

New Zealand EMT Computer-Aided Dispatch (CAD) Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

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SAMPLE

Questions

SAMPLE

- 1. Which action of aspirin is primarily used in clinical settings?**
 - A. Antipyretic**
 - B. Analgesic**
 - C. Antinflammatory**
 - D. Antiplatelet**
- 2. Which combination of symptoms could indicate a minor traumatic brain injury?**
 - A. Severe headache, disorientation, balance issues**
 - B. Fatigue, vomiting, blurry vision**
 - C. Chest pain, palpitations, excessive sweating**
 - D. Ear ringing, facial swelling, drowsiness**
- 3. In what case are you likely to encounter burns around the lips?**
 - A. Chemical burns**
 - B. Electrical burns**
 - C. Airway burns**
 - D. Friction burns**
- 4. Which abdominal organ is primarily responsible for detoxification and metabolism?**
 - A. Gall bladder**
 - B. Liver**
 - C. Pancreas**
 - D. Spleen**
- 5. Which body systems are primarily involved in anaphylaxis?**
 - A. Neurological, musculoskeletal, respiratory, gastrointestinal**
 - B. Mucosal, cardiovascular, neurological, integumentary**
 - C. Gastrointestinal, respiratory, cardiovascular, and integumentary**
 - D. Respiratory, metabolic, cardiac, and endocrine**

- 6. When should you assess limb baselines during an emergency situation?**
- A. Only during major trauma**
 - B. Before and after any treatment of an injury**
 - C. Only when fractures are suspected**
 - D. Post any medical intervention**
- 7. What is one possible outcome of administering paracetamol?**
- A. Increased liver enzymes**
 - B. Reduction of pain and fever**
 - C. Elevation of blood pressure**
 - D. Bronchodilation**
- 8. Which diseases are classified under CORD?**
- A. Asthma, Pneumonia, Pulmonary Fibrosis**
 - B. Chronic Bronchitis, Emphysema, Chronic Asthma**
 - C. Interstitial Lung Disease, Asthma, Heart Failure**
 - D. Allergy, Cystic Fibrosis, Chronic Bronchitis**
- 9. Which cardiovascular assessment is commonly performed for patients in distress due to chest pain?**
- A. Checking blood glucose levels**
 - B. Performing ECG monitoring**
 - C. Measuring peak flow**
 - D. Assessing carbon dioxide levels**
- 10. Why is it crucial to measure BGL during a seizure?**
- A. To determine medication requirement**
 - B. To prevent further seizures**
 - C. To rule out hypoglycemia as a cause**
 - D. To monitor breathing adequacy**

Answers

SAMPLE

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

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Explanations

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1. Which action of aspirin is primarily used in clinical settings?

- A. Antipyretic**
- B. Analgesic**
- C. Antinflammatory**
- D. Antiplatelet**

Aspirin is primarily recognized for its antiplatelet action in clinical settings. This property makes it a critical medication in the management and prevention of cardiovascular events, such as heart attacks and strokes. The mechanism behind this action involves aspirin irreversibly inhibiting cyclooxygenase (COX-1) enzymes in platelets, which decreases the formation of thromboxane A2, a substance that promotes platelet aggregation. Therefore, this action significantly reduces the risk of blood clots forming in the arteries. While aspirin does exhibit antipyretic effects, helping to lower fever, and analgesic properties for pain relief, these are not its primary therapeutic uses in a clinical context. Similarly, although it is classified as an anti-inflammatory medication and can help alleviate inflammation in conditions like arthritis, its predominant role in emergency and cardiovascular care is its ability to inhibit platelet aggregation.

2. Which combination of symptoms could indicate a minor traumatic brain injury?

- A. Severe headache, disorientation, balance issues**
- B. Fatigue, vomiting, blurry vision**
- C. Chest pain, palpitations, excessive sweating**
- D. Ear ringing, facial swelling, drowsiness**

The combination of symptoms involving a severe headache, disorientation, and balance issues is indicative of a minor traumatic brain injury, such as a concussion. These specific symptoms can reflect how the brain's normal functioning has been disrupted following trauma. A severe headache may arise from swelling or pressure within the skull, while disorientation signifies potential cognitive impairment, and balance issues can indicate altered vestibular function as a result of injury to specific brain regions. Together, these symptoms paint a picture consistent with minor brain trauma. The other combinations of symptoms presented, while they may indicate different medical issues, do not align as closely with the characteristics of a minor traumatic brain injury. For instance, symptoms like fatigue, vomiting, and blurry vision can signify other conditions such as a gastrointestinal issue or severe migraine, rather than specifically indicating brain injury. Similarly, chest pain, palpitations, and excessive sweating are more typically associated with cardiac events. Lastly, ear ringing, facial swelling, and drowsiness may suggest issues like an allergic reaction or ear problems but do not directly indicate a minor brain injury.

3. In what case are you likely to encounter burns around the lips?

- A. Chemical burns**
- B. Electrical burns**
- C. Airway burns**
- D. Friction burns**

Burns around the lips are most commonly associated with airway burns. This type of burn occurs when an individual inhales superheated gases or flames, which can cause injury to the oral cavity and nearby structures including the lips. The proximity of the lips to the airway makes them particularly vulnerable when there is exposure to hot air, steam, or chemicals. Airway burns can result from fires, explosion, or other sources of heat and can lead to significant complications, including swelling, difficulty breathing, or further damage to the respiratory tract. Recognizing the signs of airway burns, including burns around the lips, is critical in emergency medical situations since timely intervention can be life-saving. In contrast, while chemical, electrical, and friction burns can occur on various parts of the body, they typically do not specifically result in burns around the lips as a primary characteristic. For example, chemical burns are usually localized to areas that came in direct contact with the caustic substance, and electrical burns may cause injury deeper within the body, while friction burns are caused by skin abrasion and are less likely to affect sensitive areas such as around the lips. Thus, understanding the characteristics of different burn types helps in determining the potential risks and necessary medical responses.

4. Which abdominal organ is primarily responsible for detoxification and metabolism?

- A. Gall bladder**
- B. Liver**
- C. Pancreas**
- D. Spleen**

The liver is primarily responsible for detoxification and metabolism within the body. It plays a crucial role in processing nutrients absorbed from the digestive tract and detoxifying harmful substances. The liver's metabolic functions include the synthesis of proteins, production of biochemicals necessary for digestion, and the regulation of glucose levels in the blood. It also breaks down drugs and alcohol, converting them into less harmful substances that can be eliminated from the body. This organ is essential for maintaining metabolic homeostasis, ensuring that the body's various biochemical processes run smoothly and efficiently. In contrast, the gall bladder stores and concentrates bile produced by the liver, the pancreas produces digestive enzymes and hormones like insulin, and the spleen is involved in filtering blood and supporting the immune response. Therefore, these other organs, while vital to digestive and immune functions, do not primarily handle detoxification and metabolism as the liver does.

5. Which body systems are primarily involved in anaphylaxis?

- A. Neurological, musculoskeletal, respiratory, gastrointestinal
- B. Mucosal, cardiovascular, neurological, integumentary
- C. Gastrointestinal, respiratory, cardiovascular, and integumentary**
- D. Respiratory, metabolic, cardiac, and endocrine

Anaphylaxis is a severe and potentially life-threatening allergic reaction that involves multiple body systems, primarily affecting the gastrointestinal, respiratory, cardiovascular, and integumentary systems. The gastrointestinal system can be impacted through symptoms such as nausea, vomiting, and abdominal pain, which are often caused by the ingestion of allergens. The respiratory system is significantly involved, as anaphylaxis can lead to difficulty breathing, wheezing, and swelling of the airways due to bronchoconstriction and airway edema. The cardiovascular system is also critically affected, as anaphylaxis can cause a drop in blood pressure (anaphylactic shock) and increase heart rate, leading to poor perfusion and possible loss of consciousness. Finally, the integumentary system, which includes the skin, often presents symptoms such as hives, flushing, or swelling, which are common indicators of an allergic reaction. This multi-system involvement underscores the urgency and complexity of managing anaphylaxis, necessitating immediate medical intervention such as the administration of epinephrine. Understanding the systems involved helps caregivers and responders to recognize the signs and symptoms more effectively, allowing for timely treatment.

6. When should you assess limb baselines during an emergency situation?

- A. Only during major trauma
- B. Before and after any treatment of an injury**
- C. Only when fractures are suspected
- D. Post any medical intervention

Assessing limb baselines before and after any treatment of an injury is crucial in emergency situations for several reasons. This practice helps to establish a comparison point for the patient's condition, allowing EMTs to monitor changes over time effectively. By documenting the baseline status of a limb, healthcare providers can identify the impact of interventions and determine whether a patient's condition is improving, worsening, or remaining stable. In cases of injury, especially with potential complications such as swelling, circulation issues, or neurological deficits, having a clear record of the limb's initial condition provides essential information for ongoing assessment and treatment decisions. This approach enhances patient care by ensuring that any changes in the condition can be quickly recognized and addressed. The other choices, while they indicate scenarios where limb assessment might occur, do not encompass the comprehensive nature of when baselines should be assessed. Focusing solely on major trauma, suspected fractures, or post-medical interventions limits the understanding of the broader necessity for continuous monitoring in various emergency situations.

7. What is one possible outcome of administering paracetamol?

- A. Increased liver enzymes**
- B. Reduction of pain and fever**
- C. Elevation of blood pressure**
- D. Bronchodilation**

Administering paracetamol, commonly known as acetaminophen, is primarily intended for the reduction of pain and fever. It works by inhibiting certain chemical signals in the brain that lead to the sensation of pain and the regulation of body temperature. Paracetamol is widely used due to its effectiveness and safety profile when used at recommended doses. The ability of paracetamol to alleviate discomfort from mild to moderate pain makes it a go-to option in many clinical situations, as well as for managing fever, particularly in children and adults. This pain-relieving and antipyretic (fever-reducing) effect is what makes paracetamol a popular choice among healthcare providers. The other options, while they mention effects that can occur from other medications or conditions, do not accurately represent the primary actions or outcomes of paracetamol administration. For example, increased liver enzymes can be a consequence of overdose or chronic use but is not a typical outcome from appropriate dosage. Elevation of blood pressure and bronchodilation are not effects associated with paracetamol; they are related to different classes of medications.

8. Which diseases are classified under CORD?

- A. Asthma, Pneumonia, Pulmonary Fibrosis**
- B. Chronic Bronchitis, Emphysema, Chronic Asthma**
- C. Interstitial Lung Disease, Asthma, Heart Failure**
- D. Allergy, Cystic Fibrosis, Chronic Bronchitis**

The correct classification for diseases under CORD, which stands for Chronic Obstructive Respiratory Disease, is primarily illustrated by the inclusion of Chronic Bronchitis, Emphysema, and Chronic Asthma. These conditions are all characterized by persistent respiratory symptoms and airflow limitation, which are hallmarks of chronic obstructive diseases. Chronic Bronchitis involves inflammation and irritation of the bronchial tubes, leading to chronic cough and mucus production. Emphysema refers to the damage of the alveoli in the lungs, which decreases the surface area for gas exchange and contributes to shortness of breath. Chronic Asthma can also lead to obstruction and chronic inflammation of the airways. Together, these conditions encapsulate the concept of CORD as they demonstrate a long-term decline in pulmonary function, aligning with the core definition of chronic obstructive respiratory diseases. Other options listed, while they may include respiratory and related conditions, do not all fit within the CORD framework. For instance, heart failure is primarily a cardiovascular condition and not classified under chronic obstructive respiratory diseases. Thus, B appropriately captures the essence of CORD by focusing specifically on established conditions that directly contribute to chronic respiratory obstruction.

9. Which cardiovascular assessment is commonly performed for patients in distress due to chest pain?

A. Checking blood glucose levels

B. Performing ECG monitoring

C. Measuring peak flow

D. Assessing carbon dioxide levels

Performing ECG monitoring is a critical component of the cardiovascular assessment for patients experiencing chest pain. An electrocardiogram (ECG) provides essential information about the heart's electrical activity. It can help identify possible myocardial ischemia or infarction, abnormal heart rhythms, and other cardiac conditions that may be contributing to the patient's distress. In the context of chest pain, the ECG can reveal changes such as ST-segment elevation or depression, which are indicative of underlying cardiac issues that need immediate attention. This makes it an indispensable tool in the rapid assessment and decision-making process for treatment. The other options, such as checking blood glucose levels, measuring peak flow, and assessing carbon dioxide levels, serve different diagnostic and therapeutic purposes and are not direct assessments related to cardiovascular distress caused by chest pain. While these tests can be important in a broader clinical context, they do not specifically address the acute concerns associated with cardiac events, which is the focus when encountering a patient with chest pain.

10. Why is it crucial to measure BGL during a seizure?

A. To determine medication requirement

B. To prevent further seizures

C. To rule out hypoglycemia as a cause

D. To monitor breathing adequacy

Measuring blood glucose level (BGL) during a seizure is essential to rule out hypoglycemia as a potential cause. Seizures can sometimes be triggered by low blood sugar levels, and identifying hypoglycemia allows for timely intervention. Administering glucose if hypoglycemia is present can help stabilize the patient and potentially stop the seizure activity. Understanding the blood glucose status is fundamental in managing the patient effectively and ensuring that appropriate treatment is provided. Monitoring BGL is not only vital for immediate management but also for guiding future care decisions. Hypoglycemia can lead to serious complications if not addressed, so ruling it out during a seizure is a critical first step in assessing the patient's condition.