

COMBAT MEDIC 68W: FIELD CRAFT 1 PRACTICE EXAM (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 is a critical sign of a sucking chest wound?**
 - A. Presence of air bubbles in the wound
 - B. Presence of blood in the wound
 - C. Rapid heart rate
 - D. Decreased temperature
- 2. Which components make up a complete patient assessment in the field?**
 - A. Primary survey, secondary survey, vital signs, and history of present illness
 - B. Initial impression, emergency contacts, patient history, and diagnosis
 - C. Physical exam, lab work, radiological analysis, and treatment plan
 - D. Observation, treatment plan, follow-up care, and mental health assessment
- 3. What is the primary cause of internal damage to hollow organs during a blast?**
 - A. Secondary blast
 - B. Tertiary blast
 - C. Primary blast
 - D. Quaternary blast
- 4. How much fluid can be held in one side of the chest cavity, on average?**
 - A. 100 mL
 - B. 300 mL
 - C. 500 mL
 - D. 150 mL
- 5. What is the normal respiratory rate for an adult?**
 - A. 8-12 breaths per minute
 - B. 12-20 breaths per minute
 - C. 15-25 breaths per minute
 - D. 20-25 breaths per minute
- 6. What is meant by "stress management" in a combat environment?**
 - A. Practicing relaxation techniques during lulls in combat
 - B. Techniques used to maintain performance and decision-making under pressure
 - C. Taking breaks to avoid mental fatigue
 - D. Limiting communication during stressful situations

- 7. Which statement is true regarding the use of a tourniquet?**
- A. It can be used for any bleeding situation
 - B. It should be applied only after other methods fail
 - C. It can be loosened after a few hours
 - D. It may need to be converted to standard pressure bandaging
- 8. What is one potential complication of a closed head injury?**
- A. Intracranial hemorrhage
 - B. Fracture of the skull
 - C. Contusion of the brain
 - D. Concussion
- 9. Which of the following describes the phases of care in TCCC?**
- A. Assessment, intervention, transport
 - B. Care under fire, tactical field care, tactical evacuation care
 - C. Collecting the wounded, triage, provide a mode of transportation
 - D. Initial assessment, stabilization, definitive care
- 10. What condition is characterized by the buildup of air that prevents the heart from filling properly?**
- A. Tension pneumothorax
 - B. Cardiac tamponade
 - C. Hemothorax
 - D. Pneumonia

Answers

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

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Explanations

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1. Which is a critical sign of a sucking chest wound?

- A. Presence of air bubbles in the wound**
- B. Presence of blood in the wound
- C. Rapid heart rate
- D. Decreased temperature

The presence of air bubbles in the wound is a critical sign of a sucking chest wound because this indicates that air is entering the pleural space through the defect in the chest wall. In a sucking chest wound, there is an injury that allows external air to be sucked into the chest cavity during inhalation, creating a risk of pneumothorax and potentially compromising respiratory function. The observation of air bubbles not only confirms the open wound but also highlights the urgency of intervention to prevent further respiratory distress and complications such as tension pneumothorax. While blood in the wound and a rapid heart rate can be associated with other traumatic injuries, they do not specifically indicate the presence of a sucking chest wound as effectively as the detection of air bubbles. A decreased temperature is unrelated to the immediate signs and symptoms that indicate urgent care for a sucking chest wound. Thus, recognizing the presence of air bubbles is fundamental in assessing and managing this type of chest injury.

2. Which components make up a complete patient assessment in the field?

- A. Primary survey, secondary survey, vital signs, and history of present illness**
- B. Initial impression, emergency contacts, patient history, and diagnosis
- C. Physical exam, lab work, radiological analysis, and treatment plan
- D. Observation, treatment plan, follow-up care, and mental health assessment

The correct answer encompasses the essential components of a complete patient assessment that are critical for a combat medic in the field. This assessment involves a systematic approach starting with the primary survey, which focuses on immediate life threats and stabilizing the patient. The secondary survey is then conducted to perform a more thorough examination and identify additional injuries or medical conditions. Following these surveys, assessing vital signs provides important physiological data, helping to gauge the patient's condition. Finally, obtaining a history of the present illness allows the medic to understand the context of the patient's current state and any previous medical issues that might influence treatment decisions. These components collectively support a comprehensive understanding of the patient's immediate needs and allow for effective prioritization of care in a field environment. This is crucial in emergency situations where rapid assessment can significantly affect outcomes.

3. What is the primary cause of internal damage to hollow organs during a blast?

- A. Secondary blast
- B. Tertiary blast
- C. Primary blast**
- D. Quaternary blast

The primary cause of internal damage to hollow organs during a blast is attributed to primary blast effects. This refers to the initial shock wave created by an explosion, which exerts significant pressure on surrounding structures. This rapid expansion of air and the resulting blast wave can cause a violent compressive force on hollow organs, leading to rupture or other forms of internal injury. Hollow organs, such as the stomach, intestines, and bladder, are particularly vulnerable during this initial phase due to their air or fluid-filled nature. The pressure differential created by the blast can result in the collapse or explosion of these organs from the inside out, causing severe physiological damage. Understanding this mechanism is critical for medics when assessing and managing blast injuries, as immediate recognition and intervention can greatly influence patient outcomes.

4. How much fluid can be held in one side of the chest cavity, on average?

- A. 100 mL
- B. 300 mL
- C. 500 mL
- D. 150 mL

The average amount of fluid that can be held in one side of the chest cavity is approximately 300 mL. This amount is significant because it can impact respiratory function and may necessitate medical intervention, such as draining a pleural effusion. Understanding the capacity of the chest cavity is crucial for medical professionals, particularly when assessing trauma patients or conditions that may lead to fluid accumulation, like pneumonia or heart failure. Recognizing the volume of fluid that affects the lungs helps in anticipating complications and planning appropriate treatments.

5. What is the normal respiratory rate for an adult?

- A. 8-12 breaths per minute
- B. 12-20 breaths per minute
- C. 15-25 breaths per minute
- D. 20-25 breaths per minute

The normal respiratory rate for an adult falls within the range of 12 to 20 breaths per minute. This range is considered the standard for healthy adults at rest, reflecting an efficient and regular breathing pattern necessary for adequate ventilation and gas exchange. Monitoring the respiratory rate is crucial for assessing a person's respiratory health. A rate below or above the normal range can indicate potential health concerns such as respiratory distress or metabolic imbalances. The choice that includes 12 to 20 breaths accurately reflects physiological norms that healthcare professionals rely on for evaluations and interventions. Other ranges provided do not align with established medical guidelines for adult respiratory rates, making the 12 to 20 breaths per minute the correct choice for this question.

6. What is meant by "stress management" in a combat environment?

- A. Practicing relaxation techniques during lulls in combat
- B. Techniques used to maintain performance and decision-making under pressure
- C. Taking breaks to avoid mental fatigue
- D. Limiting communication during stressful situations

In a combat environment, "stress management" refers to techniques and strategies utilized to maintain performance and enhance decision-making even when under extreme pressure. The ability to function effectively amid chaos and high-stress situations is crucial for military personnel, as decisions made in these scenarios can have life-or-death consequences. Maintaining a clear mind can mitigate the adverse effects of stress, allowing individuals to respond appropriately, assess risks, and carry out their duties efficiently. Techniques might include mental conditioning, situational awareness training, and developing coping mechanisms to manage anxiety, all aimed at improving focus and combat readiness despite the surrounding stressors. The other options discuss aspects of stress management, such as relaxation techniques and breaks, which can be helpful but do not capture the broader significance of sustaining performance and decision-making amidst the intense and often unpredictable challenges faced in combat.

7. Which statement is true regarding the use of a tourniquet?

- A. It can be used for any bleeding situation
- B. It should be applied only after other methods fail**
- C. It can be loosened after a few hours
- D. It may need to be converted to standard pressure bandaging

The assertion that a tourniquet should be applied only after other methods fail is grounded in medical practice guidelines. While tourniquets are effective for controlling severe hemorrhage, they are typically reserved for situations where direct pressure and elevation have not successfully staunched the bleeding. The rationale behind this approach is to minimize the risk of complications associated with prolonged tourniquet use, such as tissue damage. Tourniquets are most appropriately used in cases of life-threatening extremity bleeding when the situation is critical, and time is of the essence. In less severe cases, simpler measures may be employed first, which is why the principle of only using a tourniquet after other methods have been attempted is emphasized in training. This practice ensures that tourniquets are utilized judiciously, maintaining their effectiveness while reducing potential harm to the patient.

8. What is one potential complication of a closed head injury?

- A. Intracranial hemorrhage**
- B. Fracture of the skull
- C. Contusion of the brain
- D. Concussion

A potential complication of a closed head injury is intracranial hemorrhage. This condition occurs when there is bleeding within the cranial cavity, which can be caused by the tearing of blood vessels that may occur during the trauma. Closed head injuries involve the brain being subjected to sudden acceleration or deceleration forces without any external penetration, which can lead to significant damage to brain structures and blood vessels. Intracranial hemorrhages can create pressure within the skull, leading to further complications such as brain herniation, neurological deficits, and even death if not promptly treated. Recognizing this potential complication highlights the seriousness of closed head injuries and underscores the need for thorough assessment and monitoring in affected individuals.

9. Which of the following describes the phases of care in TCCC?

- A. Assessment, intervention, transport
- B. Care under fire, tactical field care, tactical evacuation care**
- C. Collecting the wounded, triage, provide a mode of transportation
- D. Initial assessment, stabilization, definitive care

The phases of care in Tactical Combat Casualty Care (TCCC) are crucial for providing effective medical assistance in combat situations. The correct answer is based on the established framework which is designed to guide medics through different stages of care in a tactical environment. TCCC consists of three distinct phases: care under fire, tactical field care, and tactical evacuation care. - Care under fire refers to the critical moments when a medic must provide initial care while still in a hostile environment, highlighting the need for self-protection and covering while administering aid. - Tactical field care is the phase where the situation has calmed down, allowing for more thorough examination and management of injuries. This phase focuses on providing life-saving interventions and addressing life-threatening conditions more effectively. - Tactical evacuation care is the final phase that occurs once the casualty is being moved to a safer location or when being transported to higher levels of medical care. This phase is critical for maintaining the care already provided during the previous phases. This model recognizes the dynamic nature of combat situations and provides a structured approach for medics to respond effectively to casualties. Understanding these phases helps medics administer the right interventions at the right time, ensuring the best possible outcomes for wounded personnel.

10. What condition is characterized by the buildup of air that prevents the heart from filling properly?

A. Tension pneumothorax

B. Cardiac tamponade

C. Hemothorax

D. Pneumonia

The condition characterized by the buildup of air that prevents the heart from filling properly is tension pneumothorax. In this scenario, air enters the pleural space and can't escape, creating increasing pressure that compresses the lungs and can also press upon the heart and great vessels. As pressure builds, it can impede venous return to the heart, leading to decreased cardiac output and potentially life-threatening consequences. This is particularly critical because the heart relies on sufficient volume filling during diastole to pump effectively. In contrast, cardiac tamponade involves fluid accumulation in the pericardial space, which also restricts the heart's ability to fill but is not caused by air. Similarly, hemothorax refers to blood accumulating in the pleural space, and pneumonia is an infection of the lungs, neither of which directly relates to air accumulation affecting cardiac filling. Understanding the specific nature and effects of tension pneumothorax helps in identifying and treating it promptly in emergency situations.

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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:

<https://combatmedic68wfieldcraft1.examzify.com>

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

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