

# North Seattle College EMT Entrance Practice Exam (Sample)

## Study Guide



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

**This is a sample study guide. To access the full version with hundreds of questions,**

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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.

# 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. Don't worry about getting everything right, 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, and take breaks to retain information better.**

## 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.**

## 7. Use Other Tools

**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. What is the most common cause of hypoxia?**
  - A. Respiratory failure**
  - B. Ischemia**
  - C. Infarct**
  - D. Hypercarbia**
  
- 2. What does the ABCDE acronym in primary survey stand for?**
  - A. Airway, Breathing, Circulation, Disability, Exposure**
  - B. Airway, Breathing, Consciousness, Diagnosis, Evaluation**
  - C. Assessment, Breathing, Circulation, Disability, Environment**
  - D. Airway, Breathing, Clinical signs, Disability, Emergency**
  
- 3. What is the primary goal of the general impression during a primary assessment?**
  - A. To determine the patient's history**
  - B. To identify vital signs**
  - C. To establish the severity of the patient's condition**
  - D. To calculate the potential treatment required**
  
- 4. What is the name of the serous membrane lining the abdominal cavity?**
  - A. Peritoneum**
  - B. Pericardium**
  - C. Pleurae**
  - D. Viscera**
  
- 5. The 'Q' in OPQRST refers to which characteristic of pain?**
  - A. Provocation**
  - B. Quality**
  - C. Region**
  - D. Time**

**6. What condition is indicated by an increased carbon dioxide level in the bloodstream?**

- A. Hypercapnia**
- B. Dehydration**
- C. Hypercarbia**
- D. Hypoxia**

**7. What process involves sorting patients based on the urgency of their need for care?**

- A. Assessment**
- B. Triage**
- C. Intervention**
- D. Evaluation**

**8. How many lobes does the right lung contain?**

- A. Two**
- B. Three**
- C. Four**
- D. One**

**9. What are pleurae?**

- A. Muscles that contract during breathing**
- B. Structures that enable gas exchange**
- C. Serous membranes surrounding the lungs**
- D. Cartilages in the larynx**

**10. Which of the following injuries is known for not breaking the skin surface?**

- A. Compound fracture**
- B. Simple fracture**
- C. Evisceration**
- D. Paradoxical chest movement**

## **Answers**

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

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## **Explanations**

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## 1. What is the most common cause of hypoxia?

- A. Respiratory failure
- B. Ischemia**
- C. Infarct
- D. Hypercarbia

Hypoxia refers to a deficiency in the amount of oxygen reaching the tissues. The most common cause of hypoxia is ischemia, which occurs when there's inadequate blood flow to an organ or a part of the body. This reduced blood flow limits the delivery of oxygen, which is crucial for cellular metabolism and function. Ischemia can result from various factors, such as blockages in blood vessels caused by clots or atherosclerosis, which restrict blood supply. Consequently, even if the lungs are functioning adequately and oxygen is present in the air, the tissues may still be deprived of oxygen because the blood cannot deliver it effectively. This makes ischemia a primary, critical factor in the development of hypoxia. By understanding this relationship, one can appreciate the importance of maintaining adequate blood flow and circulation for overall oxygen delivery to sustain tissue health.

## 2. What does the ABCDE acronym in primary survey stand for?

- A. Airway, Breathing, Circulation, Disability, Exposure**
- B. Airway, Breathing, Consciousness, Diagnosis, Evaluation
- C. Assessment, Breathing, Circulation, Disability, Environment
- D. Airway, Breathing, Clinical signs, Disability, Emergency

The ABCDE acronym in primary survey is an essential mnemonic used in emergency medicine to prioritize the assessment of patients. The components of this acronym stand for Airway, Breathing, Circulation, Disability, and Exposure, each representing a critical aspect of the initial evaluation. Beginning with "Airway," it emphasizes the need to ensure that the patient's airway is clear and unobstructed since an open airway is crucial for effective ventilation and oxygenation. Following this, "Breathing" assesses the quality and effort of the patient's breathing, ensuring they are adequately ventilating. The next component, "Circulation," focuses on evaluating the patient's circulatory system, checking for pulse, bleeding, and overall perfusion status. The "Disability" portion assesses the patient's neurological status, which can provide insights into potential head injuries or strokes. Finally, "Exposure" involves removing clothing to assess for any hidden injuries while ensuring that the patient's dignity and warmth are maintained. This structured approach promotes a thorough and systematic assessment which is vital in emergencies to identify and treat life-threatening conditions promptly. Each step corresponds to a critical function that, when properly evaluated, enhances the likelihood of positive patient outcomes.

**3. What is the primary goal of the general impression during a primary assessment?**

- A. To determine the patient's history**
- B. To identify vital signs**
- C. To establish the severity of the patient's condition**
- D. To calculate the potential treatment required**

The primary goal of the general impression during a primary assessment is to establish the severity of the patient's condition. This initial assessment allows healthcare providers to quickly discern whether a patient is in critical condition, stable, or requires immediate intervention. By observing the patient's appearance, responsiveness, and any obvious injuries or distress, EMTs can prioritize their actions and determine if the situation is life-threatening. This information is crucial for making rapid decisions about necessary treatments or interventions. It serves as a foundation for evaluating the patient's overall health status and guiding further assessments, such as obtaining vital signs or taking a medical history. Establishing the severity of the condition can help in triaging patients effectively, especially in emergency scenarios where time is of the essence.

**4. What is the name of the serous membrane lining the abdominal cavity?**

- A. Peritoneum**
- B. Pericardium**
- C. Pleurae**
- D. Viscera**

The serous membrane lining the abdominal cavity is known as the peritoneum. This membrane plays a crucial role in protecting and supporting the abdominal organs. It provides a smooth surface that allows the internal organs to glide against each other without friction, which is essential for normal digestive movements and other bodily functions. Additionally, the peritoneum also has a significant role in maintaining the organization of the abdominal cavity, housing various structures and allowing for the efficient movement and function of organs within that space. The peritoneal cavity, formed by the layers of the peritoneum, contains a small amount of lubricating fluid that further facilitates movement. In contrast, other choices refer to different serous membranes associated with other body cavities. The pericardium, for instance, is the membrane surrounding the heart, while the pleurae are the membranes surrounding the lungs. "Viscera" refers to the internal organs themselves rather than a membrane. Understanding these distinctions helps clarify why the peritoneum is specifically associated with the abdominal cavity.

**5. The 'Q' in OPQRST refers to which characteristic of pain?**

- A. Provocation**
- B. Quality**
- C. Region**
- D. Time**

The "Q" in OPQRST specifically refers to the "Quality" of pain. This aspect is essential for understanding the patient's experience of their pain, which can vary significantly from one individual to another. The quality of pain describes how the pain feels to the patient and can include descriptions such as sharp, dull, aching, burning, or throbbing. By asking about the quality of pain, healthcare providers can gain insights into the nature of the condition causing the discomfort and tailor their assessment and management accordingly. Different qualities of pain may suggest different underlying issues; for example, sharp pain might indicate an acute injury, while a dull, aching pain might suggest a more chronic condition. This information is crucial for diagnosing and treating the patient effectively, making it a key component of the assessment process in emergency medical situations.

**6. What condition is indicated by an increased carbon dioxide level in the bloodstream?**

- A. Hypercapnia**
- B. Dehydration**
- C. Hypercarbia**
- D. Hypoxia**

The condition indicated by an increased carbon dioxide level in the bloodstream is hypercarbia. This term refers specifically to elevated levels of carbon dioxide (CO<sub>2</sub>), which can occur due to various factors such as respiratory dysfunction, hypoventilation, or certain disease states affecting gas exchange in the lungs. Understanding this concept involves recognizing that carbon dioxide is a waste product of metabolism that is normally expelled by the lungs. When the body fails to remove CO<sub>2</sub> efficiently—due to respiratory issues or other medical conditions—levels in the blood rise, leading to hypercarbia. This condition can result in respiratory acidosis and may have significant physiological effects, including altered mental status, increased heart rate, and in severe cases, respiratory failure. While hypercapnia and hypercarbia are often used interchangeably, hypercapnia typically describes increased CO<sub>2</sub> levels without specifying the cause, while hypercarbia is a more clinical term directly associated with actual increased levels in the blood. Therefore, knowing the precise terminology helps in accurately diagnosing and treating patients in clinical settings.

**7. What process involves sorting patients based on the urgency of their need for care?**

- A. Assessment**
- B. Triage**
- C. Intervention**
- D. Evaluation**

The process that involves sorting patients based on the urgency of their need for care is triage. Triage is a critical component of emergency medicine, particularly in situations where multiple patients require attention, such as mass casualty incidents. The goal of triage is to ensure that those who need immediate medical attention receive it as quickly as possible, thereby optimizing the use of limited medical resources. In triage, patients are assessed and categorized according to the severity of their condition. This categorization helps healthcare providers prioritize treatment based on the likelihood of survival and the need for immediate intervention. For example, individuals with life-threatening injuries or conditions are prioritized over those with more minor ailments. This systematic approach is essential in emergency situations to maximize patient outcomes. The other options—assessment, intervention, and evaluation—are important steps in the patient care process but do not specifically focus on the prioritization of patient needs based on urgency like triage does. Assessment refers to the initial evaluation of a patient's condition, intervention pertains to the actions taken to treat the patient, and evaluation involves reviewing the effectiveness of the treatment administered. Triage, however, uniquely addresses the critical need to prioritize care according to urgency.

**8. How many lobes does the right lung contain?**

- A. Two**
- B. Three**
- C. Four**
- D. One**

The right lung contains three lobes, which are divided into the upper, middle, and lower lobes. This anatomical structure allows for greater surface area for gas exchange compared to the left lung, which only has two lobes (the upper and lower) due to the presence of the heart on the left side of the thoracic cavity. Each lobe of the lung is separated by fissures, helping to optimize the lung's function in respiration, and the right lung is slightly larger than the left lung. Understanding this anatomical difference is crucial in emergency medical situations, as it can impact respiratory assessments and interventions.

## 9. What are pleurae?

- A. Muscles that contract during breathing
- B. Structures that enable gas exchange
- C. Serous membranes surrounding the lungs**
- D. Cartilages in the larynx

Pleurae are indeed the serous membranes that surround the lungs. These membranes play a crucial role in the respiratory system, creating a protective barrier that helps to reduce friction between the lungs and the chest wall during the process of breathing. The pleurae consist of two layers: the visceral pleura, which is in direct contact with the lung tissue, and the parietal pleura, which lines the chest cavity. The function of the pleurae is important because they enable the lungs to expand and contract smoothly as air is inhaled and exhaled. Additionally, the pleural cavity, the space between the two layers, contains pleural fluid, which further facilitates movement and provides lubrication. Understanding the role of the pleurae is vital for comprehending several respiratory conditions, such as pleuritis, where inflammation of the pleura may lead to pain during breathing. The other options refer to different structures or functions related to the respiratory or vocal system, but they do not accurately describe the pleurae themselves.

## 10. Which of the following injuries is known for not breaking the skin surface?

- A. Compound fracture
- B. Simple fracture**
- C. Evisceration
- D. Paradoxical chest movement

The correct choice is the simple fracture. A simple fracture, also known as a closed fracture, occurs when the bone breaks but the skin remains intact. This type of injury does not expose the broken bone or surrounding tissues to the external environment, therefore there is no open wound present on the skin surface. This characteristic of a simple fracture is significant because it typically results in less risk of infection compared to injuries that break the skin. In contrast, a compound fracture involves the broken bone protruding through the skin, creating an open wound. Evisceration refers to the displacement of internal organs outside the body through a wound, which would certainly break the skin. Paradoxical chest movement is the term used to describe an abnormal movement pattern of the chest wall, often seen in cases of flail chest, and does not pertain to bone fractures or skin integrity directly. Hence, a simple fracture is notably defined by its non-penetrating nature regarding the skin.

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

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

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