

CEODD Dive Medicine 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 is an essential component of emergency preparedness for divers?**
 - A. A well-practiced emergency action plan**
 - B. A thorough pre-dive checklist**
 - C. Being accompanied by a dive instructor**
 - D. Utilizing the latest diving technology**

- 2. What is the importance of pre-dive medical evaluations?**
 - A. To ensure the diving equipment is functioning properly**
 - B. To identify potential risks and contraindications for diving**
 - C. To plan the dive route**
 - D. To assess water conditions**

- 3. What is one of the most common symptoms of middle ear squeeze?**
 - A. Fullness or pain in the ear**
 - B. Ringing in the ears**
 - C. Nausea**
 - D. Fluid accumulation**

- 4. What immediate action should you take if you suspect someone is experiencing heat stroke?**
 - A. Encourage them to drink water**
 - B. Move them to a cooler environment**
 - C. Wrap them in wet towels**
 - D. Perform abdominal compressions**

- 5. Which of the following is NOT a part of the neurological exam?**
 - A. Cranial nerves**
 - B. Test for vision acuity**
 - C. Motor (strength)**
 - D. Deep tendon reflexes**

6. What best describes a simple pneumothorax?

- A. Air leakage causing complete lung collapse**
- B. One time leakage of air from the lung into the chest**
- C. Persistent pressure in the lung leading to respiratory failure**
- D. Trapped air causing infection in the lung**

7. What is the significance of performing a neurological exam in cases of DCS?

- A. To determine the need for a blood transfusion**
- B. To rule out any internal bleeding**
- C. To assess potential neurological damage**
- D. To evaluate respiratory function**

8. What must divers do prior to moving to a higher altitude after diving?

- A. Wait for a sufficient surface interval to avoid decompression sickness**
- B. Immediately ascend to avoid altitude sickness**
- C. Perform a safety stop at the highest point**
- D. Reset their dive computer**

9. What is free diving?

- A. Diving with oxygen tanks**
- B. Diving without breathing apparatus, relying solely on held breath**
- C. Diving using a hookah system**
- D. Diving with safety equipment attached**

10. What may a diver experience during ascent that indicates a reverse squeeze?

- A. Disorientation**
- B. Pressure pain**
- C. Shortness of breath**
- D. Hypothermia**

Answers

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

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Explanations

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1. What is an essential component of emergency preparedness for divers?

- A. A well-practiced emergency action plan**
- B. A thorough pre-dive checklist**
- C. Being accompanied by a dive instructor**
- D. Utilizing the latest diving technology**

A well-practiced emergency action plan is an essential component of emergency preparedness for divers because it provides a structured and effective response to various potential diving emergencies. Such emergencies can include equipment failure, sudden illness, entrapment, or even accidents leading to injuries like decompression sickness. An emergency action plan ensures that all divers are aware of the procedures to follow in these situations, including who is responsible for making decisions, what first aid measures to apply, and how to communicate with emergency services. When divers practice these plans regularly, they become more confident and efficient in their response during an actual emergency. This preparedness can be the deciding factor in preventing a situation from escalating, ensuring that divers can remain calm and execute the necessary steps to safeguard their health and safety. While other elements, such as thorough pre-dive checklists or diving with an instructor, are important for safety and risk management, they do not directly address the reactions needed during an emergency situation as effectively as a practiced emergency action plan. Additionally, relying solely on the latest diving technology does not guarantee safety without a clear plan for unexpected circumstances.

2. What is the importance of pre-dive medical evaluations?

- A. To ensure the diving equipment is functioning properly**
- B. To identify potential risks and contraindications for diving**
- C. To plan the dive route**
- D. To assess water conditions**

Pre-dive medical evaluations are crucial as they are designed to identify potential risks and contraindications for diving. This process involves assessing an individual's medical history, current health status, and any pre-existing conditions that might pose a risk while diving. Conditions such as cardiovascular issues, respiratory problems, or neurological disorders could significantly impact a diver's safety and ability to handle the physiological stresses of diving, including pressure changes and potential emergencies. By ensuring that a diver is medically fit before undergoing diving activities, possible complications such as decompression sickness or barotrauma can be prevented. This proactive approach enhances safety for the diver and contributes to overall dive safety and health. It is a fundamental component of dive planning, which prioritizes not only the enjoyment of the activity but also the health and well-being of the diver. The other options, while related to diving, do not directly address the importance of a pre-dive medical evaluation in ensuring a diver's safety and health.

3. What is one of the most common symptoms of middle ear squeeze?

- A. Fullness or pain in the ear**
- B. Ringing in the ears**
- C. Nausea**
- D. Fluid accumulation**

One of the most common symptoms of middle ear squeeze is fullness or pain in the ear. This condition, also known as barotrauma, occurs when there is a difference in pressure between the middle ear and the external environment, often experienced during descents and ascents while diving. The middle ear has limited ability to equalize pressure, and as the external pressure changes, the eustachian tube may fail to open properly to equalize this pressure. As a result, divers might experience a sensation of fullness or discomfort in the affected ear due to the stress on the eardrum and surrounding tissues. This pain can vary in intensity, from a mild pressure sensation to severe pain, depending on the degree of barotrauma experienced by the diver. Managing pressure equalization techniques is crucial for divers to prevent this symptom. Other symptoms related to ear issues, such as ringing in the ears, nausea, or fluid accumulation, may occur but are less common or typically associated with other conditions or more severe barotrauma outcomes. Fullness or pain in the ear remains the primary and most frequently reported symptom associated with middle ear squeeze during diving activities.

4. What immediate action should you take if you suspect someone is experiencing heat stroke?

- A. Encourage them to drink water**
- B. Move them to a cooler environment**
- C. Wrap them in wet towels**
- D. Perform abdominal compressions**

If you suspect someone is experiencing heat stroke, the most immediate and crucial action is to move them to a cooler environment. This is essential because heat stroke is a serious condition characterized by an elevated body temperature that can lead to organ failure and potentially be life-threatening. Quickly reducing the ambient temperature is vital to prevent further physiological damage and help stabilize the individual. While other measures, such as encouraging fluid intake or using wet towels, can be beneficial in mitigating heat-related illness, they are not as immediately effective as relocating the person to a cooler area. It's important to prioritize actions that directly address the dangerous hyperthermia associated with heat stroke. By moving the individual to a cooler environment, you not only help lower their body temperature more rapidly but also provide them with a more conducive setting for further medical care. Performing abdominal compressions is not relevant in this scenario; such an action does not address the symptoms or the dangerous rise in body temperature associated with heat stroke and can divert attention from necessary cooling measures.

5. Which of the following is NOT a part of the neurological exam?

- A. Cranial nerves**
- B. Test for vision acuity**
- C. Motor (strength)**
- D. Deep tendon reflexes**

The correct answer focuses on an aspect that is not typically included in a neurological examination. While the evaluation of cranial nerves, motor strength, and deep tendon reflexes are fundamental components of a neurological assessment, testing for visual acuity, although important in overall health assessments, does not specifically align with the focused assessment of neurological function. In a neurological exam, the evaluation of cranial nerves assesses the functionality of the nerves that control various sensory and motor functions. The motor strength test helps determine the performance of various muscle groups, which is essential for understanding potential motor deficits. Deep tendon reflexes evaluate spinal cord and peripheral nervous system function. Visual acuity testing may be part of a comprehensive physical examination but is not a specific component of a neurological exam. This distinction is crucial for correctly understanding what is encompassed in a neurological assessment, focusing more on neuromuscular function rather than sensory capabilities like vision.

6. What best describes a simple pneumothorax?

- A. Air leakage causing complete lung collapse**
- B. One time leakage of air from the lung into the chest**
- C. Persistent pressure in the lung leading to respiratory failure**
- D. Trapped air causing infection in the lung**

A simple pneumothorax occurs when there is a one-time leakage of air from the lung into the pleural space, which is the area between the lung and the chest wall. This leakage leads to the accumulation of air but does not cause the lung to completely collapse. In a simple pneumothorax, the pressure in the pleural space increases slightly, causing some degree of lung expansion to be compromised, but the lung typically remains partially inflated rather than fully collapsed. This scenario can arise from various causes, such as trauma or a spontaneous event where a weak point in the lung allows air to escape. Unlike a tension pneumothorax, which involves a continuous influx of air that creates increasing pressure and can lead to respiratory distress, a simple pneumothorax may resolve on its own without significant intervention unless the air accumulation is extensive. Hence, the focus on a one-time event of air leakage accurately characterizes the fundamental nature of a simple pneumothorax, as opposed to the other options which describe more severe or different conditions.

7. What is the significance of performing a neurological exam in cases of DCS?

- A. To determine the need for a blood transfusion**
- B. To rule out any internal bleeding**
- C. To assess potential neurological damage**
- D. To evaluate respiratory function**

Performing a neurological exam in cases of Decompression Sickness (DCS) is crucial, as it helps assess potential neurological damage that may have occurred due to the condition. DCS can lead to gas bubbles forming in the tissues and bloodstream, which can affect various systems, including the nervous system. When bubbles interfere with the vascular supply to the brain or spinal cord, they can cause symptoms ranging from mild neurological deficits to severe complications, such as paralysis or loss of consciousness. A comprehensive neurological assessment allows healthcare providers to determine the extent of any damage, monitor changes over time, and guide treatment decisions, such as the urgency and approach to hyperbaric oxygen therapy. Other options, while they may address important aspects of medical evaluation, are not directly relevant to the specific focus of monitoring the neurological impact of DCS. For example, a blood transfusion would be more pertinent in cases of significant blood loss or anemia, internal bleeding would typically be evaluated through imaging or other diagnostics, and respiratory function evaluation, while important in a dive-related incident, does not specifically relate to the neurological implications of DCS. Thus, the significance of the neurological exam lies in its role in identifying and addressing potential neurological impairments arising from decompression injuries.

8. What must divers do prior to moving to a higher altitude after diving?

- A. Wait for a sufficient surface interval to avoid decompression sickness**
- B. Immediately ascend to avoid altitude sickness**
- C. Perform a safety stop at the highest point**
- D. Reset their dive computer**

Before moving to a higher altitude after diving, divers are required to wait for a sufficient surface interval to avoid decompression sickness. This is crucial because when divers come up from a dive, they need to allow time for excess nitrogen absorbed in their tissues to be metabolized and safely eliminated from the body. If they ascend to a higher altitude too soon after diving, the reduced atmospheric pressure can cause nitrogen bubbles to form in the body, leading to decompression sickness, which can be serious and even life-threatening. The amount of time needed for a surface interval depends on the depth and duration of the dive, as well as the type of diving conducted (such as single versus repetitive dives). Recognizing the importance of calculating this interval is vital for any diver's safety. Other options do not promote safety in relation to altitude changes post-dive. Immediate ascent, safety stops, and resetting dive computers do not address the critical aspect of avoiding decompression illness that results from inadequate surface intervals.

9. What is free diving?

- A. Diving with oxygen tanks
- B. Diving without breathing apparatus, relying solely on held breath**
- C. Diving using a hookah system
- D. Diving with safety equipment attached

Free diving refers to the practice of diving without the use of any breathing apparatus, relying solely on the swimmer's ability to hold their breath while underwater. This method emphasizes the natural ability of the diver and is often practiced for recreational purposes, competitive events, or as a means of underwater exploration. Free divers typically descend and ascend using their own physical capabilities, focusing on techniques to optimize breath-holding and movement in the water. This form of diving is distinct from other diving methods, such as those utilizing tanks, hookah systems, or safety equipment, which involve the use of external tools or devices for breathing support.

10. What may a diver experience during ascent that indicates a reverse squeeze?

- A. Disorientation
- B. Pressure pain**
- C. Shortness of breath
- D. Hypothermia

During ascent, a diver may experience pressure pain, which indicates a reverse squeeze. A reverse squeeze occurs when the pressure inside a body cavity, such as the ears or sinuses, does not equalize during ascent. As a diver ascends, the outside pressure decreases, while the pressure within these cavities remains higher, leading to discomfort or pain. This situation often arises in the middle ear or sinuses, where air doesn't escape fast enough to balance the decreasing ambient pressure. Proper equalization techniques, such as the Valsalva maneuver, are essential to avoid this condition. Recognizing pressure pain as a sign of reverse squeeze is crucial for a diver to take appropriate action to alleviate the discomfort and prevent injury. Other symptoms like disorientation, shortness of breath, or hypothermia might indicate different dive-related issues or complications but are not specifically associated with a reverse squeeze.

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://ceodddivemedicine.examzify.com>

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

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