

Critical Care Paramedic Practice Exam (Sample)

Study Guide



Everything you need from our exam experts!

This is a sample study guide. To access the full version with hundreds of 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. Don't worry about getting everything right, 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, and take breaks to retain information better.

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.

7. Use Other Tools

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!

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Questions

- 1. What is one of the stages of hypoxia?**
 - A. Indifferent**
 - B. Moderate**
 - C. Severe**
 - D. Fatal**

- 2. What does SALAD stand for in the context of airway management?**
 - A. Suction Assured Laryngeal Airway Device**
 - B. Suction Assisted Laryngoscopy Airway Decontamination**
 - C. Safe And Lethal Airway Decontamination**
 - D. Suction Assisted Laryngoscope and Data**

- 3. In neurogenic shock, which parameters are expected to decrease?**
 - A. HR and systemic vascular resistance**
 - B. Only HR**
 - C. Only systemic vascular resistance**
 - D. HR, systemic vascular resistance, and blood pressure**

- 4. What is the primary reason for stagnant hypoxia?**
 - A. Low oxygen levels in the blood**
 - B. Reduced oxygen-carrying capacity of blood**
 - C. Blood not moving effectively**
 - D. Exposure to toxins**

- 5. Which medication is used as an antidote for anticholinergic poisoning?**
 - A. Atropine**
 - B. Pralidoxime**
 - C. Physostigmine**
 - D. Dopamine**

- 6. What is the normal level of carbon dioxide (CO₂) in the blood?**
- A. 18-22 mEq/L**
 - B. 22-26 mEq/L**
 - C. 26-30 mEq/L**
 - D. 30-34 mEq/L**
- 7. How should you treat a patient with a Tricyclic Antidepressant (TCA) overdose?**
- A. Activated charcoal and physostigmine**
 - B. Sodium bicarbonate and fluids**
 - C. Calcium gluconate and furosemide**
 - D. Fomepizole and hemodialysis**
- 8. At what age does the posterior fontanel typically close?**
- A. 1 month**
 - B. 3 months**
 - C. 6 months**
 - D. 2 months**
- 9. What is considered a normal hemoglobin (Hgb) level?**
- A. 12 g/dL**
 - B. 15 g/dL**
 - C. 18 g/dL**
 - D. 20 g/dL**
- 10. Which of the following techniques is currently recognized as the standard practice for external laryngeal manipulation?**
- A. Sellick's maneuver**
 - B. BURP**
 - C. External laryngeal manipulation (ELM)**
 - D. Jaw thrust maneuver**

Answers

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

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Explanations

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1. What is one of the stages of hypoxia?

A. Indifferent

B. Moderate

C. Severe

D. Fatal

The stage of hypoxia referred to as "indifferent" is the initial phase in which individuals may not experience any noticeable symptoms. During this stage, oxygen saturation can begin to decline due to decreasing atmospheric pressure or other contributing factors, but the body still maintains adequate physiological function. Individuals at this stage might feel normal and be unaware that their oxygen levels are dropping. Understanding the indifferent stage is crucial for healthcare providers since it emphasizes the importance of monitoring and assessing patients for subtle changes that may indicate the onset of hypoxia. Recognizing this phase can help guide interventions before more severe symptoms develop. The other stages of hypoxia, while significant as they represent increasing severity of oxygen deficiency and corresponding symptoms, are not the initial indicators of hypoxia, which makes the indifferent stage a vital concept in critical care settings.

2. What does SALAD stand for in the context of airway management?

A. Suction Assured Laryngeal Airway Device

B. Suction Assisted Laryngoscopy Airway Decontamination

C. Safe And Lethal Airway Decontamination

D. Suction Assisted Laryngoscope and Data

Suction Assisted Laryngoscopy Airway Decontamination is a vital protocol in airway management, particularly in emergency situations. This technique emphasizes the importance of suctioning during laryngoscopy to clear secretions, blood, or any debris that may obstruct the view of the vocal cords or the airway during intubation. The integration of suctioning into the laryngoscopy process enhances the safety and efficacy of airway management, especially in cases where visibility is compromised. By ensuring that the airway is clear prior to intubation, this method aims to minimize complications and improve patient outcomes. Furthermore, this technique is especially critical in high-risk scenarios, such as patients with copious secretions or in those who have had trauma to the face and neck, making it an essential skill for critical care paramedics to master. The recognition and application of this method support the overall goal of effective airway management in emergency medical situations.

3. In neurogenic shock, which parameters are expected to decrease?

- A. HR and systemic vascular resistance**
- B. Only HR**
- C. Only systemic vascular resistance**
- D. HR, systemic vascular resistance, and blood pressure**

In neurogenic shock, the fundamental issue revolves around the loss of sympathetic nervous system tone, which leads to widespread vasodilation. This condition is typically a result of spinal cord injury or significant disruption to the autonomic nervous system. As a result of this vasodilation, systemic vascular resistance significantly decreases. The drop in vascular resistance contributes to a decrease in blood pressure, as there is less pressure exerted per unit area within the blood vessels due to the decreased resistance to blood flow. Additionally, heart rate also tends to decline during neurogenic shock. This could be due to the unopposed vagal activity that occurs when the sympathetic pathways are disrupted—leading to bradycardia (slower heart rate). The body's compensatory mechanisms, which usually increase heart rate to counteract hypotension, are impaired, resulting in an overall drop in heart rate. When considering these physiological responses, it becomes clear that neurogenic shock is characterized by decreased heart rate, decreased systemic vascular resistance, and decreased blood pressure. This triad of decreased parameters is crucial for understanding and managing neurogenic shock in critical care situations.

4. What is the primary reason for stagnant hypoxia?

- A. Low oxygen levels in the blood**
- B. Reduced oxygen-carrying capacity of blood**
- C. Blood not moving effectively**
- D. Exposure to toxins**

Stagnant hypoxia is primarily characterized by inadequate blood flow, which leads to insufficient delivery of oxygen to the tissues. This condition occurs when blood isn't moving effectively, resulting in reduced oxygen supply despite potentially normal oxygen levels and a normal capacity for the blood to carry oxygen. In stagnant hypoxia, blood stagnation can be due to various factors such as heart failure, severe circulatory shock, or any condition that impairs blood flow. Because the blood is not circulating efficiently, even if the oxygen in the blood is at normal levels, the tissues may not receive the necessary amount of oxygen for metabolic processes. Understanding stagnant hypoxia is crucial, as it differentiates this form of hypoxia from others, such as hypoxic hypoxia, which refers to lower oxygen levels in inspired air, and anemic hypoxia, which involves a reduced capacity of blood to carry oxygen. Identifying ineffective blood flow as the cause is key in managing conditions leading to stagnant hypoxia appropriately.

5. Which medication is used as an antidote for anticholinergic poisoning?

- A. Atropine**
- B. Pralidoxime**
- C. Physostigmine**
- D. Dopamine**

Physostigmine is the correct antidote for anticholinergic poisoning because it is a reversible inhibitor of the enzyme acetylcholinesterase. This action allows for increased levels of acetylcholine in the synaptic cleft, which competes with the anticholinergic effects seen in poisoning scenarios. In the context of anticholinergic toxicity—often characterized by symptoms like dry mouth, dilated pupils, flushed skin, and confusion—physostigmine acts to counteract these effects by promoting cholinergic effects and restoring balance to the nervous system. Using physostigmine is particularly significant in cases where patients exhibit extreme symptoms or severe effects, such as delirium or coma, as it can reverse these conditions effectively. The medication is administered carefully, considering potential side effects and contraindications. Other medications listed are not appropriate for treating anticholinergic poisoning: while atropine can exacerbate anticholinergic symptoms, pralidoxime is mainly used for organophosphate poisoning, and dopamine is utilized in the management of shock and cardiac issues but has no role in antidoting anticholinergic toxicity.

6. What is the normal level of carbon dioxide (CO₂) in the blood?

- A. 18-22 mEq/L**
- B. 22-26 mEq/L**
- C. 26-30 mEq/L**
- D. 30-34 mEq/L**

The normal level of carbon dioxide (CO₂) in the blood is best represented by a range of 22-26 mEq/L. This range reflects the expected bicarbonate concentration in the arterial blood, which is one of the primary forms in which CO₂ is carried in the body. This bicarbonate level is part of the body's mechanism for regulating acid-base balance and is crucial for maintaining homeostasis. When evaluating a patient's acid-base status, healthcare professionals look at the bicarbonate levels in conjunction with other parameters, such as arterial blood gases (ABGs), to assess respiratory and metabolic function. Maintaining CO₂ levels within this range is essential for ensuring that the body's pH remains within a normal range, thus allowing for optimal physiological function. Values outside this range could indicate respiratory or metabolic disturbances, leading to conditions such as acidosis or alkalosis.

7. How should you treat a patient with a Tricyclic Antidepressant (TCA) overdose?

- A. Activated charcoal and physostigmine**
- B. Sodium bicarbonate and fluids**
- C. Calcium gluconate and furosemide**
- D. Fomepizole and hemodialysis**

Treating a patient with a Tricyclic Antidepressant (TCA) overdose involves several critical interventions, and the administration of sodium bicarbonate is a primary treatment strategy due to its effectiveness in managing the cardiotoxic effects associated with such overdoses. Sodium bicarbonate serves multiple purposes in this scenario. First, it helps to correct metabolic acidosis, a common complication in TCA overdoses. More importantly, it also mitigates the cardiotoxic effects by addressing the sodium channel blockade caused by TCAs. This blockade can lead to wide QRS complexes on an electrocardiogram and increases the risk of life-threatening arrhythmias. The alkalinizing effect of sodium bicarbonate can help stabilize the cardiac membrane, reduce the widening of the QRS complex, and improve hemodynamic stability. Additionally, administering intravenous fluids is beneficial to help maintain blood pressure and support circulation, as patients with TCA overdose can suffer from hypotension and altered mental status due to sedation and cardiovascular effects. Therefore, the combination of sodium bicarbonate and fluids plays a crucial role in the overall management of TCA toxicity and is critical in preventing further complications.

8. At what age does the posterior fontanel typically close?

- A. 1 month**
- B. 3 months**
- C. 6 months**
- D. 2 months**

The posterior fontanel, which is located at the back of an infant's skull, typically closes at around 2 months of age. This closure is part of the normal growth and development of a child's skull, allowing for the brain to grow while ensuring that the bones eventually fuse together to protect the brain adequately. Recognizing the timing of fontanel closure is important in pediatric assessments, as it provides critical information about an infant's development. If the posterior fontanel were to close significantly earlier or later than this typical timeframe, it might indicate potential developmental issues or abnormal growth patterns.

9. What is considered a normal hemoglobin (Hgb) level?

- A. 12 g/dL
- B. 15 g/dL**
- C. 18 g/dL
- D. 20 g/dL

A normal hemoglobin (Hgb) level is typically in the range of approximately 13.5 to 17.5 grams per deciliter for men and 12.0 to 15.5 grams per deciliter for women. Therefore, a hemoglobin level of 15 g/dL falls well within this normal range, making it a clinically acceptable and typical value for adults. Understanding normal ranges for hemoglobin is crucial for assessing and diagnosing various conditions. For instance, lower levels might indicate anemia, while elevated levels could suggest dehydration or polycythemia vera. This awareness aids healthcare professionals in making informed decisions and providing appropriate care. The other values listed either fall slightly outside the established normal range or indicate potential health issues that require further investigation.

10. Which of the following techniques is currently recognized as the standard practice for external laryngeal manipulation?

- A. Sellick's maneuver
- B. BURP
- C. External laryngeal manipulation (ELM)**
- D. Jaw thrust maneuver

The recognition of external laryngeal manipulation (ELM) as the standard practice for external laryngeal manipulation stems from its efficacy in improving the visualization of the vocal cords during intubation, particularly in difficult airway situations. ELM involves applying pressure to the thyroid cartilage, effectively aligning the airway structures, and aiding in the placement of the endotracheal tube. This technique is particularly valuable in managing patients where standard intubation may be obstructed due to anatomical issues or trauma. While other techniques, such as the Sellick's maneuver, BURP (Backward Upward Rightward Pressure), and the jaw thrust maneuver, have their specific uses in airway management, ELM's targeted application and focus on enhancing laryngeal visualization is what establishes it as the recognized standard practice in various clinical guidelines. This makes it a critical skill for practitioners in critical care and emergency settings, as successful airway management is paramount for patient survival.

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://criticalcareparamedic.examzify.com>

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