

# JRCALC RESUSCITATION PRACTICE TEST (SAMPLE)

**STUDY GUIDE**



**SAMPLE STUDY GUIDE  
WITH LIMITED QUESTIONS**

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THE FULL VERSION STUDY GUIDE**

<https://jrcaresuscitation.examzify.com>



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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 pressure should compressions generate during CPR?**
  - A. 5-10 mmHg
  - B. 10-15 mmHg
  - C. 15-20 mmHg
  - D. 20-25 mmHg
- 2. Which intervention is the primary treatment for ventricular fibrillation?**
  - A. Administration of emergency medication
  - B. Defibrillation with an AED
  - C. Manual chest compression
  - D. Providing high-flow oxygen
- 3. What effect does placing a magnet over a pacing device produce?**
  - A. It increases the heart rate to 120 bpm
  - B. It stops defibrillation in a pacemaker
  - C. It activates a backup battery
  - D. It converts the device into a full defibrillator
- 4. How deep should chest compressions be on a child?**
  - A. 4cm or 1/4 of the chest
  - B. 5cm or 1/3 of the chest
  - C. 6cm or 1/2 of the chest
  - D. 7cm or 2/3 of the chest
- 5. What is recurrent ventricular fibrillation (VF)?**
  - A. VF that does not respond to shocks
  - B. VF that occurs for the first time
  - C. VF that returns after being cardioverted
  - D. VF that lasts for less than a minute
- 6. What is the purpose of the water/electrolyte-based matrix in self-adhesive defibrillator pads?**
  - A. To detoxify the patient's skin
  - B. To improve conductivity
  - C. To enhance adhesion
  - D. To reduce cost

**7. What is the primary aim of early defibrillation in the resuscitation chain?**

- A. To provide adequate ventilation
- B. To restore normal heart rhythm
- C. To increase cardiac output
- D. To improve blood circulation

**8. How often should values be documented when using capnography?**

- A. Every 2 minutes
- B. Every 3 minutes
- C. Every 5 minutes
- D. Every 10 minutes

**9. What is the primary purpose of an AED in a cardiac arrest scenario?**

- A. To provide medications during resuscitation
- B. To analyze heart rhythm and deliver shocks if necessary
- C. To provide oxygen to the patient
- D. To assist in performing CPR

**10. What should always follow the administration of any emergency medication?**

- A. Waiting for 30 minutes to monitor effects
- B. Reassessing the patient's vitals occasionally
- C. Continuous monitoring for efficacy and possible adverse reactions
- D. Ensuring family members are informed of the treatment

## **Answers**

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

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## **Explanations**

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## 1. What pressure should compressions generate during CPR?

- A. 5-10 mmHg
- B. 10-15 mmHg
- C. 15-20 mmHg**
- D. 20-25 mmHg

*During CPR, it is essential that chest compressions generate adequate pressure to effectively increase blood flow to vital organs, especially the brain and heart. The proper range of pressure during compressions is crucial because it ensures that blood circulation is maintained despite the absence of a heartbeat. The recommended pressure during compressions should be within the range of 15-20 mmHg. This pressure allows for sufficient blood return to the heart during the recoil phase of compressions, while also providing enough force to propel blood through the circulatory system during the compressions themselves. Achieving this pressure aids in maintaining vital organ perfusion, which is critical in sustaining life until advanced medical interventions can be administered. Utilizing lower pressure levels, such as those indicated by the other choices, would likely result in inadequate depth and effectiveness of compressions, compromising the chances of survival and recovery for the patient. Therefore, the correct choice reflects the established guidelines for performing effective CPR with optimal outcomes.*

## 2. Which intervention is the primary treatment for ventricular fibrillation?

- A. Administration of emergency medication
- B. Defibrillation with an AED**
- C. Manual chest compression
- D. Providing high-flow oxygen

*Defibrillation with an AED (Automated External Defibrillator) is the primary treatment for ventricular fibrillation because it directly addresses the underlying heart rhythm disturbance. In cases of ventricular fibrillation, the heart's electrical activity becomes chaotic, preventing it from pumping blood effectively. The application of a defibrillator delivers a controlled electrical shock to the heart, which can momentarily reset the heart's electrical state, allowing it to regain a normal rhythm. While medications, chest compressions, and oxygen are important components of the overall management of a cardiac arrest, they do not restore the heart's normal rhythm as effectively as defibrillation. Emergency medications can support the treatment but serve primarily as adjuncts. Chest compressions are crucial for maintaining circulation during a cardiac arrest, and providing high-flow oxygen helps address hypoxia, but neither can resolve the electrical problem seen in ventricular fibrillation. Thus, defibrillation is the critical and immediate intervention required to save a life in this scenario.*

### 3. What effect does placing a magnet over a pacing device produce?

- A. It increases the heart rate to 120 bpm
- B. It stops defibrillation in a pacemaker**
- C. It activates a backup battery
- D. It converts the device into a full defibrillator

Placing a magnet over a pacing device primarily functions to temporarily alter its operation. In the case of a pacemaker, applying a magnet typically inhibits the pacing function. This is done as a safety mechanism when medical personnel need to ensure that the pacemaker does not interfere with other medical interventions, such as defibrillation. The correct answer indicates that placing a magnet stops defibrillation in a pacemaker. This action is particularly important in emergency situations where a defibrillator is used; the magnet can prevent unwanted stimulation from the pacemaker while still allowing for effective defibrillation. In comparison, the other choices suggest modifications or behaviors that do not accurately reflect the function of a magnet with respect to pacing devices. For example, increasing the heart rate, activating a backup battery, or converting the device into a full defibrillator are not functions associated with the presence of a magnet. The magnet essentially serves as a way to control the functionality of a pacemaker, ensuring that it can work in conjunction with other treatment protocols without interference.

### 4. How deep should chest compressions be on a child?

- A. 4cm or 1/4 of the chest
- B. 5cm or 1/3 of the chest**
- C. 6cm or 1/2 of the chest
- D. 7cm or 2/3 of the chest

The appropriate depth for chest compressions in a child is 5 cm, which is approximately one-third of the chest's depth. This depth is recommended to ensure effective blood circulation during cardiopulmonary resuscitation (CPR) while minimizing the risk of injury to the child's ribs and internal organs. Using the correct compression depth is crucial for generating adequate pressure in the thoracic cavity to promote blood flow to vital organs. Guidelines emphasize the importance of maintaining this depth to achieve optimal outcomes during resuscitation. Compressions that are too shallow may not generate sufficient blood flow, while those that are too deep could potentially cause harm. Therefore, using 5 cm as a target depth aligns with established pediatric resuscitation protocols aimed at maximizing the effectiveness of CPR in children.

### 5. What is recurrent ventricular fibrillation (VF)?

- A. VF that does not respond to shocks
- B. VF that occurs for the first time
- C. VF that returns after being cardioverted**
- D. VF that lasts for less than a minute

Recurrent ventricular fibrillation (VF) refers to the situation where VF reappears after an initial episode has been successfully treated, such as through defibrillation. This phenomenon signifies that the heart has reverted back to an unstable electrical state following the restoration of a normal rhythm. Such recurrences can indicate underlying cardiac issues that need to be addressed to prevent further episodes. Other options do not accurately define recurrent VF. For instance, VF that does not respond to shocks reflects a situation where the defibrillation efforts are ineffective, but it does not specifically denote a recurrence. Similarly, VF that occurs for the first time cannot be categorized as recurrent, as the term is reserved for episodes that follow an initial resolution. Lastly, VF that lasts for less than a minute would usually be classified as transient or short-lived, which is distinct from recurrent VF that implies a more substantial reoccurrence of the rhythm disturbance.

**6. What is the purpose of the water/electrolyte-based matrix in self-adhesive defibrillator pads?**

- A. To detoxify the patient's skin
- B. To improve conductivity**
- C. To enhance adhesion
- D. To reduce cost

*The purpose of the water/electrolyte-based matrix in self-adhesive defibrillator pads is to improve conductivity. This conductive gel is crucial for ensuring that the electrical energy from the defibrillator is efficiently transmitted to the patient's heart during defibrillation. When an electric shock is delivered, it must pass through the skin, which has a high resistance. The presence of the electrolyte-based matrix reduces this resistance, allowing for better electrical conduction. This leads to more effective defibrillation and increases the chance of restoring a normal heart rhythm in a patient experiencing cardiac arrest. While other aspects, such as adhesion and cost, can be important in the design and usability of defibrillator pads, they do not directly relate to the primary function of the water/electrolyte matrix, which is to enhance the conductivity necessary for effective shock delivery.*

**7. What is the primary aim of early defibrillation in the resuscitation chain?**

- A. To provide adequate ventilation
- B. To restore normal heart rhythm**
- C. To increase cardiac output
- D. To improve blood circulation

*The primary aim of early defibrillation in the resuscitation chain is to restore normal heart rhythm. When a patient experiences a cardiac arrest, especially due to ventricular fibrillation or pulseless ventricular tachycardia, the heart's electrical activity becomes chaotic, preventing it from effectively pumping blood. Early defibrillation delivers a direct current shock to the heart, which can help reset the heart's electrical system, allowing it to regain a normal rhythm. This critical intervention increases the chances of survival and the likelihood of neurological recovery after cardiac arrest. While aspects like adequate ventilation, cardiac output, and blood circulation are important in the context of overall resuscitation efforts, the specific role of defibrillation is to correct the arrhythmia that is life-threatening in cardiac arrest situations. Therefore, the restoration of normal heart rhythm is the most immediate and crucial goal in the context of defibrillation.*

**8. How often should values be documented when using capnography?**

- A. Every 2 minutes
- B. Every 3 minutes
- C. Every 5 minutes**
- D. Every 10 minutes

*Capnography is a vital monitoring tool used in resuscitation and other emergency medical situations to assess a patient's ventilation and overall respiratory status through the measurement of carbon dioxide (CO<sub>2</sub>) levels in exhaled breath. Regular documentation of these values is crucial for tracking trends in a patient's condition and making informed clinical decisions. The recommended standard for documenting capnography values is every 5 minutes. This interval allows monitoring of changes in a patient's respiratory status without being overly frequent, which could lead to unnecessary interruptions in care or distractions. By recording the CO<sub>2</sub> levels every 5 minutes, providers can effectively identify any deterioration or improvement in the patient's condition while still ensuring that they maintain focus on delivering appropriate care. Additionally, this timeframe helps in adhering to protocols aimed at providing timely interventions should the patient's ventilation or overall status begin to change.*

## 9. What is the primary purpose of an AED in a cardiac arrest scenario?

- A. To provide medications during resuscitation
- B. To analyze heart rhythm and deliver shocks if necessary**
- C. To provide oxygen to the patient
- D. To assist in performing CPR

*The primary purpose of an Automated External Defibrillator (AED) in a cardiac arrest scenario is to analyze the heart's rhythm and deliver shocks if necessary. During a cardiac arrest, the heart may enter a rhythm called ventricular fibrillation, where it quivers ineffectively instead of pumping blood. The AED is designed to detect these abnormal rhythms and determine whether they are shockable. If a shockable rhythm is identified, the AED delivers an electric shock to the heart to restore a normal rhythm, which can significantly increase the chances of survival. The use of an AED is critical in the chain of survival because timely defibrillation is one of the most effective interventions in cases of cardiac arrest. The devices are user-friendly, providing clear auditory or visual instructions to guide bystanders in their use. This characteristic allows even untrained individuals to assist effectively during emergency situations. While other options mention important aspects related to emergency care, such as medication administration, oxygen delivery, or CPR assistance, these functions do not encompass the primary role of an AED in this high-stakes scenario. The focus of the AED is specifically on rhythm analysis and delivering defibrillation shocks, which is vital for restoring a viable heart rhythm and improving patient outcomes.*

## 10. What should always follow the administration of any emergency medication?

- A. Waiting for 30 minutes to monitor effects
- B. Reassessing the patient's vitals occasionally
- C. Continuous monitoring for efficacy and possible adverse reactions**
- D. Ensuring family members are informed of the treatment

*After administering any emergency medication, it is crucial to engage in continuous monitoring for efficacy and possible adverse reactions. This process ensures that the healthcare provider can quickly identify whether the medication is having the desired effect or if there are any adverse reactions that need to be addressed. Monitoring allows for timely interventions, which can be critical in emergency scenarios where patient conditions can fluctuate rapidly. In emergency situations, conditions may change almost instantly, and the effects of medications can vary greatly among patients. Continuous observation helps in making any necessary adjustments to patient care, whether that means administering additional doses, providing supportive measures, or taking other actions to ensure the patient's safety and stability. This level of vigilance is vital in ensuring patient outcomes are maximized and potential negative side effects are promptly managed.*

## 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://jrcalcresuscitation.examzify.com>

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

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