

# New York City REMAC Paramedic Credentialing Practice Test (Sample)

## Study Guide



**Everything you need from our exam experts!**

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# Table of Contents

<b>Copyright</b> .....	<b>1</b>
<b>Table of Contents</b> .....	<b>2</b>
<b>Introduction</b> .....	<b>3</b>
<b>How to Use This Guide</b> .....	<b>4</b>
<b>Questions</b> .....	<b>5</b>
<b>Answers</b> .....	<b>8</b>
<b>Explanations</b> .....	<b>10</b>
<b>Next Steps</b> .....	<b>16</b>

# 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. What is the importance of a DNR order?**
  - A. It acts as a request for pain relief only**
  - B. It allows for unlimited medical interventions**
  - C. It respects the patient's rights in a life-threatening situation**
  - D. It ensures all family members are informed**
- 2. What constitutes a normal respiratory rate for an adult at rest?**
  - A. 8 to 12 breaths per minute**
  - B. 12 to 20 breaths per minute**
  - C. 20 to 24 breaths per minute**
  - D. 25 to 30 breaths per minute**
- 3. What are contraindications for using a supraglottic airway?**
  - A. Intact gag reflex, severe facial trauma, or esophageal disease**
  - B. Unconsciousness and lack of breathing**
  - C. Presence of smoke inhalation injuries**
  - D. Minor facial lacerations or bruising**
- 4. What does the term 'triage' refer to in emergency medicine?**
  - A. The process of distributing medications**
  - B. The practice of counseling patients**
  - C. Prioritizing patients based on the severity of conditions**
  - D. Planning emergency drills**
- 5. What is the total number of questions included in the NYC REMAC paramedic credentialing exam?**
  - A. 100**
  - B. 120**
  - C. 80**
  - D. 140**

- 6. What is the pharmacological effect of atropine?**
- A. It decreases heart rate**
  - B. It increases heart rate by blocking vagus nerve effects on the heart**
  - C. It has no significant effect on heart rate**
  - D. It stabilizes heart rhythm during arrhythmias**
- 7. What is the next step for a 12-year-old with severe asthma who is unresponsive to three nebulizer treatments and IM epinephrine?**
- A. Administer magnesium sulphate 40 mg/kg IV**
  - B. Provide heliox**
  - C. Prepare for RSI**
  - D. Give theophylline**
- 8. What are common signs of hyperglycemia in a diabetic patient?**
- A. Increased thirst, frequent urination, fatigue, and blurred vision**
  - B. High blood pressure, chest pain, rapid heart rate, and confusion**
  - C. Shortness of breath, sweating, dizziness, and pale skin**
  - D. Severe headache, nausea, vomiting, and abdominal pain**
- 9. How is a femur fracture typically immobilized?**
- A. With a rigid board splint**
  - B. With a traction splint to align the bones**
  - C. With an inflatable splint**
  - D. With a soft padded bandage**
- 10. If capnography shows a reading of less than 10 mmHg during CPR, what immediate action should be taken?**
- A. Change the drug being administered**
  - B. Change compressor**
  - C. Increase ventilation rate**
  - D. Switch to a different defibrillator**



## **Answers**

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

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## **Explanations**

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## 1. What is the importance of a DNR order?

- A. It acts as a request for pain relief only
- B. It allows for unlimited medical interventions
- C. It respects the patient's rights in a life-threatening situation**
- D. It ensures all family members are informed

A Do Not Resuscitate (DNR) order is crucial because it embodies a patient's wishes regarding their medical treatment in the event of a life-threatening situation, particularly in circumstances where they may not be able to communicate those wishes themselves. By honoring a DNR order, healthcare providers respect the autonomy and rights of the patient, allowing them to refuse resuscitation efforts such as CPR or advanced cardiac life support if such interventions would not align with their desires or quality of life preferences. Patients may choose to have a DNR order for various reasons, including terminal illness, personal beliefs, or the desire for a peaceful passing without aggressive medical intervention. The presence of a DNR order guides paramedics, physicians, and other healthcare professionals, ensuring that treatment aligns with the patient's previously expressed wishes, thus emphasizing the principle of patient-centered care in emergent medical situations.

## 2. What constitutes a normal respiratory rate for an adult at rest?

- A. 8 to 12 breaths per minute
- B. 12 to 20 breaths per minute**
- C. 20 to 24 breaths per minute
- D. 25 to 30 breaths per minute

A normal respiratory rate for an adult at rest typically ranges from 12 to 20 breaths per minute. This range is widely accepted in medical contexts as it reflects the typical physiological response of a healthy adult not under stress or exertion. Breathing is a vital sign, and these values are important indicators of respiratory function and overall health. Rates lower than this range may suggest bradypnea (slower than normal breathing), while rates higher may indicate tachypnea (faster than normal breathing), both of which could signal underlying health issues. The significance of establishing a normal respiratory rate lies in its use for assessing a patient's condition. A respiratory rate outside of this normal range could prompt further evaluation and monitoring. This understanding is crucial for paramedics and healthcare professionals when providing care in emergency situations.

### 3. What are contraindications for using a supraglottic airway?

- A. Intact gag reflex, severe facial trauma, or esophageal disease**
- B. Unconsciousness and lack of breathing**
- C. Presence of smoke inhalation injuries**
- D. Minor facial lacerations or bruising**

The identified contraindications for using a supraglottic airway prominently include an intact gag reflex, severe facial trauma, or esophageal disease. Each of these factors presents significant reasons to avoid this type of airway management technique. An intact gag reflex indicates that the patient has the potential to protect their airway on their own. Using a supraglottic airway in these cases can provoke gagging or vomiting, potentially leading to airway obstruction or aspiration, which would compromise patient safety. Severe facial trauma can distort anatomy and make it difficult or impossible to correctly position the supraglottic airway. In such situations, there may be a high risk of incorrect placement, which can lead to inadequate ventilation and ineffective airway management. Esophageal disease, particularly conditions that may lead to esophageal varices or strictures, also raises concerns. Inserting a supraglottic airway can inadvertently enter the esophagus instead of the trachea, risking injury to the esophagus and potential for significant complications such as bleeding or aspiration of gastric contents. In contrast, the other scenarios presented, such as unconsciousness with a lack of breathing or the presence of smoke inhalation injuries, do not inherently contraindicate the use of a supraglottic airway. In fact

### 4. What does the term 'triage' refer to in emergency medicine?

- A. The process of distributing medications**
- B. The practice of counseling patients**
- C. Prioritizing patients based on the severity of conditions**
- D. Planning emergency drills**

In emergency medicine, 'triage' refers to the process of prioritizing patients based on the severity of their conditions. This system is crucial in situations where medical resources are limited, such as during mass casualty incidents or in emergency departments with high patient volumes. By evaluating the urgency of a patient's condition, healthcare providers can ensure that those who need immediate care receive it promptly, while those with less severe conditions may wait longer for treatment. This prioritization helps to maximize the use of available resources and improve outcomes for the most critically ill patients. The other choices relate to important aspects of healthcare but do not capture the core meaning of triage. For example, distributing medications and counseling patients, while vital, are specific actions rather than a systematic approach to patient assessment and prioritization. Planning emergency drills, though significant for preparedness, does not involve patient assessment directly, which is the essence of triage in emergency settings.

**5. What is the total number of questions included in the NYC REMAC paramedic credentialing exam?**

- A. 100**
- B. 120**
- C. 80**
- D. 140**

The total number of questions included in the NYC REMAC paramedic credentialing exam is 120. This figure is significant as it reflects the comprehensive nature of the exam, ensuring that it adequately assesses the knowledge and skills required for paramedics in New York City. A higher number of questions typically indicates a broader evaluation of various topics, including advanced life support protocols, emergency response procedures, medical assessments, and pharmacology. Understanding the number of questions not only helps candidates prepare effectively by structuring their study time but also emphasizes the importance of being well-versed in a wide range of scenarios and protocols that paramedics may encounter in the field.

**6. What is the pharmacological effect of atropine?**

- A. It decreases heart rate**
- B. It increases heart rate by blocking vagus nerve effects on the heart**
- C. It has no significant effect on heart rate**
- D. It stabilizes heart rhythm during arrhythmias**

Atropine primarily functions as an anticholinergic agent that inhibits the action of the vagus nerve on the heart, leading to an increase in heart rate. By blocking the vagal effects, atropine reduces the parasympathetic tone, which is responsible for slowing the heart rate. In clinical situations such as bradycardia, where the heart rate is dangerously low, atropine is an effective treatment as it counteracts the excessive influence of the vagus nerve. This mechanism of action is crucial for restoring a more normal heart rate when it's decreased due to vagal stimulation. The other options reflect misconceptions about atropine's effects. For instance, stating that it decreases heart rate contradicts its known pharmacological action. Atropine does not stabilize heart rhythm during arrhythmias but is more commonly used for its effects on heart rate regulation. Similarly, claiming that it has no significant effect on heart rate overlooks its critical role in the management of bradycardic conditions. Hence, the assertion that atropine increases heart rate by blocking the vagus nerve effects is fundamentally accurate and aligns with its established use in medical practice.

**7. What is the next step for a 12-year-old with severe asthma who is unresponsive to three nebulizer treatments and IM epinephrine?**

**A. Administer magnesium sulphate 40 mg/kg IV**

**B. Provide heliox**

**C. Prepare for RSI**

**D. Give theophylline**

When a 12-year-old patient with severe asthma has shown an unresponsive reaction to multiple nebulizer treatments and IM epinephrine, the clinical situation suggests that the asthma exacerbation is significantly severe and may warrant aggressive treatment options. Administering magnesium sulfate is a well-established intervention for patients experiencing severe asthma exacerbations that do not respond to initial therapies. Magnesium sulfate acts as a bronchodilator and can reduce airway inflammation, thus helping to alleviate the obstructive processes in the airways associated with asthma. The recommended dosage is often 2 grams IV, which can be repeated, depending on the clinical guidelines followed. This intervention can be particularly beneficial in the setting of severe bronchospasm, especially when conventional treatments have failed. In association with the other options, although heliox can be helpful in certain cases due to its low density facilitating easier breathing, it may not be the first-line intervention following the failure of initial treatments. Preparing for rapid sequence intubation (RSI) may be necessary in the event of impending respiratory failure but should only be executed after other interventions have proved to be inadequate. Theophylline is a bronchodilator as well, but it has largely fallen out of favor in acute settings due to its side effect profile and

**8. What are common signs of hyperglycemia in a diabetic patient?**

**A. Increased thirst, frequent urination, fatigue, and blurred vision**

**B. High blood pressure, chest pain, rapid heart rate, and confusion**

**C. Shortness of breath, sweating, dizziness, and pale skin**

**D. Severe headache, nausea, vomiting, and abdominal pain**

In a diabetic patient, hyperglycemia, or elevated blood glucose levels, manifests through specific signs and symptoms that indicate how the body is responding to excess glucose. Increased thirst, frequent urination, fatigue, and blurred vision are recognized as classic indicators of hyperglycemia. The increased thirst occurs because the body attempts to dilute the excess sugar in the bloodstream, leading to dehydration. Consequently, this dehydration triggers frequent urination as the kidneys work to eliminate the excess glucose and restore normal balance. Fatigue is another common symptom, as high blood sugar levels can hinder the body's ability to utilize glucose for energy, resulting in feelings of tiredness. Finally, blurred vision can arise due to fluid changes in the eyes caused by the high sugar levels, impacting focus and clarity. Thus, option A effectively encapsulates the relevant symptoms associated with hyperglycemia, making it the appropriate choice.

**9. How is a femur fracture typically immobilized?**

- A. With a rigid board splint**
- B. With a traction splint to align the bones**
- C. With an inflatable splint**
- D. With a soft padded bandage**

A femur fracture is typically immobilized using a traction splint to align the bones and minimize movement at the fracture site. This is crucial because the femur is a long bone that, when fractured, can lead to significant displacement of its fragments. A traction splint applies consistent pulling force on the limb, which helps to maintain alignment and reduce the risk of complications such as further injury to surrounding tissues or blood vessels. The traction mechanism stabilizes the fracture by counteracting muscle spasms and maintaining proper anatomical position, thus facilitating better healing conditions and reducing pain for the patient. While other immobilization methods, such as a rigid board splint or inflatable splint, may be effective for different types of fractures or injuries, they do not provide the same level of alignment and stabilization needed for femur fractures. A soft padded bandage is typically inadequate for rigid immobilization of a long bone fracture like that of the femur, as it would not sufficiently restrict movement. Therefore, using a traction splint is the most appropriate and effective method for managing a femur fracture in the field.

**10. If capnography shows a reading of less than 10 mmHg during CPR, what immediate action should be taken?**

- A. Change the drug being administered**
- B. Change compressor**
- C. Increase ventilation rate**
- D. Switch to a different defibrillator**

A capnography reading of less than 10 mmHg during CPR is indicative of poor cardiac output and inadequate ventilation, often pointing to the need for reassessment of the quality of chest compressions. Changing the compressor is crucial in this scenario because high-quality chest compressions are essential to improve blood flow and, consequently, the effectiveness of CPR. When compressions are performed effectively and without interruption, it significantly increases the likelihood of returning spontaneous circulation. If a parity of compressions is not maintained, or if the person performing compressions is losing efficacy due to fatigue, switching to a different compressor can help maintain the quality and depth of compressions necessary for effective resuscitation. The other options are not immediate priorities in response to the capnography reading. Although adjustments to drug administration or ventilation may be necessary later, ensuring high-quality CPR through adequate and effective compressions remains the priority in such a situation.



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

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