Cardiopulmonary Resuscitation (CPR) Practice (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. 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 is likely to happen if you give over 10 breaths per minute during CPR?

A. Increased ETCO2

B. Drop in ETCO2

C. Improved oxygenation

D. Increased pulse rate

2. What action should you take if you encounter an adult who is conscious but showing signs of a heart attack?

A. Encourage them to lie down and rest

B. Encourage them to sit down, call for emergency help, and keep them calm

C. Immediately begin CPR

D. Provide them with water

3. What guideline should be followed for CPR compressions regarding chest recoil?

A. Compress without allowing recoil

B. Allow full recoil of the chest between compressions

C. Recoil is not necessary for effectiveness

D. Recoil should be minimal

4. What is the first step to perform CPR on an unresponsive adult?

A. Check for a pulse

B. Call for help

C. Perform chest compressions

D. Open the airway

5. What is rescue breathing, and when is it indicated?

A. Providing breaths to a person who is not breathing but has a pulse

B. Giving mouth-to-mouth to anyone who is unconscious

C. Only for children under 8 years old

D. Providing air when a person is choking

6. What is the compression-to-breath ratio for child CPR?

- **A. 30 compressions to 2 breaths**
- **B. 15 compressions to 2 breaths**
- **C. 30 compressions to 1 breath**
- **D. 20 compressions to 2 breaths**

7. What is the first action to take if you find an unresponsive person lying face down?

- **A. Call for emergency services**
- **B. Administer CPR immediately**
- **C. Roll them onto their back carefully**
- **D. Check for breathing**

8. In what scenario should rescue breaths be avoided during CPR?

- **A. When the victim is conscious**
- **B. In cases of untrained responders or when the rescuer is unsure how to provide them**
- **C. When the victim is a child**
- **D. When there is inadequate ventilation**

9. What is the first step in preparing for a CPR emergency?

- **A. Obtain CPR certification**
- **B. Learn emergency procedures**
- **C. Call emergency services**
- **D. Recognize first aid supplies**

10. Why is it important to ventilate a patient during CPR?

- **A. To reduce the rate of chest compressions**
- **B. To provide oxygen to the lungs**
- **C. To prevent further cardiac arrest**
- **D. To ensure proper flow of blood**

Answers

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

Explanations

1. What is likely to happen if you give over 10 breaths per minute during CPR?

A. Increased ETCO2

B. Drop in ETCO2

C. Improved oxygenation

D. Increased pulse rate

Administering more than 10 breaths per minute during CPR can lead to a drop in end-tidal carbon dioxide (ETCO2) levels. This occurs because excessive ventilation can hinder the natural circulation and gas exchange processes. When breaths are delivered too quickly, it can result in inadequate time for oxygen to effectively diffuse into the bloodstream and for carbon dioxide to be expelled. This imbalance can compromise the effectiveness of chest compressions, which are critical in maintaining circulation and promoting effective oxygen delivery to vital organs. In contrast, maintaining a slower, more rhythmic ventilation rate—typically between 10 to 12 breaths per minute—allows for better synchrony with chest compressions, optimizing both oxygen delivery and carbon dioxide removal, which is crucial for successful resuscitation efforts.

2. What action should you take if you encounter an adult who is conscious but showing signs of a heart attack?

A. Encourage them to lie down and rest

B. Encourage them to sit down, call for emergency help, and keep them calm

C. Immediately begin CPR

D. Provide them with water

When encountering an adult who is conscious and showing signs of a heart attack, encouraging them to sit down, call for emergency help, and keep them calm is the most appropriate action. This approach ensures that the individual is in a position that reduces stress on the heart by avoiding exertion, which could worsen their condition. Sitting down also helps prevent the risk of fainting or falling, which is critical during a heart attack. Calling for emergency help is vital because professional medical intervention is necessary for a heart attack. Keeping the individual calm helps minimize anxiety and reduces the heart rate, which is important during such a crisis. This level of calmness can also aid in their overall stability until help arrives. Other options, like providing water or encouraging them to lie down, may not address the immediacy and severity of the situation. They could also potentially complicate matters, especially if the individual requires immediate medical treatment or if their condition worsens.

3. What guideline should be followed for CPR compressions regarding chest recoil?

A. Compress without allowing recoil

B. Allow full recoil of the chest between compressions

C. Recoil is not necessary for effectiveness

D. Recoil should be minimal

Allowing full recoil of the chest between compressions is crucial for effective CPR. When performing chest compressions, it's important to let the chest rise completely after each compression. This full recoil allows the heart to refill with blood, ensuring that there is adequate blood flow when the next compression occurs. If there is inadequate recoil, the heart does not have enough time to return to its resting state, which can lead to reduced cardiac output and ineffective compressions. Additionally, full chest recoil helps maintain negative pressure in the thoracic cavity, which enhances venous return to the heart. This physiological process optimizes circulation during CPR, ultimately increasing the chances of a good outcome for the patient. In summary, adhering to the guideline of allowing full chest recoil maximizes the effectiveness of CPR by ensuring both adequate blood flow and efficient compression cycles.

4. What is the first step to perform CPR on an unresponsive adult?

A. Check for a pulse

B. Call for help

C. Perform chest compressions

D. Open the airway

The first step to perform CPR on an unresponsive adult is indeed to call for help. This step is crucial because it ensures that emergency medical services are on their way while you begin administering CPR. Calling for help activates the emergency response system and can bring additional resources to the scene—such as an automated external defibrillator (AED) or other trained individuals—who can assist in life-saving efforts. After calling for help, you can then proceed to assess the situation further by checking for breathing and pulse before beginning chest compressions, which are vital for maintaining blood circulation and oxygen delivery to the brain and other vital organs. The order of these steps is important in maximizing the chances of survival for the unresponsive individual.

5. What is rescue breathing, and when is it indicated?

A. Providing breaths to a person who is not breathing but has a pulse

B. Giving mouth-to-mouth to anyone who is unconscious

C. Only for children under 8 years old

D. Providing air when a person is choking

Rescue breathing is the technique of providing breaths to an individual who is not breathing but still has a pulse. This action is essential because it helps to supply oxygen to the lungs and, consequently, to the brain and other vital organs. It is indicated in situations where a person shows no signs of respiratory effort, such as gasping or spontaneous breathing, but their heart is still beating, indicating the presence of a pulse. By delivering rescue breaths, you can sustain the individual's oxygen levels and prevent brain damage or other serious complications until more advanced medical help arrives or normal breathing is restored. The other options presented do not accurately define the proper context for rescue breathing. For example, performing mouth-to-mouth on any unconscious individual might be hazardous, especially if they are not breathing normally or if an obstruction is present. Limiting rescue breathing to only children under eight years old does not encompass the age range where it may be necessary, as all ages can experience respiratory arrest irrespective of age. Lastly, providing air when a person is choking is a different procedure altogether, as choking requires a different response to clear the airway rather than simply administering breaths.

6. What is the compression-to-breath ratio for child CPR?

A. 30 compressions to 2 breaths

B. 15 compressions to 2 breaths

C. 30 compressions to 1 breath

D. 20 compressions to 2 breaths

The compression-to-breath ratio for child CPR is 30 compressions to 2 breaths. This ratio is established in accordance with the guidelines provided by organizations such as the American Heart Association. The rationale behind this specific ratio is to ensure that there is a sufficient number of chest compressions, which are critical for maintaining blood flow to vital organs during a cardiac arrest, while still incorporating breaths to deliver oxygen to the lungs. In children, delivering effective compressions at the correct depth and rate is crucial, and the 30 to 2 ratio allows for an effective combination of these compressions along with rescue breaths. This balance helps to optimize the chances of survival by providing both the circulatory support necessary and the oxygenation that the body needs during a life-threatening emergency. Other ratios, such as 15 compressions to 2 breaths or variations thereof, are typically applied in different contexts, such as in two-rescuer scenarios for infants. However, when performing CPR alone on a child, the ratio of 30:2 is the standard, emphasizing the importance of high-quality compressions along with rescue breaths. This method is crucial in ensuring that both circulation and ventilation are maintained effectively until advanced medical help can arrive.

7. What is the first action to take if you find an unresponsive person lying face down?

A. Call for emergency services

B. Administer CPR immediately

C. Roll them onto their back carefully

D. Check for breathing

The first action to take when finding an unresponsive person lying face down is to roll them onto their back carefully. This step is crucial for a few reasons. First, this position allows you to assess the person's airway, which is vital for effective CPR. An unresponsive individual may have a blocked airway due to their position, and rolling them onto their back opens up the airway to ensure they can breathe. By rolling the person carefully, you also minimize the risk of causing any further injury, particularly to the neck or spine, which is an important consideration in emergency situations. Assessing the individual in a supine position also allows you to better evaluate their condition, check for any signs of breathing, and determine if CPR is needed. While calling for emergency services is essential and should happen as soon as possible, it must follow the immediate action of ensuring that the airway is open and the person is ready for further assessment and possible intervention. Administering CPR or checking for breathing cannot occur until the person is safely positioned on their back.

8. In what scenario should rescue breaths be avoided during CPR?

A. When the victim is conscious

B. In cases of untrained responders or when the rescuer is unsure how to provide them

C. When the victim is a child

D. When there is inadequate ventilation

Rescue breaths should be avoided in situations where the rescuer is untrained or unsure about how to provide them. If a rescuer lacks the necessary skills or confidence to perform rescue breaths effectively, it increases the risk of inadequate or improper ventilation, which could be detrimental to the victim's chances of recovery. In such cases, it is more effective to focus solely on high-quality chest compressions. Ensuring proper ventilation is crucial in CPR, but if the rescuer cannot guarantee proper technique, focusing on compressions can maintain blood circulation and flow to vital organs. Therefore, the emphasis on avoiding rescue breaths under these circumstances is to maintain effectiveness while minimizing risks associated with potential errors in execution.

9. What is the first step in preparing for a CPR emergency?

A. Obtain CPR certification

B. Learn emergency procedures

C. Call emergency services

D. Recognize first aid supplies

The first step in preparing for a CPR emergency is obtaining CPR certification. Being trained in CPR equips an individual with the knowledge and skills necessary to effectively respond to a cardiac arrest situation. Certification courses not only teach participants how to perform chest compressions and rescue breaths but also provide insight into recognizing the signs of a cardiac emergency and understanding the importance of calling for professional help. Having this certification enhances confidence, ensuring that a person can act decisively and correctly when faced with someone in need of resuscitation. While learning emergency procedures, calling emergency services, and recognizing first aid supplies are all important aspects of emergency preparedness, they all assume that a person has a foundational knowledge of CPR. Without this crucial training, an individual may feel unprepared to act in a high-stress situation. Therefore, obtaining CPR certification stands out as the essential first step in preparation for any potential CPR emergency.

10. Why is it important to ventilate a patient during CPR?

A. To reduce the rate of chest compressions

B. To provide oxygen to the lungs

C. To prevent further cardiac arrest

D. To ensure proper flow of blood

Ventilating a patient during CPR is crucial because it helps to provide oxygen to the lungs. When the heart is not pumping effectively—due to cardiac arrest—blood flow to the organs, including the lungs, decreases. By performing ventilation, you deliver oxygen directly into the lungs, which is essential for getting oxygen into the bloodstream and ultimately to vital organs, including the brain. This process can help to prevent brain damage and increase the likelihood of survival. While adequate chest compressions are vital for maintaining blood circulation, they alone do not supply oxygen to the blood. Ventilation addresses this critical need and complements chest compressions to optimize the chances of recovery.

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://cpr.examzify.com

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