

COMBAT MEDIC AIT PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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. How is severity assessed in patient symptoms?**
 - A. On a scale of 1-10
 - B. Through physical examination
 - C. Using electronic monitoring
 - D. Based on patient history
- 2. What does "quality" refer to in the O-P-Q-R-S-T assessment?**
 - A. Type of healthcare provided
 - B. Sharp or dull pain
 - C. Duration of symptoms
 - D. Size of the affected area
- 3. In which scenario should a Combat Medic apply a pelvic binder?**
 - A. In cases of suspected pelvic fractures
 - B. When a patient is conscious and responsive
 - C. If the injury is to a limb
 - D. When the patient exhibits no signs of distress
- 4. What is an important characteristic of paradoxical movement in a chest injury?**
 - A. Long-term significance
 - B. Movement opposite to the normal respiratory motion
 - C. Temporary edema formation
 - D. Increased pain on palpation
- 5. In what situation would you use an AED?**
 - A. For a patient experiencing chest pain
 - B. During a cardiac arrest
 - C. When a patient is conscious
 - D. For victim of drowning
- 6. What technique should be used for a patient with a facial injury?**
 - A. Massaging the area
 - B. Maintain an open airway and be cautious of potential spinal injury
 - C. Administer oxygen immediately
 - D. Applying a cold compress directly

7. The P-R-I-C-E acronym is used for what purpose in the medical field?

- A. To summarize patient demographics
- B. To assess vital signs
- C. For the management of soft tissue injuries
- D. To record medication dosages

8. Which anatomical structure is located below the thyroid cartilage?

- A. Cricoid cartilage
- B. Epiglottis
- C. Maxilla
- D. Mandible

9. What connects the throat to the lungs?

- A. Oropharynx
- B. Pharynx
- C. Trachea
- D. Bronchi

10. What is the primary function of ligaments?

- A. Connect muscle to bone
- B. Provide structure to cartilage
- C. Connect bone to bone
- D. Protect organs

Answers

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

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Explanations

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1. How is severity assessed in patient symptoms?

- A. On a scale of 1-10
- B. Through physical examination
- C. Using electronic monitoring
- D. Based on patient history

Assessing the severity of patient symptoms on a scale of 1-10 allows for a standardized way to quantify how the patient perceives their pain or discomfort. This scale provides a subjective measure that can help healthcare providers gauge the intensity of the symptoms in a clear manner. By having patients rate their pain or other symptoms, medical personnel can better understand the impact on the patient's daily life, which aids in determining the urgency and type of treatment required. Utilizing this numerical rating system also facilitates communication between patients and healthcare providers. It creates a landmark for discussions about symptoms, treatment efficacy, and changes over time. In contrast, while other methods like physical examinations, electronic monitoring, and patient history contribute valuable data, they may not capture the subjective experience of the patient as effectively as a personal pain rating scale.

2. What does "quality" refer to in the O-P-Q-R-S-T assessment?

- A. Type of healthcare provided
- B. Sharp or dull pain
- C. Duration of symptoms
- D. Size of the affected area

In the context of the O-P-Q-R-S-T assessment, "quality" specifically pertains to the sharpness or dullness of pain experienced by a patient. This aspect of pain assessment is essential for understanding the nature of a patient's discomfort, which can aid in diagnosis and treatment. Identifying whether the pain is sharp, dull, throbbing, burning, or crushing provides valuable insight into what may be causing the symptoms and influences the approach to management and intervention. The other options touch on different elements of the assessment: "type of healthcare provided" relates to the overall context of care rather than individual symptoms, "duration of symptoms" focuses on how long the patient has been experiencing the issue, and "size of the affected area" involves the extent of the problem rather than the characteristics of the pain itself. These aspects are important, but quality is specifically about the sensory experience of the pain, making it a key component in assessing a patient's condition.

3. In which scenario should a Combat Medic apply a pelvic binder?

- A. In cases of suspected pelvic fractures
- B. When a patient is conscious and responsive
- C. If the injury is to a limb
- D. When the patient exhibits no signs of distress

The application of a pelvic binder is essential in cases of suspected pelvic fractures because pelvic injuries can lead to significant internal bleeding and can severely compromise a patient's hemodynamic stability. The pelvic girdle has a large volume, and a fracture can result in the loss of blood volume into the pelvis, making it critical to stabilize the pelvis to reduce further bleeding and provide effective emergency care. A pelvic binder works by compressing the pelvis, which can help control hemorrhage and stabilize the fracture until the patient can receive definitive medical treatment. In scenarios where a patient is conscious and responsive, or if the injury relates to a limb, a pelvic binder would not be appropriate. The indication for a pelvic binder specifically relates to trauma affecting the pelvis. Similarly, the presence or absence of signs of distress does not determine the need for a pelvic binder; rather, the mechanism of injury and the nature of the suspected injury are the critical factors. Thus, the correct response is that a pelvic binder is indicated in suspected pelvic fractures to ensure patient safety and optimize care.

4. What is an important characteristic of paradoxical movement in a chest injury?

- A. Long-term significance
- B. Movement opposite to the normal respiratory motion**
- C. Temporary edema formation
- D. Increased pain on palpation

Paradoxical movement in a chest injury refers to the abnormal motion of a segment of the chest wall that moves in the opposite direction to the rest of the thorax during respiration. When a person breathes in, the affected area may move inward instead of outward, and when they exhale, it may move outward instead of inward. This characteristic is indicative of a flail chest, typically resulting from multiple rib fractures that disrupt the normal mechanics of the chest wall. Understanding this movement is crucial for combat medics, as it highlights a significant injury that may require immediate medical attention. Recognizing paradoxical movement can aid in assessing the severity of the chest injury and determining an appropriate treatment plan, including the need for advanced interventions like ventilatory support or possible surgical evaluation. The other choices do not directly address the defining nature of paradoxical motion in this context.

5. In what situation would you use an AED?

- A. For a patient experiencing chest pain
- B. During a cardiac arrest**
- C. When a patient is conscious
- D. For victim of drowning

An Automated External Defibrillator (AED) is used specifically in cases of cardiac arrest. Cardiac arrest occurs when the heart stops beating effectively, often leading to the loss of consciousness and the absence of a pulse. In such situations, immediate defibrillation can be critical to restoring a normal heart rhythm and potentially saving the patient's life. The AED is designed to analyze the heart's rhythm and, if a shockable rhythm is detected, deliver an electric shock to help restart the heart. In contrast, using an AED on a patient who is experiencing chest pain may be premature, as chest pain does not necessarily indicate cardiac arrest. A conscious patient is not a candidate for AED use either, as they would still have a heartbeat. Additionally, while drowning victims may require resuscitation efforts, the application of an AED is relevant only if they show signs of cardiac arrest. This highlights the importance of recognizing the specific scenarios where using an AED is indicated, ensuring that it is utilized effectively.

6. What technique should be used for a patient with a facial injury?

- A. Massaging the area
- B. Maintain an open airway and be cautious of potential spinal injury**
- C. Administer oxygen immediately
- D. Applying a cold compress directly

Maintaining an open airway and being cautious of potential spinal injury is imperative when treating a patient with a facial injury. Facial injuries can often be associated with other critical injuries, including those to the neck and spine. Ensuring the airway is clear is a priority, as facial trauma can disrupt normal breathing or lead to airway obstruction due to swelling, bleeding, or dislocation of facial bones. Additionally, because these injuries can occur during high-impact situations, there's a risk of associated spinal injuries. Caution must be exercised to stabilize the spine and head before any movement or further assessment to prevent exacerbating any potential spinal cord injury. Other techniques, such as massaging the injury, administering oxygen immediately, or applying a cold compress directly, are less appropriate in this scenario. Massaging the injured area could aggravate swelling or cause further damage. Administering oxygen is important but secondary to ensuring the airway is open, especially given the potential complexities of a facial injury. Applying a cold compress, while useful for some types of swelling or bruising, should be done cautiously and is not the first priority in managing such significant injuries. Prioritizing the airway and spinal safety is essential in providing effective care to the patient.

7. The P-R-I-C-E acronym is used for what purpose in the medical field?

- A. To summarize patient demographics
- B. To assess vital signs
- C. For the management of soft tissue injuries**
- D. To record medication dosages

The P-R-I-C-E acronym is used for the management of soft tissue injuries, making it essential in first aid and emergency care. Each letter stands for a specific action that helps reduce swelling, alleviate pain, and promote healing of soft tissue injuries such as sprains and strains: - **P** stands for **Protect**: This focuses on protecting the injured area from further injury. - **R** stands for **Rest**: Resting the affected area is crucial to prevent further damage and allow for recovery. - **I** stands for **Ice**: Applying ice helps to reduce swelling and numb pain by constricting blood vessels. - **C** stands for **Compression**: Compression through bandaging can help minimize swelling and support the injured area. - **E** stands for **Elevation**: Keeping the injured area elevated above the level of the heart promotes drainage of excess fluids and reduces swelling. Together, these actions provide a systematic approach to managing soft tissue injuries effectively, which is critical knowledge for a combat medic. Understanding and utilizing the P-R-I-C-E method enhances the ability to provide immediate care in the field, ensuring better outcomes for patients suffering from soft tissue injuries.

8. Which anatomical structure is located below the thyroid cartilage?

A. Cricoid cartilage

B. Epiglottis

C. Maxilla

D. Mandible

The cricoid cartilage is the anatomical structure located below the thyroid cartilage. It is part of the larynx and functions as a significant support for the airway. The cricoid cartilage is a complete ring of cartilage that encircles the trachea and provides a solid base for the structure of the larynx, which is important for voice production and maintaining an open airway. In the context of the other structures mentioned, the epiglottis sits above the thyroid cartilage and plays a critical role in protecting the airway during swallowing. The maxilla and mandible are bones located in the facial skeleton, with the maxilla being the upper jaw and the mandible being the lower jaw, neither of which is anatomically related to the laryngeal cartilages. Thus, the cricoid cartilage is the correct answer, as it is directly found inferior to the thyroid cartilage in the anatomical arrangement of the neck and larynx.

9. What connects the throat to the lungs?

A. Oropharynx

B. Pharynx

C. Trachea

D. Bronchi

The trachea is the structure that connects the throat, or more precisely the larynx, to the lungs. Functioning as a vital airway, the trachea is a tube-like structure that allows air to travel from the upper respiratory tract down into the bronchial tubes and subsequently into the lungs. It is lined with cilia and mucus to help trap particles and pathogens, maintaining clear passages for respiratory function. The oropharynx and pharynx serve different roles in the respiratory and digestive systems. The oropharynx is part of the throat located behind the oral cavity and primarily functions in swallowing and as a passageway for food and air. The pharynx, which encompasses both the oropharynx and nasopharynx, serves as a conduit for air entering the trachea and food entering the esophagus but does not extend directly to the lungs like the trachea does. The bronchi are the large passages that branch out from the trachea into the lungs, further dividing into smaller bronchioles but do not connect the throat to the lungs directly. Thus, the trachea is the correct answer as it forms the direct connection between the throat and the lungs.

10. What is the primary function of ligaments?

A. Connect muscle to bone

B. Provide structure to cartilage

C. Connect bone to bone

D. Protect organs

Ligaments play a crucial role in the musculoskeletal system by connecting bone to bone at joints. This connectivity is essential for providing stability and support to the skeletal structure, allowing joints to function effectively during movement. Ligaments are composed of strong, fibrous connective tissue that can withstand tension, which helps maintain proper alignment and prevents excessive movement that could lead to injuries or joint disorders. The primary function of ligaments in stabilizing joints is vital for overall mobility and physical activity, as they help maintain the integrity of both the skeletal and muscular systems. Understanding this function is essential for those studying human anatomy and physiology, especially in fields related to healthcare and physical fitness.

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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