

NREMT 68W Combat Medic Practice Test (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

- 1. What should you consider administering to a patient experiencing severe dehydration?**
 - A. IV fluids to restore fluid balance**
 - B. Oral rehydration salts**
 - C. Antibiotics to prevent infection**
 - D. Analgesics for pain relief**
- 2. What is the primary purpose of the NREMT examination for 68W Combat Medics?**
 - A. To assess the knowledge and skills necessary for military leadership**
 - B. To evaluate physical fitness for combat situations**
 - C. To assess the knowledge and skills necessary to provide medical care in a military environment**
 - D. To measure psychological readiness for combat**
- 3. Which of the following is a recommended way to deal with stress effectively?**
 - A. Engaging in competitive sports**
 - B. Ignoring stressors**
 - C. Developing more healthful dietary habits**
 - D. Increased caffeine intake**
- 4. How is Hepatitis C primarily acquired?**
 - A. Through food consumption**
 - B. Through sexual contact**
 - C. Through blood**
 - D. Through airborne transmission**
- 5. How can you tell if a patient has adequate ventilation?**
 - A. Observe for chest rise and fall**
 - B. Monitor heart rate**
 - C. Assess blood pressure**
 - D. Check skin color**

- 6. What is a key aspect of medical direction?**
- A. Management of administrative tasks**
 - B. Oversight of patient-care aspects**
 - C. Development of new equipment**
 - D. Coordination of ambulance routes**
- 7. What do delayed stress reactions commonly result in?**
- A. Short-term fatigue**
 - B. Post-Traumatic Stress Disorder (PTSD)**
 - C. Increased physical strength**
 - D. Immediate emotional recovery**
- 8. What is a key requirement for an occupational exposure control plan?**
- A. Occupational therapy sessions**
 - B. Adequate education and training**
 - C. Promotion of workplace fitness**
 - D. Participation in insurance programs**
- 9. When performing CPR on an adult, what is the recommended compression rate?**
- A. 80-100 compressions per minute**
 - B. 100-120 compressions per minute**
 - C. 120-140 compressions per minute**
 - D. 60-80 compressions per minute**
- 10. What does the term "Hematoma" refer to?**
- A. A localized collection of blood outside of blood vessels**
 - B. A decrease in white blood cells**
 - C. An infection in the bloodstream**
 - D. A drop in blood pressure**

Answers

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

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Explanations

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1. What should you consider administering to a patient experiencing severe dehydration?

- A. IV fluids to restore fluid balance**
- B. Oral rehydration salts**
- C. Antibiotics to prevent infection**
- D. Analgesics for pain relief**

In cases of severe dehydration, administering IV fluids is crucial as it allows for rapid restoration of the body's fluid balance. Intravenous fluids are effective for quickly replenishing lost electrolytes and fluids, particularly when a patient's condition has progressed to the point where oral intake may not be feasible or adequate. IV fluids bypass the digestive system, ensuring that hydration can occur more quickly and effectively. While oral rehydration salts can be useful in milder cases of dehydration, they may not be sufficient for severe cases where immediate intervention is necessary. Antibiotics are typically not indicated for dehydration alone unless there is an underlying infection contributing to the dehydration. Similarly, analgesics may address pain but do not address the fluid loss and physiological imbalance caused by severe dehydration. Thus, IV fluids are the most appropriate intervention in this scenario to manage and treat severe dehydration adequately.

2. What is the primary purpose of the NREMT examination for 68W Combat Medics?

- A. To assess the knowledge and skills necessary for military leadership**
- B. To evaluate physical fitness for combat situations**
- C. To assess the knowledge and skills necessary to provide medical care in a military environment**
- D. To measure psychological readiness for combat**

The primary purpose of the NREMT examination for 68W Combat Medics is to assess the knowledge and skills necessary to provide medical care in a military environment. This evaluation ensures that medics are equipped with the appropriate level of medical knowledge, practical skills, and decision-making abilities needed to deliver effective care in the unique and often high-pressure situations faced in military operations. These assessments are crucial as they focus on areas such as trauma care, operational medicine, and emergency interventions, which are vital for the safety and well-being of service members in the field. By demonstrating proficiency in these areas, combat medics can ensure they are prepared to handle the complexities and challenges associated with providing medical support in various combat and non-combat scenarios. This certification validates that the medic meets the necessary standards to perform effectively in their role.

3. Which of the following is a recommended way to deal with stress effectively?

- A. Engaging in competitive sports**
- B. Ignoring stressors**
- C. Developing more healthful dietary habits**
- D. Increased caffeine intake**

Developing more healthful dietary habits is a recommended way to manage stress effectively because nutrition has a significant impact on both physical and mental health. A balanced diet contributes to overall well-being, helps stabilize mood, and can enhance the body's ability to cope with stress. For instance, certain nutrients, such as omega-3 fatty acids, vitamins, and minerals, play crucial roles in brain function and can reduce feelings of anxiety and depression. Furthermore, good nutrition supports energy levels and improves resilience during stressful times, allowing individuals to handle challenges more effectively. In contrast, engaging in competitive sports may potentially increase stress for some individuals due to the pressure to perform well, and it is not universally effective for stress management. Ignoring stressors tends to exacerbate the situation in the long run, as unresolved stress can lead to more significant psychological and physical health issues. Increased caffeine intake may provide a temporary boost in energy; however, excessive caffeine can lead to increased anxiety and jitteriness, making it less suitable for managing stress effectively.

4. How is Hepatitis C primarily acquired?

- A. Through food consumption**
- B. Through sexual contact**
- C. Through blood**
- D. Through airborne transmission**

Hepatitis C is primarily acquired through blood exposure. This viral infection is most commonly transmitted via direct contact with blood from an infected person. This can occur through sharing needles or other drug injection equipment, which is a major risk factor, especially in intravenous drug users. Additionally, it can also be transmitted through non-sterile medical equipment, blood transfusions (prior to rigorous screening), and from mother to child during childbirth. While sexual contact can sometimes result in transmission, it is not the primary route. Other options, such as food consumption and airborne transmission, are not associated with Hepatitis C, as the virus does not spread through respiratory droplets or contaminated food or water. Understanding that blood exposure is the key mode of transmission helps emphasize the importance of safe practices in healthcare and within communities to prevent the spread of this virus.

5. How can you tell if a patient has adequate ventilation?

A. Observe for chest rise and fall

B. Monitor heart rate

C. Assess blood pressure

D. Check skin color

To determine if a patient has adequate ventilation, observing for chest rise and fall is the primary indicator. When a patient is ventilating effectively, the chest will rise and fall with each breath as air moves in and out of the lungs. This visual cue confirms that air is being exchanged adequately, which is crucial for oxygenation and carbon dioxide removal. While monitoring heart rate, assessing blood pressure, and checking skin color are important components of a patient's overall assessment, they are not direct indicators of ventilation. Heart rate can be affected by various factors, including anxiety or pain, and may not reflect the efficiency of breathing. Blood pressure measurements give insight into the circulatory system and may indicate perfusion status, but they do not provide information on how well the patient is ventilating. Skin color can suggest oxygenation status (e.g., cyanosis may indicate hypoxia), but it does not specifically determine whether the patient is ventilating adequately. Thus, observing chest rise and fall is the most direct and reliable method to assess whether a patient is ventilating properly.

6. What is a key aspect of medical direction?

A. Management of administrative tasks

B. Oversight of patient-care aspects

C. Development of new equipment

D. Coordination of ambulance routes

Medical direction primarily involves the oversight of patient-care aspects, which encompasses ensuring that pre-hospital care provided by EMS personnel is safe, appropriate, and consistent with established protocols and guidelines. This encompasses supervising the clinical practices of EMS teams, making real-time decisions during emergencies, and providing guidance on treatment options based on the patient's condition. By focusing on patient care, medical direction helps to improve patient outcomes and ensures that the care provided aligns with best practices and current medical knowledge. This oversight is critical for maintaining the quality and effectiveness of emergency medical services. In contrast, while management of administrative tasks, development of new equipment, and coordination of ambulance routes play significant roles within the healthcare system, they do not directly pertain to the clinical oversight and guidance essential for patient care, which is the core of medical direction.

7. What do delayed stress reactions commonly result in?

- A. Short-term fatigue
- B. Post-Traumatic Stress Disorder (PTSD)**
- C. Increased physical strength
- D. Immediate emotional recovery

Delayed stress reactions are often associated with psychological responses that manifest after a traumatic event, rather than immediately. One of the most significant outcomes of these delayed reactions is the development of Post-Traumatic Stress Disorder (PTSD). PTSD can emerge weeks, months, or even years after experiencing a traumatic event, resulting in symptoms such as flashbacks, severe anxiety, and uncontrollable thoughts about the event. This response is characterized by its delayed onset, differentiating it from immediate stress reactions, which tend to occur shortly after the trauma. Conversely, while short-term fatigue may be a reaction to stress, it does not encompass the broader spectrum of psychological effects that result from delayed stress reactions. Increased physical strength is not a typical outcome of stress reactions; rather, stress often negatively impacts physical health. Immediate emotional recovery is also an unlikely scenario, as delayed stress reactions typically indicate a struggle with processing the trauma rather than a quick resolution of emotional distress. Therefore, the development of PTSD is the most accurate representation of what can occur as a result of delayed stress reactions.

8. What is a key requirement for an occupational exposure control plan?

- A. Occupational therapy sessions
- B. Adequate education and training**
- C. Promotion of workplace fitness
- D. Participation in insurance programs

A key requirement for an occupational exposure control plan is adequate education and training. This is essential because such plans are designed to minimize the risk of exposure to hazardous materials or infectious agents in the workplace. The effectiveness of an exposure control plan heavily relies on ensuring that all employees understand the protocols, procedures, and safety measures in place. Providing adequate education and training equips employees with knowledge about potential hazards, proper use of personal protective equipment (PPE), methods to reduce exposure, and how to respond in case of an incident. All these factors contribute to a safer work environment and compliance with regulatory standards, which is critical for protecting both employees and employers. Other options, while related to workplace safety or employee well-being, do not specifically address the fundamental need for understanding and implementing exposure control measures as effectively as education and training do. This underscores the importance of knowledge and preparedness in minimizing risks associated with occupational exposures.

9. When performing CPR on an adult, what is the recommended compression rate?

- A. 80-100 compressions per minute**
- B. 100-120 compressions per minute**
- C. 120-140 compressions per minute**
- D. 60-80 compressions per minute**

The recommended compression rate for performing CPR on an adult is 100-120 compressions per minute. This range has been established by guidelines to ensure that the heart receives adequate blood flow during cardiac arrest. Implementing a compression rate within this range optimally circulates blood throughout the body, particularly to vital organs such as the brain and heart. Compressing at a rate lower than 100 compressions per minute may not be effective enough to maintain sufficient blood flow, while exceeding 120 compressions per minute can lead to decreased blood flow due to insufficient time for the heart to refill between compressions. This is crucial since maintaining an appropriate rhythm during CPR maximizes the chances of survival until advanced medical help arrives. Additionally, the emphasis on high-quality chest compressions underscores the importance of consistency, depth, and allowing full recoil, all of which contribute to increased survival outcomes.

10. What does the term "Hematoma" refer to?

- A. A localized collection of blood outside of blood vessels**
- B. A decrease in white blood cells**
- C. An infection in the bloodstream**
- D. A drop in blood pressure**

The term "hematoma" specifically refers to a localized collection of blood that occurs outside of blood vessels, usually as a result of injury or trauma. This condition arises when blood leaks out of damaged vessels and pools in surrounding tissues, forming a mass. Hematomas can vary in size and may present as visible bruises or lumps, depending on their location and extent. Understanding hematomas is essential for medical personnel, as their presence can indicate underlying injuries, such as fractures or contusions, and may require further evaluation or intervention. The ability to recognize and appropriately manage a hematoma could significantly impact treatment outcomes in trauma patients.

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://nremt68wcombatmedic.examzify.com>

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