

# International Trauma Life Support (ITLS) Practice Test (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**

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- 1. Which fluid is typically used in an IV drip during trauma resuscitation?**
  - A. Sterile water only**
  - B. Normal saline or lactated Ringer's solution**
  - C. Carbonated beverages**
  - D. Only blood products**
  
- 2. Which parameter is critical for assessing a patient's neurological function?**
  - A. Heartbeat rate**
  - B. Pupillary response to light**
  - C. Blood pressure**
  - D. Respiratory rate**
  
- 3. What is an essential aspect of trauma assessment that involves thorough examination of all injury mechanisms?**
  - A. Monitoring vital signs regularly**
  - B. Storytelling about the event**
  - C. Comprehensive history collection**
  - D. Only focusing on the most severe injury**
  
- 4. When assessing a patient's neck movement, how much does the tube typically move with neck flexion or extension?**
  - A. 1-1.5 cm**
  - B. 2-2.5 cm**
  - C. 3-3.5 cm**
  - D. 4-4.5 cm**
  
- 5. Which of the following is NOT part of the ITLS Primary Survey items?**
  - A. Scene Size-up**
  - B. Initial Assessment**
  - C. Patient transport plan**
  - D. Rapid Trauma Survey or Focused Exam**

**6. Why is rapid transport essential in severe trauma cases?**

- A. To show a record of the incident**
- B. To provide definitive care quickly to improve outcomes**
- C. To allow time for thorough assessment**
- D. To avoid liability issues**

**7. What characterizes the blood pressure response in neurogenic shock?**

- A. High blood pressure**
- B. Low blood pressure**
- C. Normal blood pressure**
- D. Fluctuating blood pressure**

**8. What does 'refusal of care' imply in the trauma setting?**

- A. The patient is not conscious**
- B. The patient denies treatment, requiring thorough documentation and assessment of capacity**
- C. The patient must be forced to receive treatment**
- D. The healthcare provider should ignore the refusal**

**9. A pediatric patient shows signs requiring immediate ventilation. What is the main priority intervention?**

- A. Check pulse**
- B. Provide oxygen**
- C. Begin chest compressions**
- D. Ventilate**

**10. In trauma management, what is the primary purpose of the circulation assessment?**

- A. To check for bleeding**
- B. To evaluate heart rhythm**
- C. To assess blood pressure and perfusion**
- D. To monitor lung function**

## **Answers**

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

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## **Explanations**

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**1. Which fluid is typically used in an IV drip during trauma resuscitation?**

- A. Sterile water only**
- B. Normal saline or lactated Ringer's solution**
- C. Carbonated beverages**
- D. Only blood products**

During trauma resuscitation, normal saline and lactated Ringer's solution are commonly used intravenous (IV) fluids because they are isotonic solutions that help expand intravascular volume effectively. These fluids are crucial in managing patients who may be experiencing hypovolemic shock due to significant blood loss, as they can quickly replenish lost fluids and restore blood pressure. Normal saline, which is a solution of salt and water, helps to maintain electrolyte balance, while lactated Ringer's solution contains sodium, potassium, calcium, and lactate, providing additional electrolytes that can be beneficial in a trauma scenario. The composition of these fluids mimics the body's extracellular fluid, making them ideal for initial resuscitation in trauma cases. In contrast, sterile water would not be appropriate as it is hypotonic and could cause hemolysis when administered intravenously, leading to serious complications. Carbonated beverages are not suitable for IV administration and could introduce carbonation and sugars that may complicate the patient's condition. While blood products are vital in certain circumstances, especially when there is significant hemorrhage, they are typically used after initial resuscitation with crystalloids like normal saline or lactated Ringer's solution. Therefore, normal saline or lactated Ringer's solution

**2. Which parameter is critical for assessing a patient's neurological function?**

- A. Heartbeat rate**
- B. Pupillary response to light**
- C. Blood pressure**
- D. Respiratory rate**

Pupillary response to light is a vital indicator for assessing a patient's neurological function because it reflects the integrity of the brainstem, specifically the oculomotor nerve pathways. When a light is shined in one eye, both pupils should constrict; this is known as the pupillary light reflex. Variations or abnormalities in this response can signal underlying neurological issues such as increased intracranial pressure, traumatic brain injury, or conditions that affect the nervous system. Observing the pupils' size, shape, and reaction provides critical insights into the neurological status of the patient, which is essential for identifying potential life-threatening conditions. While heartbeat rate, blood pressure, and respiratory rate are important vital signs and can provide information about a patient's overall stability and function, they do not directly reflect neurological status. Hence, assessing the pupillary response to light becomes crucial in the rapid evaluation of a trauma patient, particularly in emergency settings.

**3. What is an essential aspect of trauma assessment that involves thorough examination of all injury mechanisms?**

- A. Monitoring vital signs regularly**
- B. Storytelling about the event**
- C. Comprehensive history collection**
- D. Only focusing on the most severe injury**

The assessment of trauma involves a comprehensive history collection, which is crucial for understanding the mechanisms of injury and their potential implications on the patient's condition. By obtaining a thorough history, healthcare providers can identify various factors like the mechanism of injury, the circumstances leading to the incident, and any underlying health conditions. This detailed information helps in making informed decisions about care and can reveal subtle injuries that might otherwise be overlooked if attention is only directed toward visible wounds or the most severe injuries. Monitoring vital signs regularly is important but serves more as a measure of the patient's physiological status rather than a mechanism assessment. Storytelling about the event can provide context but is generally less structured and may not capture necessary clinical data comprehensively. Focusing solely on the most severe injury can lead to neglect of other significant, potentially life-threatening injuries that require attention. Therefore, comprehensive history collection is essential for effective trauma assessment and proper treatment planning.

**4. When assessing a patient's neck movement, how much does the tube typically move with neck flexion or extension?**

- A. 1-1.5 cm**
- B. 2-2.5 cm**
- C. 3-3.5 cm**
- D. 4-4.5 cm**

The movement of the tracheal tube during neck flexion or extension is a crucial aspect to understand in trauma care and airway management. Typically, when assessing a patient's neck movement, the tracheal tube is observed to shift approximately 2 to 2.5 cm with such movements. This measurement is important for providers to recognize, as it helps in ensuring that the tube remains in the correct position during these maneuvers. Understanding the degree of movement is vital for multiple reasons. Firstly, if the tube moves significantly more than this measurement, it may indicate that the tube is poorly positioned, potentially leading to complications such as accidental extubation or obstruction. Additionally, knowing the normal range of movement allows providers to monitor the airway's stability during transportation or patient repositioning, which are vital times when airway management is critical. While other options present larger ranges of movement, they exceed the typical measurements observed in practice, making them less valid in this context. Thus, understanding this standard movement of 2 to 2.5 cm aids practitioners in making informed decisions about airway management and the assurance of patient safety.

**5. Which of the following is NOT part of the ITLS Primary Survey items?**

- A. Scene Size-up**
- B. Initial Assessment**
- C. Patient transport plan**
- D. Rapid Trauma Survey or Focused Exam**

The primary survey in the ITLS framework is focused on quickly assessing and addressing life-threatening conditions in trauma patients. It includes critical steps designed to ensure the safety of responders, assess the patient's responsiveness, airway, breathing, circulation, and conduct a rapid trauma survey or focused exam. The scene size-up is essential as it ensures that the environment is safe for both the responder and the patient, allowing for a systematic approach to patient care. The initial assessment involves a thorough evaluation of the patient's consciousness and vital physiological parameters, as well as identifying any immediate life threats. The rapid trauma survey or focused exam is conducted to detect other injuries that may not be apparent, ensuring comprehensive management of the patient's condition. In this context, the patient transport plan is not part of the primary survey items. While considerations for transport are critical in trauma management, they occur after the primary survey has been completed. The primary survey's main goal is to stabilize the patient's immediate needs before planning transport, making the transport plan unrelated to the rapid assessment and intervention that defines the primary survey steps.

**6. Why is rapid transport essential in severe trauma cases?**

- A. To show a record of the incident**
- B. To provide definitive care quickly to improve outcomes**
- C. To allow time for thorough assessment**
- D. To avoid liability issues**

Rapid transport is essential in severe trauma cases primarily because it facilitates the delivery of definitive care as quickly as possible. In trauma situations, particularly those involving significant injuries like severe hemorrhage, spinal cord injuries, or head traumas, the time between injury and the initiation of advanced medical treatment can be critical. The concept of the "golden hour" emphasizes that trauma patients have a higher chance of survival and better outcomes if they receive specialized care swiftly. Providing immediate care in a hospital setting allows for advanced imaging, surgical interventions, and resuscitation efforts that may not be possible in the prehospital environment. Rapid transport ensures that patients receive the full spectrum of life-saving treatments necessary to address their injuries and manage potential complications, which can significantly improve their chances of recovery. In contrast, options suggesting recording the incident, conducting a thorough assessment, or avoiding liability issues do not directly impact the urgency of care in the context of severe trauma, where time is the essence.

## 7. What characterizes the blood pressure response in neurogenic shock?

- A. High blood pressure
- B. Low blood pressure**
- C. Normal blood pressure
- D. Fluctuating blood pressure

In neurogenic shock, the primary characteristic of the blood pressure response is low blood pressure. This condition is typically caused by a disruption in the autonomic pathways within the spinal cord, often due to trauma. The interruption leads to a loss of sympathetic tone which normally helps maintain vascular resistance. As a result, vasodilation occurs, causing blood vessels to widen significantly. This widening, combined with the loss of supportive physiological compensatory mechanisms, leads to a decrease in systemic vascular resistance, subsequently dropping blood pressure levels. While fluctuating blood pressure may occur in certain situations, it is not a defining characteristic of neurogenic shock specifically. Instead, the hallmark feature remains the low blood pressure due to the substantial loss of sympathetic nervous system control. In contrast, normal or high blood pressure would not align with the physiological responses seen in this type of shock, making these options less accurate in characterizing the blood pressure response in neurogenic shock.

## 8. What does 'refusal of care' imply in the trauma setting?

- A. The patient is not conscious
- B. The patient denies treatment, requiring thorough documentation and assessment of capacity**
- C. The patient must be forced to receive treatment
- D. The healthcare provider should ignore the refusal

In a trauma setting, 'refusal of care' indicates that a patient is exercising their right to deny medical treatment. When a patient refuses treatment, healthcare providers must ensure that the patient has the capacity to make this decision. This requires a thorough assessment to confirm that the patient is fully aware of their medical condition, understands the risks and benefits of the proposed treatment, and is making an informed choice free of coercion or impairment. Documenting this process is crucial, as it provides legal protection for the healthcare provider and ensures that respecting the patient's autonomy is maintained. It's essential to capture the patient's relevant medical history, mental status, and the information provided to them regarding their care options. This careful documentation can be vital if any disputes arise regarding the patient's decision later on. Respecting a patient's right to refuse care is a fundamental principle of medical ethics, especially in trauma scenarios where the patient might be under extreme duress or experiencing altered mental states. Thus, the correct answer effectively captures the importance of informed patient choice and the corresponding responsibilities of medical professionals when dealing with a refusal of care.

**9. A pediatric patient shows signs requiring immediate ventilation. What is the main priority intervention?**

- A. Check pulse**
- B. Provide oxygen**
- C. Begin chest compressions**
- D. Ventilate**

In a situation where a pediatric patient exhibits signs that require immediate ventilation, the main priority intervention is to ventilate the patient. When a patient is not breathing adequately or shows signs of respiratory distress, providing adequate ventilation is critical to ensure that oxygen is delivered to the lungs and, subsequently, to the rest of the body. Ventilation helps to restore normal breathing patterns and can prevent further hypoxia, which could lead to more severe complications or even death. Ensuring the airway is open and that the patient is receiving sufficient air is essential, especially in a pediatric patient, where the risk of rapid deterioration is significant. While checking the pulse, providing oxygen, and beginning chest compressions are all important aspects of patient management, they are not the immediate priorities in this specific scenario focused on ventilation. Checking the pulse can help assess circulation, but in the context of an airway emergency, determining the need for ventilation is more pressing. Providing supplemental oxygen is beneficial but does not replace the need for effective ventilation. Chest compressions are required only if the patient is in cardiac arrest, which is not specified in the question. Therefore, when ventilation is indicated, it takes precedence as the most critical intervention that directly addresses the immediate life-threatening issue of inadequate breathing.

**10. In trauma management, what is the primary purpose of the circulation assessment?**

- A. To check for bleeding**
- B. To evaluate heart rhythm**
- C. To assess blood pressure and perfusion**
- D. To monitor lung function**

The primary purpose of the circulation assessment in trauma management is to assess blood pressure and perfusion. This assessment is critical because it helps determine whether the body's tissues and organs are receiving adequate blood flow, which is essential for oxygen delivery and overall function. During a circulation assessment, healthcare providers look for signs of adequate perfusion such as skin color, temperature, and capillary refill time, as well as vital signs, particularly blood pressure. While checking for bleeding is an important part of the overall trauma assessment, it falls under a more specific component of circulation management and does not fully encompass the broader objective of ensuring adequate perfusion. Evaluating heart rhythm is focused on cardiac function and is typically part of a comprehensive cardiac evaluation rather than a dedicated circulation assessment in trauma care. Monitoring lung function is crucial for respiratory assessment, but it is not directly related to evaluating circulation and perfusion, which is the main focus in assessing a patient's circulatory status. Thus, the emphasis on blood pressure and perfusion makes this choice the most suitable for the question at hand.

# 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://intltraumalifesupport.examzify.com>**

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

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