

CDH PARAMEDIC ENTRANCE PRACTICE EXAM (SAMPLE)

STUDY GUIDE



Prepare with structure. Pass with confidence



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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 physiological changes occur during the fight or flight response?**
 - A. Muscles tense and heart rate increases
 - B. Digestion speeds up and heart rate decreases
 - C. Muscles relax and respiration slows
 - D. Body temperature drops and metabolism slows
- 2. What should be avoided in a patient with a suspected head injury?**
 - A. Disorientation
 - B. Providing fluids
 - C. Rapid movement
 - D. Assessment of the airway
- 3. How should a paramedic manage a patient with severe burns?**
 - A. Cover the burns with wet dressings
 - B. Cover the burns with dry, sterile dressings
 - C. Apply ice packs to the burns
 - D. Leave the burns exposed to air
- 4. What happens to the air passages in chronic bronchitis?**
 - A. They become enlarged and less clogged
 - B. They are completely obstructed
 - C. They become clogged with debris and produce excess mucus
 - D. They undergo no significant changes
- 5. What is the main cause of obstructive shock?**
 - A. Cardiac tamponade
 - B. Airway obstruction
 - C. Severe hemorrhage
 - D. Anaphylaxis
- 6. Which muscle is crucial for the inhalation process?**
 - A. External obliques
 - B. Sternocleidomastoid
 - C. Diaphragm
 - D. Latissimus dorsi

- 7. What physiological response occurs as a result of suctioning, leading to a decreased heart rate?**
- A. Increased blood pressure
 - B. Vagal nerve stimulation
 - C. Oxygen deprivation
 - D. Stimulation of the sympathetic nervous system
- 8. What is diffusion in the context of respiratory physiology?**
- A. Movement of gases during ventilation
 - B. Movement of particles from high to low concentration
 - C. Oxygen binding to hemoglobin
 - D. Carbon dioxide exhalation
- 9. What is the purpose of the Glasgow Coma Scale?**
- A. To measure blood pressure
 - B. To assess a patient's level of consciousness
 - C. To evaluate lung function
 - D. To calculate body mass index
- 10. Which term describes the ability to perform tasks without conscious thought?**
- A. Consciousness
 - B. Automaticity
 - C. Reactivity
 - D. Volition

Answers

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

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Explanations

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1. What physiological changes occur during the fight or flight response?

- A. Muscles tense and heart rate increases**
- B. Digestion speeds up and heart rate decreases
- C. Muscles relax and respiration slows
- D. Body temperature drops and metabolism slows

During the fight or flight response, the body undergoes a series of physiological changes designed to prepare an individual to face a perceived threat or to flee from danger. One of the primary responses is the increase in heart rate, which ensures that more blood, oxygen, and nutrients are delivered to muscles, enabling them to respond quickly. This response is crucial for immediate physical reaction. Additionally, muscles tense in preparation for action, which can enhance strength and coordination. The body also releases stress hormones such as adrenaline, which further stimulates heart rate and muscle readiness. This heightened state of alertness is essential for survival during stressful encounters, allowing for quick reactions to potential dangers. In contrast, the other options describe physiological states that are inconsistent with the fight or flight response. For example, increased digestion and a decrease in heart rate would be signs of a relaxed state, not one of heightened arousal. Similarly, muscle relaxation and slowed respiration signify a calming, not an alert state. Lastly, a drop in body temperature and slowed metabolism would reflect a state of energy conservation rather than immediate physical readiness. Thus, the first choice accurately represents the body's adaptive changes during the fight or flight response.

2. What should be avoided in a patient with a suspected head injury?

- A. Disorientation
- B. Providing fluids
- C. Rapid movement**
- D. Assessment of the airway

In a patient with a suspected head injury, avoiding rapid movement is critical to prevent further injury. When a head injury is suspected, there may be associated injury to the cervical spine, and rapid movements can exacerbate this injury or lead to additional complications, such as increased intracranial pressure. It is essential to immobilize the patient and assess them carefully to ensure that no additional harm is done while providing care. The other options, while relevant in various contexts, do not specifically address the immediate concern of moving a patient with a potential head injury. Disorientation can occur in patients with head injuries and is part of the assessment process, while providing fluids might be necessary in different circumstances but should be managed cautiously. The assessment of the airway is critical in all trauma cases, including head injuries, and must be performed carefully to ensure patency while avoiding any unnecessary movement that could worsen the situation.

3. How should a paramedic manage a patient with severe burns?

- A. Cover the burns with wet dressings
- B. Cover the burns with dry, sterile dressings**
- C. Apply ice packs to the burns
- D. Leave the burns exposed to air

In managing a patient with severe burns, it is crucial to protect the affected area from contamination and further injury. Covering the burns with dry, sterile dressings is the best practice because it helps to prevent infection and allows for the healing process to begin while keeping the area clean. Dry dressings also minimize pain by acting as a protective barrier, reducing exposure to air and environmental factors that could exacerbate the injury. Using wet dressings may seem helpful but can lead to hypothermia, especially in extensive burns, as the moisture can draw heat away from the body. Applying ice packs, while sometimes thought to alleviate pain, is inappropriate for burn injuries since cold can cause additional tissue damage and worsen the injury. Leaving burns exposed to air can also lead to a higher risk of infection, increased pain, and potential complications associated with open wounds. Thus, covering the burns with dry, sterile dressings strikes the right balance between protecting the injury, managing pain, and preventing infection, making it the preferred approach in emergency treatment.

4. What happens to the air passages in chronic bronchitis?

- A. They become enlarged and less clogged
- B. They are completely obstructed
- C. They become clogged with debris and produce excess mucus**
- D. They undergo no significant changes

In chronic bronchitis, the air passages experience significant changes characterized by inflammation and irritation. This leads to an increase in mucus production, which can obstruct the airways. As a result, the bronchi become clogged with debris and excess mucus, making it difficult for air to flow in and out of the lungs. This condition is often exacerbated by factors such as smoking or exposure to pollutants, which can further stimulate mucus secretion and contribute to airway inflammation. The blockage caused by excess mucus can lead to symptoms such as cough, wheezing, and difficulty breathing, especially during physical exertion. The long-term nature of chronic bronchitis means these changes can be sustained over time, leading to chronic respiratory issues. In contrast, other options do not accurately reflect the pathological changes that occur in chronic bronchitis. The condition does not result in complete obstruction of the air passages, significant enlargement, or a lack of noteworthy changes; rather, it is specifically marked by mucus production and airway obstruction.

5. What is the main cause of obstructive shock?

- A. Cardiac tamponade
- B. Airway obstruction**
- C. Severe hemorrhage
- D. Anaphylaxis

Obstructive shock occurs when there is a physical obstruction in the circulatory system that prevents blood from effectively circulating, leading to a decrease in blood flow to the organs and tissues. The primary cause of obstructive shock is airway obstruction, which can hinder the delivery of oxygen and disrupt normal blood flow patterns. In cases of airway obstruction, such as from severe asthma, choking, or foreign body airway obstruction, the effective exchange of gases is impaired, leading to hypoxia and increased pressure in the thoracic cavity which can directly impede heart function. This results in inadequate perfusion and can ultimately lead to shock. Other conditions, such as cardiac tamponade, severe hemorrhage, or anaphylaxis, are associated with shock but pertain to different mechanisms. Cardiac tamponade is related to fluid accumulation around the heart, restricting its ability to pump effectively, while severe hemorrhage directly reduces blood volume, leading to hypovolemic shock. Anaphylaxis involves systemic vasodilation and increased vascular permeability, resulting in distributive shock rather than obstructive shock. Therefore, the defining characteristic of obstructive shock is the presence of an obstruction impacting circulatory flow, making airway obstruction the correct answer.

6. Which muscle is crucial for the inhalation process?

- A. External obliques
- B. Sternocleidomastoid
- C. Diaphragm**
- D. Latissimus dorsi

The diaphragm is the primary muscle involved in the inhalation process. It is a dome-shaped muscle located at the base of the thoracic cavity and plays a critical role in respiration. During inhalation, the diaphragm contracts and moves downward, which increases the volume of the thoracic cavity. This increase in volume creates a negative pressure that allows air to flow into the lungs. While the other muscles mentioned can assist in the respiratory process, they are not the primary driver of inhalation. For instance, the sternocleidomastoid muscle can help elevate the ribcage during deep or labored breathing but is not the main muscle responsible for the inhalation cycle. Similarly, the external obliques and latissimus dorsi have their roles in various movements and postures but do not play a direct and crucial role in the inhalation process as the diaphragm does. Thus, understanding the diaphragm's function underscores its importance as the essential muscle for inhalation.

7. What physiological response occurs as a result of suctioning, leading to a decreased heart rate?

- A. Increased blood pressure
- B. Vagal nerve stimulation**
- C. Oxygen deprivation
- D. Stimulation of the sympathetic nervous system

When suctioning is performed, it can lead to vagal nerve stimulation. This physiological response occurs because the act of suctioning can irritate the airway and stimulate the vagus nerve, which is part of the parasympathetic nervous system. When the vagus nerve is stimulated, it can trigger a reflex that causes a decrease in heart rate, known as bradycardia. This response is particularly important in emergency situations where a patient may be experiencing airway obstruction or respiratory distress. The vagal response serves as a protective mechanism, attempting to reduce the rate of the heart to help maintain adequate blood flow during distress. Thus, when suctioning occurs, the stimulation of the vagus nerve is a key factor that leads to this decrease in heart rate. Understanding this mechanism is crucial for paramedics and healthcare providers as they manage airway interventions and monitor patient responses.

8. What is diffusion in the context of respiratory physiology?

- A. Movement of gases during ventilation
- B. Movement of particles from high to low concentration**
- C. Oxygen binding to hemoglobin
- D. Carbon dioxide exhalation

Diffusion in respiratory physiology refers specifically to the process of movement of particles, particularly gases like oxygen and carbon dioxide, from an area of higher concentration to an area of lower concentration. This principle is fundamental to gas exchange in the lungs, where oxygen moves from the alveoli (where it is in higher concentration) into the blood (where it is in lower concentration), and carbon dioxide moves in the opposite direction. Understanding this concept is critical because it underlies the mechanics of respiration. The effectiveness of gas exchange is contingent upon the concentration gradients of the gases involved. When the body requires more oxygen or needs to expel carbon dioxide, diffusion works to facilitate these processes based on concentration differences, which can be influenced by factors such as altitude, respiratory disease, and other physiological conditions. In contrast, the other choices describe elements related to respiration but do not accurately define diffusion. For instance, the movement of gases during ventilation encompasses the overall process of breathing, not specifically the diffusion aspect. Oxygen binding to hemoglobin refers to a biochemical interaction that occurs after diffusion has taken place, while carbon dioxide exhalation is part of the respiratory process that relies on diffusion but does not define it.

9. What is the purpose of the Glasgow Coma Scale?

- A. To measure blood pressure
- B. To assess a patient's level of consciousness**
- C. To evaluate lung function
- D. To calculate body mass index

The Glasgow Coma Scale (GCS) is designed specifically to assess a patient's level of consciousness and neurological function following an injury or medical condition that affects awareness or responsiveness. It evaluates three key areas: eye opening, verbal response, and motor response, each of which is scored to provide a quick and standardized way to gauge the severity of a patient's condition. By assigning scores based on a patient's responses, healthcare providers can determine how well a patient is able to interact with their environment, which is critical in situations such as traumatic brain injuries, stroke, and other conditions that can impair neurological function. The GCS is invaluable in both clinical and preclinical settings, aiding in decision-making regarding treatment and the urgency of interventions needed. The other options, while relevant to different areas of medical assessment, do not pertain to the purpose of the Glasgow Coma Scale. Blood pressure measurement, lung function evaluation, and body mass index calculation each serve distinct purposes within medical diagnostics but do not provide insight into a patient's level of consciousness.

10. Which term describes the ability to perform tasks without conscious thought?

- A. Consciousness
- B. Automaticity**
- C. Reactivity
- D. Volition

The term that describes the ability to perform tasks without conscious thought is automaticity. This concept highlights how certain actions can become automated through repetition and practice, allowing individuals to execute them without the need for deliberate cognitive effort. For instance, tasks like driving a car or typing on a keyboard can become second nature after sufficient practice, enabling a person to focus on other aspects of their environment while they perform these activities. In contrast, the other terms listed convey different meanings. Consciousness refers to the state of being aware of and able to think about one's own existence and environment. Reactivity involves responding to stimuli, which may not necessarily be automatic and can require conscious thought and decision-making. Volition pertains to the process of making conscious choices or decisions, which contrasts with the idea of performing tasks without conscious thought. Thus, automaticity specifically captures the essence of executing tasks effortlessly and with minimal conscious awareness.

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://cdhparamedicentrance.examzify.com>

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

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