New York State Paramedic Practice Exam (Sample)

Study Guide

BY EXAMZIFY

Everything you need from our exam experts!

Sample study guide. For the full version with hundreds of questions, visit:
https://nystateparamedic.examzify.com

Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

Table of Contents

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

SAMPLE

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.

SAMPLE

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!

SAMPLE

Questions

SAMPLE

1. What does a prolonged ST segment typically indicate?

A. Normal cardiac function

B. Myocardial infarction

C. Coronary artery spasm

D. Ventricular tachycardia

2. Which type of consent involves a patient being lucid and of legal age?

A. Informed consent

B. Implied consent

C. Expressed consent

D. Involuntary consent

3. Which hormone does the pituitary gland send in response to a stressor?

A. Cortisol

B. Antidiuretic hormone

C. Adrenaline

D. Testosterone

4. What does stroke volume measure?

A. The amount of blood pumped from the right ventricle per beat

B. The volume of blood pumped from the left atrium per beat

C. The volume of blood pumped from the left ventricle per beat

D. The total blood volume in the human body

5. Which triad of symptoms is associated with cardiac tamponade?

A. JVD, narrow pulse pressure, hypotension

B. High blood pressure, low pulse pressure, tachycardia

C. High blood pressure, bradycardia, muffled heart sounds

D. JVD, hypertension, normal pulse pressure

SAMPLE

6. What is malfeasance?

A. Performing a legal act unlawfully

B. Failure to provide necessary care

C. Performing a legal act in a harmful way

D. Performing an unlawful act

7. What effect does hypoxia have on muscle function?

A. Increases muscle strength

B. Decreases muscle strength

C. No effect on muscle function

D. Improves muscle coordination

8. What does the peripheral nervous system encompass?

A. Brain and spinal cord

B. All nerves branching off the brain and spinal cord

C. Only cranial nerves

D. Predominantly voluntary functions

9. What is the term for glands that secrete substances directly into the bloodstream?

A. Exocrine glands

B. Endocrine glands

C. Serous glands

D. Mucous glands

10. Which term describes the process of stopping care without transferring a patient?

A. Negligence

B. Abandonment

C. Malpractice

D. Termination

SAMPLE

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. What does a prolonged ST segment typically indicate?

A. Normal cardiac function

B. Myocardial infarction

C. Coronary artery spasm

D. Ventricular tachycardia

A prolonged ST segment is significant in the context of cardiac health, particularly regarding myocardial infarction, which is a condition where there is a loss of blood supply to a part of the heart muscle, resulting in damage. In the setting of myocardial infarction, the ST segment elevation or depression seen on an electrocardiogram (ECG) reflects the electrical activity of the heart muscle that is not receiving adequate blood flow. When the ST segment is prolonged or elevated, it indicates that there is sustained injury to the myocardial tissue, resulting from ischemia. This finding is crucial as it can assist clinicians in diagnosing and differentiating types of myocardial infarctions, such as ST-Elevation Myocardial Infarction (STEMI). Prompt recognition of this abnormality can lead to timely interventions, such as reperfusion therapy, which can save heart muscle and improve patient outcomes. Myocardial infarction effectively showcases why the ST segment changes are critical in the context of cardiac monitoring, situating them as essential knowledge for those in paramedic practice.

2. Which type of consent involves a patient being lucid and of legal age?

A. Informed consent

B. Implied consent

C. Expressed consent

D. Involuntary consent

The correct choice is expressed consent. This type of consent is obtained when a patient voluntarily agrees to a medical intervention after being fully informed about the procedure, its risks, and benefits. For consent to be considered expressed, the patient must be of legal age and possess the mental capacity to understand the information provided, allowing them to make an informed decision about their treatment. Expressed consent is crucial in ensuring that patients have the right to govern their own healthcare decisions. It signifies a clear and affirmative agreement, as opposed to implied consent, which can be assumed in certain emergency situations when a patient is unable to give direct consent. It is also distinct from informed consent, which emphasizes the provision of information regarding risks and alternatives, and is often a more comprehensive process. In contrast, involuntary consent does not involve the patient's willingness, as it is usually imposed due to psychiatric emergencies or legal directives. Understanding the nuances of expressed consent is essential for healthcare providers, as it protects patient autonomy and ensures ethical practice in medical care.

SAMPLE

3. Which hormone does the pituitary gland send in response to a stressor?

A. Cortisol

B. Antidiuretic hormone

C. Adrenaline

D. Testosterone

The correct response from the pituitary gland in reaction to a stressor is the secretion of antidiuretic hormone (ADH), also known as vasopressin. This hormone plays a significant role in the body's response to stress, particularly by regulating water balance and maintaining blood pressure. During stressful situations, the body can experience fluid loss or fluctuating blood pressure, and ADH helps to conserve water in the kidneys, thus ensuring adequate hydration and blood volume. This mechanism is crucial during times of physical stress when the body requires optimal functioning. Cortisol, while a hormone released during stress, is produced by the adrenal glands in response to adrenocorticotropic hormone (ACTH), which is itself secreted by the pituitary gland, but the initial step involves the activation of the adrenal glands rather than a direct response from the pituitary. Adrenaline (epinephrine), another stress-related hormone, is released from the adrenal glands without direct action from the pituitary. Testosterone does not have a primary role in acute stress responses and serves different functions primarily related to reproduction and muscle mass.

4. What does stroke volume measure?

A. The amount of blood pumped from the right ventricle per beat

B. The volume of blood pumped from the left atrium per beat

C. The volume of blood pumped from the left ventricle per beat

D. The total blood volume in the human body

Stroke volume specifically measures the volume of blood that is ejected from the left ventricle of the heart with each heartbeat. This measurement is crucial in assessing cardiovascular health and function because the left ventricle is responsible for pumping oxygenated blood into the aorta and subsequently throughout the body. Understanding stroke volume allows healthcare professionals to evaluate the heart's efficiency and overall performance in delivering blood to vital organs. Measuring stroke volume is particularly important in various clinical settings, as it can influence decisions on treatment and interventions for patients with heart conditions or those in critical care situations. Assessing the stroke volume can provide insight into conditions such as heart failure, where the volume may be decreased, or in cases of hypertensive heart disease, where it may be affected by various hemodynamic changes.

SAMPLE

5. Which triad of symptoms is associated with cardiac tamponade?

A. JVD, narrow pulse pressure, hypotension

B. High blood pressure, low pulse pressure, tachycardia

C. High blood pressure, bradycardia, muffled heart sounds

D. JVD, hypertension, normal pulse pressure

The triad of symptoms associated with cardiac tamponade is known as Beck's triad, which specifically includes jugular venous distention (JVD), narrow pulse pressure, and hypotension. In the context of cardiac tamponade, the accumulation of fluid in the pericardial space exerts pressure on the heart, particularly during diastole, which inhibits the heart's ability to fill properly. This leads to decreased stroke volume and consequently, hypotension. JVD occurs as a result of increased pressure in the jugular veins due to impaired filling of the right side of the heart. Narrow pulse pressure, characterized by a small difference between systolic and diastolic blood pressure, is a notable feature in this condition as it reflects the decreased stroke volume impacting the blood pressure dynamics. Understanding these symptoms is crucial in recognizing and managing cardiac tamponade effectively in a clinical setting.

6. What is malfeasance?

A. Performing a legal act unlawfully

B. Failure to provide necessary care

C. Performing a legal act in a harmful way

D. Performing an unlawful act

Malfeasance refers specifically to the commission of an unlawful or wrongful act, particularly by a public official or someone in a position of authority. When a person engages in malfeasance, they not only act outside the bounds of legality but also typically do so in a manner that violates the law or the duties of their office, leading to harm or injury. In the context of emergency medical services, it can involve actions taken by a paramedic that are not only inappropriate but also explicitly against the law, which differentiates it from other types of misconduct or negligence. The other options provided describe various aspects of actions within the realms of legality and ethics, but they do not capture the essence of malfeasance. For instance, performing a legal act unlawfully pertains more to non-malfeasance as it indicates misapplication rather than outright illegality. The failure to provide necessary care relates more to negligence, which involves a duty of care rather than an unlawful act. Performing a legal act in a harmful way could be seen as either misfeasance or nonfeasance, depending on the intent and the legal classification of the act itself. However, none of these options encapsulate the explicit essence of performing an unlawful act that malfe

SAMPLE

7. What effect does hypoxia have on muscle function?

A. Increases muscle strength

B. Decreases muscle strength

C. No effect on muscle function

D. Improves muscle coordination

Hypoxia, which is a deficiency of oxygen reaching the tissues, has a significant impact on muscle function. As the oxygen supply decreases, the muscles are not able to perform optimally. Muscle strength is closely linked to the availability of oxygen, as oxygen is essential for the production of adenosine triphosphate (ATP), the energy currency used by muscles for contraction and other metabolic processes. When hypoxia occurs, the muscles cannot generate enough ATP to sustain strong contractions, leading to a decrease in muscle strength. Additionally, the accumulation of metabolic byproducts, such as lactic acid, can further impair muscle function and contribute to fatigue. Therefore, in a hypoxic state, muscle strength is compromised, making it difficult for the muscles to perform at their usual capacity. This highlights the critical role that oxygen plays in maintaining muscle performance and overall physical endurance.

8. What does the peripheral nervous system encompass?

A. Brain and spinal cord

B. All nerves branching off the brain and spinal cord

C. Only cranial nerves

D. Predominantly voluntary functions

The peripheral nervous system includes all the nerves that branch off from the brain and spinal cord, making it a vital part of the overall nervous system. This system is responsible for transmitting information between the central nervous system, which consists of the brain and spinal cord, and the rest of the body. By encompassing all kinds of nerves, the peripheral nervous system facilitates both sensory and motor functions. It allows for the transmission of sensory information to the central nervous system and the return of motor commands to various muscles and glands throughout the body. This widespread network enables coordinated physical responses and interaction with the environment. Focusing on the broader definition confirms that the peripheral nervous system is more than just cranial nerves or only voluntary functions, as it includes autonomic nerves as well, which manage involuntary functions. Overall, recognizing the full extent of the peripheral nervous system helps in understanding its crucial role in connecting the brain and spinal cord to the body's limbs and organs.

SAMPLE

9. What is the term for glands that secrete substances directly into the bloodstream?

A. Exocrine glands

B. Endocrine glands

C. Serous glands

D. Mucous glands

The term for glands that secrete substances directly into the bloodstream is "endocrine glands." These glands are a crucial component of the endocrine system and are responsible for producing hormones that regulate various bodily functions, including metabolism, growth, and mood. Endocrine glands, such as the thyroid, adrenal glands, and pituitary gland, release their secretions (hormones) directly into the blood, allowing for widespread distribution throughout the body. In contrast, exocrine glands release their substances through ducts to specific areas, such as sweat glands or salivary glands. Serous and mucous glands refer to types of exocrine glands that produce specific types of secretions (serous being watery and mucous being thick), and they also do not secrete directly into the bloodstream. Understanding these differences clarifies why "endocrine glands" is the correct term for glands that have this direct secretion mechanism into the vascular system.

10. Which term describes the process of stopping care without transferring a patient?

A. Negligence

B. Abandonment

C. Malpractice

D. Termination

Abandonment refers to the situation where a healthcare provider, such as a paramedic, discontinues care for a patient without ensuring that the patient has been safely transferred to another provider or has the requisite support in place. This is a critical concept in emergency medical services because it emphasizes the duty of care that a paramedic or medical professional has toward their patients. When a person is abandoned, they are left without the necessary medical attention, which could lead to worsening of their condition or adverse outcomes. In the context of pre-hospital care, if a paramedic decides to stop providing treatment or leaves the scene without handing off patient care to another qualified individual, this can constitute abandonment. It highlights the importance of continuity of care and the responsibilities healthcare providers have to their patients, even in challenging circumstances. Understanding this term ensures that paramedics make informed decisions about patient transfers and continuity of care, reducing the risk of adverse consequences for patients.

SAMPLE

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://nystateparamedic.examzify.com

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

SAMPLE