Archer Child Health Cardio/Respiratory Practice Test (Sample)

Study Guide

Everything you need from our exam experts!

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!

Questions

1. What are signs of decreased cardiac output in an infant with congenital heart disease?

A. Poor feeding, irritability, bradycardia

B. Poor feeding, increased urine output, fatigue

C. Poor feeding, irritability, increased heart rate

D. Poor feeding, hypotonia, bradycardia

2. What condition involves the failure of the lungs to expand normally, leading to reduced lung volume?

A. Pneumothorax

B. Atelectasis

C. Chronic bronchitis

D. Asthma

3. What is an appropriate emergency response for a child experiencing severe respiratory distress?

A. Positioning them comfortably, administering prescribed medications, and seeking immediate medical help

B. Giving them water to drink

C. Performing abdominal thrusts

D. Encouraging them to breathe deeply

4. What is the primary treatment for anaphylaxis in children?

A. Administration of epinephrine

B. Intravenous fluids

C. Antihistamines

D. Corticosteroids

5. When determining activities that could precipitate an asthma attack, which parental statement indicates a need for additional teaching?

A. "Our child loves playing the trumpet in the grade school band."

B. "Our child rakes leaves every Saturday afternoon to help with the work at home."

C. "Our child participates in extracurricular activities."

D. "Our child swims five laps twice a week with friends."

6. Which statement about aortic regurgitation in a pediatric client is true?

- **A. Aortic regurgitation increases preload in the left ventricle.**
- **B. Aortic regurgitation leads to a systolic murmur.**
- **C. Aortic regurgitation causes decreased cardiac output.**
- **D. Aortic regurgitation decreases left ventricle end diastolic pressure.**

7. Which physical assessment finding is consistent with epiglottitis?

- **A. Harsh, productive cough**
- **B. Absence of spontaneous cough**
- **C. Generalized skin flushing**
- **D. Coarse tremors**

8. During an evaluation, what finding may suggest the presence of an obstructed airway in a child?

- **A. Bradycardia**
- **B. Cyanosis of the lips and nails**
- **C. Increased energy levels**
- **D. Normal breathing sounds**

9. Which medication should a nurse anticipate for a child experiencing hypercyanotic episodes related to tetralogy of Fallot?

- **A. Furosemide**
- **B. Enalapril**
- **C. Formoterol**
- **D. Morphine**

10. What is the primary goal of cardiopulmonary resuscitation (CPR) in children?

- **A. To prevent airway obstruction**
- **B. To restore circulation and breathing**
- **C. To stabilize blood sugar levels**
- **D. To provide oxygen therapy**

Answers

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

Explanations

1. What are signs of decreased cardiac output in an infant with congenital heart disease?

A. Poor feeding, irritability, bradycardia

B. Poor feeding, increased urine output, fatigue

C. Poor feeding, irritability, increased heart rate

D. Poor feeding, hypotonia, bradycardia

The signs of decreased cardiac output in an infant with congenital heart disease typically include symptoms that indicate inadequate blood flow and oxygen delivery to the body's tissues. Poor feeding is a common symptom because infants with decreased cardiac output often have difficulty coordinating sucking and swallowing due to fatigue. Irritability can also occur as a result of reduced oxygenation and energy levels. Bradycardia, or a slower than normal heart rate, may be observed as the body attempts to conserve energy in response to reduced cardiac function. These signs—poor feeding, irritability, and bradycardia—reflect the infant's compromised state due to their heart's inability to effectively pump blood. This can lead to inadequate perfusion, manifesting as increased fussiness due to discomfort, poor weight gain due to insufficient nutrition intake, and variations in heart rate that signal distress. In contrast, the other options contain combinations of symptoms that are not typically associated with decreased cardiac output. For example, increased urine output is generally seen with good perfusion and effective kidney function, which is contrary to low cardiac output scenarios. Additionally, fatigue is an expected outcome of inadequate oxygen delivery, but increased heart rate or hypotonia does not align as closely with decreased cardiac output symptoms in this context.

2. What condition involves the failure of the lungs to expand normally, leading to reduced lung volume?

A. Pneumothorax

B. Atelectasis

C. Chronic bronchitis

D. Asthma

Atelectasis is the condition characterized by the failure of the lungs to expand normally, which results in reduced lung volume. This can happen due to obstruction of the airways, pressure from neighboring organs or structures, or conditions affecting the lung tissue itself. When areas of the lung collapse or fail to inflate fully, it reduces the overall capacity for gas exchange, leading to symptoms such as shortness of breath and decreased oxygen levels in the blood. In contrast, pneumothorax involves the presence of air in the pleural space, which can cause lung collapse but is not specifically about the inability of the lung tissue to expand. Chronic bronchitis and asthma, while they involve inflammation and narrowing of the airways, do not primarily lead to reduced lung volume through direct failure of lung expansion but rather through airway obstruction related to mucus production or bronchospasm. Thus, atelectasis directly correlates with the failure of lung expansion, making it the correct choice in this scenario.

3. What is an appropriate emergency response for a child experiencing severe respiratory distress?

A. Positioning them comfortably, administering prescribed medications, and seeking immediate medical help

B. Giving them water to drink

C. Performing abdominal thrusts

D. Encouraging them to breathe deeply

In a situation where a child is experiencing severe respiratory distress, the most appropriate emergency response involves a combination of positioning, medication administration, and seeking immediate medical assistance. Positioning the child comfortably, often in an upright position, can help facilitate easier breathing. This helps to maximize lung expansion and reduce the work of breathing, which is crucial in respiratory distress. Administering prescribed medications, such as bronchodilators or steroids, can help alleviate symptoms by opening up the airways and reducing inflammation. It is essential that these medications are given as soon as possible, especially if they have been prescribed for a known respiratory condition, such as asthma. Seeking immediate medical help is critical because severe respiratory distress can rapidly lead to respiratory failure if not addressed promptly. Medical professionals can provide advanced treatment and interventions to stabilize the child and treat the underlying cause of the distress effectively. In contrast, giving water to drink does not address the urgent needs in respiratory distress, as it may lead to choking or worsen the situation. Performing abdominal thrusts is not appropriate in cases of respiratory distress unless there is a clear obstruction by a foreign body. Encouraging deep breathing can be counterproductive; a child in distress may not be able to follow such instructions effectively, and forcing deep breaths may

4. What is the primary treatment for anaphylaxis in children?

A. Administration of epinephrine

B. Intravenous fluids

C. Antihistamines

D. Corticosteroids

The primary treatment for anaphylaxis in children is the administration of epinephrine. This is because epinephrine works rapidly to counteract the severe allergic reactions associated with anaphylaxis. It acts as a potent vasoconstrictor, which helps to raise blood pressure, and stimulates the heart, improving cardiac output. Additionally, epinephrine relaxes the bronchial smooth muscles, leading to bronchodilation, which helps alleviate respiratory distress that often accompanies anaphylactic reactions. While other treatments such as intravenous fluids, antihistamines, and corticosteroids may be part of an overall management plan for allergic reactions, they do not address the life-threatening aspects of anaphylaxis as effectively or as quickly as epinephrine does. Intravenous fluids can support blood circulation but are secondary to the immediate need for epinephrine in acute settings. Antihistamines might help with mild allergic symptoms but do not provide the rapid response required for anaphylaxis. Corticosteroids can be beneficial for prolonged inflammation but take time to act and are not suitable for the immediate treatment of anaphylactic shock. Therefore, epinephrine remains the first-line and most critical intervention in such emergencies.

5. When determining activities that could precipitate an asthma attack, which parental statement indicates a need for additional teaching?

A. "Our child loves playing the trumpet in the grade school band."

B. "Our child rakes leaves every Saturday afternoon to help with the work at home."

C. "Our child participates in extracurricular activities."

D. "Our child swims five laps twice a week with friends."

The statement regarding raking leaves indicates a need for additional teaching because raking leaves is a common activity that can exacerbate asthma symptoms in susceptible individuals. When leaves are disturbed, they can release allergens such as mold spores and dust, which could trigger an asthma attack, particularly in children who have asthma. This activity may not be recognized by parents as a potential trigger, highlighting a gap in understanding the environmental factors that can impact a child with asthma. In contrast, the enjoyment of playing the trumpet or swimming laps is less likely to be associated with direct asthma triggers. Playing a brass instrument may involve some exertion, but it does not inherently involve allergens in the same way that raking leaves does. Similarly, swimming is often considered a positive activity for children with asthma due to the humid environment of pools, which generally helps keep the airways open. Engaging in extracurricular activities can be beneficial and does not necessarily point to a higher risk for asthma exacerbations, as long as the activities are managed appropriately.

6. Which statement about aortic regurgitation in a pediatric client is true?

A. Aortic regurgitation increases preload in the left ventricle.

B. Aortic regurgitation leads to a systolic murmur.

C. Aortic regurgitation causes decreased cardiac output.

D. Aortic regurgitation decreases left ventricle end diastolic pressure.

Aortic regurgitation is a condition where the aortic valve does not close tightly, allowing blood to flow back into the left ventricle from the aorta during diastole. When considering the statement regarding increased preload in the left ventricle, it is important to understand the hemodynamics involved. In aortic regurgitation, the backflow of blood into the left ventricle increases the volume of blood within the ventricle during diastole. This increased volume leads to an increase in preload, which is the amount of blood in the ventricles at the end of diastole prior to contraction. Higher preload can initially lead to a stronger contraction due to the Frank-Starling mechanism, where increased venous return results in a more forceful cardiac output. However, over time, the sustained increase in volume can lead to ventricular dilation and may cause heart failure if not managed. The other statements do not accurately reflect the complexities of aortic regurgitation. While a systolic murmur is indeed characteristic of this condition, it does not encompass the primary hemodynamic consequences. Similarly, the assertion that cardiac output is decreased typically oversimplifies the scenario, as although chronic regurgitation can ultimately reduce effective cardiac

7. Which physical assessment finding is consistent with epiglottitis?

A. Harsh, productive cough

B. Absence of spontaneous cough

C. Generalized skin flushing

D. Coarse tremors

The absence of spontaneous cough is a critical indicator associated with epiglottitis. In this condition, inflammation of the epiglottis can lead to swelling and significant airway obstruction. The child may exhibit tachypnea and stridor and often prefers to sit in a hunched position (tripod position) to facilitate easier breathing. A productive cough is typically more indicative of other respiratory conditions, such as bronchitis or pneumonia, where mucus production is prevalent. In contrast, the quietness and lack of coughing observed in a child with epiglottitis stem from their distress and the severity of the airway obstruction—children in this state are often too painful or breathless to cough. Generalized skin flushing could indicate an allergic reaction or another systemic issue, but it is not characteristic of epiglottitis, where the primary concerns are respiratory-related symptoms and signs of distress. Coarse tremors are generally not associated with epiglottitis and might suggest different neurological or metabolic problems. In summary, the specific presentation of the absence of spontaneous cough effectively reflects the severe respiratory compromise seen in epiglottitis, making it an essential physical assessment finding in this critical situation.

8. During an evaluation, what finding may suggest the presence of an obstructed airway in a child?

A. Bradycardia

B. Cyanosis of the lips and nails

C. Increased energy levels

D. Normal breathing sounds

Cyanosis of the lips and nails is an important clinical finding that can indicate an obstructed airway in a child. This color change occurs due to a lack of oxygen in the blood, which is commonly caused by inadequate ventilation or a blockage in the respiratory passages. When the airway is obstructed, the body struggles to get enough oxygen, leading to this visible sign, particularly around areas where blood vessels are close to the surface, such as the lips and fingertips. In contrast, bradycardia, or a slow heart rate, may not directly indicate airway obstruction and can be associated with various other conditions. Increased energy levels are usually not indicative of obstructed airways; rather, they are likely to be observed when a child is adequately oxygenated. Normal breathing sounds also suggest that the airway is clear, as any obstruction would typically produce wheezing, stridor, or diminished breath sounds. Therefore, the presence of cyanosis is a critical indicator of potentially serious respiratory compromise and warrants immediate attention.

9. Which medication should a nurse anticipate for a child experiencing hypercyanotic episodes related to tetralogy of Fallot?

A. Furosemide

B. Enalapril

C. Formoterol

D. Morphine

In the context of managing hypercyanotic episodes associated with tetralogy of Fallot, administering morphine can be particularly beneficial. These hypercyanotic spells, often referred to as "tet spells," occur due to a sudden increase in right-to-left shunting of blood, leading to profound cyanosis and distress. Morphine is effective in this situation because it provides sedation and reduces the child's anxiety and stress, which can alleviate the respiratory effort and help decrease the metabolic demand during an episode. Additionally, morphine can also lead to venodilation, which may promote increased blood flow to the pulmonary circulation, helping to improve oxygenation. By managing the symptoms and stabilizing the child, morphine aids in mitigating the acute crisis associated with these episodes, allowing for further medical intervention and monitoring. Other medications listed, like furosemide and enalapril, primarily target fluid retention and blood pressure control, respectively, which are not directly beneficial in the urgent management of hypercyanotic spells. Formoterol is a bronchodilator typically reserved for asthma management and does not address the specific pathophysiology of tetralogy of Fallot. Thus, morphine is the most appropriate choice for managing hypercyanotic episodes due to its sedative

10. What is the primary goal of cardiopulmonary resuscitation (CPR) in children?

A. To prevent airway obstruction

B. To restore circulation and breathing

C. To stabilize blood sugar levels

D. To provide oxygen therapy

The primary goal of cardiopulmonary resuscitation (CPR) in children is to restore circulation and breathing. When a child's heart stops beating effectively or they stop breathing, the body is deprived of oxygen, which is vital for survival. CPR aims to manually maintain blood circulation and support breathing until professional medical help can arrive or the child can be stabilized in a different manner. Restoring circulation involves performing chest compressions to help pump blood to vital organs, including the brain, heart, and lungs. This is crucial because even a brief period without adequate blood flow can lead to irreversible damage or death. Additionally, providing rescue breaths as part of CPR aids in supplying oxygen to the lungs, further supporting the body's need for this essential gas. While preventing airway obstruction is important in ensuring effective breathing, it is part of the overall process of CPR but not the primary goal. Stabilizing blood sugar levels and providing oxygen therapy, while important in specific medical situations, do not encompass the immediate and critical objectives of CPR, which centers on reviving cardiac and respiratory function.

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://archerchildhealthcardiorespiratory.examzify.com

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