

68W Emergency Medical Technician (EMT) Practice Exam (Sample)

Study Guide



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Questions

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- 1. Which term best describes the function of the heart to initiate its own electrical impulses?**
 - A. Rhythmicity**
 - B. Automaticity**
 - C. Contractility**
 - D. Conductivity**
- 2. What does self-efficacy refer to?**
 - A. Belief in communal effectiveness and competence**
 - B. Belief in one's ability to influence others**
 - C. Desire to manage problems through teamwork**
 - D. One's sense of competence and effectiveness**
- 3. What does POLST stand for?**
 - A. Physician's Orders for Life-Sustaining Treatment**
 - B. Patient's Options for Life-Saving Treatment**
 - C. Patient's Orders for Life-Saving Treatment**
 - D. Physician's Orders for Legislative Safety Treatment**
- 4. In the case of a pediatric patient, what is a crucial consideration for treatment?**
 - A. Assessing facial injuries**
 - B. Assessing weight to determine medication dosages**
 - C. Calculating the child's heart rate**
 - D. Checking the child's behavioral changes**
- 5. What kind of charges can an enhanced 911 system provide?**
 - A. Callbacks to the caller**
 - B. Location tracking of the caller**
 - C. Identifying service providers**
 - D. Determining the caller's age**
- 6. What is the primary focus of an EMT's scope of practice?**
 - A. Maximizing personal safety**
 - B. Providing care based on established guidelines and training**
 - C. Ensuring complete recovery of patients**
 - D. Addressing legal issues that arise during care**

- 7. What is the correct technique when performing a power lift?**
- A. Standing with feet close together for balance**
 - B. Squatting with weight close to the body and back locked**
 - C. Lifting with arms fully extended**
 - D. Using a rapid motion to lift the patient**
- 8. What does the “C” in the ABCs of patient care stand for?**
- A. Comprehension**
 - B. Compression**
 - C. Circulation**
 - D. Contusion**
- 9. What is a common cause of anaphylactic shock?**
- A. Severe allergic reaction**
 - B. High blood pressure**
 - C. Heart attack**
 - D. Asthma attack**
- 10. What is the primary function of the 911 system?**
- A. Access for reporting emergencies**
 - B. To track patient outcomes**
 - C. To schedule routine medical exams**
 - D. To provide telehealth consultations**

Answers

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

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Explanations

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1. Which term best describes the function of the heart to initiate its own electrical impulses?

- A. Rhythmicity**
- B. Automaticity**
- C. Contractility**
- D. Conductivity**

The term that best describes the heart's ability to initiate its own electrical impulses is automaticity. This feature allows the heart to generate electrical signals that trigger heartbeats independently of external stimuli. Automaticity is fundamental for maintaining a consistent heart rhythm and ensuring that the heart can effectively pump blood throughout the body. It is particularly important for the functioning of the sinoatrial (SA) node, which acts as the primary pacemaker of the heart, initiating the electrical conduction system that coordinates heart contractions. In contrast, rhythmicity refers to the regularity of the heart's beating pattern, which is influenced by automaticity but does not encompass the ability to initiate signals independently. Contractility refers to the strength and efficiency of the heart's contractions, while conductivity pertains to the heart's ability to transmit electrical impulses through its conduction pathways. These terms are related to heart function but do not specifically describe the autonomous initiation of electrical impulses as automaticity does.

2. What does self-efficacy refer to?

- A. Belief in communal effectiveness and competence**
- B. Belief in one's ability to influence others**
- C. Desire to manage problems through teamwork**
- D. One's sense of competence and effectiveness**

Self-efficacy refers to an individual's belief in their own ability to successfully accomplish tasks and reach goals. It encompasses the confidence a person has in their own capabilities to perform specific behaviors required to produce desired outcomes. This concept is foundational in psychology as it affects how people think, feel, and act, influencing motivation and behavior in various settings. In the context of the provided options, the correct answer highlights one's personal sense of competence and effectiveness, which aligns directly with the definition of self-efficacy. This belief not only impacts an individual's effort and persistence when facing challenges but can also affect their willingness to take on new tasks or challenges, thus playing a crucial role in personal development and performance. The other options, while related to broader concepts of effectiveness and teamwork, do not specifically capture the essence of self-efficacy, which is fundamentally about an individual's perception of their own abilities.

3. What does POLST stand for?

- A. Physician's Orders for Life-Sustaining Treatment**
- B. Patient's Options for Life-Saving Treatment**
- C. Patient's Orders for Life-Saving Treatment**
- D. Physician's Orders for Legislative Safety Treatment**

The term POLST stands for Physician's Orders for Life-Sustaining Treatment. This is a medical order created for patients with serious illnesses or frailty, ensuring that their treatment preferences regarding life-sustaining measures are documented and honored in emergency situations. The POLST form is designed to provide clear guidance for healthcare providers and first responders about the patient's wishes concerning resuscitation, medical interventions, and other critical decisions. The POLST approach emphasizes patient-centered care, promoting communication between patients and their healthcare teams about goals of care and treatment preferences. This is particularly important in emergency situations where immediate decision-making is critical. By using POLST, healthcare providers can respect and adhere to patient wishes, which can enhance the quality of care and align medical interventions with the patient's values and goals. The other options, while they illustrate concepts related to treatment preferences, do not represent the standardized acronym or the specific objectives that POLST is designed to achieve.

4. In the case of a pediatric patient, what is a crucial consideration for treatment?

- A. Assessing facial injuries**
- B. Assessing weight to determine medication dosages**
- C. Calculating the child's heart rate**
- D. Checking the child's behavioral changes**

When treating pediatric patients, assessing weight to determine medication dosages is crucial because children metabolize medications differently than adults. Accurate weight measurement allows healthcare providers to calculate the appropriate dose based on the child's weight in kilograms. This is vital, as underdosing can lead to ineffective treatment, while overdosing can cause adverse effects or toxicity. In pediatric emergencies, weight-based dosing is often preferred since medication formulations and concentrations are frequently adjusted for a child's size. This approach minimizes the risks associated with administering medication without proper calculations. While assessing facial injuries, calculating heart rate, and noting behavioral changes can all be important in a pediatric assessment, none of these aspects are as critical as ensuring the correct medication dosage based on weight when it comes to effective and safe pharmacological treatment.

5. What kind of charges can an enhanced 911 system provide?

- A. Callbacks to the caller**
- B. Location tracking of the caller**
- C. Identifying service providers**
- D. Determining the caller's age**

An enhanced 911 system, often referred to as E911, provides critical features that enhance the ability of emergency responders to assist callers during urgent situations. One of the primary advantages of an enhanced 911 system is its capability for location tracking of the caller. This feature allows emergency services to determine the exact geographic location from which a call is made, even if the caller is unable to communicate their whereabouts. This is particularly important in scenarios where time is of the essence, such as medical emergencies, accidents, or other incidents requiring immediate assistance. Having accurate location information enables dispatchers to send help directly to the caller's location rather than relying on potentially inaccurate verbal descriptions. Additionally, this system increases the efficiency and effectiveness of emergency response, potentially saving lives. While callbacks to the caller and identifying service providers can be useful, they do not represent core features specifically tied to the enhanced functionalities of E911 systems. Similarly, determining the caller's age is not a relevant function of E911, as it focuses primarily on location and immediate response capability rather than demographic information. Therefore, the most significant and pertinent capability of an enhanced 911 system is its ability to track the caller's location.

6. What is the primary focus of an EMT's scope of practice?

- A. Maximizing personal safety**
- B. Providing care based on established guidelines and training**
- C. Ensuring complete recovery of patients**
- D. Addressing legal issues that arise during care**

The primary focus of an EMT's scope of practice is to provide care based on established guidelines and training. This means that EMTs are trained to recognize medical emergencies, assess patients, and deliver appropriate interventions according to nationally recognized standards and protocols. Their scope of practice encompasses skills such as taking vital signs, administering certain medications, providing basic life support, and performing long-distance transport of patients. This structured approach ensures that the care provided is both safe and effective, following the best practices and protocols laid out by medical oversight. While maximizing personal safety is undeniably important in the role of an EMT, the central focus of their practice remains on delivering care based on their training. Similarly, ensuring complete recovery of patients is an ideal outcome, but not a guarantee or primary function of the EMT. Addressing legal issues is a critical aspect of overall medical care but does not directly pertain to the everyday scope of practice for EMTs. Their main responsibility lies in addressing immediate medical needs and supporting patients during critical times until further medical intervention can be arranged.

7. What is the correct technique when performing a power lift?

- A. Standing with feet close together for balance**
- B. Squatting with weight close to the body and back locked**
- C. Lifting with arms fully extended**
- D. Using a rapid motion to lift the patient**

The correct technique for performing a power lift emphasizes the importance of maintaining proper body mechanics to prevent injury while effectively lifting a patient. When squatting with the weight close to the body and keeping the back locked, you engage the larger muscles of the legs rather than relying solely on the smaller muscles in the back, which can lead to strain or injury. This method also allows for better control and stability during the lift. By positioning the weight close to your center of gravity, you reduce the risk of losing balance and ensure that the force of the lift is distributed more evenly throughout your body. Additionally, locking the back helps protect the spine, maintaining its natural curvature and reducing the chance of back injuries. In contrast, standing with feet close together may compromise balance; lifting with arms fully extended places undue strain on the arms and back; and using a rapid motion can lead to improper form, increasing the risk of injury. Each of these alternatives does not incorporate the key principles of a safe and effective lift.

8. What does the “C” in the ABCs of patient care stand for?

- A. Comprehension**
- B. Compression**
- C. Circulation**
- D. Contusion**

The “C” in the ABCs of patient care stands for Circulation. The ABCs refer to the priority sequence in emergency medical care, which is critical for ensuring the patient’s survival and stability. Starting with Airway (A) to ensure that the patient can breathe, followed by Breathing (B) to ensure there is adequate oxygenation. Circulation focuses on assessing and maintaining blood flow, which is vital for delivering oxygen and nutrients to the body’s tissues. In emergency scenarios, effective circulation is paramount, as it can prevent irreversible damage to vital organs and increase the chances of survival. Understanding this priority allows EMTs to rapidly assess and perform necessary interventions, such as controlling bleeding or performing CPR if necessary, to restore effective circulation.

9. What is a common cause of anaphylactic shock?

A. Severe allergic reaction

B. High blood pressure

C. Heart attack

D. Asthma attack

Anaphylactic shock is a severe and potentially life-threatening reaction that typically occurs in response to an allergen. A common cause of this condition is indeed a severe allergic reaction, which can be triggered by various substances such as food (like peanuts or shellfish), insect stings, medications, or latex. When someone with a significant allergy is exposed to these triggers, their immune system can overreact, leading to the rapid release of chemicals such as histamines. This reaction can cause symptoms across multiple systems in the body, including difficulty breathing, swelling of the throat, a sudden drop in blood pressure, and hives, all of which characterize anaphylactic shock. In contrast, high blood pressure, heart attacks, and asthma attacks are not direct causes of anaphylactic shock; they represent different medical conditions or responses that do not involve the same mechanisms as an allergic reaction.

10. What is the primary function of the 911 system?

A. Access for reporting emergencies

B. To track patient outcomes

C. To schedule routine medical exams

D. To provide telehealth consultations

The primary function of the 911 system is to provide immediate access for reporting emergencies. This service is designed to receive calls from individuals in need of urgent assistance and to dispatch the appropriate emergency services, such as police, fire, or medical responders, as quickly as possible. This facilitates a swift response to life-threatening situations and helps to ensure that individuals in crisis receive the help they need promptly. The other options, while related to healthcare and emergency services in some capacity, do not align with the primary purpose of the 911 system. Tracking patient outcomes is typically associated with healthcare quality measures rather than emergency response. Scheduling routine medical exams pertains to non-emergency healthcare services and is not within the scope of what 911 addresses. Telehealth consultations are intended for non-urgent medical advice and do not fulfill the role of immediate emergency response, which is central to the function of the 911 system.