

# CDH Paramedic Entrance Practice Exam (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. What term describes the process of gases exchanging in the alveoli?**

- A. Diffusion**
- B. Oxygenation**
- C. Ventilation**
- D. Respiration**

**2. What is the significance of the secondary assessment?**

- A. To determine the patient's baseline vital signs**
- B. To gather additional information after addressing life threats**
- C. To provide immediate treatment**
- D. To evaluate the effectiveness of interventions**

**3. How is sublingual medication administered?**

- A. Injected into the bloodstream**
- B. Swallowed with water**
- C. Placed under the tongue until absorbed**
- D. Applied topically to the skin**

**4. How long should you assess a pulse in a non-responsive patient?**

- A. 5 seconds**
- B. 10 seconds**
- C. 15 seconds**
- D. 20 seconds**

**5. Which condition is characterized by a sudden drop in blood pressure and increased heart rate?**

- A. Cardiogenic shock**
- B. Hypovolemic shock**
- C. Obstructive shock**
- D. Neurogenic shock**

**6. Hepatitis is defined as what type of medical condition?**

- A. Inflammation of the lungs**
- B. Inflammation of the pancreas**
- C. Inflammation of the heart**
- D. Inflammation of the liver**

**7. Which process is an essential aspect of the standard of care?**

- A. Personal judgment and experience of the paramedic**
- B. Consistent adherence to established medical guidelines**
- C. Incorporating alternative medicine approaches**
- D. Following the latest medical fads and trends**

**8. Where does oxygenated blood return to the heart after passing through the lungs?**

- A. Left ventricle**
- B. Right atrium**
- C. Left atrium**
- D. Right ventricle**

**9. What is the priority intervention for any patient who is found unresponsive?**

- A. Administer oxygen**
- B. Check blood pressure**
- C. Assess airway and breathing**
- D. Begin CPR**

**10. What is the recommended compression to ventilation ratio in adult CPR?**

- A. 15:2**
- B. 30:2**
- C. 20:2**
- D. 30:1**

## **Answers**

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

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## **Explanations**

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**1. What term describes the process of gases exchanging in the alveoli?**

- A. Diffusion**
- B. Oxygenation**
- C. Ventilation**
- D. Respiration**

The correct term that describes the process of gases exchanging in the alveoli is diffusion. This process involves the movement of oxygen and carbon dioxide across the alveolar membrane due to a concentration gradient. In the alveoli, oxygen from the inhaled air moves into the bloodstream, while carbon dioxide, a waste product of metabolism, moves from the blood into the alveoli to be exhaled. Diffusion is a passive process that relies on differences in partial pressures, meaning that gases will naturally move from areas of higher concentration to areas of lower concentration until equilibrium is reached. Understanding diffusion is crucial for grasping how effective gas exchange occurs in the lungs, facilitating proper oxygen uptake and carbon dioxide expulsion during the breathing process.

**2. What is the significance of the secondary assessment?**

- A. To determine the patient's baseline vital signs**
- B. To gather additional information after addressing life threats**
- C. To provide immediate treatment**
- D. To evaluate the effectiveness of interventions**

The secondary assessment holds significant importance in the overall patient evaluation process, particularly in the context of emergency care. After the primary assessment, which focuses on identifying and managing immediate life threats, the secondary assessment allows healthcare providers to gather detailed and comprehensive information about the patient's condition. This includes a thorough examination of their systems, history of the present illness or injury, and any relevant medical history, providing a broader context for diagnosis and treatment. By conducting this secondary assessment, paramedics can identify injuries or medical conditions that may not have been immediately apparent. This information is crucial for guiding further treatment decisions and interventions. It enables first responders to develop a more accurate picture of the patient's condition, prioritize care, and determine the necessary steps for effective management, all of which are vital for optimal patient outcomes. The other options typically focus on aspects of patient care that either occur during the initial assessment or are subsequent to the activities encompassed by the secondary assessment itself. Thus, the emphasis on gathering additional information after addressing life threats encapsulates the primary purpose of the secondary assessment.

### 3. How is sublingual medication administered?

- A. Injected into the bloodstream
- B. Swallowed with water
- C. Placed under the tongue until absorbed**
- D. Applied topically to the skin

Sublingual medication is administered by placing the drug under the tongue, where it dissolves and is absorbed directly into the bloodstream. This method allows for rapid onset of action because the mucous membranes in the sublingual area have a rich blood supply, facilitating quick absorption. This route is particularly beneficial for medications that need to bypass the digestive system to avoid degradation by stomach acids or first-pass metabolism by the liver, which can occur when drugs are swallowed. Using this method can also promote faster relief for conditions such as angina, where quick action is necessary. Other forms of administration, such as injections or swallowing with water, do not utilize the direct absorption method from beneath the tongue, while topical application involves a different absorption pathway entirely, through the skin.

### 4. How long should you assess a pulse in a non-responsive patient?

- A. 5 seconds
- B. 10 seconds**
- C. 15 seconds
- D. 20 seconds

Assessing a pulse in a non-responsive patient is a critical component of the initial evaluation. The recommended duration for palpating a pulse is approximately 10 seconds. This timeframe allows for an adequate assessment to determine if there is a pulse present, ensuring that it is neither too brief to provide accurate information nor excessively prolonged, which could delay necessary interventions. During this 10-second period, the healthcare provider can evaluate the presence and quality of the pulse, including factors such as rhythm and strength. If no pulse is detected within this timeframe, it is important to initiate appropriate emergency interventions, such as CPR or calling for assistance, based on established protocols. Assessing for a shorter duration may not provide a reliable indication of pulse presence, whereas extending the assessment beyond 10 seconds could waste critical time in emergency situations.

**5. Which condition is characterized by a sudden drop in blood pressure and increased heart rate?**

- A. Cardiogenic shock**
- B. Hypovolemic shock**
- C. Obstructive shock**
- D. Neurogenic shock**

The condition characterized by a sudden drop in blood pressure coupled with an increased heart rate is hypovolemic shock. This condition occurs when there is a significant loss of blood volume, either through hemorrhage or fluid loss, leading to inadequate tissue perfusion and oxygenation. In response to the sudden drop in blood pressure, the body initiates compensatory mechanisms, such as increasing the heart rate, to maintain perfusion to vital organs. While other forms of shock may also present with changes in heart rate and blood pressure, hypovolemic shock specifically highlights the relationship between a decreased volume leading to hypotension and reflex tachycardia as the body attempts to compensate. This response involves the activation of the sympathetic nervous system, which leads to increased cardiac output and helps to mitigate the effects of the falling blood pressure. By understanding these dynamics, it becomes clearer why hypovolemic shock is the correct choice in this context, emphasizing the direct relationship between volume loss, blood pressure reduction, and the compensatory increase in heart rate.

**6. Hepatitis is defined as what type of medical condition?**

- A. Inflammation of the lungs**
- B. Inflammation of the pancreas**
- C. Inflammation of the heart**
- D. Inflammation of the liver**

Hepatitis is specifically defined as the inflammation of the liver. This medical condition can be caused by various factors, including viral infections (such as hepatitis A, B, C, D, E), alcohol consumption, certain medications, toxins, and autoimmune diseases. The liver plays a critical role in many bodily functions, including detoxification, protein synthesis, and the production of biochemicals necessary for digestion. When inflammation occurs, it can lead to symptoms such as jaundice, fatigue, abdominal pain, and an overall sense of unwellness. The other options describe inflammation in different organs. For instance, the lungs are affected in pulmonary conditions, the pancreas can become inflamed due to pancreatitis, and inflammation of the heart is known as myocarditis. Each of these conditions has unique causes and ramifications that are distinct from hepatitis, which is specifically linked to liver function.

**7. Which process is an essential aspect of the standard of care?**

- A. Personal judgment and experience of the paramedic**
- B. Consistent adherence to established medical guidelines**
- C. Incorporating alternative medicine approaches**
- D. Following the latest medical fads and trends**

The correct answer highlights the importance of consistent adherence to established medical guidelines as a fundamental aspect of the standard of care. Established medical guidelines are developed through extensive research, expert consensus, and clinical trials, ensuring that they offer effective and safe recommendations for patient care. Adhering to these guidelines helps paramedics to provide care that meets recognized professional standards and promotes patient safety. Using established protocols not only maintains a high level of care but also protects paramedics legally and ethically. When paramedics follow these guidelines, they demonstrate their commitment to evidence-based practices that are proven to lead to better patient outcomes and minimize the risk of errors. In contrast, relying solely on personal judgment and experience can lead to variability in care, potentially compromising patient safety and consistency. Incorporating alternative medicine approaches might not always align with established evidence and could lead to untested or unsafe practices. Additionally, following the latest medical fads and trends may divert attention from proven methods and standards, which can be harmful to patients. Thus, consistent adherence to established medical guidelines is essential for delivering reliable and effective care in the field.

**8. Where does oxygenated blood return to the heart after passing through the lungs?**

- A. Left ventricle**
- B. Right atrium**
- C. Left atrium**
- D. Right ventricle**

Oxygenated blood returns to the heart after passing through the lungs via the pulmonary veins, which empty into the left atrium. This is a crucial part of the circulatory process. After blood is oxygenated in the lungs, it must travel back to the heart to be pumped throughout the body. The left atrium serves as the receiving chamber for this freshly oxygenated blood before it moves into the left ventricle, from which it will be distributed to the rest of the body. Understanding this flow is key in comprehending how the heart and lungs work together to ensure that oxygen-rich blood is supplied to the body effectively.

**9. What is the priority intervention for any patient who is found unresponsive?**

- A. Administer oxygen**
- B. Check blood pressure**
- C. Assess airway and breathing**
- D. Begin CPR**

Assessing airway and breathing is the priority intervention for any unresponsive patient because it addresses the most immediate threat to life. An unresponsive individual lacks the ability to protect their airway, which can lead to airway obstruction due to tongue displacement or aspiration of fluids. By assessing the airway, first responders can determine if the airway is clear and if the patient is breathing adequately. If the airway is compromised or if the patient is not breathing, appropriate measures such as airway maneuvers or artificial ventilation can be initiated immediately. This early intervention is critical to provide oxygenation to the brain and other vital organs, which can significantly influence outcomes in emergency situations. While administering oxygen, checking blood pressure, and beginning CPR are important components of patient management, they cannot be effectively executed if the airway is not secure. Addressing the airway and breathing first ensures that any subsequent interventions are more likely to be successful in stabilizing the patient.

**10. What is the recommended compression to ventilation ratio in adult CPR?**

- A. 15:2**
- B. 30:2**
- C. 20:2**
- D. 30:1**

In adult CPR, the recommended compression to ventilation ratio is 30:2. This ratio is important because it has been established to provide effective resuscitation during cardiac arrest. The emphasis is on providing high-quality chest compressions, which are essential for maintaining blood circulation to vital organs, while still ensuring adequate ventilation for oxygenation. With the 30:2 ratio, the first 30 compressions are delivered at a rate of 100 to 120 compressions per minute, followed by two rescue breaths. This pattern helps to maximize blood flow while allowing enough time to deliver breaths, ensuring that both circulation and ventilation are addressed. Other ratios do not align with the current standards set forth by organizations such as the American Heart Association, which advocates for the 30:2 ratio for adult victims of cardiac arrest during CPR. The primary focus for adult CPR is maintaining a strong emphasis on compressions while integrating rescue breaths in a balanced manner, which is precisely what the 30:2 ratio achieves.

# 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](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://cdhparamedicentrance.examzify.com>**

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

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