

EGAN'S FUNDAMENTALS OF RESPIRATORY CARE 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. Which concept covers proper methods to lift heavy objects safely?**
 - A. Straight Spine Technique
 - B. Monitoring During Ambulation
 - C. Lifting Techniques
 - D. Patient Stability

- 2. Which current level can cause serious heart issues?**
 - A. 50 mA
 - B. 60 mA
 - C. 75 mA
 - D. 100 mA

- 3. Which term describes feelings like fear or pain impacting communication?**
 - A. Attending
 - B. Paraphrasing
 - C. Emotional factors
 - D. Perception Checking

- 4. Which term is a visual, time-based record of patient data?**
 - A. Nurses' Notes
 - B. Backup Generator Role
 - C. Graphic Sheet
 - D. Standard Abbreviations

- 5. Which are guidelines for making moral decisions?**
 - A. Decision-Making Process
 - B. Legal Remedy
 - C. Ethical Principles
 - D. Damages

- 6. Which topic describes the attractive forces between gas molecules?**
 - A. Intermolecular Attractions in Solids
 - B. Gas Kinetic Theory
 - C. Molecular Forces in Gases
 - D. Vapor Pressure of Water

7. Which organization changed its name to the American Association for Respiratory Care in 1982?

- A. American Association for Respiratory Care
- B. Inhalation Therapy Association
- C. American College of Respiratory Care
- D. National Association of Respiratory Therapists

8. Tick-borne illness caused by Borrelia bacteria?

- A. Influenza
- B. Rickettsia
- C. Lyme Disease
- D. Malaria

9. What is the location and year of ITA founding?

- A. Respiratory Therapists
- B. Patient Assessment
- C. Chicago, 1947
- D. 300 associate programs

10. Which regulation protects patient health information privacy?

- A. Protected Health Information
- B. Criminal Malpractice
- C. Negligent Practice
- D. Health Insurance Portability and Accountability Act

Answers

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

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Explanations

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1. Which concept covers proper methods to lift heavy objects safely?

- A. Straight Spine Technique
- B. Monitoring During Ambulation
- C. Lifting Techniques**
- D. Patient Stability

Understanding how to lift heavy objects safely is about lifting techniques and proper body mechanics. This broad concept includes planning the lift, keeping the load close to the body, and using the legs and hips rather than the back to generate most of the force. Key elements are bending at the hips and knees, maintaining a neutral spine, avoiding twisting or reaching, and keeping the load aligned with your center of gravity. By lifting with the legs and keeping the load near you, the strain on the lumbar spine is minimized and the risk of injury is reduced. If the object is too heavy or awkward, get help or use assistive devices. A straight spine technique is a specific safe method within lifting techniques, emphasizing keeping the back in a neutral or straight position during the lift. But it's just one approach among several within the broader concept of lifting techniques. The other options relate to monitoring during movement or ensuring a patient's stability, rather than describing how to lift objects safely.

2. Which current level can cause serious heart issues?

- A. 50 mA
- B. 60 mA
- C. 75 mA
- D. 100 mA**

Electrical current through the chest can disrupt the heart's electrical activity and trigger ventricular fibrillation, a chaotic and life-threatening rhythm. As current increases, the risk of this dangerous disturbance rises. Around 100 mA, especially with alternating current at typical mains frequencies (50–60 Hz), the heart is susceptible to being driven into a fatal arrhythmia. Lower levels like 50–75 mA tend to cause painful shocks or uncomfortable muscle contractions but are less likely to provoke serious heart rhythm problems. Therefore, 100 mA is the level most associated with potentially serious cardiac issues.

3. Which term describes feelings like fear or pain impacting communication?

- A. Attending
- B. Paraphrasing
- C. Emotional factors**
- D. Perception Checking

Emotional factors describe how feelings like fear or pain influence communication, shaping both how a message is sent and how it is received. When someone is afraid or in pain, their attention can be narrowed, arousal may rise, and cognitive processing can shift, making them less able to listen, interpret accurately, or respond openly. In a clinical setting, recognizing these emotional factors helps clinicians adjust their approach—speaking calmly, offering reassurance, allowing time for questions, and using supportive nonverbal cues—to keep dialogue clear and effective. The other terms refer to specific communication techniques or processes (attending, paraphrasing, perception checking) rather than the impact of mood or physical distress on the exchange itself.

4. Which term is a visual, time-based record of patient data?

- A. Nurses' Notes
- B. Backup Generator Role
- C. Graphic Sheet**
- D. Standard Abbreviations

Tracking patient data in a visual, time-sequenced way is what the graphic sheet is designed to do. It presents measurements like vital signs and other data on a grid that's organized by time, so you can see how values change from hour to hour or day to day. This format lets you spot trends quickly—such as a fever curve, rising or falling blood pressure, or improving oxygenation—and use that trend information to adjust therapy or interventions. Nurses' Notes are narrative records describing observations and actions, not a plotted, time-based display of data. The backup generator role is unrelated to patient data records, and standard abbreviations are just shorthand conventions, not a record of patient data over time.

5. Which are guidelines for making moral decisions?

- A. Decision-Making Process
- B. Legal Remedy
- C. Ethical Principles**
- D. Damages

Moral decisions are guided by ethical principles, which are the standards for what is right, good, and fair. These principles provide the criteria we use to judge actions, weighing duties, virtues, and the impact on others to determine what we ought to do in a given situation. They help us evaluate not just what is legally permissible or financially consequential, but what is morally appropriate. A decision-making process is about how you reason and reach conclusions, not the content of what makes an action right or wrong. Legal remedies and damages deal with law and compensation after harm, not with guiding moral choices in everyday situations.

6. Which topic describes the attractive forces between gas molecules?

- A. Intermolecular Attractions in Solids
- B. Gas Kinetic Theory
- C. Molecular Forces in Gases**
- D. Vapor Pressure of Water

Understanding the forces that act between gas molecules is about molecular forces in gases. This term names the attractive interactions that occur among gas particles, which, though weak compared with chemical bonds, influence real gas behavior and phenomena like condensation and vapor pressure. The other topics address different situations: solids rely on intermolecular attractions within a solid lattice; the Gas Kinetic Theory emphasizes particle motion and energy with minimal interparticle forces; and the Vapor Pressure of Water concerns a liquid's tendency to evaporate and the pressure its vapor exerts, not the general forces between gas molecules. So, Molecular Forces in Gases best captures the concept described.

7. Which organization changed its name to the American Association for Respiratory Care in 1982?

- A. American Association for Respiratory Care**
- B. Inhalation Therapy Association
- C. American College of Respiratory Care
- D. National Association of Respiratory Therapists

This question tests knowledge of how the national respiratory care organization evolved its identity over time. The organization originally carried the name Inhalation Therapy Association, reflecting the early focus on inhalation techniques. In 1982, it adopted the broader title American Association for Respiratory Care to better represent the entire field of respiratory care. Therefore, the organization that changed its name to the American Association for Respiratory Care in 1982 is the one formerly known as the Inhalation Therapy Association. The current name itself is the result of that change, and the other suggested names were not the historical national organization's name.

8. Tick-borne illness caused by Borrelia bacteria?

- A. Influenza
- B. Rickettsia
- C. Lyme Disease**
- D. Malaria

Borrelia bacteria transmitted by ticks cause the illness known as Lyme disease. This infection is carried by Ixodes ticks, and the bacteria typically pass to humans after the tick has attached for a day or two. A classic early sign is an expanding red rash called erythema migrans, often with fever, fatigue, and muscle aches. If not treated, the illness can spread to cause multiple rashes, facial nerve palsy, meningitis, and migratory joint pain, and later may lead to chronic arthritis. Diagnosis is often clinical in areas where Lyme is common, with serology (ELISA followed by Western blot) used to confirm later-stage disease. Treatment commonly involves doxycycline for adults and older children, or amoxicillin for pregnant women and younger children; more severe cases with neurologic or cardiac involvement may require intravenous antibiotics. Prevention centers on avoiding ticks and removing them promptly. Influenza is caused by a virus and spreads human-to-human, not by ticks. Rickettsia causes other tick-borne diseases, but not Lyme disease and not Borrelia. Malaria is transmitted by mosquitoes and caused by Plasmodium, not by ticks or Borrelia.

9. What is the location and year of ITA founding?

- A. Respiratory Therapists
- B. Patient Assessment
- C. Chicago, 1947**
- D. 300 associate programs

The founding location and year of ITA reflect the historical roots of the respiratory care profession. ITA was founded in Chicago in 1947, a milestone that marked the emergence of organized inhalation therapy and set the stage for the later evolution into what is now the American Association for Respiratory Care. The other options describe topics or numbers rather than the actual birthplace and date of the organization, so they don't answer where and when ITA began.

10. Which regulation protects patient health information privacy?

- A. Protected Health Information
- B. Criminal Malpractice
- C. Negligent Practice
- D. Health Insurance Portability and Accountability Act**

The key idea is that patient privacy is protected by a federal regulation that sets strict rules for how health information can be used, disclosed, and safeguarded. This regulation—HIPAA—establishes standards for protecting Protected Health Information, including who may access it, under what circumstances it can be shared, and the safeguards needed to keep it secure. It covers how health care providers, insurers, and their business associates handle PHI, and it grants patients rights over their information, such as how they access and request amendments to it. In respiratory care, this means documenting, discussing, and sharing patient information only as necessary for treatment, billing, or health care operations, and ensuring proper safeguards to prevent unauthorized access. Protected Health Information is the data itself, not a protection system. Criminal malpractice and negligent practice describe professional conduct or legal issues, not privacy protections. HIPAA is the regulation that specifically guards patient health information privacy.

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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://egansfundofrespiratorycare.examzify.com>

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

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