

AAOS EMERGENCY CARE AND TRANSPORT OF THE SICK AND INJURED PRACTICE EXAM (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

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

<https://aaosemergencycareandtransport.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.

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!

Questions

SAMPLE

- 1. What physiological process is best assessed using a stethoscope?**
 - A. Perfusion
 - B. Respiration
 - C. Blood Pressure
 - D. Circulation
- 2. What are the basic activities a person performs daily, like eating and bathing, called?**
 - A. Life skills
 - B. Activities of daily living
 - C. Instrumental activities
 - D. Functional tasks
- 3. What term is used to describe large glass, plastic, or steel containers that range in volume from 5 to 15 gallons?**
 - A. Carboys
 - B. Barrels
 - C. Tanks
 - D. Drums
- 4. What type of metabolism can only occur in the presence of oxygen?**
 - A. Anaerobic metabolism
 - B. Facultative metabolism
 - C. Aerobic metabolism
 - D. Obligate metabolism
- 5. What are air ambulances?**
 - A. Aircraft modified for medical care and patient transport
 - B. Land ambulances for urban transport
 - C. Maritime vessels equipped for emergencies
 - D. Private cars used for non-emergency transfers

- 6. What is the term for a delivery where the buttocks present first?**
- A. Cephalic presentation
 - B. Breech presentation
 - C. Transverse presentation
 - D. Compound presentation
- 7. What is the term for the passageway that includes the vagina and cervix?**
- A. Birth canal
 - B. Reproductive tract
 - C. Pelvic cavity
 - D. Abdominal cavity
- 8. What carrying technique involves four providers and allows them to face forward while moving the patient?**
- A. Diamond carry
 - B. Bubonic plague
 - C. Bulk storage containers
 - D. Diaphoretic
- 9. What does airborne transmission refer to?**
- A. Transmission through direct contact
 - B. Spread via droplets or dust
 - C. Transmission via vector organisms
 - D. Spread through contaminated surfaces
- 10. What do we call conditions that make a particular medication or treatment inappropriate due to possible harm to the patient?**
- A. Precautions
 - B. Contraindications
 - C. Interactions
 - D. Warnings

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. What physiological process is best assessed using a stethoscope?

- A. Perfusion
- B. Respiration**
- C. Blood Pressure
- D. Circulation

The physiological process that is best assessed using a stethoscope is respiration. When using a stethoscope, healthcare providers can listen to the sounds produced by the lungs as a person breathes. This includes normal breath sounds such as vesicular sounds, as well as abnormal sounds like wheezes, crackles, or rhonchi that might indicate underlying respiratory conditions. The assessment of respiration through the stethoscope is essential for determining the functionality of the respiratory system, identifying issues such as obstruction, fluid in the lungs, or infection. It's a critical skill in emergency care, enabling the identification of conditions like pneumothorax or pneumonia, which may require immediate intervention. While the other physiological processes are important, they are typically assessed through other means. For example, circulation may involve checking a pulse or capillary refill, blood pressure is measured with a sphygmomanometer, and perfusion might be assessed by examining skin color and temperature or checking for adequate blood flow to extremities. Each of these assessments serves a distinct purpose, and the stethoscope is uniquely suited to the evaluation of respiratory function.

2. What are the basic activities a person performs daily, like eating and bathing, called?

- A. Life skills
- B. Activities of daily living**
- C. Instrumental activities
- D. Functional tasks

The term that describes the basic activities a person performs daily, such as eating, bathing, dressing, and toileting, is known as "activities of daily living" (ADLs). These fundamental tasks are essential for maintaining personal hygiene and overall health, and they represent the basic level of care necessary for individuals, especially those who may have limitations due to illness or aging. Understanding this concept is critical in various fields, including nursing, geriatrics, and rehabilitation, as it provides a framework for assessing a person's ability to live independently and their needs for assistance. While life skills refer more broadly to the abilities needed for daily living, they encompass a wider range of skills that extend beyond the basic personal care activities. Instrumental activities, on the other hand, typically refer to more complex tasks needed for independent living, such as managing finances or preparing meals. Functional tasks may be a more general term but do not specifically highlight the personal care aspect as effectively as "activities of daily living." Therefore, "activities of daily living" is the most accurate choice for describing the essential daily activities related to an individual's personal care.

3. What term is used to describe large glass, plastic, or steel containers that range in volume from 5 to 15 gallons?

- A. Carboys**
- B. Barrels
- C. Tanks
- D. Drums

The correct term for large containers, typically made of glass, plastic, or steel, with a volume ranging from 5 to 15 gallons is "carboys." Carboys are specifically designed to hold liquids, and they often feature a narrow neck that makes them suitable for laboratory or industrial use. They are commonly used in chemistry and fermentation processes due to their ability to contain volatile or sensitive substances securely. While "barrels," "tanks," and "drums" are other types of containers used for storage, they differ in their sizes and uses. Barrels are usually larger than 15 gallons and are often used for storage of liquids such as oil or whiskey. Tanks can vary widely in size and are generally larger and more permanently installed, making them less specific than carboys. Drums typically refer to cylindrical containers, usually larger than the 5 to 15-gallon range, and are often used for industrial applications. In this context, carboys are more accurately defined by their specific size and design, making them the correct answer.

4. What type of metabolism can only occur in the presence of oxygen?

- A. Anaerobic metabolism
- B. Facultative metabolism
- C. Aerobic metabolism**
- D. Obligate metabolism

Aerobic metabolism refers to the process of producing cellular energy in the presence of oxygen. This metabolic pathway is essential for organisms that utilize oxygen to efficiently convert glucose and other substrates into adenosine triphosphate (ATP), the energy currency of the cell. During aerobic metabolism, the process involves glycolysis, the citric acid (Krebs) cycle, and the electron transport chain. Oxygen acts as the final electron acceptor in the electron transport chain, allowing for the complete oxidation of substrates. This results in a significantly higher yield of ATP compared to anaerobic processes, which typically produce energy less efficiently and can lead to the accumulation of lactic acid in some cases. In contrast, anaerobic metabolism does not require oxygen and is utilized when oxygen levels are low or unavailable, leading to less efficient ATP production. Facultative metabolism refers to organisms that can switch between aerobic and anaerobic metabolism depending on oxygen availability. Obligate metabolism pertains to organisms that strictly require certain environmental conditions, which may or may not include oxygen, but the distinction is not as clearly defined as aerobic versus anaerobic. In summary, aerobic metabolism is characterized by its reliance on oxygen for efficient energy production, making it the correct answer.

5. What are air ambulances?

A. Aircraft modified for medical care and patient transport

B. Land ambulances for urban transport

C. Maritime vessels equipped for emergencies

D. Private cars used for non-emergency transfers

Air ambulances are specialized aircraft that have been modified to provide medical care and to transport patients in critical condition. These aircraft are equipped with necessary medical equipment and staffed by trained healthcare professionals, enabling them to deliver emergency medical services during flight. The primary function of air ambulances is to facilitate rapid transport of patients to healthcare facilities, particularly in cases where land transportation may be impractical or time-consuming due to distance or traffic conditions. The design of air ambulances takes into account the unique needs of patients, allowing for a controlled environment where medical interventions can occur en route to a hospital. This capability is especially important for transferring critically ill patients who require immediate care that cannot be postponed until they reach their destination. In contrast, land ambulances are typically ground vehicles and do not have the same ability to navigate difficult terrains or cover large distances quickly as air ambulances do. Maritime vessels may be utilized for emergencies but are not classified as air ambulances. Additionally, private cars do not provide the medical support or emergency services required for transporting sick or injured individuals in urgent situations. Therefore, the description of air ambulances being modified aircraft for medical care and patient transport accurately captures their purpose and function in emergency medical services.

6. What is the term for a delivery where the buttocks present first?

A. Cephalic presentation

B. Breech presentation

C. Transverse presentation

D. Compound presentation

A delivery in which the buttocks present first is referred to as breech presentation. This term specifically describes the position of the fetus during delivery. In a typical cephalic presentation, the head of the baby appears first, which is the most favorable position for a vaginal delivery. In contrast, a breech presentation can complicate childbirth, as the baby's body may not fit through the birth canal in the optimal manner. Transverse presentation occurs when the baby is lying horizontally across the uterus rather than vertically, which is also not an ideal position for delivery. Compound presentation refers to a scenario where more than one part of the baby presents at the cervical opening, such as a hand alongside the head, which differs significantly from the breech position. Therefore, the terminology surrounding these presentations is crucial in obstetric care as it influences management strategies during labor and delivery.

7. What is the term for the passageway that includes the vagina and cervix?

- A. Birth canal**
- B. Reproductive tract
- C. Pelvic cavity
- D. Abdominal cavity

The term that specifically refers to the passageway including the vagina and cervix is the "birth canal." This canal is crucial during the process of childbirth, as it is the route through which the baby passes from the uterus to the outside world. The anatomical structure of the birth canal facilitates this process, and it is essential to understand its role in reproduction and delivery. While the reproductive tract encompasses more than just the vagina and cervix, as it includes the uterus and ovaries, "birth canal" more accurately describes the specific passageway involved during labor. The pelvic cavity refers to the broader anatomical area that houses various reproductive and excretory organs, while the abdominal cavity contains digestive organs and other systems and is not specific to the reproductive system. Therefore, "birth canal" is the most appropriate and accurate term in this context.

8. What carrying technique involves four providers and allows them to face forward while moving the patient?

- A. Diamond carry**
- B. Bubonic plague
- C. Bulk storage containers
- D. Diaphoretic

The carrying technique that involves four providers and allows them to face forward while moving the patient is known as the diamond carry. This method is particularly effective for transporting a patient in a coordinated and safe manner. In a diamond carry, each provider grabs a corner of a stretcher or other support device, ensuring that the patient is securely supported. This configuration allows all four individuals to maintain good visibility of the surroundings, facilitating communication and coordination as they maneuver the patient through various environments. In contrast, the other options do not pertain to patient transport techniques. "Bubonic plague" refers to a disease caused by a bacterial infection, not a method of carrying a patient. "Bulk storage containers" generally indicate storage equipment used for materials rather than methods employed in emergency medical situations. "Diaphoretic" describes a condition of excessive sweating, which also has no relation to carrying methods for patients. Thus, the diamond carry is the only relevant and applicable answer in this context.

9. What does airborne transmission refer to?

- A. Transmission through direct contact
- B. Spread via droplets or dust**
- C. Transmission via vector organisms
- D. Spread through contaminated surfaces

Airborne transmission refers specifically to the spread of infectious agents through the air, which can occur via droplets or dust that are small enough to remain suspended in the air for extended periods. This mode of transmission allows pathogens to be inhaled by individuals who are not necessarily in close proximity to the infected person, making it a significant concern for public health, especially in situations like outbreaks of respiratory infections. Understanding this type of transmission is crucial for effectively implementing safety protocols and infection control measures. In environments such as hospitals or crowded spaces, minimizing airborne transmission involves strategies like proper ventilation, the use of masks, and other barriers to reduce the risk of inhaling infectious particles. The other types of transmission—direct contact, vector organisms, and contaminated surfaces—are categorized differently and do not encompass the unique characteristics of airborne transmission, which specifically involves the dissemination of pathogens through the air.

10. What do we call conditions that make a particular medication or treatment inappropriate due to possible harm to the patient?

A. Precautions

B. Contraindications

C. Interactions

D. Warnings

The term that describes conditions where a particular medication or treatment is inappropriate due to the potential for harm to the patient is contraindications. Contraindications indicate specific situations, such as certain medical conditions, allergies, or other medications that can lead to adverse effects when the treatment is administered. For instance, a medication contraindicated in patients with a specific allergy may cause serious side effects or anaphylactic reactions if given. In contrast, precautions refer to conditions that warrant special consideration but do not outright prevent the treatment from being used. Interactions commonly refer to the effects that may occur when two or more medications are taken together, potentially altering their effects. Warnings typically provide advice about the potential risks associated with a medication but do not define a complete prohibition of treatment as contraindications do. Thus, contraindications are specifically focused on conditions making a treatment unsafe, making them the correct terminology for this scenario.

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://aaosemergencycareandtransport.examzify.com>

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

SAMPLE