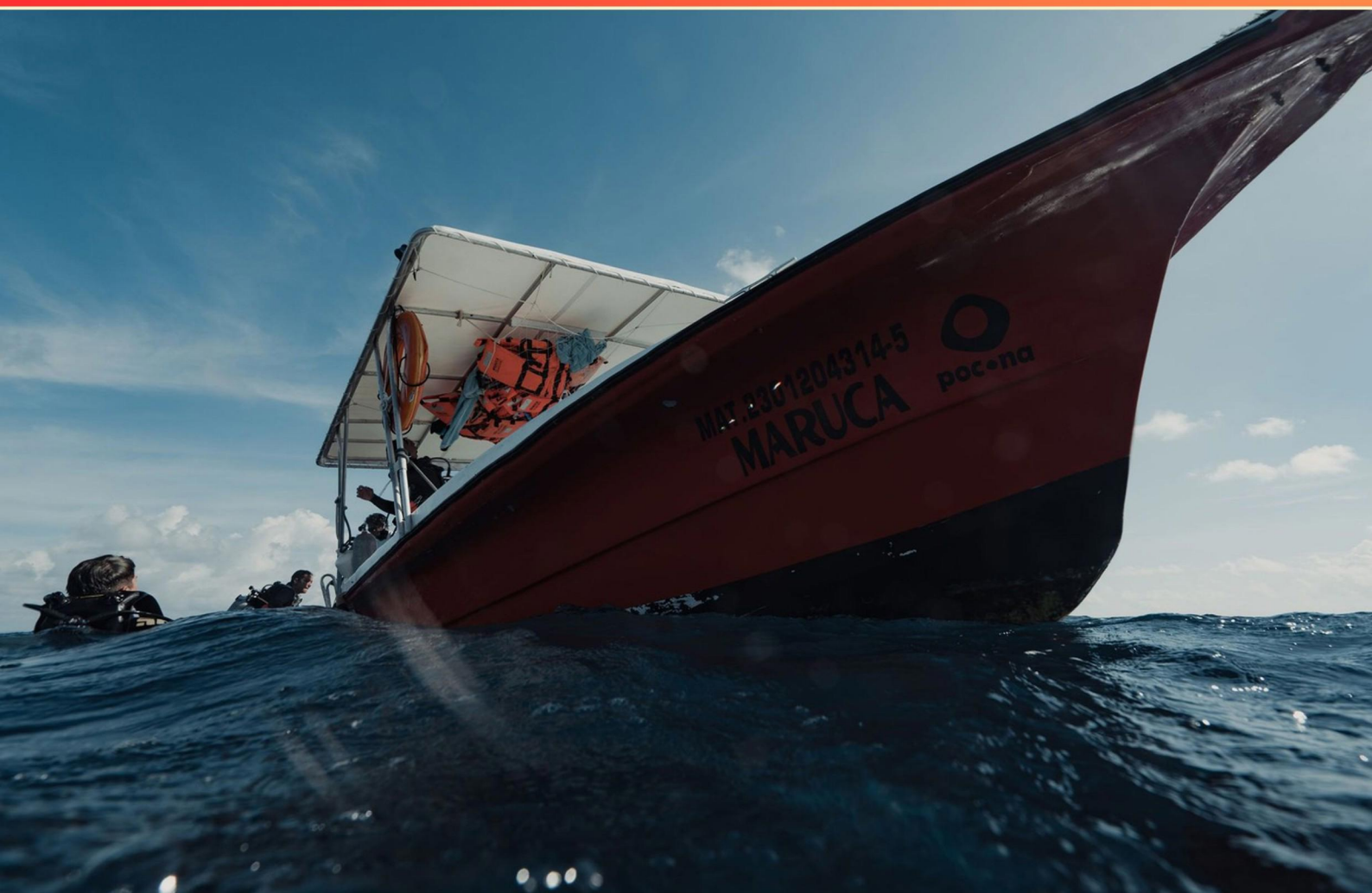


CEODD DIVE MEDICINE PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE

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Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	16

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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 should be the primary focus of dive planning?**
 - A. Maximizing the depth of the dive
 - B. Developing social connections with other divers
 - C. Safety and emergency procedures
 - D. Exploration of marine life
- 2. What does the acronym POISES refer to in diving medicine?**
 - A. Pneumothorax, Over-expansion Injury, Ischemia, Subcutaneous emphysema
 - B. Arterial Gas Embolism, Pneumothorax, Mediastinal emphysema, Subcutaneous emphysema
 - C. Pressure Over Infiltration, Subcutaneous Enclosure Syndrome
 - D. Pulmonary Overload in Scuba Emergencies
- 3. What is the phenomenon where divers experience altered states of consciousness at depths?**
 - A. Nitrogen narcosis
 - B. Decompression sickness
 - C. Cognitive impairment
 - D. Hypoxia
- 4. What is the management protocol for a diver experiencing symptoms of a dive-related illness?**
 - A. Administer oxygen and continue diving
 - B. Seek immediate medical attention and follow protocols for referral to a hyperbaric facility
 - C. Rest for 24 hours and monitor symptoms
 - D. Complete a safety stop before surfacing
- 5. Which of the following is NOT a symptom of pulmonary O₂ toxicity?**
 - A. Burning in the lungs
 - B. Coughing
 - C. Nausea
 - D. Pain in the lungs

- 6. How does depth affect the body's absorption of gases?**
- A. Greater depths decrease the absorption of gases
 - B. Greater depths increase the absorption of gases like nitrogen
 - C. Depth has no effect on gas absorption
 - D. Shallow depths increase gas absorption
- 7. How does altitude training typically affect diving performance?**
- A. Increases body fat percentage
 - B. Reduces oxygen consumption
 - C. Enhances cardiac output
 - D. Increases hemoglobin concentration
- 8. How does carbon dioxide buildup affect divers?**
- A. It can improve focus and performance
 - B. It can lead to hypoxia, altered mental status, and impaired performance
 - C. It enhances the ability to hold breath longer
 - D. It prevents nitrogen absorption in tissues
- 9. Hypothermia occurs when the core temperature drops below which degree Fahrenheit?**
- A. 95°F
 - B. 98°F
 - C. 96°F
 - D. 97°F
- 10. How can divers minimize the risk of decompression sickness?**
- A. By taking frequent breaks on the surface
 - B. By following safe diving practices including gradual ascent and proper dive profiles
 - C. By consuming high-calorie snacks before diving
 - D. By diving solo without equipment

Answers

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

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Explanations

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1. What should be the primary focus of dive planning?

- A. Maximizing the depth of the dive
- B. Developing social connections with other divers
- C. Safety and emergency procedures**
- D. Exploration of marine life

The primary focus of dive planning should be on safety and emergency procedures. This emphasis is crucial because diving inherently carries risks, and proper planning can significantly mitigate those risks. Safety procedures cover several essential aspects, including assessing environmental conditions, understanding the physiological effects of diving, selecting appropriate dive sites, ensuring that equipment is in good working order, and preparing for potential emergency situations. By prioritizing safety and emergency procedures, divers can establish protocols and communication strategies that enhance the overall experience while reducing the likelihood of accidents. This includes planning for contingencies like air supply issues, ascending safely, dealing with decompression sickness, and ensuring that all divers have the required training and skills for the planned dive. While depth, social aspects, and exploration are important considerations in diving, they are secondary to ensuring the well-being of all participants involved. The foundation of a successful dive rests upon rigorous safety measures, making this focus not only necessary but also a hallmark of responsible diving practice.

2. What does the acronym POISES refer to in diving medicine?

- A. Pneumothorax, Over-expansion Injury, Ischemia, Subcutaneous emphysema
- B. Arterial Gas Embolism, Pneumothorax, Mediastinal emphysema, Subcutaneous emphysema**
- C. Pressure Over Infiltration, Subcutaneous Enclosure Syndrome
- D. Pulmonary Overload in Scuba Emergencies

The acronym POISES in diving medicine specifically refers to a set of potential injuries related to diving practices, particularly focusing on complications that can arise from the effects of pressure changes. The correct interpretation includes Arterial Gas Embolism (AGE), which involves bubbles of gas entering the bloodstream and can cause serious complications; Pneumothorax, the presence of air in the pleural space that can collapse a lung; Mediastinal emphysema, air trapped in the mediastinal cavity; and Subcutaneous emphysema, where air leaks into the tissue under the skin. This grouping is important because it highlights the critical conditions that divers need to be aware of, particularly when surfacing from dives. Understanding these terms and their potential effects on the body can aid in the prevention, identification, and management of diving-related medical emergencies. The other choices do not encompass the full scope of critical conditions familiar to diving medicine and either introduce inaccuracies or omit key issues that divers face related to pressure changes. This distinction is essential in recognizing situations where enhanced awareness and appropriate medical intervention may be required.

3. What is the phenomenon where divers experience altered states of consciousness at depths?

- A. Nitrogen narcosis**
- B. Decompression sickness
- C. Cognitive impairment
- D. Hypoxia

Nitrogen narcosis is a condition experienced by divers as they descend to greater depths, typically starting around 30 meters (100 feet). It is caused by the increased partial pressure of nitrogen in the breathing gas, which can produce effects similar to alcohol intoxication. Divers may experience an altered state of consciousness, including feelings of euphoria, decreased coordination, impaired judgment, and even hallucinations. The depth at which nitrogen narcosis occurs varies among individuals, with some being more susceptible than others. The increase in nitrogen levels in the bloodstream affects the central nervous system, leading to the characteristic cognitive and sensory alterations. Awareness of nitrogen narcosis is crucial for divers because it can compromise safety and decision-making under the pressure of deeper dives. While decompression sickness, cognitive impairment, and hypoxia are related to diving, they do not specifically describe the phenomenon of altered consciousness due to nitrogen. Decompression sickness refers to physical ailments resulting from bubbles forming in the body as a diver ascends too quickly. Cognitive impairment can occur due to various factors but does not specifically address the unique effects caused by nitrogen at depths. Hypoxia is related to a lack of sufficient oxygen, which can lead to confusion and other symptoms, but it is distinct from the effects of

4. What is the management protocol for a diver experiencing symptoms of a dive-related illness?

- A. Administer oxygen and continue diving
- B. Seek immediate medical attention and follow protocols for referral to a hyperbaric facility**
- C. Rest for 24 hours and monitor symptoms
- D. Complete a safety stop before surfacing

In cases of dive-related illness, such as decompression sickness or arterial gas embolism, it is crucial to seek immediate medical attention and follow established protocols for referral to a hyperbaric facility. The management of these conditions often requires specialized treatment, including hyperbaric oxygen therapy, which is not something that can be provided on-site. Prompt action is vital to mitigate potential long-term consequences and improve recovery outcomes. Medical professionals trained in dive medicine will assess the diver's condition and determine the best course of treatment, ensuring that any complications are addressed swiftly and effectively. This approach not only emphasizes the urgency of the situation but also aligns with recommended dive safety practices that prioritize the health and safety of the diver. Other options, such as continuing to dive or simply resting and monitoring symptoms, pose significant risks and could lead to worsening outcomes if the underlying issues are not treated appropriately.

5. Which of the following is NOT a symptom of pulmonary O₂ toxicity?

- A. Burning in the lungs
- B. Coughing
- C. Nausea**
- D. Pain in the lungs

Pulmonary oxygen toxicity occurs when a person is exposed to high concentrations of oxygen for an extended period, particularly under hyperbaric conditions. Symptoms can arise from the reactive oxygen species produced during elevated oxygen levels, leading to inflammatory responses in lung tissues. Burning in the lungs, coughing, and pain in the lungs are all associated symptoms of pulmonary oxygen toxicity. These symptoms reflect irritation and damage to the lung tissues, which can occur as oxygen concentrations increase. The sensation of burning is linked to chemical irritation, while coughing is a reflex that can occur from pulmonary inflammation. Pain in the lungs can also manifest due to inflammatory processes or irritation of the pleural membranes. Nausea, while it can be associated with various medical conditions, is not a typical symptom of pulmonary oxygen toxicity. It is more commonly attributed to other factors such as vestibular dysfunction or other systemic reactions rather than direct pulmonary irritation. Thus, the absence of nausea in the context of pulmonary oxygen toxicity highlights its distinction from other symptoms associated with the condition.

6. How does depth affect the body's absorption of gases?

- A. Greater depths decrease the absorption of gases
- B. Greater depths increase the absorption of gases like nitrogen**
- C. Depth has no effect on gas absorption
- D. Shallow depths increase gas absorption

At greater depths, the pressure surrounding the diver increases significantly. This heightened pressure leads to an increase in the partial pressure of gases, which in turn enhances the body's absorption of those gases, particularly nitrogen. According to Boyle's Law, the solubility of gases in a liquid increases with pressure. In diving, as a diver descends and the pressure rises, nitrogen from the breathing gas becomes more soluble in body tissues. This physiological principle is crucial when considering the risks of decompression sickness, or "the bends," which can occur if a diver ascends too quickly after being at a depth where nitrogen was absorbed in higher quantities. Understanding this relationship between depth and gas absorption is vital for safe diving practices and helps explain why divers must adhere to specific ascent rates and decompression stops after spending time at significant depths.

7. How does altitude training typically affect diving performance?

- A. Increases body fat percentage
- B. Reduces oxygen consumption
- C. Enhances cardiac output
- D. Increases hemoglobin concentration**

Altitude training typically enhances diving performance by increasing hemoglobin concentration. When individuals engage in training at high altitudes, their bodies adapt to lower oxygen availability by producing more red blood cells and enhancing hemoglobin levels. This adaptation is essential because hemoglobin is responsible for transporting oxygen throughout the body. With higher hemoglobin levels, a diver can carry more oxygen in their blood, which is crucial for sustaining aerobic metabolism during dives and can improve endurance and performance. This boost in oxygen-carrying capacity is particularly beneficial in scenarios where divers may face hypoxic conditions, allowing them to maintain better physiologic function under challenging circumstances. The increase in hemoglobin concentration also contributes to more efficient oxygen utilization, which can be advantageous during both training and actual diving expeditions, leading to improved overall performance in underwater environments.

8. How does carbon dioxide buildup affect divers?

- A. It can improve focus and performance
- B. It can lead to hypoxia, altered mental status, and impaired performance**
- C. It enhances the ability to hold breath longer
- D. It prevents nitrogen absorption in tissues

The buildup of carbon dioxide (CO₂) in the body significantly impacts divers due to its physiological effects. As CO₂ levels increase in the bloodstream, it can lead to a condition known as hypercapnia. This situation arises when the body receives insufficient oxygen (hypoxia) due to inadequate ventilation or an excess of CO₂ accumulation. A critical consequence of elevated CO₂ levels is that it alters the body's acid-base balance, leading to respiratory acidosis. This change can result in an altered mental status, where a diver may experience confusion, impaired judgment, and decreased cognitive function. Furthermore, high levels of CO₂ can interfere with the body's ability to utilize oxygen effectively, exacerbating hypoxia and further impairing a diver's performance and safety underwater. Divers must be aware of these physiological changes as they can severely reduce their ability to function, make sound decisions, and respond appropriately in emergency situations, increasing the risk of accidents and injuries while diving. Understanding the effects of carbon dioxide buildup emphasizes the importance of proper breathing techniques and awareness of one's physical state during dives.

9. Hypothermia occurs when the core temperature drops below which degree Fahrenheit?

- A. 95°F**
- B. 98°F
- C. 96°F
- D. 97°F

Hypothermia is defined as a condition in which the body's core temperature falls below a certain threshold, leading to physiological impairment. The critical temperature at which hypothermia begins to occur is recognized as below 95°F. At this point, the body's thermoregulatory processes become increasingly ineffective, and the risk of significant health complications rises. When the body temperature falls to 95°F, it can lead to a variety of symptoms such as shivering, confusion, and impaired motor skills. The body's ability to generate heat diminishes, and if exposure continues without rewarming, the condition can progress to severe hypothermia, which can be life-threatening. Recognizing this threshold is crucial for early intervention and treatment in cases of cold exposure, especially in activities like diving or outdoor sports where temperature regulation is vital for safety. The other temperatures do not mark the onset of hypothermia and reflect normal or even mildly altered states of body temperature, which do not imply the same level of danger and do not necessitate immediate intervention.

10. How can divers minimize the risk of decompression sickness?

- A. By taking frequent breaks on the surface
- B. By following safe diving practices including gradual ascent and proper dive profiles**
- C. By consuming high-calorie snacks before diving
- D. By diving solo without equipment

Minimizing the risk of decompression sickness, often referred to as "the bends," is crucial for the safety of divers. One of the most effective strategies is adhering to safe diving practices, which specifically include gradual ascent and proper dive profiles. When divers ascend too quickly, nitrogen that has been absorbed into the body during the dive can come out of solution too rapidly, forming bubbles in the tissues and bloodstream, leading to decompression sickness. Gradual ascent allows the nitrogen to be released from the body in a controlled manner, decreasing the likelihood of bubble formation. Moreover, following established dive tables or computer algorithms helps ensure that divers remain within safe limits regarding depths and times, further reducing the risk. Therefore, the emphasis on gradual ascent and well-planned dive profiles directly addresses the physiological mechanisms that lead to decompression sickness and reinforces the importance of training and education in promoting safe diving habits.

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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:

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

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