

Alberta College of Paramedics Practice Exam (Sample)

Study Guide



Everything you need from our exam experts!

This is a sample study guide. To access the full version with hundreds of questions,

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Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	6
Answers	9
Explanations	11
Next Steps	17

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. Don't worry about getting everything right, 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, and take breaks to retain information better.

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.

7. Use Other Tools

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!

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Questions

- 1. What is the primary purpose of conducting a secondary survey?**
 - A. To stabilize life-threatening conditions immediately**
 - B. To identify non-life-threatening issues following stabilization**
 - C. To monitor pulse and blood pressure**
 - D. To provide comfort measures to the patient**
- 2. What is an immediate response to be taken if a knee fracture is suspected?**
 - A. Encourage the patient to walk it off**
 - B. Assess for any peripheral pulse**
 - C. Apply cold therapy without any examination**
 - D. All are appropriate measures**
- 3. In the Rule of Nines, what percentage of the body does the back cover?**
 - A. 9%**
 - B. 18%**
 - C. 27%**
 - D. 36%**
- 4. Should you attempt to straighten a fracture if there is a distal pulse?**
 - A. Yes, it is always safe to do so**
 - B. No, it should only be done if there is no pulse**
 - C. Only if the patient is in severe pain**
 - D. If advised by a fellow first responder**
- 5. Which aspect is NOT included in the ABCDE approach to trauma care?**
 - A. Exposure**
 - B. Dehydration**
 - C. Circulation**
 - D. Breathing**

- 6. In the event of a knee fracture, what is crucial to monitor during the direct medical control phase?**
- A. Patient's level of hydration**
 - B. Presence of a peripheral pulse**
 - C. Patient's psychological state**
 - D. Location of the injury**
- 7. When splinting a knee fracture, why is it essential to maintain the position found?**
- A. To ensure comfort for the patient**
 - B. To avoid further injury and ensure blood flow**
 - C. To allow for quicker transportation to a hospital**
 - D. To facilitate healing of the bone**
- 8. What is the absorption time for an intramuscular injection?**
- A. 30 to 45 minutes**
 - B. 10 to 20 minutes**
 - C. 5 to 10 minutes**
 - D. 20 to 30 minutes**
- 9. What is a primary reason for conducting a formal investigation of complaints by the Alberta College of Paramedics?**
- A. To uphold public confidence in the paramedic profession**
 - B. To punish paramedics for misconduct**
 - C. To reduce the number of practicing paramedics**
 - D. To enforce strict punishment regardless of the situation**
- 10. Which of the following is NOT an appropriate action when splinting a knee fracture with an absent pulse?**
- A. Reassess the pulse after splinting**
 - B. Use conventional splints without adjustments**
 - C. Seek further medical evaluation immediately**
 - D. Provide basic first aid measures**

Answers

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

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Explanations

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1. What is the primary purpose of conducting a secondary survey?

- A. To stabilize life-threatening conditions immediately**
- B. To identify non-life-threatening issues following stabilization**
- C. To monitor pulse and blood pressure**
- D. To provide comfort measures to the patient**

The primary purpose of conducting a secondary survey is to identify non-life-threatening issues following the initial stabilization of the patient's condition. After the primary survey addresses any immediate life threats, such as airway, breathing, and circulation issues, the secondary survey allows healthcare providers to perform a more comprehensive assessment. This includes evaluating the patient's history, conducting a physical examination, and gathering vital signs to identify injuries or conditions that are not immediately life-threatening. This thorough assessment ensures that all potential issues are identified and managed appropriately, which is critical in developing a complete care plan for the patient. The focus is on identifying and addressing any further necessary interventions to improve the patient's overall condition. While stabilizing life-threatening conditions is crucial, that task is primarily covered in the primary survey. Monitoring vital signs is also important but serves a different purpose, primarily providing ongoing assessment rather than identifying new issues. Providing comfort measures is essential for patient care but is not the aim of the secondary survey itself, which is more diagnostic in nature.

2. What is an immediate response to be taken if a knee fracture is suspected?

- A. Encourage the patient to walk it off**
- B. Assess for any peripheral pulse**
- C. Apply cold therapy without any examination**
- D. All are appropriate measures**

When a knee fracture is suspected, assessing for any peripheral pulse is crucial as it helps to determine the status of blood circulation in the limb. This action is vital for evaluating whether there has been any vascular injury associated with the fracture. Checking the pulse aids in identifying potential complications, such as compartment syndrome or other injuries that may require urgent intervention. By ensuring blood flow is intact, you can better inform subsequent treatment and provide any necessary updates to advanced care providers. Walking it off is contraindicated because it could further exacerbate the injury and lead to complications. Similarly, applying cold therapy without any examination would not address the underlying issues and could potentially mask critical symptoms or complications. Therefore, simply applying cold therapy may not be the best initial response without first assessing the injury properly. The response to assess for peripheral pulse is a critical first step that guides further management and ensures the patient's safety.

3. In the Rule of Nines, what percentage of the body does the back cover?

- A. 9%
- B. 18%**
- C. 27%
- D. 36%

In the Rule of Nines, which is a tool used in the assessment of burn injuries to estimate the total body surface area (TBSA) affected by burns, the back accounts for 18% of the total body surface area. This rule divides the body's surface into sections, each representing approximately 9% or multiples of 9% to facilitate quick calculations in emergency situations. The front and back of the torso each account for 18%, while the head is considered 9%, and each arm is 9%. Therefore, when specifically addressing the back, it is essential to recognize that the back of an adult human body is indeed designated as 18% of the TBSA in this assessment tool, allowing healthcare professionals to gauge the severity and extent of burn injuries effectively.

4. Should you attempt to straighten a fracture if there is a distal pulse?

- A. Yes, it is always safe to do so
- B. No, it should only be done if there is no pulse**
- C. Only if the patient is in severe pain
- D. If advised by a fellow first responder

When addressing the management of a fracture, it's crucial to understand the implications of distal circulation and the nature of the injury. If there is a distal pulse present, it generally indicates that blood flow is still reaching the extremity despite the fracture. Straightening a fractured bone can lead to further injury, including damage to surrounding tissues, nerves, or blood vessels. Attempting to realign a fracture when distal circulation is present does not guarantee a benefit and could worsen the situation or cause complications. Therefore, the presence of a distal pulse suggests maintaining the position of the limb to minimize movement and prevent additional trauma. In cases where there is no distal pulse, a different consideration applies, as it may indicate vascular compromise, which could warrant efforts to address the alignment to relieve pressure on vessels. Other options regarding pain levels or third-party advice do not take into account the core principle of preserving distal circulation and minimizing harm to the injured area. Hence, the focus should always be on safety and the potential risk of complications when dealing with fractures.

5. Which aspect is NOT included in the ABCDE approach to trauma care?

- A. Exposure**
- B. Dehydration**
- C. Circulation**
- D. Breathing**

The ABCDE approach to trauma care is a systematic method used by healthcare providers to assess and manage trauma patients efficiently. It stands for Airway, Breathing, Circulation, Disability, and Exposure. In this approach, "Exposure" pertains to uncovering the patient to assess for any additional injuries that may not be immediately visible. "Breathing" focuses on ensuring that the patient has adequate ventilation and oxygenation. "Circulation" involves evaluating the heart's function and blood flow, making sure that the patient is not experiencing any significant blood loss and maintaining adequate perfusion. "Dehydration," on the other hand, is not a component of this trauma care framework. While dehydration can be a concern in certain medical situations, it does not directly relate to the immediate assessment and stabilization processes outlined in the ABCDE framework. Instead, the focus of this approach is on life-threatening conditions that must be addressed urgently during trauma assessments, rather than conditions like dehydration, which is typically more chronic and relates to fluid status over time.

6. In the event of a knee fracture, what is crucial to monitor during the direct medical control phase?

- A. Patient's level of hydration**
- B. Presence of a peripheral pulse**
- C. Patient's psychological state**
- D. Location of the injury**

Monitoring the presence of a peripheral pulse is crucial during the direct medical control phase in the case of a knee fracture. This is important because a fracture in the knee area can potentially compromise blood flow to the lower leg. By checking for a peripheral pulse, it allows the practitioner to assess vascular integrity and ensure that the circulation is not impaired due to swelling, displacement of the fracture, or other complications. Noting the pulse helps in determining the urgency of medical intervention and whether additional management steps, such as reducing the fracture or addressing vascular injury, may be necessary. While patient hydration, psychological state, and injury location are also important considerations in the overall assessment and management of a patient with a knee fracture, they are less critical than monitoring peripheral circulation. Hydration would be a routine concern, and while psychological state can impact overall patient care, it does not directly relate to the immediate medical management of a fracture. The location of the injury is essential for clinical knowledge, but confirming the status of the peripheral pulse is vital for preventing further complications associated with impaired blood flow.

7. When splinting a knee fracture, why is it essential to maintain the position found?

- A. To ensure comfort for the patient**
- B. To avoid further injury and ensure blood flow**
- C. To allow for quicker transportation to a hospital**
- D. To facilitate healing of the bone**

Maintaining the position found when splinting a knee fracture is crucial to avoid further injury and ensure adequate blood flow. When a fracture occurs, the surrounding tissues—such as muscles, ligaments, and blood vessels—can be affected, and improper movement can exacerbate these injuries. If the fracture site is moved or improperly aligned, it not only risks causing further damage to the bone and soft tissue but can also compromise blood circulation. Maintaining the current position helps stabilize the area, minimizing the risk of displacing the fracture and preventing additional trauma. Furthermore, ensuring proper blood flow is vital in preventing complications such as ischemia, which can lead to tissue death if not addressed. By keeping the limb in the position found, paramedics can provide optimal care until further evaluation and treatment can occur in a medical facility. Comfort, transport time, and healing are secondary considerations in this scenario, as the primary focus should always be on preventing additional harm and preserving circulation in the affected area.

8. What is the absorption time for an intramuscular injection?

- A. 30 to 45 minutes**
- B. 10 to 20 minutes**
- C. 5 to 10 minutes**
- D. 20 to 30 minutes**

The absorption time for an intramuscular injection typically ranges from 10 to 20 minutes. This timeframe is due to several factors, including the vascularity of the muscle, the formulation of the medication, and the specific injection site. Intramuscular injections are designed to introduce medication deep into muscular tissue, where it can be readily absorbed into the bloodstream. Muscles have a rich blood supply compared to subcutaneous tissue, allowing for more rapid drug absorption compared to other routes of administration. The 10 to 20 minutes absorption time reflects the time needed for the medication to diffuse from the muscle tissue into the circulatory system, where it can exert its therapeutic effects. In contrast, other options may not accurately represent the typical absorption timeline for intramuscular injections, as they suggest either a quicker or slower absorption process than what is generally observed in practice. Understanding this information is vital for paramedics and healthcare professionals, as it influences decisions regarding medication timing and effectiveness during emergency situations.

9. What is a primary reason for conducting a formal investigation of complaints by the Alberta College of Paramedics?

- A. To uphold public confidence in the paramedic profession**
- B. To punish paramedics for misconduct**
- C. To reduce the number of practicing paramedics**
- D. To enforce strict punishment regardless of the situation**

The primary reason for conducting a formal investigation of complaints by the Alberta College of Paramedics is to uphold public confidence in the paramedic profession. Maintaining trust in healthcare professions is crucial, as the public relies on paramedics to provide safe, effective, and ethical care in emergency situations. Investigations ensure that any complaints regarding paramedic conduct are taken seriously and handled appropriately, thereby reinforcing the standards of practice and accountability within the profession. This process serves to protect the public and enhance the overall integrity of the paramedic service, which is vital in maintaining community trust and support for emergency medical services. By thoroughly investigating complaints, the College not only addresses any breaches of conduct but also demonstrates a commitment to high standards, which ultimately elevates the reputation of the profession as a whole.

10. Which of the following is NOT an appropriate action when splinting a knee fracture with an absent pulse?

- A. Reassess the pulse after splinting**
- B. Use conventional splints without adjustments**
- C. Seek further medical evaluation immediately**
- D. Provide basic first aid measures**

When splinting a knee fracture and an absent pulse is identified, it is critical to take appropriate and timely measures to prevent further injury and ensure adequate circulation. Using conventional splints without making necessary adjustments is not appropriate because it may exacerbate the existing issue of compromised circulation. Proper splinting should consider the injury's specific characteristics and aim to stabilize the limb while maintaining blood flow. In instances where there is an absent pulse, it is essential to reassess the pulse after splinting to ensure that circulation has not been further compromised. Additionally, seeking further medical evaluation is crucial to address any potential complications, and providing basic first aid measures, such as keeping the patient calm and still, is foundational in such situations. Neglecting to adjust the splint properly could worsen the condition or lead to additional complications, such as nerve damage or increased pain. This highlights the necessity of adapting splinting techniques based on the patient's immediate vascular status.

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://albertacollegeofparamedics.examzify.com>

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