

AMERICAN EMT ACADEMY WEEK III PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE

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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. Urticaria is the medical term for which skin condition?**
 - A. burning.
 - B. swelling.
 - C. hives.
 - D. a wheal.

- 2. When arterial carbon dioxide rises above normal:**
 - A. The brain stem inhibits respirations.
 - B. Respirations increase in rate and depth.
 - C. Exhalation lasts longer than inhalation.
 - D. Respirations decrease in rate and depth.

- 3. Which sound indicates swelling of the upper airway?**
 - A. Stridor
 - B. Rales
 - C. Rhonchi
 - D. Wheezing

- 4. At the onset of an acute asthma attack, patients commonly experience difficulty breathing and:**
 - A. Audible stridor.
 - B. Expiratory wheezing.
 - C. Profound cyanosis.
 - D. Rales and rhonchi.

- 5. Chronic alcoholism predisposes to intracranial bleeding and hypoglycemia due to abnormalities in which organ?**
 - A. Brain
 - B. Kidneys
 - C. Liver
 - D. Pancreas

- 6. Which of the following negative effects of anaphylaxis will be the MOST rapidly fatal if not treated immediately?**
- A. Diffuse Urticaria
 - B. Severe Hypotension
 - C. Systemic Vasodilation
 - D. Upper Airway Swelling
- 7. When auscultating the lungs in respiratory distress, adventitious sounds indicate that the patient has:**
- A. Normal breath sounds.
 - B. Abnormal breath sounds.
 - C. Diminished breath sounds.
 - D. Absence of breath sounds.
- 8. The parasympathetic nervous system primarily does which of the following?**
- A. prepares the body to handle stress.
 - B. causes an increase in the heart rate.
 - C. slows the heart and respiratory rates.
 - D. dilates the blood vessels in the muscles.
- 9. Substance misuse is most accurately defined as which of the following?**
- A. Misusing a substance to produce a desired effect.
 - B. Knowingly selling illicit drugs to buy more drugs.
 - C. Willfully using a therapeutic drug to treat a medical illness.
 - D. Unwillingly and unknowingly consuming drugs or alcohol.
- 10. Type 1 diabetes:**
- A. is typically treated with medications such as metformin.
 - B. is a condition in which no insulin is produced by the body.
 - C. typically occurs in patients between 50 and 70 years of age.
 - D. is defined as a blood sugar level that is less than 120 mg/dL.

Answers

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

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Explanations

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1. Urticaria is the medical term for which skin condition?

- A. burning.
- B. swelling.
- C. hives.**
- D. a wheal.

Urticaria describes the condition known commonly as hives. It refers to the appearance of itchy, raised welts on the skin. Each bump is a wheal, formed by edema in the superficial dermis due to histamine release from mast cells. The overall, recognizable skin condition that corresponds to urticaria is hives, not just a single lesion. The other terms don't name the condition: burning is a sensation associated with burns or dermatitis, swelling alone is a generic description of edema, and a wheal is the individual lesion rather than the name of the condition.

2. When arterial carbon dioxide rises above normal:

- A. The brain stem inhibits respirations.
- B. Respirations increase in rate and depth.
- C. Exhalation lasts longer than inhalation.
- D. Respirations decrease in rate and depth.**

When arterial carbon dioxide rises, the body's drive to breathe increases. CO₂ crosses into the cerebrospinal fluid and lowers its pH, which stimulates central chemoreceptors in the brainstem. This signals the respiratory muscles to elevate both the rate and the depth of breathing, so more CO₂ is expelled. In other words, the normal response to hypercapnia is faster, deeper breaths to blow off the excess gas. The other descriptions don't fit this automatic ventilatory drive: simply inhibiting breathing or slowing it down would worsen CO₂ buildup, and exhalation duration isn't the direct mechanism by which the body responds to increased CO₂.

3. Which sound indicates swelling of the upper airway?

- A. Stridor**
- B. Rales
- C. Rhonchi
- D. Wheezing

Stridor is a high-pitched, harsh sound heard during inspiration when air is trying to move through a narrowed upper airway, such as the larynx or trachea. This indicates swelling or obstruction in the upper airway from causes like infection, allergic reaction, or trauma. It's a red flag in the field because it points to compromised airway patency and often requires urgent airway assessment and supportive care (oxygen, monitoring, and preparedness for advanced airway if needed). Rales are crackling sounds from fluid in the lungs, heard with the lower airways and alveoli. Rhonchi are coarse, snoring-like sounds from secretions in larger airways. Wheezing is a musical sound from narrowing of smaller airways due to bronchospasm or edema in the bronchial tree. Stridor's upper-airway origin distinguishes it from these other sounds.

4. At the onset of an acute asthma attack, patients commonly experience difficulty breathing and:

- A. Audible stridor.
- B. Expiratory wheezing.**
- C. Profound cyanosis.
- D. Rales and rhonchi.

In an acute asthma attack, the airway narrowing from bronchospasm in the lower airways creates turbulent airflow that is most audible during expiration, producing an expiratory wheeze. This is a classic early sign as air is forced through constricted bronchioles, so the sound is heard mainly on the out-breath. Audible stridor would point to upper airway blockage rather than the lower-airway narrowing seen in asthma. Profound cyanosis is a late sign of severe hypoxemia, not an initial presenting feature, and rales or rhonchi reflect fluid or mucus in the airways or alveoli rather than the primary wheeze of bronchospasm.

5. Chronic alcoholism predisposes to intracranial bleeding and hypoglycemia due to abnormalities in which organ?

- A. Brain
- B. Kidneys
- C. Liver**
- D. Pancreas

Chronic alcoholism damages the liver, which is the key organ for both producing clotting factors and maintaining blood glucose. When the liver is impaired, it can't synthesize sufficient clotting factors or regulate platelets effectively, leading to a coagulopathy. That increases the risk of bleeding, including intracranial hemorrhage. At the same time, liver dysfunction impairs gluconeogenesis and glycogenolysis, and alcohol metabolism shifts the liver's redox state in a way that suppresses glucose production. The combination of reduced clotting capacity and impaired glucose output explains why intracranial bleeding and hypoglycemia are seen with liver abnormalities in chronic alcoholism. The other organs don't centrally account for both phenomena in this scenario.

6. Which of the following negative effects of anaphylaxis will be the MOST rapidly fatal if not treated immediately?

- A. Diffuse Urticaria
- B. Severe Hypotension
- C. Systemic Vasodilation
- D. Upper Airway Swelling**

In anaphylaxis, the immediate threat to life is airway compromise from swelling in the upper airway. When the tissues of the tongue, throat, and larynx swell (angioedema), the passageway can occlude quickly, causing severe tightening, stridor, and ultimately airway obstruction. If the airway is blocked, hypoxia sets in within minutes, which can be fatal long before blood pressure has a chance to crash or before skin signs even fully develop. This is why rapid administration of epinephrine is essential—it reduces mucosal edema, relaxes bronchial smooth muscle, and helps open the airway. Diffuse urticaria indicates a systemic reaction but doesn't by itself instantly threaten life through airway obstruction. Severe hypotension and systemic vasodilation are serious and can be life-threatening, but their progression to a fatal state tends to be slower than an airway blockage, giving a critical time window for treatment. So the most rapidly fatal consequence when not treated promptly is upper airway swelling.

7. When auscultating the lungs in respiratory distress, adventitious sounds indicate that the patient has:

- A. Normal breath sounds.**
- B. Abnormal breath sounds.
- C. Diminished breath sounds.
- D. Absence of breath sounds.

Adventitious lung sounds are extra noises heard during auscultation that signal abnormal breath sounds. They arise from issues like fluid in the airways or alveoli, narrowed airways, secretions, or inflammation, and include crackles, wheezes, and rhonchi. Their presence means you're hearing sounds that indicate pathology rather than normal, vesicular breath sounds. In respiratory distress, adventitious sounds point to abnormal breath sounds rather than normal breathing, while diminished or absent breath sounds describe other, more severe or different findings.

8. The parasympathetic nervous system primarily does which of the following?

- A. prepares the body to handle stress.
- B. causes an increase in the heart rate.
- C. slows the heart and respiratory rates.**
- D. dilates the blood vessels in the muscles.

The parasympathetic system is the rest-and-digest side of the autonomic nervous system. Its main job is to calm the body and promote maintenance activities, which includes slowing down functions that are ramped up during stress. Specifically, it slows the heart rate by acting on the SA node and AV node through acetylcholine on muscarinic receptors, and it tends to reduce metabolic demand in a relaxed state, which can also be reflected in a calmer, slower breathing pattern. This is why slowing the heart and respiratory rates best represents its role. The other options describe actions typical of the sympathetic division—preparing the body to handle stress, increasing heart rate, or dilating blood vessels in muscles—so they don't fit the parasympathetic profile.

9. Substance misuse is most accurately defined as which of the following?

- A. Misusing a substance to produce a desired effect.**
- B. Knowingly selling illicit drugs to buy more drugs.
- C. Willfully using a therapeutic drug to treat a medical illness.
- D. Unwillingly and unknowingly consuming drugs or alcohol.

Substance misuse means using a drug in a way that isn't consistent with its medical purpose or normal social use, typically to achieve a desired effect such as intoxication or a high. In EMS terms, this helps distinguish when a patient is using a substance to alter their mental state rather than to treat a medical condition, and it flags risks like overdose or dangerous interactions. The option that best fits is using a substance to produce a desired effect, because it centers on intentional, non-medical use for achieving that effect. The other scenarios don't fit: selling illicit drugs to buy more drugs describes illegal activity for acquisition, not misuse by the user; using a therapeutic drug as prescribed is proper medical use; and unknowingly consuming substances is accidental exposure, not misuse driven by a desire to alter consciousness.

10. Type 1 diabetes:

- A. is typically treated with medications such as metformin.
- B. is a condition in which no insulin is produced by the body.**
- C. typically occurs in patients between 50 and 70 years of age.
- D. is defined as a blood sugar level that is less than 120 mg/dL.

The main idea is that Type 1 diabetes is an autoimmune condition in which the pancreas loses its insulin-producing cells, leading to little or no insulin coming from the body. That's why the statement describing it as a condition where no insulin is produced is the best fit: without insulin, blood glucose cannot get into cells properly, which is why people with Type 1 typically require insulin therapy to survive. This differs from other diabetes forms. Metformin, a common first-line drug for Type 2 diabetes, helps the body use insulin more effectively and reduce glucose production by the liver; it's not used to treat Type 1, where there is little to no insulin production to begin with. Type 1 often presents in younger individuals, though it can occur at any age, so it's not defined by a specific older age range. Finally, diabetes isn't defined by a simple number like 120 mg/dL; normal fasting glucose is below about 100 mg/dL, and diabetes is diagnosed with higher thresholds (for example, fasting glucose ≥ 126 mg/dL or random glucose ≥ 200 mg/dL with symptoms, plus HbA1c criteria).

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:

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

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