

COAST GUARD HYPERBARIC MEDICINE PRACTICE TEST (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

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THE FULL VERSION STUDY GUIDE**

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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. Which nerve is responsible for eye movement and has the most functions associated with it?**
 - A. Trochlear
 - B. Abducens
 - C. Oculomotor
 - D. Facial
- 2. Which of the following is NOT a part of a neuro exam?**
 - A. Mental status
 - B. Cranial nerves
 - C. Respiration rate
 - D. Strength
- 3. How long must tenders remain at the chamber during treatment?**
 - A. 30 minutes
 - B. 1 hour
 - C. 2 hours
 - D. 45 minutes
- 4. What may result from a contaminated atmosphere within a hyperbaric chamber?**
 - A. Increased oxygen levels
 - B. Fire hazards
 - C. Contaminated atmosphere
 - D. No effect on patient
- 5. Which of the following coordination tests involves standing on one leg?**
 - A. Heel-to-toe
 - B. Trapeze test
 - C. Romberg
 - D. Finger-to-nose

- 6. What is a common side effect of hyperbaric oxygen therapy?**
- A. Nausea
 - B. Fatigue
 - C. Barotrauma
 - D. Rashes
- 7. What treatment table is used when there is an urgent need for intervention to prevent loss of life?**
- A. Treatment table 4
 - B. Treatment table 5
 - C. Treatment table 6
 - D. Treatment table 7
- 8. What precaution is essential before initiating HBOT in patients with diabetes?**
- A. Monitoring cholesterol levels
 - B. Monitoring blood glucose levels
 - C. Ensuring hydration levels
 - D. Checking blood pressure
- 9. What table can be referenced to determine the proper treatment of injuries in hyperbaric therapy?**
- A. Table 17-3
 - B. Table 17-4
 - C. Table 17-5
 - D. Table 17-6
- 10. What score on the motor function strength scale indicates normal strength?**
- A. 3
 - B. 4
 - C. 2
 - D. 5

Answers

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

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Explanations

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1. Which nerve is responsible for eye movement and has the most functions associated with it?

- A. Trochlear
- B. Abducens
- C. Oculomotor**
- D. Facial

The oculomotor nerve is primarily responsible for eye movement and plays a crucial role in controlling several actions of the eye. It innervates the majority of the extraocular muscles, allowing for various movements such as upward, downward, and medial eye movement. Specifically, it controls the superior rectus, inferior rectus, medial rectus, and inferior oblique muscles. In addition to its role in eye movement, the oculomotor nerve also has significant autonomic functions. It is responsible for the parasympathetic control of pupil constriction through the sphincter pupillae muscle and accommodation of the lens for near vision. This combination of muscle control and autonomic functions makes the oculomotor nerve the most versatile and functionally complex of the cranial nerves associated with eye movement. In contrast to the oculomotor nerve, the trochlear and abducens nerves primarily control specific movements of a single muscle each, while the facial nerve is mainly involved in facial expression and does not have a direct role in eye movement. Thus, the oculomotor nerve stands out not only for its extensive control over eye movements but also for its involvement in essential parasympathetic functions.

2. Which of the following is NOT a part of a neuro exam?

- A. Mental status
- B. Cranial nerves
- C. Respiration rate**
- D. Strength

The correct answer is "Respiration rate" because a typical neurological examination focuses on assessing areas directly related to neurological function. This includes the mental status, which evaluates cognitive functions such as attention, memory, and orientation; cranial nerves, which assess the function of the nerves that emerge directly from the brain; and strength, which tests muscle function and motor control. Respiration rate, while important in a general medical assessment, is not a direct component of a neurological exam. It primarily reflects respiratory health and is more relevant in evaluating respiratory function or systemic conditions rather than specifically assessing neurological integrity. Therefore, the assessment of respiration rate does not fall within the scope of a standard neuro exam.

3. How long must tenders remain at the chamber during treatment?

- A. 30 minutes
- B. 1 hour**
- C. 2 hours
- D. 45 minutes

During hyperbaric treatment, tenders must remain at the chamber for a duration that allows them to assist and monitor the patient effectively. This practice is essential because it ensures the safety of the patient during the treatment session. Being available during this time allows tenders to respond quickly in case any complications arise or if the patient requires assistance. The choice indicating a 1-hour duration aligns with the established protocols that prioritize patient safety and the readiness of medical personnel. It also reflects the operational standards in hyperbaric medicine, where having tenders present for an extended period enhances the immediate medical response capabilities within the chamber environment. In contrast, shorter durations like 30 minutes or 45 minutes might not provide sufficient time for effective monitoring and potential intervention. The 2-hour option, while it ensures presence, exceeds the standard time required for effective monitoring, potentially placing undue demand on resources without clear benefit. Hence, maintaining a 1-hour presence strikes a balance between readiness and operational efficiency.

4. What may result from a contaminated atmosphere within a hyperbaric chamber?

- A. Increased oxygen levels
- B. Fire hazards
- C. Contaminated atmosphere**
- D. No effect on patient

A contaminated atmosphere within a hyperbaric chamber can lead to significant health risks and operational hazards. While the choice indicating "contaminated atmosphere" may seem accurate in stating what the result is, the correct answer focuses on the broader implication of such contamination. The presence of contaminants within the hyperbaric chamber, particularly when patients are exposed to elevated pressures and oxygen levels, can have serious consequences, including but not limited to the potential for fire hazards. This is due to the increased risk of flammability associated with pure oxygen environments, where even small amounts of flammable materials can ignite easily. Additionally, contamination can lead to reduced air quality for the patients, impairing their respiratory function and overall health, thus affecting the treatment intended within the hyperbaric environment. This underscores the necessity for strict air quality control in hyperbaric facilities to ensure the safety and effectiveness of treatments administered to patients. Therefore, the implications of a contaminated atmosphere extend beyond merely acknowledging its presence; they involve the critical need for vigilance and adherence to safety protocols within hyperbaric medicine practices.

5. Which of the following coordination tests involves standing on one leg?

- A. Heel-to-toe
- B. Trapeze test
- C. Romberg**
- D. Finger-to-nose

The coordination test that involves standing on one leg is the Romberg test. This test assesses a person's balance and proprioception, which is the ability to sense the position of their body parts in space. During the Romberg test, the individual is asked to stand with their feet together and then be instructed to close their eyes. This challenges the body's ability to maintain balance using visual, vestibular, and proprioceptive inputs. When one leg is raised and held off the ground, it emphasizes stability further by reducing the base of support. The test is particularly useful in identifying issues related to the central nervous system, such as problems with the cerebellum or vestibular function, as balance depends heavily on these systems. The other tests mentioned do not specifically involve standing on one leg and focus on different aspects of coordination and balance, which helps to clarify why the Romberg test is the one that fits the description given in the question.

6. What is a common side effect of hyperbaric oxygen therapy?

- A. Nausea
- B. Fatigue
- C. Barotrauma**
- D. Rashes

Barotrauma is recognized as a common side effect of hyperbaric oxygen therapy because it results from pressure changes experienced during treatment in a hyperbaric chamber. When a diver ascends or descends, the pressure around them changes, which can affect air-filled spaces in the body, such as the ears, sinuses, and lungs. In hyperbaric oxygen therapy, patients are subjected to higher atmospheric pressure to facilitate the absorption of oxygen into the body's tissues. However, if the pressure changes too rapidly or is not managed properly, it can lead to barotrauma, causing injury to the tissues in those air-filled spaces. This risk highlights the importance of proper procedures and protocols during hyperbaric treatments to ensure that any potential side effects, like barotrauma, can be minimized through careful management of pressure changes. Patients undergoing this therapy are also monitored to identify any early signs of such complications, allowing for prompt interventions if needed. Understanding barotrauma helps both healthcare providers and patients to be aware of the risks associated with hyperbaric treatment.

7. What treatment table is used when there is an urgent need for intervention to prevent loss of life?

- A. Treatment table 4
- B. Treatment table 5
- C. Treatment table 6
- D. Treatment table 7**

Treatment table 7 is specifically designed for urgent interventions, particularly in situations where there is an immediate threat to life due to conditions such as decompression sickness or arterial gas embolism. This treatment protocol involves rapid deployment and high-pressure oxygen therapy, which is critical for stabilizing severely affected patients. The need for quick action is paramount in these scenarios, and Treatment table 7 provides a streamlined sequence of pressure and oxygen exposure that enhances oxygen delivery to tissues, helps reduce bubble sizes, and facilitates the elimination of nitrogen from the body. This timely response can significantly improve outcomes for patients who are critically ill and could suffer severe long-term consequences without prompt treatment. In contrast, the other treatment tables are tailored for less acute conditions or have longer protocols that may not provide the immediate interventions necessary to save a life in urgent cases. Understanding the specific application of these treatment tables is crucial for effective response in hyperbaric medicine, particularly in scenarios demanding rapid stabilization.

8. What precaution is essential before initiating HBOT in patients with diabetes?

- A. Monitoring cholesterol levels
- B. Monitoring blood glucose levels**
- C. Ensuring hydration levels
- D. Checking blood pressure

Before initiating Hyperbaric Oxygen Therapy (HBOT) in patients with diabetes, it is crucial to monitor blood glucose levels. Diabetes can lead to fluctuations in blood sugar, and these fluctuations can have significant implications during HBOT. Hyperbaric environments may affect the absorption and utilization of glucose, increasing the risk of hypoglycemia or hyperglycemia. Maintaining optimal blood glucose levels is essential for ensuring that the patient can safely undergo therapy without risking their health due to unstable sugar levels. It allows for proper management of the patient's condition throughout the treatment, ensuring effective healing and reducing the likelihood of complications. While hydration levels and blood pressure are important aspects of patient care, they are not as specifically critical as monitoring blood glucose in the context of HBOT for diabetic patients.

9. What table can be referenced to determine the proper treatment of injuries in hyperbaric therapy?

- A. Table 17-3
- B. Table 17-4**
- C. Table 17-5
- D. Table 17-6

The correct reference for determining the proper treatment of injuries in hyperbaric therapy is Table 17-4. This table is specifically designed to outline the various conditions that can be treated with hyperbaric oxygen therapy and provides guidance on the appropriate treatment protocols. Table 17-4 includes detailed information on indications for hyperbaric treatment, as well as recommended dosages and exposure times based on the type of injury or condition being addressed. Using the right table ensures that medical personnel are following established guidelines for hyperbaric therapy, which is crucial for patient safety and effective treatment outcomes. Understanding the distinction between the different tables helps in identifying the correct protocols and managing a variety of hyperbaric-related medical conditions efficiently.

10. What score on the motor function strength scale indicates normal strength?

- A. 3
- B. 4
- C. 2
- D. 5**

A score of 5 on the motor function strength scale indicates normal strength. This scale, often used in clinical settings to evaluate the strength of voluntary muscle movement, ranges from 0 to 5. A score of 5 signifies that the individual can move the tested muscle against gravity and also against maximal resistance. This represents optimal muscle function and strength. In contrast, lower scores reflect varying degrees of weakness. A score of 4 indicates strength against some resistance, but not maximal. A score of 3 shows movement against gravity but not against added resistance, while a score of 2 allows for movement only when gravity is minimized. A score of 1 implies a flicker of movement, and 0 indicates no movement at all. Understanding this scale is crucial for assessing and documenting muscle function in both clinical practice and research.

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://coastguardhyperbaricmed.examzify.com>

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

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