous infusion if needed, but the initial 1.5 ml/kg dose is critical in providing an effective immediate response in emergency situations where local anaesthetic toxicity has occurred. This approach is well-supported by research and expert consensus in resuscitation guidelines, making it an essential part of managing severe cases of local anaesthetic overdose.*

## 2. How much does survival rate decrease with each minute of defibrillation delay?

A. 5%

B. 10%

C. 15%

D. 20%

*The survival rate for patients experiencing a cardiac arrest decreases by approximately 10% for each minute that defibrillation is delayed. This statistic underscores the critical importance of timely intervention in cases of sudden cardiac arrest, where immediate access to defibrillation can significantly increase the chances of survival. When a patient goes into cardiac arrest, the heart is unable to effectively pump blood, leading to a lack of oxygenation in vital organs. This situation is time-sensitive; the longer the delay in delivering an electric shock via a defibrillator, the greater the risk of irreversible damage to the heart and brain. Therefore, prompt action is crucial, and the statistic illustrates how every minute counts in improving survival outcomes. While other options suggest different percentages, they do not accurately reflect the well-documented decrease in survival rates associated with defibrillation delay observed in clinical settings and research.*

SAMPLE

## 3. Which of the following is a critical component of the ALS approach?

A. Early defibrillation

B. Long transport times

C. Isolation of the patient

D. Limited communication with emergency services

*Early defibrillation is a crucial component of the Advanced Life Support (ALS) approach as it substantially increases the chances of survival in patients experiencing certain life-threatening arrhythmias, particularly ventricular fibrillation and pulseless ventricular tachycardia. In cases of cardiac arrest, every minute without defibrillation can significantly decrease the likelihood of a positive outcome. The emphasis in ALS is on prompt recognition of cardiac arrest and the immediate application of defibrillation when indicated. Rapid defibrillation works by restoring a normal heart rhythm, thereby allowing the heart to once again effectively pump blood to the body. This is a fundamental aspect of the ALS algorithm and is corroborated by the scientific evidence underpinning resuscitation guidelines. The overall success of resuscitation efforts relies heavily on minimizing the time from cardiac arrest to defibrillation, highlighting its critical role in advanced life support protocols. In contrast, options that involve delays, such as long transport times, or hinder the resuscitation process, like isolation of the patient or limited communication with emergency services, do not align with the principles of ALS. Effective communication and timely transport are essential for optimizing patient outcomes, and isolating the patient can pose additional risks by delaying critical interventions.*

## 4. What is the recommended maximum rate of IV potassium replacement in hypokalemia?

A. 40 mmol/hr

B. 20 mmol/hr

C. 10 mmol/hr

D. 5 mmol/hr

*In the management of hypokalemia, it is essential to replace potassium safely to avoid complications such as cardiac arrhythmias or hyperkalemia. The recommended maximum rate of intravenous potassium replacement is 20 mmol/hr. This rate balances the need for rapid correction of potassium levels in patients while minimizing the risk of adverse effects from too rapid administration. Administering potassium at this rate allows for effective and safer normalization of potassium levels without overwhelming the body's capacity to handle the infusion. Higher rates, such as 40 mmol/hr or even 10 mmol/hr, would increase the risk of hyperkalemia, especially if renal function is compromised. Infusing at a rate lower than 20 mmol/hr may not be sufficient in situations where a faster correction is needed, but it is crucial to stay within safe limits to protect patient safety. Therefore, the proper understanding of these guidelines helps ensure effective care in cases of hypokalemia.*

SAMPLE

## 5. What is the recommended management for 'H's and T's' during Advanced Life Support?

A. Delay treatment until further assessment

B. Identify and treat reversible causes

C. Focus solely on CPR until arrival of advanced care

D. Increase adrenaline dosage immediately

*The recommended management for 'H's and T's' during Advanced Life Support is to identify and treat reversible causes. This approach is critically important because many life-threatening conditions leading to cardiac arrest can be reversible if promptly addressed. The 'H's and T's' acronym represents a list of potential causes, including hypovolemia, hypoxia, hydrogen ion (acidosis), hyperkalemia, hypothermia, tension pneumothorax, cardiac tamponade, toxidromes, and thrombosis (both pulmonary and coronary). By quickly recognizing these conditions, healthcare providers can initiate appropriate interventions that may restore the patient's hemodynamic stability and improve chances of survival. This management strategy emphasizes the importance of comprehensive assessment and targeted treatment based on the underlying cause rather than just providing symptomatic care. Focusing solely on CPR, delaying treatment, or increasing adrenaline dosage without addressing the reversible causes does not align with best practice in the context of Advanced Life Support. While CPR is essential for maintaining circulation, identifying and correcting the specific cause of the arrest is crucial for effective resuscitation and better outcomes.*

## 6. What must be checked to ensure safe AED use?

A. Confirm the AED is fully charged

B. Ensure the patient is not in a confined space

C. Assess that the environment is safe and no one is in contact with the patient

D. Make sure the patient is awake and alert

*To ensure safe use of an Automatic External Defibrillator (AED), assessing that the environment is safe and ensuring that no one is in contact with the patient is crucial. This step is important because the shock delivered by an AED can potentially affect anyone who is in physical contact with the patient at the moment of shock. If someone is touching the patient, they could also receive an unintended electric shock, which can lead to serious injury. Furthermore, evaluating the surroundings for safety is essential. Items like water, metal objects, or excessive crowding can introduce additional hazards. Ensuring that the area is clear and safe allows for the AED to be used effectively without complications that could arise from environmental factors or the presence of bystanders. In contrast, while confirming the AED is charged is important for device functionality, it does not address safety in the immediate environment. Ensuring the patient is not in a confined space may be relevant for administering CPR but does not pertain directly to the use of an AED. Finally, making sure the patient is awake and alert is not applicable in a cardiac arrest scenario, as such patients would not be responsive. Thus, the focus on environmental safety and contact with the patient is critical in AED usage.*

SAMPLE

## 7. Which of the following is primarily used to improve outcomes from cardiac arrest?

A. Utilizing anecdotal methods

B. Evidence-based guidelines

C. Personal experience

D. General practice

*The choice of evidence-based guidelines is essential for improving outcomes from cardiac arrest because these guidelines are developed through rigorous scientific research and clinical trials that provide proven strategies for effective resuscitation. Evidence-based guidelines offer a standardized approach that helps ensure consistency in the administration of care, which is crucial in emergency situations like cardiac arrest. They incorporate the latest research findings, expert consensus, and best practices, thereby enhancing the chances of survival and good neurological recovery for patients. By relying on evidence-based guidelines, healthcare providers can make informed decisions that align with the most effective resuscitation techniques. This contrasts sharply with relying on anecdotal methods, personal experiences, or general practices, which may not be reliable or effective in critical situations. Evidence-based practices systematically analyze data and outcomes, contributing to a higher likelihood of success in resuscitation efforts.*

## 8. What does the acronym "BLS" stand for in relation to ALS?

A. Basic Life Support

B. Basic Life Skills

C. Basic Lifesaving Strategies

D. Basic Lifeguard Services

*The acronym "BLS" stands for Basic Life Support, and it is fundamental to the practices involved in Advanced Life Support (ALS). Basic Life Support encompasses the initial care provided to a patient experiencing a life-threatening emergency, such as cardiac arrest or respiratory failure. This includes essential skills like chest compressions and rescue breaths to maintain circulatory flow and oxygenation until more advanced medical care can be administered. Understanding the role of BLS is crucial for anyone involved in ALS, as it lays the groundwork for the advanced interventions that follow. If BLS is not performed effectively and promptly, the chances of successful outcomes in advanced care are significantly reduced. The other answer options, while they may sound plausible, do not accurately represent the established terminology and practices in emergency medical care.*

SAMPLE

## 9. What can a tension pneumothorax potentially cause during an asthma arrest?

A. Hypotension

B. Hypercapnia

C. Increased airway resistance

D. Coronary vasodilation

*A tension pneumothorax can lead to hypotension during an asthma arrest because it creates a buildup of pressure within the thoracic cavity. This pressure compresses the major blood vessels, particularly the inferior vena cava, which hampers venous return to the heart. When venous return is reduced, the heart's ability to fill and pump blood is compromised, resulting in decreased cardiac output and subsequent hypotension. In scenarios of respiratory distress such as an asthma arrest, the presence of a tension pneumothorax exacerbates the situation by disrupting normal vascular physiology and further decreasing blood pressure, which can be critical for effective circulation and oxygen delivery to vital organs. While hypercapnia can occur due to impaired gas exchange during respiratory crises, it is the compromised hemodynamic status caused by a tension pneumothorax that predominantly results in hypotension. Increased airway resistance can be influenced by other factors in an asthma attack but is not directly caused by tension pneumothorax. Likewise, coronary vasodilation is not typically a consequence of this condition; in fact, the pressure effects could lead to vasoconstriction in certain situations.*

## 10. How can specific protocols affect resuscitation outcomes?

A. They limit options for healthcare professionals

B. They streamline processes and improve the chances of survival

C. They complicate the decision-making for healthcare providers

D. They introduce variability in treatment approaches

*Specific protocols in resuscitation are designed to establish a standardized approach to critical care situations, which ultimately improves outcomes by ensuring that evidence-based practices are consistently applied. By streamlining processes, these protocols facilitate timely interventions that are crucial during cardiac arrest or other emergencies. For instance, they dictate the sequence and timing of interventions such as chest compressions, defibrillation, and pharmacological treatments, which can significantly influence survival rates and neurological outcomes. When healthcare professionals follow established protocols, they can act more efficiently, minimizing delays that could occur if each provider were to individually decide on the course of action. The clarity that protocols provide helps to ensure that all team members are on the same page, which enhances coordination during resuscitation efforts. This collective adherence to proven methods increases the likelihood of achieving return of spontaneous circulation and ultimately improves patient survival chances. While there may be contexts where oversight can occur, the focus of protocols is to reduce variability and create consistency, thus optimizing the chain of survival in emergency situations.*

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://rcukals.examzify.com

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

SAMPLE