Neonatal and Pediatric Respiratory Care Practice Test (Sample)

Study Guide

Everything you need from our exam experts!

Table of Contents

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

1. Chest radiographs in PPHN commonly show?

A. May be normal or show decreased pulmonary vasculature

B. Lobar consolidation

C. Large pleural effusions

D. Cardiomegaly with edema

2. Which statement about oxyhood delivery of oxygen in neonates is true?

A. It delivers 21-100% O2 with a heated nebulizer connected to an oxygen blender

B. O2 concentration does not require continuous monitoring near the infant

C. A minimum flow of 2 L/min is sufficient to prevent CO2 retention

D. Temperature monitoring is optional with an oxyhood

3. Which of the following is an advantage of high frequency oscillation compared with conventional ventilation?

A. Increased peak airway pressures

B. Decreased peak airway pressures

C. Increased intrathoracic pressures

D. Higher risk of intracranial pressure fluctuation

4. Which type of home health care is typically for a specified time after hospital discharge?

A. Episodic Home Health Care

B. Home Medical Equipment Service

C. Hospice Home Health Care

D. Chronic Home Health Care

5. Which apnea monitoring method uses optical fibers woven into a belt around the chest?

A. Piezoelectric plethysmography

B. Fiberoptic plethysmography

C. Thermistors

D. Electrical impedance tomography

6. Which finding is NOT typically associated with croup?

- **A. Inspiratory stridor**
- **B. Barking cough**
- **C. Cyanosis**
- **D. Hyperglycemia**

7. Stage 1 features of bronchopulmonary dysplasia occur how soon after birth?

- **A. 2 to 4 days after birth with hyaline membrane formation and atelectasis**
- **B. Immediately at birth with hyperplasia of alveoli**
- **C. After 6 weeks with complete recovery**
- **D. Only in full-term infants**

8. Which factor has promoted earlier discharge and increased use of home health care programs?

- **A. Medicare payment and insurance**
- **B. Improved hospital bed capacity**
- **C. Higher patient co-pays**
- **D. Decreased caregiver availability**

9. Incubator disadvantages for oxygen delivery: what is a disadvantage?

- **A. Loss of O2 with opening and closing during care**
- **B. Inability to control oxygen concentration**
- **C. Excessive CO2 elimination**
- **D. No risk of O2 loss**

10. In home health care, which group typically requires more parental involvement?

- **A. Adults**
- **B. Children**
- **C. Elderly**
- **D. Neonates**

Answers

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

Explanations

1. Chest radiographs in PPHN commonly show?

A. May be normal or show decreased pulmonary vasculature

B. Lobar consolidation

C. Large pleural effusions

D. Cardiomegaly with edema

PPHN causes high pulmonary vascular resistance after birth, which leads to right-to-left shunting and reduced pulmonary blood flow. Because the problem is hemodynamic rather than primary lung infection or fluid overload, chest radiographs are often normal. When there are abnormalities, they typically show decreased pulmonary markings due to reduced perfusion (oligemia) rather than parenchymal consolidation. Large pleural effusions or lobar consolidation would point to other issues like effusion or infection, and cardiomegaly with edema suggests congestive changes rather than the usual isolated PPHN pattern. So the most characteristic radiographic description is a film that is normal or shows decreased pulmonary vasculature.

2. Which statement about oxyhood delivery of oxygen in neonates is true?

A. It delivers 21-100% O2 with a heated nebulizer connected to an oxygen blender

B. O2 concentration does not require continuous monitoring near the infant

C. A minimum flow of 2 L/min is sufficient to prevent CO2 retention

D. Temperature monitoring is optional with an oxyhood

Oxyhoods deliver warmed, humidified oxygen to neonates and can provide a wide range of oxygen concentrations, from room air up to 100% FiO2, by blending oxygen with ambient air and then heating/humidifying the gas before it reaches the hood. This setup allows precise control of the inspired oxygen concentration to meet the infant's needs. In practice, the system uses a blender and a heated humidifier to ensure the gas is both the right composition and comfortable to breathe; the idea conveyed by the statement is that FiO2 can be varied across a broad range with heated gas delivered to the infant. Continuous monitoring of oxygen concentration near the infant is essential, and a pulse oximeter is typically used to track saturation. The notion that monitoring is not required is therefore incorrect. CO2 retention within the hood is avoided by providing adequate flow; a minimum flow of only 2 L/min is not sufficient, so that option is not correct. Temperature monitoring is not optional; keeping the gas at an appropriate temperature is important to prevent hypothermia or overheating, so that statement is also not correct.

3. Which of the following is an advantage of high frequency oscillation compared with conventional ventilation?

A. Increased peak airway pressures

B. Decreased peak airway pressures

C. Increased intrathoracic pressures

D. Higher risk of intracranial pressure fluctuation

High-frequency oscillation works by delivering very small tidal volumes at a very rapid rate while maintaining a constant mean airway pressure to keep the lungs recruited. Because the breaths are tiny, you don't need large peak pressures to move air in and out, so the peak airway pressures tend to be lower than with conventional ventilation. This reduction in peak pressures lowers the risk of volutrauma and barotrauma, which is the main advantage when trying to protect the delicate neonatal lung. Continuous mean airway pressure keeps alveoli open, and the oscillatory amplitude mainly influences CO2 removal, not peak pressure. The other options describe pressures that HFOV does not aim to increase, and the overall benefit centers on using lower peak pressures for safer, effective ventilation.

4. Which type of home health care is typically for a specified time after hospital discharge?

A. Episodic Home Health Care

B. Home Medical Equipment Service

C. Hospice Home Health Care

D. Chronic Home Health Care

Episodic home health care is the type designed to provide skilled visits for a defined period after hospital discharge. It supports recovery with nursing, therapy, wound care, and patient education during a set timeframe, helping the patient transition from hospital to home and regain independence. The plan of care is time-bound, aiming to complete goals within that designated period. Home Medical Equipment Service, by contrast, focuses on delivering and maintaining devices rather than providing a defined course of clinical visits. Hospice Home Health Care centers on comfort and palliation for end-of-life situations and may follow different pacing and goals, not specifically tied to post-discharge recovery. Chronic Home Health Care involves ongoing management of long-term conditions rather than a time-limited post-discharge plan.

5. Which apnea monitoring method uses optical fibers woven into a belt around the chest?

A. Piezoelectric plethysmography

B. Fiberoptic plethysmography

C. Thermistors

D. Electrical impedance tomography

Fiberoptic plethysmography is the technique that uses optical fibers woven into a belt around the chest to monitor breathing. As the chest expands and contracts, the belt stretches and changes how light travels through or reflects from the tissue. A detector picks up these light changes and converts them into a waveform that tracks respiratory effort and pauses. This optical method is distinct from other approaches: a piezoelectric sensor also measures chest wall movement but does so with a mechanical sensor rather than optics; thermistors detect airflow by sensing temperature changes of inspired versus expired air rather than chest motion; and electrical impedance tomography uses electrodes to measure impedance changes across the chest to infer ventilation, not optical signals from a fiber belt. So the described method—fiberoptic plethysmography—fits the use of optical fibers in a chest belt to monitor apnea.

6. Which finding is NOT typically associated with croup?

A. Inspiratory stridor

B. Barking cough

C. Cyanosis

D. Hyperglycemia

Croup presents as an upper airway inflammatory process that narrows the subglottic area of the larynx and trachea, causing symptoms driven by airway obstruction. The hallmark signs reflect this narrowed airway: a distinctive inspiratory stridor from turbulent airflow and a barking, seal-like cough from inflammation of the larynx and lower in the upper airway. Cyanosis can appear if the obstruction becomes severe enough to significantly impair oxygenation. Hyperglycemia, however, is not a typical feature of croup. This condition mainly affects the airway rather than metabolic processes, so glucose levels are not a defining part of its presentation. While stress can transiently raise glucose in any ill child, that isn't a characteristic finding used to describe croup.

7. Stage 1 features of bronchopulmonary dysplasia occur how soon after birth?

A. 2 to 4 days after birth with hyaline membrane formation and atelectasis

B. Immediately at birth with hyperplasia of alveoli

C. After 6 weeks with complete recovery

D. Only in full-term infants

Stage 1 of bronchopulmonary dysplasia reflects an acute lung injury that appears in the first days of life in preterm infants exposed to oxygen and ventilation. The hallmark findings are hyaline membranes lining the alveoli and areas of atelectasis, typically emerging about 2 to 4 days after birth. This early pattern represents the initial injury from surfactant deficiency and oxygen exposure before longer-term remodeling occurs. The other options don't fit because immediate birth changes with alveolar hyperplasia aren't the typical early stage, recovery by six weeks isn't how BPD progresses, and the condition is not limited to full-term infants.

8. Which factor has promoted earlier discharge and increased use of home health care programs?

A. Medicare payment and insurance

B. Improved hospital bed capacity

C. Higher patient co-pays

D. Decreased caregiver availability

Financing through Medicare and other insurance for home health services drives earlier discharge and more use of home-based care. When payers cover skilled visits, nursing, respiratory support, and caregiver training at home, hospitals can plan for safe transition from inpatient to home care without compromising outcomes. This creates a financial and logistical pathway for patients to leave the hospital sooner while still receiving necessary support at home. The other factors don't create the same incentive: simply having more hospital beds doesn't push patients out sooner, higher co-pays could deter using home health care, and fewer caregivers would make home care harder to manage, not easier.

9. Incubator disadvantages for oxygen delivery: what is a disadvantage?

A. Loss of O2 with opening and closing during care

B. Inability to control oxygen concentration

C. Excessive CO2 elimination

D. No risk of O2 loss

Opening the incubator during care disrupts the closed, temperature- and humidity-controlled environment and lets the oxygen inside escape into the room. Because the incubator is delivering a precise oxygen mix, any escape or mixing with room air causes the delivered FiO2 to drop and fluctuate, making it hard to maintain stable oxygenation for the newborn. Modern incubators do provide means to set and monitor oxygen concentration, so the idea that oxygen concentration can't be controlled isn't accurate. Excessive CO2 elimination isn't the typical issue here, and there is a real risk of O2 loss when the incubator is opened, which is why this is cited as a disadvantage.

10. In home health care, which group typically requires more parental involvement?

A. Adults

B. Children

C. Elderly

D. Neonates

In home health care, the level of parental involvement is highest when the patient cannot manage care themselves. Children fall into this category because they lack the knowledge, judgment, and physical ability to safely administer medications, use devices, adhere to treatment schedules, and recognize early warning signs. Parents or guardians become the primary organizers of care, preparing medicines, monitoring growth and development, coordinating appointments, and communicating with clinicians. Adults typically self-manage most of their care with some support, and elderly patients often require assistance but can still participate in decisions and self-care to a degree. Neonates require a great deal of parental involvement as well, but in the broader context, pediatric care places ongoing, daily parental management at the forefront due to the child's dependence and need for consistent guidance over time.

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://neonatalpediarespiratorycare.examzify.com

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