

AHIP AIRWAY, BREATHING, AND CIRCULATION (ABC) PRACTICE TEST (SAMPLE) STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE

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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	15

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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

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- 1. Which of the following is not a sign of a cardiac emergency?**
 - A. Chest pain or discomfort
 - B. Sweating and nausea
 - C. Regular breathing pattern
 - D. Lightheadedness or fainting

- 2. How frequently should rescuer roles switch during CPR?**
 - A. Every 1 minute to maintain effectiveness
 - B. Every 2 minutes to prevent fatigue
 - C. Every 4 minutes to ensure continuity
 - D. After each cycle of compressions and breaths

- 3. What opportunity does Mr. Garrett have during his MA Initial Coverage Election Period?**
 - A. He can switch plans as many times as he likes
 - B. He can enroll in a Medicare Advantage plan
 - C. He cannot make any changes to his current plan
 - D. He must wait for the next enrollment period

- 4. How do you assess for adequate breathing in a patient?**
 - A. Check blood pressure
 - B. Observe for chest rise and fall, and listen for breath sounds
 - C. Feel for a pulse in the neck
 - D. Look for signs of shock

- 5. What should Mr. Anderson be told regarding his enrollment form submitted on October 10?**
 - A. His enrollment form can be processed immediately
 - B. He must wait until the annual election period begins
 - C. He can enroll in any plan anytime
 - D. His submission is automatically approved

- 6. What eligibility requirement does Claggett meet based on her six years with Parts A and B?**
- A. She is ineligible for any plans since she has a disability
 - B. She can enroll in the Part D plan since she is entitled to Part A
 - C. She needs to have a specific illness to enroll in Part D
 - D. She cannot enroll in any plans
- 7. What is a simple maneuver to open the airway of an unconscious adult?**
- A. The head-tilt, chin-lift maneuver
 - B. Jaw thrust maneuver
 - C. Back-slapping techniques
 - D. Abdominal thrusts
- 8. What limitation should Walters be aware of when enrolling in a Medicare Health Plan due to her Medicaid enrollment?**
- A. She may only enroll in an MA medical savings plan MSA
 - B. She can enroll in any type of Medicare Advantage plan
 - C. She cannot enroll in any Medicare Advantage plans at all
 - D. She can only choose plans accepted by her doctors
- 9. What is the first step in assessing an unconscious patient?**
- A. Check for pulse
 - B. Call for emergency help
 - C. Check the airway
 - D. Look for breathing
- 10. What type of gifts are prohibited as door prizes during Medicare events?**
- A. Cash equivalents like gift cards and certificates
 - B. Products related to health and wellness
 - C. Discount coupons for health plans
 - D. Merchandise with the company logo

Answers

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

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Explanations

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1. Which of the following is not a sign of a cardiac emergency?

- A. Chest pain or discomfort
- B. Sweating and nausea
- C. Regular breathing pattern**
- D. Lightheadedness or fainting

A regular breathing pattern is not considered a sign of a cardiac emergency. Signs of a cardiac emergency typically indicate some form of distress or abnormality in the body's function, particularly in relation to the heart. For instance, chest pain or discomfort, sweating and nausea, and lightheadedness or fainting are all indicators that may suggest the heart is not functioning properly or that there may be a serious issue, such as a heart attack. In contrast, a regular breathing pattern generally signifies stability and normal function, which does not align with the indicators of a potential cardiac crisis. Thus, it is not included among the signs that would typically warrant urgency in the context of a cardiac emergency.

2. How frequently should rescuer roles switch during CPR?

- A. Every 1 minute to maintain effectiveness
- B. Every 2 minutes to prevent fatigue**
- C. Every 4 minutes to ensure continuity
- D. After each cycle of compressions and breaths

In the context of CPR, it is important to switch rescuer roles every 2 minutes to prevent fatigue. Continuous high-quality chest compressions are critical for maintaining blood flow to vital organs during cardiac arrest. Fatigue can lead to a decrease in the effectiveness of compressions, which may impair the chances of survival for the patient. Switching roles at 2-minute intervals allows each rescuer to maintain their energy levels while ensuring that compressions remain strong and effective. This practice is especially important in longer resuscitation efforts, where the risk of fatigue may increase significantly. Additionally, this interval aligns with the recommendations provided by contemporary CPR guidelines, which emphasize the importance of minimizing interruptions in compressions during the resuscitation process. Thus, establishing a routine of switching rescuers every 2 minutes enhances the overall effectiveness of CPR, making it the preferred practice.

3. What opportunity does Mr. Garrett have during his MA Initial Coverage Election Period?

- A. He can switch plans as many times as he likes
- B. He can enroll in a Medicare Advantage plan**
- C. He cannot make any changes to his current plan
- D. He must wait for the next enrollment period

During his MA Initial Coverage Election Period, Mr. Garrett has the opportunity to enroll in a Medicare Advantage plan. This period is specifically designed for individuals who are newly eligible for Medicare or who are entering Medicare for the first time. It allows them to select a Medicare Advantage plan that meets their healthcare needs. This enrollment period is critical because it provides a chance for new beneficiaries to choose coverage options that include additional services not available under Original Medicare, such as vision, dental, and wellness programs. As it is an initial opportunity, it does not have the same restrictions that apply to other enrollment periods, such as the annual open enrollment or special enrollment periods, making it a unique chance to select or switch coverage as they begin their Medicare journey.

4. How do you assess for adequate breathing in a patient?

- A. Check blood pressure
- B. Observe for chest rise and fall, and listen for breath sounds**
- C. Feel for a pulse in the neck
- D. Look for signs of shock

Assessing for adequate breathing in a patient is critical for determining their respiratory status and ensuring proper oxygenation. Observing for chest rise and fall is a direct visual assessment of whether the patient is taking effective breaths; a lack of movement may indicate respiratory failure or distress. Listening for breath sounds allows the clinician to assess for abnormalities, such as wheezing or stridor, that can indicate obstructed or impaired airflow. While checking blood pressure and feeling for a pulse can provide important cardiovascular information, they do not directly assess the patient's respiratory function. Similarly, looking for signs of shock can indicate poor perfusion and may be related to respiratory issues but does not assess breathing adequacy specifically. Therefore, the combination of observing chest movements and listening for breath sounds provides the most direct and relevant assessment of a patient's breathing status.

5. What should Mr. Anderson be told regarding his enrollment form submitted on October 10?

- A. His enrollment form can be processed immediately
- B. He must wait until the annual election period begins**
- C. He can enroll in any plan anytime
- D. His submission is automatically approved

Mr. Anderson should be informed that he must wait until the annual election period begins because enrollment in Medicare Advantage or prescription drug plans typically has specific window periods during which individuals can enroll or make changes to their coverage. If his enrollment form was submitted on October 10, it likely falls outside of these designated times, meaning it cannot be processed until the upcoming annual election period commences. This period is a crucial time when eligible individuals can join, switch, or drop their health plan coverage, which is why the timing of his submission is significant and requires him to wait until the allowed enrollment window opens.

6. What eligibility requirement does Claggett meet based on her six years with Parts A and B?

- A. She is ineligible for any plans since she has a disability
- B. She can enroll in the Part D plan since she is entitled to Part A**
- C. She needs to have a specific illness to enroll in Part D
- D. She cannot enroll in any plans

The correct choice indicates that Claggett can enroll in the Part D plan since she is entitled to Part A. This is valid because, generally, individuals who are entitled to Medicare Part A are also eligible to enroll in Medicare Part D, which covers prescription drugs. Having six years of coverage under Parts A and B suggests that Claggett has met the necessary time requirements and is entitled to these benefits. Medicare eligibility typically allows for enrollment in various parts of the program as soon as individuals are eligible for Part A. Part D is designed for those who have Medicare coverage, and thus enrollment is not based solely on having a specific illness but rather having the necessary entitlement. This provides her the option to enroll in a Part D plan that can help cover her medication needs, assuming she applies during her enrollment period.

7. What is a simple maneuver to open the airway of an unconscious adult?

A. The head-tilt, chin-lift maneuver

B. Jaw thrust maneuver

C. Back-slapping techniques

D. Abdominal thrusts

The head-tilt, chin-lift maneuver is a widely recognized technique used to open the airway of an unconscious adult effectively. This method involves tilting the head back slightly while lifting the chin upward, helping to reposition the tongue and other soft tissues in the throat away from the airway. This action alleviates potential obstruction due to these tissues collapsing into the airway, allowing for improved airflow and better ventilation. In contrast, while the jaw thrust maneuver can also be used to open the airway, it is typically employed when there's a concern for spinal injuries, as it minimizes neck movement. Back-slapping techniques and abdominal thrusts are maneuvers used for other purposes, such as clearing airway obstructions but are not appropriate for simply opening the airway of an unconscious person. Thus, the head-tilt, chin-lift maneuver stands out as the most straightforward and effective method for this specific situation.

8. What limitation should Walters be aware of when enrolling in a Medicare Health Plan due to her Medicaid enrollment?

A. She may only enroll in an MA medical savings plan MSA

B. She can enroll in any type of Medicare Advantage plan

C. She cannot enroll in any Medicare Advantage plans at all

D. She can only choose plans accepted by her doctors

The selection indicates that Walters can enroll in any type of Medicare Advantage plan despite her enrollment in Medicaid. This is correct because individuals who qualify for both Medicare and Medicaid, often referred to as "dual eligible," have specific protections that allow them to access a variety of Medicare Advantage plans. In this context, dual eligibles can choose from any available Medicare Advantage plan, including those that may offer additional benefits beyond what standard Medicare provides. This flexibility is crucial for dual eligibles as it allows them to find a plan that best meets their healthcare needs. They are not limited to a specific plan type or subject to restrictions that would prevent them from exploring various options available in the market, thus enhancing their potential access to comprehensive and coordinated care. Understanding this aspect is essential, particularly for providers and beneficiaries navigating the nuances of Medicare and Medicaid coverage options.

9. What is the first step in assessing an unconscious patient?

A. Check for pulse

B. Call for emergency help

C. Check the airway

D. Look for breathing

The correct first step in assessing an unconscious patient involves checking for breathing, which is paramount to determining the patient's immediate condition. An unconscious individual may not be breathing adequately or at all, which poses an immediate threat to their life. While checking for a pulse is important in assessing circulation, it is secondary to assessing the airway and breathing. In a patient who is unresponsive, the airway might be compromised due to relaxation of the tongue or other obstructions, and without breathing, the patient requires urgent intervention. Therefore, the initial assessment should focus on airway and breathing, typically by checking for signs of respiratory effort before seeking help or checking other vital signs.

10. What type of gifts are prohibited as door prizes during Medicare events?

A. Cash equivalents like gift cards and certificates

B. Products related to health and wellness

C. Discount coupons for health plans

D. Merchandise with the company logo

The prohibition of cash equivalents, such as gift cards and certificates, as door prizes during Medicare events is rooted in regulations established to maintain the integrity and fairness of Medicare marketing practices. These guidelines aim to prevent any undue influence on beneficiaries that could arise from offering financial incentives, which could be seen as coercive or suggestive of entitlement to special treatment. By restricting cash equivalents, the regulations ensure that door prizes do not impact beneficiaries' decisions regarding their healthcare or create potential disparities among those who might feel pressured to engage with a provider in exchange for monetary gain. This safeguard helps to preserve an ethical environment during Medicare events, aligning with the broader objectives of patient protection and informed decision-making. In contrast, options such as products related to health and wellness or merchandise with company logos may be acceptable, provided they don't exceed specified value limits and are used to engage beneficiaries in educational activities about their health insurance options. Discount coupons for health plans may also be allowed under certain conditions, as they are not directly financial gifts but rather promotional tools designed to encourage enrollment without constituting cash equivalents.

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://ahipabc.examzify.com>

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

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