Maryland EMT Protocols Practice Test (Sample)

Study Guide

BY EXAMZIFY

Everything you need from our exam experts!

Sample study guide. For the full version with hundreds of questions, visit:
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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.

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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!

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Questions

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1. **Why is it important to provide a clinical impression during the radio report?**
   - **A. To establish the patient's identity**
   - **B. To inform the receiving hospital's preparation level**
   - **C. To document the patient's insurance information**
   - **D. To determine the transport protocol**

2. **How deep should compressions be when performing CPR on a child?**
   - **A. 1 inch**
   - **B. 1.5 inches**
   - **C. 2 inches**
   - **D. 2.5 inches**

3. **What is the correct compression to breath ratio for two rescuer adult CPR?**
   - **A. 15:2**
   - **B. 30:2**
   - **C. 30:1**
   - **D. 20:2**

4. **What does category A for trauma indicate?**
   - **A. Cause (intrusion, death in another vehicle)**
   - **B. Abnormal Vital Signs**
   - **C. Bodily Injuries (Bones)**
   - **D. Demographics (Elderly, children, pregnant)**

5. **If you have a pediatric patient experiencing stroke symptoms, how should you position them?**
   - **A. Flat on their back**
   - **B. With the head elevated at 30°**
   - **C. Sitting upright**
   - **D. On their side**

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6. What term should be used when notifying a receiving facility of a sexual assault victim?

A. Assault Patient

B. Safe Individual

C. Secure Patient

D. Safe Patient

7. What is category C for trauma?

A. Demographics (Elderly, children, pregnant)

B. Cause (intrusion, death in another vehicle, pregnancy)

C. Abnormal Vital Signs

D. Bodily Injuries (Bones)

8. Which hospital specializes in treating hand and upper extremity trauma?

A. Children's National Medical Center

B. Curtis National Hand Center/Union Memorial Hospital

C. Neurotrauma Center at Shock Trauma

D. Adult Burn Center at Johns Hopkins Bayview

9. After calling 911 for a child in cardiac arrest, what should the rescuer do upon returning?

A. Begin chest compressions immediately

B. Check for a pulse

C. Use the AED and begin CPR

D. Wait for emergency services to arrive

10. What percentage does each arm of a child represent in body surface area?

A. 8%

B. 9%

C. 10%

D. 11%

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Answers

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

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Explanations

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1. Why is it important to provide a clinical impression during the radio report?

A. To establish the patient's identity

B. To inform the receiving hospital's preparation level

C. To document the patient's insurance information

D. To determine the transport protocol

Providing a clinical impression during the radio report is crucial because it directly informs the receiving hospital about the patient's condition and potential needs upon arrival. This information allows the hospital to adequately prepare for the patient, ensuring that the appropriate resources, such as staff, equipment, and readiness for specific interventions, are available. When the receiving facility is aware of the patient's clinical status, they can optimize their response, improve treatment outcomes, and enhance overall patient care. The importance of this communication cannot be overstated, as it establishes a seamless link between pre-hospital care and in-hospital care. Being well-prepared also helps in minimizing delays that could impact patient outcomes. In contrast, options focusing on patient identity, insurance details, or transport protocols do not provide the same immediate benefit to patient care or hospital readiness. While those factors are relevant in different contexts, they do not contribute directly to the urgency and specificity required in the clinical setting communicated through the radio report.

2. How deep should compressions be when performing CPR on a child?

A. 1 inch

B. 1.5 inches

C. 2 inches

D. 2.5 inches

The recommended depth for chest compressions when performing CPR on a child is between 1.5 inches and 2 inches. While the option reflecting a depth of 1.5 inches was chosen, the current guidelines emphasize that compressions should push down about one third the depth of the chest in children, which typically equates to roughly 1.5 to 2 inches. Therefore, the best choice aligns effectively with the optimal depth of compressions as it ensures adequate blood flow and circulation during resuscitation efforts. In practice, proper compression depth is critical for creating sufficient pressure within the chest cavity to help circulate blood, making effective chest compressions vital in a cardiac arrest scenario. The emphasis on this range reflects the need to balance safety and effectiveness. In this case, the chosen depth captures the minimum threshold needed to ensure adequate perfusion while avoiding the risk of unnecessary injury.

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3. What is the correct compression to breath ratio for two rescuer adult CPR?

A. 15:2

B. 30:2

C. 30:1

D. 20:2

In two-rescuer adult CPR, the correct compression to breath ratio is 30:2. This means that for every 30 chest compressions performed, the rescuers should deliver 2 rescue breaths. This ratio is designed to provide a balance between maintaining circulation through effective chest compressions and ensuring adequate oxygenation through rescue breaths. The 30:2 ratio is used to maximize the chances of survival in an adult cardiac arrest situation, ensuring that the heart is receiving enough blood flow while also addressing the need for oxygenation. This approach aligns with current resuscitation guidelines that emphasize high-quality compressions at an appropriate rate and depth, paired with timely rescue breaths. The other options suggest different ratios, which are not standardized for adult CPR in the two-rescuer scenario, resulting in either insufficient or excessive rescue breaths relative to the compressions being delivered. The 30:2 ratio has been established as the most effective method in this context.

4. What does category A for trauma indicate?

A. Cause (intrusion, death in another vehicle)

B. Abnormal Vital Signs

C. Bodily Injuries (Bones)

D. Demographics (Elderly, children, pregnant)

Category A for trauma typically indicates a set of criteria that identifies the severity and urgency of a patient's condition based on specific observable signs and situation factors. In this context, it is associated with abnormal vital signs that suggest a potentially life-threatening situation requiring immediate medical attention. Vital signs such as heart rate, blood pressure, respiratory rate, and oxygen saturation are critical indicators of the patient's physiological state. Having abnormal vital signs is a key factor in determining the priority of care and the level of intervention required. For example, high or low blood pressure could signify shock, while altered respiratory rates could indicate respiratory distress or failure. This information plays a crucial role in guiding EMTs on how to prioritize treatment and transport to appropriate facilities for trauma cases. Understanding these vital signs is essential for assessing the overall condition of the patient and making informed decisions in high-stress emergency environments. Therefore, recognizing abnormal vital signs as part of the trauma assessment framework aligns with the protocols designed to ensure timely and effective patient care.

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5. If you have a pediatric patient experiencing stroke symptoms, how should you position them?

A. Flat on their back

B. With the head elevated at 30°

C. Sitting upright

D. On their side

Positioning a pediatric patient experiencing stroke symptoms is critical for ensuring their safety and optimizing blood flow to the brain. Elevating the head at 30 degrees helps to reduce intracranial pressure and improves venous drainage from the brain. This position increases cerebral perfusion by allowing gravity to assist in venous return, which can be particularly beneficial in stroke management. Being positioned flat on their back may not be ideal since it can potentially increase intracranial pressure, which is not desirable in stroke scenarios. Sitting upright may not provide the same tissue perfusion benefits and could lead to complications if the patient loses consciousness. Lying on their side, although it can be useful for airway protection in some situations, does not specifically address the need for optimal blood flow and pressure management in a stroke patient. Hence, elevating the head at 30 degrees is the preferred approach in this context.

6. What term should be used when notifying a receiving facility of a sexual assault victim?

A. Assault Patient

B. Safe Individual

C. Secure Patient

D. Safe Patient

Using the term "Safe Patient" when notifying a receiving facility of a sexual assault victim is correct because it emphasizes the importance of the patient's safety and well-being in a sensitive and respectful manner. This term conveys to the receiving facility that the patient has been secured and brought to a safe environment, which is crucial in managing the aftermath of a traumatic event such as sexual assault. The terminology used in these situations is vital not only for documentation but also for the sensitivity required when dealing with such cases. Health care professionals aim to create an environment where the patient feels secure, and using the term "Safe Patient" highlights the focus on the patient's current state of safety and the need for compassionate care. Other options may lack the necessary sensitivity or appropriate connotation. For example, "Assault Patient" can come across as too clinical and may not take into account the emotional and psychological aspects of the situation. "Secure Patient" and "Safe Individual" may also not fully capture the nuance required when communicating about someone who has experienced such a traumatic event. Therefore, "Safe Patient" is not only a term that indicates the patient is out of danger but also respects their experience and dignity.

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7. What is category C for trauma?

A. Demographics (Elderly, children, pregnant)

B. Cause (intrusion, death in another vehicle, pregnancy)

C. Abnormal Vital Signs

D. Bodily Injuries (Bones)

Category C for trauma refers to specific causes that indicate a higher risk of severe injury or complications. This categorization includes factors such as significant intrusion into the vehicle, the presence of a fatality in another vehicle involved in the incident, or the patient's pregnancy. Each of these elements indicates the potential for serious trauma that may not be immediately apparent but could affect the patient's condition or the necessary intervention strategies. For instance, significant vehicle intrusion can lead to more serious injuries due to the impact and compression experienced during a crash. Similarly, the presence of a fatality in another vehicle suggests that the forces involved were substantial, warranting a closer examination of the victims involved. Pregnancy adds another layer of complexity, as it introduces risks not only to the mother but also to the fetus, following specific protocols to ensure both receive the necessary care. Understanding trauma categories is crucial for EMTs in prioritizing treatment and transport decisions, as certain factors can elevate the level of care required.

8. Which hospital specializes in treating hand and upper extremity trauma?

A. Children's National Medical Center

B. Curtis National Hand Center/Union Memorial Hospital

C. Neurotrauma Center at Shock Trauma

D. Adult Burn Center at Johns Hopkins Bayview

The Curtis National Hand Center at Union Memorial Hospital is renowned for its specialized treatment of hand and upper extremity trauma. This facility focuses solely on diagnosing and treating conditions related to the hands, wrists, and arms, offering advanced surgical techniques and rehabilitation. The staff includes experienced hand surgeons and therapists who are specifically trained in managing complex injuries and disorders of the upper extremity, making it the go-to destination for such trauma care. Other hospitals listed may focus on different aspects of trauma or pediatric care, but they do not have the same level of specialization in hand and upper extremity injuries as the Curtis National Hand Center. By concentrating its resources and expertise on this particular area, the Curtis National Hand Center provides comprehensive care that is uniquely tailored to the complex nature of hand and upper extremity injuries.

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9. After calling 911 for a child in cardiac arrest, what should the rescuer do upon returning?

A. Begin chest compressions immediately

B. Check for a pulse

C. Use the AED and begin CPR

D. Wait for emergency services to arrive

Using an Automated External Defibrillator (AED) and beginning CPR is the best action after calling 911 for a child in cardiac arrest. An AED is a critical tool that can assess the heart rhythm and, if necessary, deliver an electrical shock to restore a normal heartbeat. In cases of cardiac arrest, initiating CPR immediately is vital, as it helps maintain blood flow to vital organs until professional help arrives. The combination of using the AED and performing CPR maximizes the child's chances of survival. Immediate CPR keeps the blood circulating, providing oxygen to the brain and other vital organs, while the AED prepares to potentially correct any shockable arrhythmias. In contrast, other responses like checking for a pulse or waiting for emergency services can delay critical interventions. Each moment without effective cardiovascular support reduces the likelihood of a favorable outcome, making prompt action essential when faced with cardiac arrest situations.

10. What percentage does each arm of a child represent in body surface area?

A. 8%

B. 9%

C. 10%

D. 11%

In pediatric patients, each arm typically represents 9% of total body surface area when using the Lund and Browder chart or the Rule of Nines for quick estimation of burns and other injuries. This percentage is critical for calculating fluid resuscitation needs in cases of severe burns or trauma, as well as for assessing other medical conditions requiring body surface area calculations. Understanding the specific body surface area percentages for various parts of a child's body helps emergency medical technicians (EMTs) to quickly and accurately estimate the extent of injury, particularly in the context of burns, which can directly impact treatment decisions and outcomes.

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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://mdemtprotocols.examzify.com

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

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