

# FISDAP MEDICAL PARAMEDIC PRACTICE TEST (SAMPLE)

## STUDY GUIDE



## SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR  
THE FULL VERSION STUDY GUIDE

<https://fisdapmedicalparamedic.examzify.com>



**Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.**

**ALL RIGHTS RESERVED.**

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

# Table of Contents

|                             |    |
|-----------------------------|----|
| Copyright .....             | 1  |
| Table of Contents .....     | 2  |
| Introduction .....          | 3  |
| How to Use This Guide ..... | 4  |
| Questions .....             | 5  |
| Answers .....               | 8  |
| Explanations .....          | 10 |
| Next Steps .....            | 16 |

SAMPLE

# 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

SAMPLE

- 1. Which symptom is most commonly associated with GERD rather than peptic ulcer disease?**
  - A. Heartburn
  - B. Nausea and vomiting
  - C. Dark, tarry stools
  - D. Epigastric pain
  
- 2. What is an important consideration when treating a child with suspected dehydration?**
  - A. Calculate fluid replacement based on weight
  - B. Limit fluid intake
  - C. Only use IV fluids
  - D. Provide electrolytes without fluids
  
- 3. When should a paramedic consider using a cervical collar?**
  - A. In cases of potential spinal injury
  - B. For patients with respiratory distress
  - C. During cardiac arrest
  - D. When transporting non-ambulatory patients
  
- 4. In which situation would you immediately perform a needle thoracostomy?**
  - A. Cardiac arrest
  - B. Severe allergic reaction
  - C. Tension pneumothorax
  - D. Severe abdominal pain
  
- 5. What does a decreased level of consciousness indicate in a patient?**
  - A. Possible head injury, stroke, or hypoglycemia
  - B. Normal fatigue after exercise
  - C. Pending respiratory failure
  - D. Minor anxiety or stress

- 6. What should be done when responding to a patient who inhaled ammonia after escaping a building?**
- A. Approach from downwind
  - B. Transport immediately
  - C. Approach from upwind
  - D. Provide oxygen right away
- 7. In severe cases of peptic ulcer disease, what additional symptom may the patient experience?**
- A. Dark tarry stools
  - B. Chronic fatigue
  - C. Reduced appetite
  - D. Numbness in extremities
- 8. What term describes the reduction of blood volume in the body?**
- A. Hypervolemia
  - B. Hypovolemia
  - C. Dehydration
  - D. Hemorrhage
- 9. What is a common sign of dehydration in elderly patients?**
- A. Increased appetite
  - B. Rapid heart rate
  - C. Altered mental status or confusion
  - D. High blood pressure
- 10. In the context of cardiopulmonary resuscitation (CPR), what does "CAB" stand for?**
- A. Compression, Airway, Breathing
  - B. Circulation, Airway, Breathing
  - C. Crisis, Aid, Balance
  - D. Compression, Airway, Bystander



## **Answers**

SAMPLE

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

SAMPLE

## **Explanations**

SAMPLE

**1. Which symptom is most commonly associated with GERD rather than peptic ulcer disease?**

**A. Heartburn**

B. Nausea and vomiting

C. Dark, tarry stools

D. Epigastric pain

*Heartburn is most commonly associated with gastroesophageal reflux disease (GERD) due to the nature of the condition, where stomach acid flows back into the esophagus. This backflow leads to inflammation and discomfort, primarily characterized by a burning sensation in the chest or throat, which is the hallmark symptom of GERD. Peptic ulcer disease, on the other hand, can cause a variety of symptoms, including epigastric pain, nausea, and in some cases, even gastrointestinal bleeding that may result in dark, tarry stools. However, heartburn is specifically linked to the reflux of stomach contents, making it a more defining symptom of GERD compared to ulcers. The nature of the pain and associated symptoms can vary significantly between the two conditions, further emphasizing the distinct presence of heartburn in patients suffering from GERD.*

**2. What is an important consideration when treating a child with suspected dehydration?**

**A. Calculate fluid replacement based on weight**

B. Limit fluid intake

C. Only use IV fluids

D. Provide electrolytes without fluids

*Calculating fluid replacement based on weight is crucial when treating a child with suspected dehydration because children's fluid requirements differ significantly from adults due to their higher metabolic rate, lower reserves, and specific physiological differences. By using the child's weight, healthcare providers can ensure that they replace fluids accurately and tailor the treatment to the child's individual needs, which can help avoid complications associated with both under-resuscitation and over-resuscitation. For instance, the appropriate fluid volume can be calculated using formulas that take into account the child's weight and the severity of dehydration. This method promotes effective rehydration tailored to the child's size and condition, which is particularly important for children, as both mild and severe cases of dehydration can have significant consequences on their health. In contrast, limiting fluid intake or providing electrolytes without fluids can exacerbate dehydration and lead to increased complications. Solely using IV fluids could overlook oral rehydration strategies, which are often effective and less invasive in cases of mild to moderate dehydration. Therefore, calculating fluid replacement based on the child's weight represents the most appropriate and effective approach to managing dehydration in pediatric patients.*

### 3. When should a paramedic consider using a cervical collar?

- A. In cases of potential spinal injury
- B. For patients with respiratory distress
- C. During cardiac arrest
- D. When transporting non-ambulatory patients

A cervical collar is primarily used in cases of potential spinal injury to immobilize the cervical spine and prevent further damage. When a patient is suspected of having sustained a spinal injury, such as in trauma situations involving falls, motor vehicle accidents, or sports injuries, the implementation of a cervical collar is critical. This device provides stabilization and support to the neck and head, minimizing movement that could exacerbate any existing injury to the vertebrae or spinal cord. Considering other scenarios such as respiratory distress, cardiac arrest, or transporting non-ambulatory patients, the specific use of a cervical collar is not warranted. In respiratory distress, the focus is typically on airway management and ventilation rather than spinal stabilization. During cardiac arrest, immediate actions like CPR and defibrillation take precedence over cervical spine considerations. While transporting non-ambulatory patients may require some support, this does not specifically call for a cervical collar unless there is a concomitant concern for spinal injury. Thus, the use of a cervical collar is specific to situations where a spinal injury is a concern, reinforcing the importance of careful assessment in emergency medical situations.

### 4. In which situation would you immediately perform a needle thoracostomy?

- A. Cardiac arrest
- B. Severe allergic reaction
- C. Tension pneumothorax
- D. Severe abdominal pain

A needle thoracostomy is an emergency procedure performed to relieve pressure in the pleural space, typically caused by a tension pneumothorax. In this condition, air becomes trapped in the pleural space and creates significant pressure on the lungs and surrounding structures, which can impede breathing and cause cardiovascular collapse. The immediate goal of a needle thoracostomy is to decompress the pleural space, allowing the lungs to expand and improving oxygenation and circulation. This procedure is critical in cases where rapid deterioration is evident, often characterized by absent breath sounds on one side of the chest, severe respiratory distress, hypotension, and tracheal deviation away from the affected side. By swiftly performing a needle thoracostomy in a tension pneumothorax situation, you can stabilize the patient and address life-threatening complications. In contrast, cardiac arrest, severe allergic reaction, and severe abdominal pain do not require immediate needle thoracostomy and are managed with other specific interventions. In cardiac arrest, the focus would be on CPR and advanced cardiac life support (ACLS) measures. A severe allergic reaction requires the administration of epinephrine and other supportive treatments. Severe abdominal pain would necessitate assessment and interventions related to the underlying cause, rather than immediate

**5. What does a decreased level of consciousness indicate in a patient?**

**A. Possible head injury, stroke, or hypoglycemia**

B. Normal fatigue after exercise

C. Pending respiratory failure

D. Minor anxiety or stress

*A decreased level of consciousness is a significant clinical finding that often indicates underlying medical issues which could be serious. When a patient exhibits decreased consciousness, it may suggest conditions such as head injury, stroke, or hypoglycemia. In the context of a head injury, this can result in altered mental status due to trauma affecting the brain's function. Similarly, a stroke, which disrupts blood flow to the brain, can produce a deterioration in consciousness, particularly if large areas of brain tissue are affected. Hypoglycemia, or low blood sugar levels, can also lead to confusion, drowsiness, or even coma, which is critical to identify and treat promptly. The other options do not align with the severity associated with altered consciousness. Normal fatigue after exercise is typically transient and would not manifest as decreased levels of consciousness. Pending respiratory failure might suggest altered mental status due to hypoxia, but it does not account for the broad range of causes associated with decreased consciousness. Minor anxiety or stress is unlikely to significantly diminish awareness or alertness in a patient. Thus, option A encompasses a range of serious conditions that can present with decreased level of consciousness in a clinical setting.*

**6. What should be done when responding to a patient who inhaled ammonia after escaping a building?**

A. Approach from downwind

B. Transport immediately

**C. Approach from upwind**

D. Provide oxygen right away

*When responding to a patient who has inhaled ammonia, it is crucial to prioritize safety for both the responder and the patient. Approaching from upwind ensures that the responder is not exposed to the ammonia fumes, which can be hazardous and potentially harmful to health. By approaching from this position, the responder minimizes their risk of inhalation, allowing for a safer assessment and treatment of the patient. This method helps establish a safe pathway for assessments and interventions while ensuring that emergency services are aware of the potential hazards in the environment. In contrast, approaching from downwind could put the responder at risk of being swept toward the hazardous fumes, and other options like immediate transport or providing oxygen without proper assessment could overlook critical initial safety and assessment measures. Therefore, approaching from upwind is the most appropriate action in this scenario, focusing on the safety of the responder while ensuring patient care can be provided effectively.*

**7. In severe cases of peptic ulcer disease, what additional symptom may the patient experience?**

- A. Dark tarry stools**
- B. Chronic fatigue
- C. Reduced appetite
- D. Numbness in extremities

*In severe cases of peptic ulcer disease, patients may experience dark tarry stools, also known as melena. This phenomenon occurs due to upper gastrointestinal bleeding related to the ulcer. When blood is present in the gastrointestinal tract and comes into contact with digestive enzymes and bacteria, it undergoes a chemical transformation that changes its color to a dark, tar-like consistency. This is a significant indicator of internal bleeding and should be treated promptly as it may indicate a serious complication of peptic ulcers, such as perforation or significant hemorrhage. While chronic fatigue, reduced appetite, and numbness in extremities may occur due to various medical conditions, they are not specific or characteristic symptoms of peptic ulcer disease. Chronic fatigue could stem from a wide range of issues, including anemia or other systemic conditions, while reduced appetite is more general and not exclusive to ulcers. Numbness in extremities typically points to neurological issues rather than gastrointestinal problems. Therefore, dark tarry stools are a crucial and specific symptom that highlights the severity of the peptic ulcer disease.*

**8. What term describes the reduction of blood volume in the body?**

- A. Hypervolemia
- B. Hypovolemia**
- C. Dehydration
- D. Hemorrhage

*The term that accurately describes the reduction of blood volume in the body is hypovolemia. This condition occurs when there is a significant decrease in the volume of blood circulating in the blood vessels, leading to potential complications such as decreased tissue perfusion and organ function. Hypovolemia can be the result of various factors, including fluid loss due to hemorrhage, dehydration, or other medical conditions that affect blood volume. Understanding hypovolemia is critical because it helps guide the management of patients in emergency situations. Recognizing the signs and symptoms of hypovolemia, such as tachycardia, hypotension, and decreased urine output, is essential for healthcare providers to initiate appropriate interventions promptly. While terms like dehydration and hemorrhage are related concepts that might describe certain situations involving fluid loss, they do not specifically refer to the overall reduction of blood volume in the same way that hypovolemia does. Hemorrhage refers specifically to blood loss, which can lead to hypovolemia, whereas dehydration typically indicates a lack of fluid without specifying blood volume loss. Hypervolemia, on the other hand, describes an increased volume of blood, which is the opposite of what hypovolemia refers to.*

## 9. What is a common sign of dehydration in elderly patients?

- A. Increased appetite
- B. Rapid heart rate
- C. Altered mental status or confusion**
- D. High blood pressure

A common sign of dehydration in elderly patients is altered mental status or confusion. This occurs because dehydration can lead to electrolyte imbalances and reduced blood flow to the brain, impacting cognitive function. The elderly are particularly susceptible to dehydration due to factors like decreased thirst sensation, medication effects, and possible comorbid conditions that affect fluid balance. In cases of dehydration, cognitive changes can range from slight confusion to significant changes in alertness or orientation. Recognizing altered mental status is crucial, as it can indicate more severe levels of dehydration that require immediate medical intervention. While elevated heart rate can occur due to dehydration, it is not as specific to dehydration as altered mental status is, particularly in older adults who may have other underlying cardiovascular issues. Increased appetite and high blood pressure are generally not associated with dehydration and typically do not reflect the physiological responses to fluid loss.

## 10. In the context of cardiopulmonary resuscitation (CPR), what does "CAB" stand for?

- A. Compression, Airway, Breathing
- B. Circulation, Airway, Breathing**
- C. Crisis, Aid, Balance
- D. Compression, Airway, Bystander

In the context of cardiopulmonary resuscitation (CPR), "CAB" stands for Circulation, Airway, Breathing. This acronym reflects the sequence of steps that are most critical in managing a patient in cardiac arrest. The first step, "Circulation," emphasizes the need for immediate chest compressions to restore blood flow to vital organs. This is a crucial change in CPR guidelines that prioritizes circulation over ventilation. The next step is "Airway," which involves ensuring that the airway is clear and open, allowing for effective breathing if rescue breaths are necessary. Finally, "Breathing" refers to providing rescue breaths if the patient is unresponsive and not breathing adequately. This sequence of steps is especially important as it is designed to maximize the chances of survival and recovery in a cardiac arrest scenario. It directs responders to take immediate action that stimulates blood circulation, which is vital for maintaining organ function and preventing irreversible brain damage.



## 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](mailto:hello@examzify.com).

Or visit your dedicated course page for more study tools and resources:

<https://fisdapmedicalparamedic.examzify.com>

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

SAMPLE