

FISDAP CARDIOLOGY 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. What should be the initial action for a patient who is suddenly pulseless and apneic?**
 - A. Administer medication
 - B. Start chest compressions
 - C. Check pulse
 - D. Use an automated external defibrillator
- 2. What condition is characterized by inadequate ejection of blood from the ventricles?**
 - A. Heart attack
 - B. Heart failure
 - C. Atrial fibrillation
 - D. Cardiac arrest
- 3. What is a common side effect of nitroglycerin?**
 - A. Increased heart rate
 - B. Hypotension
 - C. Severe arrhythmias
 - D. Dehydration
- 4. What is the purpose of positioning the patient on their side after regaining consciousness post-resuscitation?**
 - A. To prepare for additional CPR
 - B. To monitor airway and prevent choking
 - C. To reduce the risk of injury during transport
 - D. To maintain warmth and comfort
- 5. What should be the main focus during an acute asthma attack in a patient?**
 - A. Administering antacids
 - B. Providing supplemental oxygen
 - C. Encouraging physical activity
 - D. Performing a physical exam

- 6. A 65-year-old male with weakness and indigestion presents with a blood pressure of 150/90. What is most likely happening?**
- A. Pneumonia
 - B. Myocardial infarction (MI)
 - C. CHF exacerbation
 - D. Aortic aneurysm
- 7. Which sign is commonly associated with cardiogenic shock?**
- A. Bradycardia
 - B. Jugular Venous Distension (JVD)
 - C. Hypoxia
 - D. Peripheral Edema
- 8. Which symptoms are typically associated with myocardial infarction?**
- A. Severe cold chills
 - B. Sudden severe headache
 - C. Chest pain, shortness of breath, and nausea
 - D. Persistent cough and fever
- 9. What is an echocardiogram?**
- A. A diagnostic test that uses ultrasound to visualize heart structure and function
 - B. A method for measuring blood pressure
 - C. A procedure for implanting pacemakers
 - D. A type of MRI used for brain imaging
- 10. What does the presence of crackles in the lungs indicate in a patient with a history of AMI?**
- A. Heart failure
 - B. Pneumothorax
 - C. Pleural effusion
 - D. Pulmonary edema

Answers

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

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Explanations

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1. What should be the initial action for a patient who is suddenly pulseless and apneic?

- A. Administer medication
- B. Start chest compressions**
- C. Check pulse
- D. Use an automated external defibrillator

When a patient is suddenly pulseless and apneic, the immediate priority is to begin chest compressions. This action is crucial because high-quality chest compressions help to maintain blood flow to vital organs, particularly the brain and heart, during cardiac arrest. The goal is to manually circulate blood until advanced medical interventions can take place. Starting chest compressions without delay is supported by cardiac arrest guidelines which emphasize the critical role of early cardiopulmonary resuscitation (CPR) in improving the chances of survival. While checking for a pulse may seem important, it can delay the initiation of lifesaving measures; if a patient is not breathing and has no pulse, immediate resuscitative efforts should begin. Using an automated external defibrillator (AED) is important in cases of shockable rhythms, but ensuring that effective perfusion is established with chest compressions is the first step. Administering medication is also not initial and should occur once CPR has been initiated. Hence, initiating chest compressions is the paramount first action in this life-threatening scenario.

2. What condition is characterized by inadequate ejection of blood from the ventricles?

- A. Heart attack
- B. Heart failure**
- C. Atrial fibrillation
- D. Cardiac arrest

Heart failure is characterized by the heart's inability to pump blood effectively, leading to inadequate ejection of blood from the ventricles. This condition can result from various underlying causes, including coronary artery disease, high blood pressure, or cardiomyopathy, which weaken the heart muscle or compromise its function. In heart failure, the ventricles struggle to fill with blood or fail to eject an adequate volume with each heartbeat, causing a reduction in cardiac output. This failure to pump blood effectively can lead to fluid buildup in the lungs and other tissues, resulting in symptoms such as shortness of breath, fatigue, and edema. Understanding heart failure is crucial for recognizing its significance in the spectrum of cardiovascular diseases, as it can severely impact a person's quality of life and long-term health. In contrast, other options describe different cardiovascular issues that do not primarily focus on the inadequate ejection of blood from the ventricles, such as a heart attack, which involves a blockage, atrial fibrillation, which affects heart rhythm, and cardiac arrest, which is a sudden stop of heart function rather than a chronic issue of insufficient blood ejection.

3. What is a common side effect of nitroglycerin?

- A. Increased heart rate
- B. Hypotension**
- C. Severe arrhythmias
- D. Dehydration

Nitroglycerin is commonly used as a vasodilator to relieve chest pain associated with angina and other cardiac conditions. One of the well-known side effects of nitroglycerin is hypotension, which refers to a drop in blood pressure. When nitroglycerin is administered, it relaxes the smooth muscles in blood vessels, resulting in vasodilation. This process increases the capacity of the blood vessels and can lead to a decreased preload (the amount of blood returning to the heart). As a result, there is often a reduction in systemic vascular resistance, which can contribute to a drop in blood pressure. Patients taking nitroglycerin may experience symptoms of hypotension such as dizziness, lightheadedness, or even fainting, especially when changing positions quickly. Other options, while pertinent to cardiovascular considerations, do not align with the typical, common side effects seen with nitroglycerin administration. Increased heart rate often occurs as a compensatory mechanism in response to hypotension, but it is not a direct effect of nitroglycerin. Severe arrhythmias are not a recognized common side effect linked specifically to nitroglycerin use, and dehydration is not associated with nitroglycerin's action. Therefore, hypotension

4. What is the purpose of positioning the patient on their side after regaining consciousness post-resuscitation?

- A. To prepare for additional CPR
- B. To monitor airway and prevent choking**
- C. To reduce the risk of injury during transport
- D. To maintain warmth and comfort

Positioning a patient on their side after they regain consciousness post-resuscitation is primarily intended to monitor the airway and prevent choking. This lateral position is part of the recovery position, which helps to keep the airway clear and unobstructed, reducing the risk of aspiration if the patient were to vomit or have secretions. In this position, gravity helps to keep any fluids from entering the lungs, which is crucial for preventing complications such as aspiration pneumonia. Additionally, the side-lying position facilitates easier access for monitoring the patient's conscious state and vital signs, allowing for prompt intervention if the patient's condition alters. This strategic positioning is often employed in emergency care to ensure that while the patient is recovering, they remain safe from potential airway obstructions, which is a critical aspect of post-resuscitation care.

5. What should be the main focus during an acute asthma attack in a patient?

- A. Administering antacids
- B. Providing supplemental oxygen**
- C. Encouraging physical activity
- D. Performing a physical exam

During an acute asthma attack, the primary concern is to ensure adequate oxygenation for the patient. The airways become constricted and inflamed, leading to reduced airflow and consequently, decreased oxygen levels in the blood. Providing supplemental oxygen helps to alleviate hypoxia and stabilize the patient's condition. While it is also important to conduct a physical exam to assess the severity of the asthma attack and understand the patient's overall situation, the immediate need during the acute episode is to address the respiratory distress. Encouraging physical activity is counterproductive in this scenario, as it can increase the demand for oxygen and worsen the patient's respiratory status. Administering antacids is irrelevant in the context of an asthma attack, as they do not address the bronchospasm or airflow limitation. Thus, the focus should always be on ensuring the patient receives supplemental oxygen to improve their oxygen saturation and respiratory function.

6. A 65-year-old male with weakness and indigestion presents with a blood pressure of 150/90. What is most likely happening?

- A. Pneumonia
- B. Myocardial infarction (MI)**
- C. CHF exacerbation
- D. Aortic aneurysm

The scenario presented describes a 65-year-old male experiencing weakness and indigestion alongside elevated blood pressure of 150/90. Among the choices, myocardial infarction (MI) stands out as the most likely scenario given the context of the symptoms and demographic. Weakness can sometimes present as a nonspecific symptom during an MI, especially in older adults. Similarly, indigestion or upper abdominal discomfort can be manifestations of a heart attack, as the heart and gastrointestinal systems can sometimes refer pain to similar areas. It's important to note that older adults may experience atypical symptoms during an MI, which can include not just chest pain but also weakness, fatigue, and gastrointestinal complaints. The elevated blood pressure observed may also be a response to the body's stress mechanisms in reaction to the cardiac event. Myocardial infarction is particularly relevant in this patient due to age, as cardiac events are more prevalent in this demographic, and they often present with less typical symptoms. In contrast, pneumonia, congestive heart failure (CHF) exacerbation, and aortic aneurysm could lead to weakness and significant clinical issues but would typically present with additional or different symptoms that would point more directly to those conditions. For instance, pneumonia commonly presents with fever, cough, and respiratory distress.

7. Which sign is commonly associated with cardiogenic shock?

- A. Bradycardia
- B. Jugular Venous Distension (JVD)**
- C. Hypoxia
- D. Peripheral Edema

Jugular Venous Distension (JVD) is a prominent sign associated with cardiogenic shock, and it serves as an important indicator of the patient's hemodynamic status. In cardiogenic shock, the heart's ability to pump effectively is compromised, leading to decreased cardiac output. This condition causes a backlog of blood in the venous system, resulting in elevated pressures in the right atrium. As a consequence, the jugular veins become distended due to this increased pressure. When assessing a patient, JVD is often noted during physical examination, where bulging of the jugular veins can be visualized with the patient at a semi-reclined position. Observing JVD can provide critical information about the patient's volume status and help in diagnosing heart failure or fluid overload, which are inherent issues in cardiogenic shock. By recognizing JVD, medical personnel can quickly assess severity and adjust treatment strategies, as timely intervention is crucial in managing cardiogenic shock effectively and improving patient outcomes.

8. Which symptoms are typically associated with myocardial infarction?

- A. Severe cold chills
- B. Sudden severe headache
- C. Chest pain, shortness of breath, and nausea**
- D. Persistent cough and fever

Myocardial infarction, commonly known as a heart attack, presents with a specific set of symptoms that are critical for recognition and timely intervention. The correct symptoms associated with myocardial infarction include chest pain, shortness of breath, and nausea. Chest pain is often described as a pressure, squeezing, or aching sensation. It may radiate to other areas, such as the arms, back, neck, or jaw. Patients may also experience shortness of breath, which can occur with or without chest pain. This can be a result of decreased oxygen delivery to the heart muscle or the body's overall stress response to the heart attack. Nausea is another common symptom, often caused by the body's reaction to pain and the overall stress of a myocardial infarction, which can affect the gastrointestinal system. In the context of the other options, symptoms like severe cold chills, sudden severe headache, and persistent cough with fever do not align with the typical presentation of a myocardial infarction. These symptoms might be related to other conditions but do not characterize the acute nature of a heart attack. Recognizing the classic triad of symptoms can significantly affect the management of the patient and help in making timely decisions for treatment and care.

9. What is an echocardiogram?

- A. A diagnostic test that uses ultrasound to visualize heart structure and function**
- B. A method for measuring blood pressure
- C. A procedure for implanting pacemakers
- D. A type of MRI used for brain imaging

An echocardiogram is a diagnostic test that utilizes ultrasound technology to create images of the heart's structure and function. This non-invasive procedure allows healthcare professionals to visualize the heart's chambers, valves, and surrounding structures, which helps in assessing heart conditions such as valvular heart disease, heart failure, and congenital heart defects. The use of ultrasound in this context provides real-time imaging, enabling the measurement of heart function, cardiac wall motion, and blood flow through the heart's chambers. It's a crucial tool for cardiologists seeking to diagnose and manage a wide array of cardiovascular issues safely and effectively.

10. What does the presence of crackles in the lungs indicate in a patient with a history of AMI?

- A. Heart failure
- B. Pneumothorax
- C. Pleural effusion
- D. Pulmonary edema**

The presence of crackles in the lungs, particularly in a patient with a history of acute myocardial infarction (AMI), is often indicative of pulmonary edema. When the heart is unable to pump blood effectively due to damage from an AMI, fluid can accumulate in the lungs. This accumulation leads to the characteristic crackling sounds heard upon auscultation. These sounds occur as air passes through fluid-filled alveoli, creating turbulence and the typical "crackling" noise. Pulmonary edema is a serious condition that can arise as a result of heart failure, which may develop after an AMI. The compromised heart function leads to increased pressure in the pulmonary circulation, causing fluid to leak into the lung interstitium and alveoli. This condition warrants immediate medical attention and treatment to address the underlying heart issue while also alleviating the symptoms of fluid accumulation in the lungs.

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://fisdapcardiology.examzify.com>

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

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