

JIBC PRIMARY CARE PARAMEDIC (PCP) PRACTICE TEST (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

**VISIT US ONLINE FOR
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. Which medication is commonly used as a primary care paramedic for patients experiencing cardiac chest pain?**
 - A. Aspirin (ASA)
 - B. Metoprolol
 - C. Ibuprofen
 - D. Furosemide

- 2. What factor could lead to myocardial infarction as part of the five "T" causes?**
 - A. Trauma
 - B. Transfusion
 - C. Thrombosis
 - D. Temperature

- 3. What occurs at the point of maximum damage according to Jackson's theory?**
 - A. Zone of injury
 - B. Zone of coagulation
 - C. Zone of stasis
 - D. Zone of viability

- 4. Name one common method for establishing an airway in an unconscious patient.**
 - A. Bag-valve mask ventilation
 - B. Nasal cannula insertion
 - C. Orotracheal intubation
 - D. Tracheostomy

- 5. What does the QRS complex on an ECG signify?**
 - A. Atrial contraction
 - B. Resting potential
 - C. Ventricular contraction
 - D. Ventricular repolarization

- 6. What are the main three components that make up blood?**
- A. Plasma, Hematocrit, Buffy coat
 - B. Red blood cells, White blood cells, Platelets
 - C. Oxygen, Carbon dioxide, Nutrients
 - D. Hormones, pH levels, Electrolytes
- 7. Which of the following is NOT a sign of full thickness burns?**
- A. Red or pink skin discoloration
 - B. Charred skin
 - C. Decreased or no pain
 - D. Blistering
- 8. What device is typically utilized to stabilize long bone fractures?**
- A. A cast
 - B. A boot
 - C. A splint
 - D. A traction device
- 9. How can a PCP assist a patient with chest pain while waiting for transport?**
- A. Administer morphine for pain relief
 - B. Administer oxygen, aspirin, or nitroglycerin as per protocol
 - C. Encourage the patient to walk around
 - D. Provide a warm compress to the chest
- 10. What is the first step in responding to a medical emergency?**
- A. Notify the emergency services
 - B. Determine the patient's identity
 - C. Assess the scene for safety
 - D. Provide first aid immediately

Answers

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

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Explanations

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1. Which medication is commonly used as a primary care paramedic for patients experiencing cardiac chest pain?

- A. Aspirin (ASA)**
- B. Metoprolol
- C. Ibuprofen
- D. Furosemide

Aspirin is commonly administered to patients experiencing cardiac chest pain because it acts as an antiplatelet agent. When myocardial ischemia is suspected, the primary concern is ensuring adequate blood flow to the heart muscle. Aspirin works by inhibiting platelet aggregation, which helps prevent the formation of blood clots in narrowed coronary arteries. This can reduce the severity of an ongoing heart attack and mitigate further damage to the heart tissue. The other medications listed have different roles and indications. Metoprolol is a beta-blocker used for managing hypertension and controlling heart rate, but it is not typically the first-line medication in acute situations of cardiac chest pain. Ibuprofen is a nonsteroidal anti-inflammatory drug (NSAID) primarily used for pain relief and inflammation, which would not be appropriate in the context of acute cardiac chest pain. Furosemide is a diuretic used to manage fluid overload in conditions like heart failure but is not indicated for immediate treatment of cardiac ischemia. Thus, aspirin is the most relevant medication in this scenario for its ability to address the urgent need to improve blood flow to the heart.

2. What factor could lead to myocardial infarction as part of the five "T" causes?

- A. Trauma
- B. Transfusion
- C. Thrombosis**
- D. Temperature

Thrombosis is a significant factor that can lead to a myocardial infarction, which occurs when there is a blockage in one of the coronary arteries, typically due to a blood clot. In the context of the "five T" causes, thrombosis directly relates to the mechanism by which blood flow to the heart muscle is impeded. When a clot forms within an artery, it can restrict or completely stop blood flow, depriving the heart of the oxygen and nutrients it needs to function properly, resulting in damage to the heart muscle. Understanding the role of thrombosis is crucial for recognizing the pathophysiology of myocardial infarction and the subsequent medical interventions required to restore blood flow and minimize heart damage. Proper identification of thrombosis as a risk factor informs both preventative strategies and acute treatment in a clinical setting for patients at risk of heart attacks.

3. What occurs at the point of maximum damage according to Jackson's theory?

- A. Zone of injury
- B. Zone of coagulation**
- C. Zone of stasis
- D. Zone of viability

According to Jackson's theory, at the point of maximum damage, the zone of coagulation is the area where the most severe tissue damage occurs. This zone represents the area that has sustained irreparable injury, leading to cell death and significant physiological alterations. In the zone of coagulation, tissues are typically rendered non-viable due to the extremes of injury, such as heat or trauma, depending on the context of the theory. This is crucial for a paramedic to understand, as the zone of coagulation informs treatment strategies, including the urgency of interventions and the likelihood of tissue recovery in cases of severe injury. Other zones, such as the zone of injury, zone of stasis, and zone of viability, indicate varying degrees of damage and potential for recovery. The zone of injury represents surrounding tissue that may have sustained injury but could potentially heal. The zone of stasis refers to an area that may suffer reversible damage, while the zone of viability contains healthy tissues that are unaffected by the trauma. Understanding these distinctions is vital in assessing and defining treatment pathways for patients with varying degrees of injury.

4. Name one common method for establishing an airway in an unconscious patient.

- A. Bag-valve mask ventilation
- B. Nasal cannula insertion
- C. Orotracheal intubation**
- D. Tracheostomy

Orotracheal intubation is a common method for establishing an airway in an unconscious patient because it allows for direct access to the trachea, ensuring that the airway is secured and that adequate ventilation can be provided. This method involves inserting an endotracheal tube through the patient's mouth and into the trachea, which is particularly important when the patient is unable to maintain their airway due to loss of consciousness or other medical conditions. In cases of impaired consciousness, there is a high risk of airway obstruction due to the relaxation of the tongue and surrounding tissues. Orotracheal intubation effectively bypasses any obstructions in the upper airway, providing a clear passage for air to flow into the lungs. Furthermore, this technique is typically performed in a controlled environment, such as in a hospital or by advanced-level providers in the field, using appropriate equipment to ensure proper placement. While other methods like bag-valve mask ventilation can be used initially, they may not provide a definitive airway solution, especially in an unconscious patient who may not have an adequate protective airway reflex. Similarly, nasal cannula insertion provides supplemental oxygen but does not establish a definitive airway. Tracheostomy, while also a method to secure an airway, is more

5. What does the QRS complex on an ECG signify?

- A. Atrial contraction
- B. Resting potential
- C. Ventricular contraction**
- D. Ventricular repolarization

The QRS complex on an electrocardiogram (ECG) signifies ventricular contraction, also known as ventricular depolarization. This component of the ECG represents the electrical activity that triggers the ventricles of the heart to contract and pump blood to the lungs and the rest of the body. The QRS complex appears as a series of spikes and dips on the ECG tracing, where the sharp spikes indicate the rapid depolarization of the ventricles as the electrical impulse moves through the cardiac conduction system. Understanding the significance of the QRS complex is crucial for interpreting the heart's rhythm and identifying potential cardiac issues. The other choices relate to different phases of cardiac activity; for instance, atrial contraction corresponds to the P wave, the resting potential refers to the baseline state of the cardiac cells when not depolarizing, and ventricular repolarization is represented by the T wave. Thus, the QRS complex is specifically associated with the contraction of the ventricles, making that the correct answer.

6. What are the main three components that make up blood?

- A. Plasma, Hematocrit, Buffy coat**
- B. Red blood cells, White blood cells, Platelets
- C. Oxygen, Carbon dioxide, Nutrients
- D. Hormones, pH levels, Electrolytes

The correct answer focuses on the primary elements that constitute blood in a physiological context. Blood is composed of three main components: plasma, red blood cells, and the buffy coat. Plasma is the liquid portion of blood, representing more than half its volume, and serves to transport nutrients, hormones, and waste products. The red blood cells, or erythrocytes, are crucial for oxygen transport throughout the body, while the buffy coat, which is a thin layer found between the plasma and the red blood cells upon centrifugation, contains white blood cells (leukocytes) and platelets. This combination is vital for numerous functions, including immune response and clotting. The alternative choices focus on different aspects of blood physiology or components that aren't classified as the primary constituents of blood. For example, while white blood cells and platelets are vital for immune function and clotting, respectively, they are part of the buffy coat rather than separate primary components as outlined in the correct answer.

7. Which of the following is NOT a sign of full thickness burns?

A. Red or pink skin discoloration

B. Charred skin

C. Decreased or no pain

D. Blistering

Full thickness burns, also known as third-degree burns, are characterized by significant damage to all layers of the skin, including the epidermis, dermis, and underlying tissues. The correct answer pertains to the signs that are consistent with full thickness burns. Red or pink skin discoloration is indicative of first-degree or superficial partial-thickness burns, where only the outer layer of skin is affected. These types of burns typically result in pain and inflammation but do not penetrate deeply enough to cause the extensive tissue damage seen in full thickness burns. In contrast, full thickness burns are identified by several key characteristics: the presence of charred skin indicates severe burning that has destroyed tissue, decreased or absent pain occurs because nerve endings in the skin are often destroyed, and blistering may be observed in partial thickness burns but not typically in deeper burns, as the skin is more likely to be dry and leathery without blisters. Understanding these characteristics helps paramedics and healthcare providers to assess burn injuries accurately and apply the proper treatment protocols.

8. What device is typically utilized to stabilize long bone fractures?

A. A cast

B. A boot

C. A splint

D. A traction device

A splint is the device typically utilized to stabilize long bone fractures. Splints are designed to immobilize and support the injured area, preventing further movement which could exacerbate the injury. They can be made from a variety of materials, including plastic, metal, or even soft padding, depending on the type of fracture and the specific needs of the patient. The primary function of a splint is to maintain proper alignment of the bones, thereby aiding in the healing process, reducing pain, and preventing complications. When splinting a long bone fracture, it's important to apply it above and below the fracture site to stabilize the joint and provide adequate support. This technique can be pivotal in emergency situations before further medical intervention can be made. Other devices mentioned, such as casts, boots, and traction devices, serve specific roles in fracture management but are not the first line of stabilization in the immediate setting for long bone fractures. For example, casts are generally used for longer-term immobilization after an initial acute treatment, boots are more aligned with foot and ankle injuries, and traction devices are typically employed in specialized cases requiring significant realignment over time.

9. How can a PCP assist a patient with chest pain while waiting for transport?

- A. Administer morphine for pain relief
- B. Administer oxygen, aspirin, or nitroglycerin as per protocol**
- C. Encourage the patient to walk around
- D. Provide a warm compress to the chest

Assisting a patient with chest pain while waiting for transport requires a careful assessment of their condition and the appropriate protocol for treatment. Administering oxygen, aspirin, or nitroglycerin as per protocol is a standard practice for managing chest pain, especially when the cause could be cardiac in nature, such as in cases of suspected myocardial infarction (heart attack). Oxygen therapy can help ensure that the patient receives enough oxygen to the heart and other vital organs, potentially alleviating symptoms of ischemia. Aspirin is often used in these scenarios because it can help thin the blood, reducing the clotting that can exacerbate a heart attack. Nitroglycerin is a medication that can relieve angina and chest pain by dilating blood vessels, which improves blood flow to the heart muscle. Together, these interventions are aligned with established protocols for managing cardiac emergencies and aim to stabilize the patient while transport is arranged. This approach highlights the importance of following evidence-based practices to provide the best care possible in emergency situations.

10. What is the first step in responding to a medical emergency?

- A. Notify the emergency services
- B. Determine the patient's identity
- C. Assess the scene for safety**
- D. Provide first aid immediately

The first step in responding to a medical emergency is to assess the scene for safety. This crucial initial action ensures that the responder is not putting themselves or others at risk while providing care. By evaluating the environment for potential hazards, such as traffic, fire, or hazardous materials, the responder can make informed decisions about how to proceed safely. This step is vital because even if a patient requires immediate assistance, a dangerous scene could lead to further injury or complications. After ensuring the scene is safe, the responder can move on to other necessary actions, such as notifying emergency services, determining the patient's identity, or providing first aid, all of which follow the safety assessment. Therefore, making the scene safe is foundational in emergency response protocol.

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://jibccpcp.examzify.com>

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

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