

CERTIFIED FLIGHT REGISTERED NURSE (CFRN) PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

**VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE**

<https://certifiedflightregisterednurse.examzify.com>



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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. Why is situational awareness critical for flight nurses?**
 - A. It helps in making quick booking arrangements
 - B. It assists in identifying potential risks and complications during patient transport
 - C. It ensures timely medication administration
 - D. It improves communication with ground teams
- 2. What gas law is most critical for a patient with pneumocephalus during transport?**
 - A. Charles's Law
 - B. Dalton's Law
 - C. Boyle's Law
 - D. Graham's Law
- 3. What personal protective equipment (PPE) is essential for flight nurses?**
 - A. Only gloves and masks
 - B. Gloves, masks, gowns, and eye protection
 - C. Only gowns and eye protection
 - D. Gloves and eyewear are sufficient
- 4. Which option is an important preemptive measure against spatial disorientation?**
 - A. Flying without instruments
 - B. Practicing orientation skills
 - C. Minimizing altitude changes
 - D. Using GPS exclusively
- 5. What gas law states that the total pressure of a gas mixture is the sum of the partial pressures of its individual gases?**
 - A. Henry's law
 - B. Dalton's law
 - C. Boyle's law
 - D. Gay-Lussac's law

- 6. What critical assessment finding must CFRNs monitor during patient transport?**
- A. Blood glucose levels
 - B. Oxygen saturation levels (SpO₂) and vital signs
 - C. Pain levels of the patient
 - D. Fluid balance
- 7. How might desert conditions specifically contribute to pilot disorientation?**
- A. Featureless terrain
 - B. Overabundance of visual references
 - C. Consistent weather patterns
 - D. High levels of humidity
- 8. How do CFRNs assess the need for intubation in a patient?**
- A. By evaluating the patient's heart rate, blood pressure, and temperature
 - B. By checking the patient's airway patency, level of consciousness, and breathing effectiveness
 - C. By performing a physical examination and obtaining a medical history
 - D. By reviewing recent lab results and imaging studies
- 9. How can pneumatic splints be used during patient transport?**
- A. To increase air pressure in the cabin
 - B. To stabilize fractures and reduce pain while securing the patient
 - C. To elevate the patient and ease discomfort
 - D. To facilitate fluid drainage from wounds
- 10. What is an important principle when providing care to burn victims during air transport?**
- A. Administering immediate pain medication
 - B. Keeping the patient warm to prevent hypothermia
 - C. Maintaining the patient's hydration levels
 - D. Limiting fluid intake during flight

Answers

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

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Explanations

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1. Why is situational awareness critical for flight nurses?

- A. It helps in making quick booking arrangements
- B. It assists in identifying potential risks and complications during patient transport**
- C. It ensures timely medication administration
- D. It improves communication with ground teams

Situational awareness is crucial for flight nurses primarily because it allows them to identify potential risks and complications during patient transport. In the dynamic and rapidly changing environment of air medical transport, flight nurses must continuously assess their surroundings, the condition of the patient, and the resources available. This includes being aware of factors such as weather conditions, aircraft limitations, patient status, and possible medical complications that could arise as the situation evolves. By maintaining a high level of situational awareness, flight nurses can anticipate issues before they occur, facilitating prompt interventions that can be critical for patient safety and outcomes. They need to be observant and responsive to any changes in the patient's condition or environmental factors that may affect the transport. In this context, their ability to quickly recognize and respond to these potential risks directly impacts the quality of care provided during transport, making it an essential skill for ensuring patient safety. The other options are important in their own right but do not capture the essence of why situational awareness is paramount in the complex and often unpredictable environment of flight nursing.

2. What gas law is most critical for a patient with pneumocephalus during transport?

- A. Charles's Law
- B. Dalton's Law
- C. Boyle's Law**
- D. Graham's Law

In the case of a patient with pneumocephalus, Boyle's Law is particularly important to consider. This law states that at constant temperature, the pressure of a gas is inversely proportional to its volume. In practical terms, this means that if the volume of a gas decreases, the pressure increases, and vice versa. For a patient with pneumocephalus, which involves the presence of air in the cranial cavity, fluctuations in pressure during transport can lead to significant complications. As altitude increases during flight, the pressure decreases. According to Boyle's Law, if the volume of the gas remains the same or expands, the pressure would drop. This can cause the trapped gas in the cranial cavity to expand, resulting in increased intracranial pressure, risk of brain herniation, or other severe consequences. Understanding Boyle's Law is critical for managing the patient safely during transport, as it informs healthcare providers about the potential risks associated with changes in altitude and pressure, allowing them to take appropriate precautions and interventions to minimize these risks.

3. What personal protective equipment (PPE) is essential for flight nurses?

- A. Only gloves and masks
- B. Gloves, masks, gowns, and eye protection**
- C. Only gowns and eye protection
- D. Gloves and eyewear are sufficient

The essential personal protective equipment (PPE) for flight nurses includes gloves, masks, gowns, and eye protection. This comprehensive approach to PPE is crucial due to the high-risk environment in which flight nurses operate, often involving exposure to airborne pathogens, bodily fluids, and potentially hazardous materials. Gloves are vital for ensuring that bodily contact does not lead to transmission of infections. Masks serve to protect the respiratory system and prevent inhalation of airborne pathogens. Gowns provide a protective barrier against spills or splashes of fluids that might occur in urgent or chaotic situations, especially during transport of critically ill patients. Finally, eye protection is essential to shield the eyes from splashes or infectious droplets that could lead to transmission of disease. In conclusion, the inclusion of all four components in the correct response ensures comprehensive protection for flight nurses as they manage patient care in high-risk settings, thereby minimizing the risk of infection and ensuring safety for both the healthcare provider and the patient.

4. Which option is an important preemptive measure against spatial disorientation?

- A. Flying without instruments
- B. Practicing orientation skills**
- C. Minimizing altitude changes
- D. Using GPS exclusively

Practicing orientation skills is crucial in mitigating the risk of spatial disorientation. These skills help individuals maintain an awareness of their position in space relative to their surroundings, which is vital during flight. This includes understanding pitch, roll, and yaw, as well as recognizing visual and sensory cues that inform spatial relationships. By regularly practicing these skills, flight personnel can develop a better sense of their orientation and enhance their ability to respond effectively during stressful or confusing flight situations. The other options lack effectiveness as preemptive measures. For instance, flying without instruments can lead to a higher likelihood of disorientation, particularly in conditions where visibility is compromised. Minimizing altitude changes might help in certain contexts but does not fundamentally address the underlying skills needed to recognize and correct for disorientation. Relying exclusively on GPS can further exacerbate disorientation, as it may not provide comprehensive situational awareness and removes the need for developing crucial navigation skills.

5. What gas law states that the total pressure of a gas mixture is the sum of the partial pressures of its individual gases?

- A. Henry's law
- B. Dalton's law**
- C. Boyle's law
- D. Gay-Lussac's law

Dalton's law, also known as Dalton's law of partial pressures, is the principle that describes how the total pressure exerted by a mixture of gases is equal to the sum of the partial pressures of each individual gas within that mixture. This is based on the understanding that each gas in the mixture behaves independently and contributes to the overall pressure without interfering with each other. In practical terms, this means that if you have a gas mixture composed of several gases, you can determine the total pressure of the mixture by measuring the pressure of each individual gas while it is isolated and then simply adding those values together. This fundamental principle is widely applied in fields such as chemistry, physics, and engineering, particularly in situations involving reactions and conditions where gases interact. The other choices refer to different gas laws. Henry's law concerns the solubility of a gas in a liquid at a given temperature and pressure. Boyle's law relates pressure and volume of a gas at constant temperature, while Gay-Lussac's law connects temperature and pressure of a gas at constant volume. None of these laws addresses the relationship between total pressure and the individual contributions of gases in a mixture, making Dalton's law the correct answer to the question.

6. What critical assessment finding must CFRNs monitor during patient transport?

- A. Blood glucose levels
- B. Oxygen saturation levels (SpO2) and vital signs**
- C. Pain levels of the patient
- D. Fluid balance

Monitoring oxygen saturation levels (SpO2) and vital signs is crucial during patient transport because these parameters provide essential insights into the patient's overall respiratory and cardiovascular status. The oxygen saturation indicates how effectively oxygen is being delivered to the tissues, which is vital for identifying potential hypoxia or respiratory distress, especially in critically ill patients. Changes in vital signs such as heart rate, blood pressure, and respiratory rate can signal deterioration or improvement in the patient's condition. Maintaining adequate oxygenation and monitoring hemodynamic stability can be particularly important in a transport setting, where environmental factors and movement may impact a patient's stability. Timely recognition of any changes in these parameters allows for immediate interventions that can be life-saving, making this choice paramount in the practice of Certified Flight Registered Nursing. While other options like blood glucose levels, pain levels, and fluid balance are also important in patient assessments, they are not as critical in the immediate monitoring context during transport compared to the need to ensure adequate oxygenation and hemodynamic stability.

7. How might desert conditions specifically contribute to pilot disorientation?

- A. Featureless terrain
- B. Overabundance of visual references
- C. Consistent weather patterns
- D. High levels of humidity

Desert conditions can lead to pilot disorientation primarily due to featureless terrain. In many desert environments, the landscape lacks significant visual landmarks such as trees, buildings, or other geographical features. This absence of reference points can create a challenging situation for pilots, as they may struggle to maintain spatial orientation and situational awareness. Without recognizable points of reference, it becomes difficult to gauge altitude, direction, and speed, which can lead to confusion and potential navigational errors. On the other hand, an overabundance of visual references would typically assist pilots in maintaining orientation, while consistent weather patterns are generally predictable and can provide reliable cues for navigation. High levels of humidity, although impacting flight conditions, do not directly relate to the specific issue of disorientation in the same way that the lack of visual landmarks in a desert does. Understanding this context is vital for pilots to effectively navigate challenging environments like deserts.

8. How do CFRNs assess the need for intubation in a patient?

- A. By evaluating the patient's heart rate, blood pressure, and temperature
- B. By checking the patient's airway patency, level of consciousness, and breathing effectiveness
- C. By performing a physical examination and obtaining a medical history
- D. By reviewing recent lab results and imaging studies

Assessing the need for intubation in a patient requires a focused evaluation of several key physiological factors, specifically the airway patency, level of consciousness, and effectiveness of breathing. Airway patency is crucial because any obstruction can lead to inadequate ventilation and oxygenation. If the airway is compromised, intubation becomes necessary to ensure that the patient can breathe adequately. Evaluating the level of consciousness is also vital, as a decreased level of consciousness may impair the patient's ability to maintain their airway, increasing the risk of aspiration and ineffective ventilation. Patients who are unable to protect their airway or who exhibit altered mental status may need intubation to provide adequate respiratory support. Finally, assessing the effectiveness of breathing includes looking at respiratory rate, pattern, and effort. If the patient is exhibiting signs of respiratory distress, hypoxia, or hypercapnia, intubation may be needed to secure the airway and provide positive pressure ventilation. The combination of these assessments helps flight nurses determine the urgency and necessity for intubation, prioritizing patient safety and effective management in critical situations.

9. How can pneumatic splints be used during patient transport?

- A. To increase air pressure in the cabin
- B. To stabilize fractures and reduce pain while securing the patient**
- C. To elevate the patient and ease discomfort
- D. To facilitate fluid drainage from wounds

Pneumatic splints are specifically designed to stabilize fractures and reduce pain during patient transport, making them invaluable in emergency and flight settings. When a pneumatic splint is inflated around a fracture, it provides support to the affected area while immobilizing the limb, which is crucial in preventing further injury and alleviating discomfort. By securing the patient in this manner, the splint helps to maintain proper alignment of the bones, which can be exceptionally important during transportation where movement is unavoidable. This stabilization also minimizes the risk of additional trauma and aids in overall patient comfort, ensuring a more efficient and safer transport process. The use of pneumatic splints in this context emphasizes their importance in trauma care, particularly in flight scenarios where mobility and rapid response are key to effective patient management.

10. What is an important principle when providing care to burn victims during air transport?

- A. Administering immediate pain medication
- B. Keeping the patient warm to prevent hypothermia**
- C. Maintaining the patient's hydration levels
- D. Limiting fluid intake during flight

Keeping the patient warm to prevent hypothermia is crucial when providing care to burn victims during air transport. Burn patients are at a significantly higher risk for hypothermia due to the loss of skin integrity, which plays a vital role in thermoregulation. Skin acts as a barrier to both moisture and heat; when it is compromised by burns, the body can lose heat rapidly, especially in the cooler environment typically found in an air transport setting. Maintaining body temperature is essential not only for comfort but also for metabolic processes and overall healing. Hypothermia can exacerbate the patient's condition, reduce the effectiveness of treatments, and complicate recovery. Therefore, measures should be taken to ensure the patient is kept at a stable and warm temperature throughout the transport. While administering immediate pain medication, maintaining hydration levels, and avoiding limiting fluid intake are all important considerations in the management of burn victims, the immediate risk of hypothermia during air transport makes warmth preservation a primary concern.

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://certifiedflightregisterednurse.examzify.com>

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

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