ACLS BASICS AND STEMIS PRACTICE TEST (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.

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

1. What are the four elements of an integrated system of care?

A. Structure, Processes, System, and Patient Outcome

B. Airway, Breathing, Circulation, Disability

C. Structure, Equipment, Personnel, Costs

D. Protocols, Policies, Procedures, Documentation

2. Before giving any drug during resuscitation, the team should:

A. Verbally Confirm The Order With The Team Leader

B. Check For Allergies

C. Obtain Written Consent

D. Document The Dose Later

3. The goal of STEMI management is to restore blood flow as soon as possible. Which term describes this?

A. Delayed imaging

B. Chronic therapy

C. Early reperfusion therapy

D. Preventive maintenance

4. Element 'Structure' includes what 3 things?

A. protocols, policies, procedures

B. Programs, organization, culture

C. satisfaction, safety, quality

D. people, education, equipment

5. NOT a component of the SAMPLE acronym?

A. Signs and Symptoms

B. Medications

C. Vital Signs

D. Allergies

6. During cardiac arrest, what percentage of oxygen should be administered?

A. 100% oxygen

B. 50% oxygen

C. 21% oxygen

D. 90% oxygen

7. Which is a primary duty of the CPR Coach?

A. Coordinates initiation of CPR.

B. Coaches to improve quality chest compressions.

C. States guideline targets.

D. Minimizes length of pauses in compressions.

8. Which of the following is a primary method of reperfusion for STEMI?

A. Calcium channel blocker therapy

B. Aspirin only without intervention

C. Statin therapy

D. Primary percutaneous coronary intervention

9. In an inferior MI, the ST segment elevation is approximately how many millimeters?

A. 5.0 mm

B. 3.0 mm

C. 4.0 mm

D. 6.0 mm

10. SAMPLE Last Meal includes which information?

A. Last Time & Nature of Last Intake of Liquid/Food

B. Last Time a Meal Was Consumed

C. Height

D. Blood Type

Answers

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

Explanations

1. What are the four elements of an integrated system of care?

A. Structure, Processes, System, and Patient Outcome

B. Airway, Breathing, Circulation, Disability

C. Structure, Equipment, Personnel, Costs

D. Protocols, Policies, Procedures, Documentation

Understanding an integrated system of care means looking at how care is organized, delivered, coordinated, and evaluated. The four elements that fit together to form this system are Structure, Processes, System, and Patient Outcome. Structure covers the organization itself—the setting, leadership, resources, roles, and physical and digital infrastructure that set the stage for care. Processes are the actual workflows and care pathways—the steps clinicians and teams follow, including handoffs and routine practices that keep care consistent. System represents the governance, coordination, and information flow that tie everything together across departments and services, ensuring actions are aligned and communication is smooth. Patient outcomes are the end results tracked to judge effectiveness, such as health improvements, safety, satisfaction, and functional status. This combination is the best choice because it captures how care is built, how it is delivered, how the whole system works together, and what ultimately matters most—the impact on patients. The other options miss one or more of these essential facets: clinical diagnostic categories focus on individual care aspects rather than system-wide integration; resource lists emphasize inputs without addressing coordination or outcomes; and governance tools highlight rules and documentation without describing the full structure, delivery, and impact on patients.

2. Before giving any drug during resuscitation, the team should:

A. Verbally Confirm The Order With The Team Leader

B. Check For Allergies

C. Obtain Written Consent

D. Document The Dose Later

In resuscitation, safe drug administration relies on closed-loop communication: the team leader issues an order and the responder repeats it back to confirm accuracy. Verbal confirmation ensures everyone shares the same understanding of which drug, the dose, the route, and the timing, which is crucial when decisions must be rapid and precise. This read-back process helps catch any miscommunication on the fly and keeps the team aligned with the current resuscitation plan. While checking for allergies is important, it cannot replace the need to confirm the exact order before administration, and obtaining written consent is not feasible in the middle of an emergency. Documentation should occur promptly, not delay drug delivery, but the priority before giving a drug is to ensure the order is clearly understood and agreed upon by the team leader.

3. The goal of STEMI management is to restore blood flow as soon as possible. Which term describes this?

A. Delayed imaging

B. Chronic therapy

C. Early reperfusion therapy

D. Preventive maintenance

In STEMI care, the key idea is to restore blood flow to the affected heart muscle as quickly as possible, because every minute without perfusion increases damage. The term that best describes this urgent restoration is early reperfusion therapy. Reperfusion means opening the blocked coronary artery to re-supply oxygen and blood, and doing it early emphasizes acting fast to limit the infarct size. In practice, this includes primary PCI or thrombolytic therapy when PCI isn't available promptly, with time targets like door-to-balloon within about 90 minutes or faster if possible. The other options don't fit because they refer to non-urgent or long-term aspects: delayed imaging implies waiting for imaging before acting; chronic therapy is ongoing management after the event; preventive maintenance involves preventive care to reduce risk, not the immediate restoration of blood flow in an acute STEMI.

4. Element 'Structure' includes what 3 things?

A. protocols, policies, procedures

B. Programs, organization, culture

C. satisfaction, safety, quality

D. people, education, equipment

Structure in quality care refers to the resources and organizational setup that support care delivery. It includes the people who provide care, the education and training they have, and the equipment and tools available to use. These elements create the foundation that allows protocols and workflows to be carried out safely and effectively, and they influence patient outcomes. That's why the combination of people, education, and equipment fits best. Protocols, policies, and procedures are guidelines for action (a process), not the actual resources. Programs, organization, and culture describe broad organizational aspects, with culture focusing on behavior and norms rather than tangible resources. Satisfaction, safety, and quality are outcomes used to measure performance, not the structural resources themselves.

5. NOT a component of the SAMPLE acronym?

A. Signs and Symptoms

B. Medications

C. Vital Signs

D. Allergies

SAMPLE is a quick history tool used in emergencies to gather key background information about the patient. It includes Signs and Symptoms, Allergies, Medications, Past medical history, Last oral intake, and Events leading up to the incident. Vital Signs, such as heart rate, blood pressure, respiratory rate, and temperature, are objective measurements taken during the rapid physical assessment or ongoing monitoring, not part of the SAMPLE history. So Vital Signs does not fit into the SAMPLE acronym, which is why it's the correct "NOT a component" choice.

6. During cardiac arrest, what percentage of oxygen should be administered?

A. 100% oxygen

B. 50% oxygen

C. 21% oxygen

D. 90% oxygen

Maximizing oxygen delivery during CPR is the key idea. When the heart isn't circulating, tissues quickly become hypoxic, so giving the highest possible arterial oxygen content helps support brain and heart viability while chest compressions are in progress. That's why 100% oxygen is recommended during cardiac arrest. Using a bag valve mask or an advanced airway with 100% O2 ensures the patient receives the maximum oxygen available, improving the chance of oxygen reaching vital organs. Lower percentages—like ambient air (about 21%), or even 50% or 90%—don't guarantee the same level of oxygen delivery and can leave tissues more hypoxic during resuscitation. After circulation is restored, clinicians often titrate oxygen to avoid hyperoxia, but during the arrest itself the priority is to deliver the most oxygen possible.

7. Which is a primary duty of the CPR Coach?

A. Coordinates initiation of CPR.

B. Coaches to improve quality chest compressions.

C. States guideline targets.

D. Minimizes length of pauses in compressions.

A CPR Coach focuses on coaching the team to deliver high-quality chest compressions. This means providing real-time feedback on how compressions feel and look—adjusting depth to meet recommended guidelines, keeping the rate around 100–120 per minute, ensuring complete chest recoil, and minimizing interruptions. The coach also helps rotate compressors to prevent fatigue and signals when a pause is necessary, so the CPR sequence remains continuous and effective. While initiating CPR or repeating guideline targets may happen in the resuscitation scenario, the coach's primary duty is to actively guide and refine the quality of the compressions being delivered.

8. Which of the following is a primary method of reperfusion for STEMI?

A. Calcium channel blocker therapy

B. Aspirin only without intervention

C. Statin therapy

D. Primary percutaneous coronary intervention

The essential idea is restoring blood flow to the heart muscle as quickly as possible in a STEMI. The best way to achieve this is a primary percutaneous coronary intervention, a catheter-based procedure that mechanically opens the blocked coronary artery and often places a stent. This direct, rapid reperfusion method improves survival and limits heart muscle damage when it can be done promptly. Calcium channel blocker therapy doesn't restore the blocked artery and thus isn't a reperfusion strategy in this context; it mainly affects heart rate and vascular tone rather than reopening the occluded vessel. Aspirin alone, while helpful as an antiplatelet agent to reduce further clotting, does not reestablish blood flow by itself. Statin therapy targets long-term cholesterol management and plaque stabilization, not immediate reperfusion of an acute occlusion. When PCI isn't available in a timely window, pharmacologic reperfusion with thrombolytics is an alternative, but that's separate from the primary method identified here.

9. In an inferior MI, the ST segment elevation is approximately how many millimeters?

A. 5.0 mm

B. 3.0 mm

C. 4.0 mm

D. 6.0 mm

ST-segment elevation reflects transmural heart muscle injury. In an inferior myocardial infarction, the abnormal ST elevation appears in the inferior leads (the limb leads II, III, and aVF). The amount of elevation seen in these leads is typically modest—around 1 to 2 millimeters. The STEMI diagnostic criterion for limb leads is at least 1 mm of elevation, so 1–2 mm in the inferior leads is commonly enough to indicate a STEMI in this territory. Larger elevations can occur with bigger infarcts or additional involvement, but 5 mm is not the usual magnitude for an inferior MI. In practice, if the inferior leads show about 1–2 mm of ST elevation along with clinical chest pain, that supports the diagnosis of an inferior STEMI.

10. SAMPLE Last Meal includes which information?

A. Last Time & Nature of Last Intake of Liquid/Food

B. Last Time a Meal Was Consumed

C. Height

D. Blood Type

The main idea is to capture what "Last Meal" information includes: when the patient last took liquids or food and what exactly was consumed. This detail matters because it helps clinicians assess the risk of aspiration if airway management or anesthesia is needed, and it informs decisions about timing or precautions for procedures. Knowing both the time and the nature of the last intake (not just that a meal occurred) guides whether rapid-sequence intubation or additional protective measures might be necessary. Height and blood type aren't part of Last Meal information. Height is unrelated to recent intake, and blood type isn't about recent ingestion—these details, while relevant in other contexts, don't describe what was last eaten or drunk. Even stating only the time a meal was consumed misses the crucial distinction between solids and liquids and the specific substances involved, which is why the complete Last Meal item is about both the timing and the nature of the last intake.

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://aclsbasicsandstemis.examzify.com

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