

Annex D Prolonged Casualty Care (PCC) Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

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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. To prevent secondary brain injury in a casualty with a traumatic brain injury, maintain adequate ____?**
 - A. Temperature**
 - B. Glucose**
 - C. Oxygenation**
 - D. Blood Pressure**

- 2. You are caring for an unconscious patient in PCC. Part of your care plan is to perform foot pumps, ankle circles, and leg raises. These exercises are performed at what interval to prevent which condition?**
 - A. Q4H to prevent DVT**
 - B. Q2H to prevent DVT**
 - C. Q1H to prevent DVT**
 - D. Q8H to prevent DVT**

- 3. Which signs indicate deterioration with head injuries during PCC?**
 - A. Decreased level of consciousness**
 - B. Unequal pupils**
 - C. Agitation or somnolence**
 - D. All of the above**

- 4. What is the recommended management for a suspected tension pneumothorax in PCC?**
 - A. Ignore it if there is no immediate distress.**
 - B. If trained and if equipment is available, perform needle decompression per protocol and continue evacuation; monitor for clinical improvement.**
 - C. Place a chest tube immediately.**
 - D. Wait for definitive surgery.**

- 5. Rising CO₂ stimulates breathing.**
 - A. It has no effect**
 - B. It suppresses breathing**
 - C. It depends on oxygen**
 - D. It stimulates breathing**

- 6. A casualty care plan should be created before implementing nursing interventions.**
- A. TRUE**
 - B. FALSE**
 - C. Not Specified**
 - D. Sometimes**
- 7. Which statement best describes the guideline about dressings in burn care?**
- A. Absorbent, moisture-retentive dressings should be kept dry and away from air**
 - B. Dressings should aim to prevent contamination and airflow over the wound**
 - C. Uncover the wound to allow air exposure**
 - D. Only cover wounds if there is sepsis**
- 8. Trending vital signs refer to which practice?**
- A. Measuring only heart rate**
 - B. Monitoring changes in vital signs over time**
 - C. Recording vital signs once**
 - D. Doing daily labs**
- 9. Trending vital signs can help identify:**
- A. Early deterioration**
 - B. Need for intervention**
 - C. Dehydration**
 - D. All of the above**
- 10. ____ is the pressure in the airway at the end of expiratory phase the alveoli of the lung from completely collapsing and helps to recruit more alveoli for gas**
- A. End-Expiratory Pressure**
 - B. Peak Expiratory Pressure**
 - C. End-Inspiratory Pressure**
 - D. Positive End-Expiratory Pressure**

Answers

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

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Explanations

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1. To prevent secondary brain injury in a casualty with a traumatic brain injury, maintain adequate ____?

- A. Temperature**
- B. Glucose**
- C. Oxygenation**
- D. Blood Pressure**

Adequate oxygenation is essential because the brain uses a lot of oxygen and is highly vulnerable to hypoxia. After a traumatic brain injury, secondary injury accelerates if the brain isn't getting enough oxygen, leading to energy failure, cellular damage, and worse neurological outcomes. By securing the airway, supporting breathing, and ensuring oxygen delivery (keeping the patient's SpO₂ in the normal range with supplemental oxygen as needed), you minimize hypoxic stress and protect brain tissue during the critical early period. While temperature, glucose, and blood pressure are important in overall brain injury care, without sufficient oxygen, neurons rapidly suffer, so maintaining good oxygenation is the most direct measure to prevent secondary brain injury.

2. You are caring for an unconscious patient in PCC. Part of your care plan is to perform foot pumps, ankle circles, and leg raises. These exercises are performed at what interval to prevent which condition?

- A. Q4H to prevent DVT**
- B. Q2H to prevent DVT**
- C. Q1H to prevent DVT**
- D. Q8H to prevent DVT**

Keeping blood moving in the legs is essential when someone is unconscious and unable to walk. Foot pumps, ankle circles, and leg raises mimic the muscle movement that helps squeeze veins in the calves, pushing blood back toward the heart and reducing venous stasis. When blood flow is improved this way, the risk of clot formation decreases, which lowers the chance of a deep vein thrombosis and potential pulmonary embolism. Performing these exercises every 2 hours provides a practical, consistent interval to maintain venous return during prolonged immobilization. Less frequent intervals, like every 4 or 8 hours, allow more stasis and higher risk of clots, while more frequent sessions are usually unnecessary. Thus, the recommended interval to prevent DVT is every 2 hours.

3. Which signs indicate deterioration with head injuries during PCC?

- A. Decreased level of consciousness
- B. Unequal pupils
- C. Agitation or somnolence
- D. All of the above**

In head injuries during prolonged casualty care, three red flags signal deterioration: changes in mental status, unequal pupils, and new agitation or drowsiness. A decreasing level of consciousness shows the brain isn't functioning at baseline and may reflect swelling, bleeding, or reduced oxygen delivery; it calls for airway protection, careful monitoring, and rapid transport. Unequal pupils point to potential increased intracranial pressure or brain injury on one side; check pupil size on both eyes and look for a pupil that becomes fixed and dilated, then act quickly to evacuate and avoid actions that could worsen pressure. Agitation or somnolence indicates altered cerebral function—agitation can raise pressure in the brain, while excessive sleepiness can mean hypoxia or worsening injury; respond by ensuring the airway is clear, reducing unnecessary stimuli, and expediting definitive care. Because any one of these signs can herald worsening injury, all of them together represent the full set of indicators you'd watch for in PCC.

4. What is the recommended management for a suspected tension pneumothorax in PCC?

- A. Ignore it if there is no immediate distress.
- B. If trained and if equipment is available, perform needle decompression per protocol and continue evacuation; monitor for clinical improvement.
- C. Place a chest tube immediately.
- D. Wait for definitive surgery.**

Rapid relief of the pressure causing the tension pneumothorax is the priority in the field. In PCC, if you are trained and have the equipment, perform needle decompression according to protocol and continue evacuating the casualty, while monitoring for clinical improvement. Relieving the intrathoracic pressure restores venous return and cardiac output, buying time to reach definitive care. A chest tube can be placed as soon as feasible, but the immediate action in the field is rapid decompression rather than waiting for surgery or delaying care.

5. Rising CO₂ stimulates breathing.

- A. It has no effect
- B. It suppresses breathing
- C. It depends on oxygen
- D. It stimulates breathing**

Rising carbon dioxide in the blood increases the drive to breathe. CO₂ crosses into the brain and, in the cerebrospinal fluid, forms carbonic acid that dissociates into hydrogen ions and bicarbonate, lowering the CSF pH. Central chemoreceptors in the medulla detect this pH change and signal the respiratory center to increase ventilation, raising breathing rate and depth to blow off CO₂ and restore pH. Oxygen status can influence ventilation via peripheral chemoreceptors, but the primary stimulus under normal conditions is CO₂, so rising CO₂ reliably stimulates breathing.

6. A casualty care plan should be created before implementing nursing interventions.

A. TRUE

B. FALSE

C. Not Specified

D. Sometimes

A casualty care plan guides what you will do and in what order, before you start any nursing interventions. In prolonged casualty care, you begin with a focused assessment and then lay out a structured plan that sets priorities (such as airway, breathing, circulation), determines which interventions are needed, what equipment and medications (if any) are required, and how you will monitor and reassess the casualty. This upfront planning helps ensure actions are coherent, efficient, and appropriate to the situation, reducing delays and the risk of conflicting or duplicated steps as conditions change. The plan is not rigid; you adapt it as the casualty's condition evolves, but you still start with a clear plan to guide care and evacuation decisions. Choosing not to plan beforehand or selecting options implying it's optional would increase the likelihood of missed priorities or improvised, uncoordinated care.

7. Which statement best describes the guideline about dressings in burn care?

A. Absorbent, moisture-retentive dressings should be kept dry and away from air

B. Dressings should aim to prevent contamination and airflow over the wound

C. Uncover the wound to allow air exposure

D. Only cover wounds if there is sepsis

In burn care, dressings are used to protect the wound from contamination and to limit air reaching the wound. Keeping a barrier against microbes and reducing direct airflow helps prevent infection and supports a moist, stable healing environment. The best statement captures this protective purpose: preventing contamination and preventing airflow over the wound. The other ideas conflict with principles of moist wound healing and infection prevention—for example, insisting the wound be kept dry and away from air, exposing the wound to air, or applying dressings only if sepsis is present.

8. Trending vital signs refer to which practice?

A. Measuring only heart rate

B. Monitoring changes in vital signs over time

C. Recording vital signs once

D. Doing daily labs

Trending vital signs means watching how readings change over time, not just taking a single snapshot. You collect serial vitals at set intervals and compare each value to the baseline and previous measurements. This reveals patterns—like a rising heart rate, falling blood pressure, increasing respiratory rate, or dropping oxygen saturation—that signal deterioration or improvement and help guide when to escalate care or adjust treatment. It's about the trajectory, not a one-off reading. Measuring only one parameter, recording vitals once, or mixing in daily labs doesn't capture those trends.

9. Trending vital signs can help identify:

- A. Early deterioration**
- B. Need for intervention**
- C. Dehydration**
- D. All of the above**

Tracking how vital signs change over time lets you see how a patient's condition is evolving, not just what a single value shows. This is crucial for spotting early deterioration: small, progressive increases in heart rate or respiratory rate, or a change in mental status, can signal worsening before blood pressure drops. Recognizing those trends prompts timely intervention, guiding decisions about fluids, oxygen, pain control, or escalation to higher levels of care. Trends are also helpful for identifying dehydration, since the body's response to fluid loss often includes a rising heart rate and, as dehydration becomes more severe, potential drops in blood pressure and changes in mental status. By watching the trajectory of vitals, you can detect problems earlier, decide when to intervene, and catch dehydration early.

10. ____ is the pressure in the airway at the end of expiratory phase the alveoli of the lung from completely collapsing and helps to recruit more alveoli for gas

- A. End-Expiratory Pressure**
- B. Peak Expiratory Pressure**
- C. End-Inspiratory Pressure**
- D. Positive End-Expiratory Pressure**

Positive End-Expiratory Pressure is the pressure in the airway at the end of expiration that remains positive, keeping alveoli from collapsing and helping recruit more alveoli for gas exchange. By maintaining a small amount of pressure after each breath, closed airways stay open and collapsed units can reopen, which improves oxygenation and increases functional residual capacity. This principle is used in mechanical ventilation and CPAP to prevent atelectasis, though it must be set carefully to avoid overdistension or reduced venous return. End-Expiratory Pressure describes the pressure at the end of expiration but not necessarily positive; peak expiratory pressure refers to the maximum pressure during expiration, which isn't about keeping alveoli open, and end-inspiratory pressure is the pressure at the end of inspiration.

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://annexdpcc.examzify.com>

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

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