

EMT Basic Pre- Employment Study Guide

EMT Exam

Version 2019.1

- 1) EMTs should wear high-efficiency particulate air (HEPA) respirators when they are in contact with patients who have which of the following:
 - a. HIV (Human Immunodeficiency Virus)
 - b. Tuberculosis
 - c. Open Wounds
 - d. Hepatitis B

- 2) You are called to assist a 60-year-old female who complains of a severe headache. Upon entering the home, you smell a strong, unusual odor. What is your first action?
 - a. Approach the patient, and check for airway, breathing, and circulation first
 - b. Approach the patient, insert a nasopharyngeal airway to ensure a patent airway
 - c. Open all of the windows to vent the house, and then approach the patient
 - d. Leave the home and have the fire department ensure scene safety

- 3) The most common electrical rhythm disturbance that results in sudden cardiac arrest is called:
 - a. PEA (Pulseless Electrical Activity)
 - b. V-Fib (Ventricular Fibrillation)
 - c. A-Fib (Atrial Fibrillation)
 - d. Asystole

- 4) You are dispatched to the unresponsive male. You arrive on-scene to find a 21-year-old male who is unresponsive and apneic. You find that he has a weak carotid pulse at 84 per minute, and pinpoint pupils equal at 2mm non-reactive. The fire department has administered 2 MG of Naloxone 5 minutes prior to your arrival, has been ventilating via a BVM, and they state there has been no change in the patient's condition. ALS is en-route. What is your next step?
 - a. Administer 2 MG Narcan IV
 - b. Administer 1 adult Epi-Pen
 - c. Ventilate, and administer Albuterol 2.5mg/3ml
 - d. Administer 2 MG Narcan IN

- 5) Of the following, which bodily fluid has the most potential to transmit blood-borne pathogens?
 - a. Nasal Discharge
 - b. Urine
 - c. Amniotic Fluid
 - d. Feces

- 6) Your patient is an 11-month-old female. How can you determine if she has decreased mental status and is responsive to verbal stimuli?**
- She will be upset when you take her from her mother's arms
 - She will be unable to tell you how old she is if you ask her
 - She will attempt to locate her parents' voices when they speak
 - She will try to pull away from painful stimulus on her toe
- 7) What is the best method to assess circulation in an infant?**
- Palpate the carotid pulse
 - Palpate the brachial pulse
 - Palpate the radial pulse
 - Palpate the femoral pulse
- 8) You are treating a 68-year-old male complaining of chest pain. He asks you to assist him in taking his nitroglycerin. To assist him, you check his vital signs to ensure:**
- His blood pressure is above 100 mmHg systolic
 - His blood pressure is above 120 mmHg systolic
 - His pulse is above 60 beats per minute
 - His pulse is under 100 beats per minute
- 9) The primary benefit to giving aspirin to a patient experiencing a myocardial infarction is that it acts as:**
- An Anti-dysrhythmic
 - A Thrombolytic
 - An Anti-Platelet
 - An analgesic
- 10) Which of the following is a sign of increased pressure in the circulatory system?**
- Flat neck veins
 - Palpable carotid pulse
 - Distended jugular veins
 - Decreased radial pulse
- 11) An automated external defibrillator (AED) will shock which of the following rhythms?**
- Ventricular Tachycardia (V-Tach) and Asystole
 - Ventricular Fibrillation (V-Fib) and Atrial Fibrillation (A-Fib)
 - Pulseless Electrical Activity (PEA) and Asystole
 - Ventricular Tachycardia (V-Tach) and Ventricular Fibrillation (V-Fib)
- 12) To assess motor function in the lower extremities of a responsive adult patient, you would:**
- Ask the patient to bend his knee
 - Ask the patient to wiggle his toes
 - Carefully move the patient's leg up and down
 - Touch the skin of the patient's foot

- 13) Which patient can safely receive only a focused physical examination rather than a rapid trauma assessment?**
- a. 10-year-old male with a deformed right lower leg who is responsive after falling off his bicycle
 - b. 20-year-old female who complains of severe pain in her ankle after stepping off of a curb
 - c. 70-year-old male who complains of neck pain after a moderate-speed motor vehicle collision
 - d. 30-year-old male who is unresponsive but has only minor cuts to his hands
- 14) You are using the OPQRST acronym to assess a responsive medical patient. What question would you ask the patient to assess the P component?**
- a. What were you doing when the pain started?
 - b. Can you describe the character of the pain for me?
 - c. What makes the pain feel better or worse?
 - d. On a scale of 1-10, how would you rank the pain?
- 15) You find a 4-year-old patient unresponsive. He is not breathing normally, you find that he has a pulse of 42 beats per minute, and you note cyanosis. What are your next actions?**
- a. Provide a rescue breath every 3-5 seconds and continually re-assess
 - b. Roll the patient into recovery position until ready for transport
 - c. Provide high-flow oxygen via a Non-Rebreather and insert an airway adjunct
 - d. Provide a rescue breath every 3-5 seconds, and begin chest compressions
- 16) Which patient requires a detailed physical examination?**
- a. 48-year-old male with a history of heart disease who is complaining of chest pain
 - b. 35-year-old female who has been in a single-car collision and who briefly lost consciousness
 - c. 28-year-old full-term pregnant female whose water has broken and who is having contractions every two minutes
 - d. 53-year-old female with a history of smoking who is distressed and short of breath
- 17) Where is the detailed physical exam typically performed?**
- a. At the scene of the accident or injury
 - b. In the hospital emergency department
 - c. In the ambulance during transport
 - d. In the triage area of a trauma center
- 18) The purpose of the on-going assessment is to re-evaluate the patient's condition and to:**
- a. Find any injuries missed during the initial assessment
 - b. Reassure the patient that you are still caring for him/her
 - c. Check the adequacy of each intervention performed
 - d. Protect the EMT or Paramedic against liability from malpractice lawsuits

19) Immediately after delivering a shock with an AED to a patient in cardiac arrest, you should:

- a. Check for a carotid pulse and, if needed, begin CPR
- b. Check for breathing and provide two rescue breaths if necessary
- c. Turn off the AED. You will turn it back on in two minutes
- d. Resume CPR, starting with chest compressions

20) You should apply an AED to which patient?

- a. An adult male experiencing chest discomfort
- b. An adult female with significant traumatic injuries and a pulse of 60 beats per minute
- c. An adult male who has overdosed on heroin, is unresponsive, apneic, and has a pulse
- d. An adult male who is unresponsive, apneic, and does not have a pulse

21) In which of the following situations should you call for immediate additional personnel?

- a. You arrive on-scene of a shooting and find two patients in critical condition with multiple gunshot wounds
- b. Your patient is a 26-year-old female in active labor
- c. Your patient is a young child with a fever who had a brief seizure prior to your arrival
- d. Your partner is needed to stabilize the cervical spine

22) What is the structure that prevents food and liquid from entering the trachea during swallowing?

- a. Cricoid Cartilage
- b. Larynx
- c. Epiglottis
- d. Diaphragm

23) The air sacs in the lungs where O₂/CO₂ exchange occurs are the:

- a. Bronchioles
- b. Bronchi
- c. Epiglottis
- d. Alveoli

24) Pink or bloody sputum is often seen in patients with:

- a. Anaphylaxis
- b. Influenza
- c. Pulmonary Edema
- d. Asthma

25) You are treating an adult patient with a blood sugar of 29 mg/dL who is disoriented but can speak and swallow. Which intervention would be the most appropriate?

- a. Administer 1 tube oral glucose by mouth, repeat every 5 minutes if necessary
- b. Encourage the patient to consume 1 can of diet soda
- c. Assist the patient in administering 30 units of his insulin
- d. Administer Dextrose 10% solution IV

- 26) Which of the following is a sign of inadequate breathing?**
- a. Warm, pink, dry skin
 - b. Equal rise and fall of the chest
 - c. Accessory Muscle use when breathing
 - d. Speaking in complete sentences without difficulty
- 27) A patient complaining of facial paralysis on one side of his face with tearing, localized pain, and sensitivity may be suffering from the most common form of facial paralysis called:**
- a. Dystonia
 - b. Muscular Dystrophy
 - c. Amyotrophic Lateral Sclerosis (ALS)
 - d. Bell's Palsy
- 28) A gurgling sound heard with artificial ventilation is a sign that:**
- a. The patient must be suctioned immediately
 - b. Supplemental Oxygen should be added to the bag-valve mask
 - c. The airway is most likely open, patent, and clear
 - d. The patient is trying to communicate with you
- 29) The first step in artificial ventilation with a bag-valve-mask unit in patients with suspected trauma is to:**
- a. Place the patient's head in a hyperextended, sniffing position
 - b. Insert an airway adjunct and select the correct mask size
 - c. This patient cannot be ventilated with a bag-valve-mask
 - d. Have an assistant squeeze the bag until the patient's chest rises
- 30) You take a report from a first responder who describes a patient as postictal; based on this report, you would expect to find the patient:**
- a. Alert and Oriented
 - b. Confused
 - c. Unresponsive and pulseless
 - d. Hallucinating
- 31) When suctioning an adult patient, how long should you suction for?**
- a. 20-25 seconds
 - b. 10 seconds or less
 - c. At least 30 seconds
 - d. 30 seconds or less

- 32) What is the correct procedure for a patient who has secretions or emesis that suctioning cannot easily remove?**
- Insert an oropharyngeal or nasopharyngeal airway immediately
 - Suction for 55 seconds, ventilate for two minutes, and then repeat
 - Logroll the patient and clear the oropharynx and nasopharynx
 - Hyperventilate the patient with a bag-valve mask
- 33) What is the purpose of the head-tilt/chin-lift technique?**
- To remove foreign bodies from the upper airway
 - To prevent the patient from vomiting
 - To lift the tongue and epiglottis out of an obstructing position
 - To prepare for suctioning
- 34) After opening the airway, the next step in patient management is to:**
- Insert an endotracheal tube
 - Assess the adequacy of respirations
 - Begin mouth-to-mouth ventilations
 - Apply a non-rebreather mask
- 35) When using the two-person bag-valve-mask procedure, one EMT ventilates the patient while the other:**
- Suctions the patient and administers CPR
 - Administers mouth-to-mask ventilation
 - Inserts the oral or nasopharyngeal airway
 - Maintains an adequate mask seal and monitors the patient for chest rise
- 36) You arrive on-scene for a 25-year-old female in active labor. As you arrive on-scene, a firefighter states "she is G-6 and P-4" (G= Gravidity; P=Parity). What does this mean?**
- She has been pregnant 4 times, with 6 babies brought to full term
 - She has been pregnant 6 times, with 4 babies brought to full term
 - She has had 6 children, with 4 natural births
 - She has had 6 children, with 4 C-Sections
- 37) You approach a scene and find a male patient supine on the ground. You call out and he does not respond. After a sternum rub, the patient speaks incoherently and opens his eyes. Where does your patient fall on the AVPU scale?**
- A
 - V
 - P
 - U

38) A condition in pregnant females in which the placenta is formed in an abnormal location that results in excessive pre-birth bleeding is:

- a. Breech Presentation
- b. Preeclampsia
- c. Placenta Previa
- d. Abruptio Placentae

39) The right ventricle pumps blood into the:

- a. Body of the Aorta
- b. Lungs via the Pulmonary Vein
- c. Left Atrium
- d. Lungs via the Pulmonary Artery

40) A patient should receive high-flow oxygen if he/she exhibits:

- a. Tachycardia
- b. Anisocoria (blown pupil)
- c. Dehydration
- d. Cyanosis

41) You are on-scene with a 20 kg (44 lbs) patient suffering from anaphylaxis who has not improved after one dose of an epinephrine auto-injector. Your next step should be to:

- a. Administer a 0.15mg dose of epinephrine via auto-injector by standing order
- b. Administer a 0.3mg dose of epinephrine via auto-injector by standing order
- c. Contact medical control for orders to administer the patient's diphenhydramine (Benadryl) orally
- d. Contact medical control for orders to administer a 0.15mg dose of epinephrine via auto-injector

42) You are transporting an elderly female from a long-term care facility to a nearby ER. Staff at the facility report that the patient began experiencing left sided facial droop and slurred speech approximately 2 hours ago. You should:

- a. Administer 1 tube of oral glucose
- b. Lay the patient supine and consider an airway device
- c. Notify the receiving facility of a "Stroke Alert"
- d. Administer aspirin to the patient

43) The correct rate of artificial ventilations for an adult patient is:

- a. 22 ventilations per minute
- b. 6 ventilations per minute
- c. 18 ventilations per minute
- d. 10 ventilations per minute

44) A 56-year-old female patient complains of mild chest discomfort and upper abdominal pain.

You should:

- a. Attempt to diagnose a cardiac condition
- b. Assume the patient is suffering from a myocardial infarction and treat accordingly
- c. Maintain a high index of suspicion for a cardiac etiology
- d. Apply the AED, this patient may go into cardiac arrest at any time

45) 2nd Degree Thermal burns should be dressed in:

- a. Gel-Pak Solution Wrap
- b. Moist, sterile dressing
- c. Left open to allow for air to assist with cooling the patient
- d. Clean, dry sterile dressing

46) A patient has been sprayed in the eye with a chemical irritant pepper spray. Please choose the most appropriate treatment:

- a. Flush the eye with copious amounts of sterile water or 0.9% Normal Saline
- b. Use a Morgan Lens for eye irrigation
- c. Flush the eye with copious amounts of whole milk
- d. At my level of training, I cannot flush the eye

47) Your patient is a 29-year-old male who has fallen off a ladder. He has bright red blood spurting profusely from a wound on his right forearm and has severe pain in his left thigh. Which of the following is an appropriate initial treatment for this patient?

- a. Perform a quick initial assessment to assess his ABCs
- b. Stop the bleeding by applying a tourniquet above the wound
- c. Maintain an open airway and ventilate the patient with a bag-valve mask
- d. Elevate the patient's legs to treat him for shock

48) Touching the patient when the AED is analyzing the rhythm:

- a. Is acceptable with more modern AED's
- b. Is indicated to reduce compression fraction
- c. Is indicated to maintain artificial ventilation
- d. Is not appropriate and may prevent proper operation of the AED

49) You arrive on-scene to find an adult female choking. Before you can intervene, she becomes unresponsive. What is your next step?

- a. Roll the patient over and provide 5 back blows
- b. Perform CPR, beginning with chest compressions
- c. Attempt abdominal thrusts and ventilations via a BVM
- d. Perform a blind finger sweep in an attempt to dislodge the object

50) You are presented with a patient of an apparent opioid overdose with agonal respirations and pinpoint pupils. You have just administered 2mg Narcan intra-nasally and the medication has not yet taken effect. Your next step would be to:

- a. Stand back, the patient could wake up and become violent or vomit
- b. Collect any evidence you or the police deem necessary
- c. Place the patient on a non-rebreather at 15LPM
- d. Ventilate the patient with a bag-valve mask

