

# NREMT 68W Combat Medic Practice Test (Sample)

## Study Guide



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

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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. 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 first step in managing a burn injury?**
  - A. Apply a cooling gel**
  - B. Remove the patient from the source of the burn**
  - C. Wrap the burn with sterile dressing**
  - D. Administer pain relief medication**
- 2. Which of the following describes eustress?**
  - A. A negative form of stress that hinders performance**
  - B. A positive form of stress that enhances functioning**
  - C. Stress caused by external environmental factors**
  - D. A psychological response to trauma**
- 3. In which situation should a HEPA mask be worn?**
  - A. When dealing with patients showing flu-like symptoms**
  - B. During interactions with suspected tuberculosis patients**
  - C. In case of a chemical spill**
  - D. While performing routine check-ups**
- 4. When should you remove an impaled object from a patient?**
  - A. Immediately to prevent infection**
  - B. When the patient requests it**
  - C. Never remove it; stabilize the object and transport the patient**
  - D. If it affects the patient's breathing**
- 5. What is the primary sign of a myocardial infarction?**
  - A. Shortness of breath**
  - B. Chest pain or discomfort**
  - C. Nausea**
  - D. Sweating**
- 6. What do standing orders allow EMTs to do?**
  - A. Perform skills without prior approval**
  - B. Administer any medication they choose**
  - C. Conduct training for new EMTs**
  - D. Coordinate with law enforcement for responses**

- 7. What does the acronym FAST stand for in stroke recognition?**
- A. Face, Arm, Squeeze, Time**
  - B. Face, Arm, Speech, Temperature**
  - C. Face, Arm, Speech, Time**
  - D. Face, Alertness, Speech, Time**
- 8. What is typically defined by patient outcomes in EMS?**
- A. The number of patients treated**
  - B. The long-term survival of patients**
  - C. The speed of emergency response**
  - D. The satisfaction of patients with care**
- 9. What is the most common cause of seizures in adults?**
- A. Cardiac arrest**
  - B. Alcohol withdrawal, head injuries, or stroke**
  - C. Hypoglycemia**
  - D. Brain tumors**
- 10. When administering medications, what is the "five rights" acronym?**
- A. Right person, correct dosage, same route, timely administration, proper tracking**
  - B. Right patient, right drug, right dose, right route, right time**
  - C. Right condition, right patient, right medication, right amount, right moment**
  - D. Right treatment, right testing, right patient, right time, right location**



## **Answers**

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

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## **Explanations**

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**1. What is the first step in managing a burn injury?**

- A. Apply a cooling gel**
- B. Remove the patient from the source of the burn**
- C. Wrap the burn with sterile dressing**
- D. Administer pain relief medication**

The correct answer is to remove the patient from the source of the burn, which is the essential first step in managing any burn injury. The primary focus in such emergencies is to ensure the patient's safety and prevent further harm. By removing the patient from the source, you eliminate the cause of the injury and prevent additional exposure, which can exacerbate the burn and worsen the patient's condition. Once the patient is safe, further interventions can be taken, including cooling the burn area, wrapping it with sterile dressings, and addressing pain management. However, the immediate priority is to ensure the environment is safe and that the patient is no longer subjected to harmful factors that caused the burn. This step is crucial for initiating a chain of effective patient care and reducing the severity of the burn injury.

**2. Which of the following describes eustress?**

- A. A negative form of stress that hinders performance**
- B. A positive form of stress that enhances functioning**
- C. Stress caused by external environmental factors**
- D. A psychological response to trauma**

Eustress is defined as a positive form of stress that can enhance performance and functioning. It is the type of stress that is perceived as beneficial, motivating individuals to achieve their goals, overcome challenges, or adapt to new situations. Examples of eustress include the excitement before a big event, the challenge of starting a new job, or the adrenaline rush that comes with competition. This type of stress often leads to feelings of fulfillment or accomplishment, as it pushes individuals to grow and excel. The understanding of eustress is important because it highlights that not all stress is detrimental. Instead, eustress can lead to positive outcomes and constructive experiences which contribute positively to an individual's life. This perspective is essential for both mental health and personal development, as it encourages individuals to seek out and embrace challenging situations that can lead to growth and improvement.

### 3. In which situation should a HEPA mask be worn?

- A. When dealing with patients showing flu-like symptoms
- B. During interactions with suspected tuberculosis patients**
- C. In case of a chemical spill
- D. While performing routine check-ups

Wearing a HEPA mask is particularly critical when interacting with suspected tuberculosis patients due to the airborne transmission nature of the disease. Tuberculosis can be spread through tiny droplets when an infected person coughs or sneezes, making it essential to protect healthcare providers from inhaling these infectious agents. HEPA masks are designed to filter out small particles, including bacteria and viruses, ensuring a higher level of protection compared to regular surgical masks. In contrast, flu-like symptoms can be caused by various illnesses, and while a surgical mask may be appropriate, a HEPA mask is not specifically required for these cases unless the patient is also suspected of having a highly contagious respiratory disease like tuberculosis. Regarding a chemical spill, other types of personal protective equipment (PPE) are typically necessary depending on the nature of the chemical involved. Routine check-ups generally do not require a HEPA mask unless there's a known risk of airborne disease transmission.

### 4. When should you remove an impaled object from a patient?

- A. Immediately to prevent infection
- B. When the patient requests it
- C. Never remove it; stabilize the object and transport the patient**
- D. If it affects the patient's breathing

Removing an impaled object from a patient is typically contraindicated unless there are immediate life-threatening reasons to do so. The correct response highlights the importance of stabilizing the object rather than removing it. When an object is impaled, it may be acting as a plug to prevent bleeding from a wound or protecting underlying structures from further damage. Removing the object can lead to significant bleeding, increased risk of infection, or further injury to the affected area. The appropriate action is to stabilize the impaled object, which may involve using bulky dressings or other materials to secure it in place and minimize movement during transport. This approach allows for safe transport to a medical facility where professional medical personnel can evaluate and manage the injury with the appropriate level of care. In the context of the other choices, the option advocating for immediate removal of an impaled object to prevent infection reflects a misunderstanding of injury management. The patient's request does not provide a medical rationale for removal because informed medical decision-making is crucial in trauma cases. Lastly, while airway compromise is a significant concern, removal of an object in that scenario should also be guided by medical protocols and the specific clinical circumstances rather than a blanket rule.

**5. What is the primary sign of a myocardial infarction?**

- A. Shortness of breath**
- B. Chest pain or discomfort**
- C. Nausea**
- D. Sweating**

The primary sign of a myocardial infarction, commonly known as a heart attack, is chest pain or discomfort. This pain is often described as a feeling of pressure, squeezing, fullness, or pain in the center or left side of the chest. It may last for more than a few minutes or go away and come back. This sensation may radiate to the shoulders, neck, arms, back, teeth, or jaw. Understanding this symptom is crucial because it is the most consistent and classic presentation of a myocardial infarction, allowing for timely recognition and treatment. While shortness of breath, nausea, and sweating are also potential signs associated with a heart attack, they are not as definitive as chest pain or discomfort in identifying this critical condition. The prominence of chest pain or discomfort in the medical community as the primary indicator underscores its significance in assessing potential cardiac emergencies.

**6. What do standing orders allow EMTs to do?**

- A. Perform skills without prior approval**
- B. Administer any medication they choose**
- C. Conduct training for new EMTs**
- D. Coordinate with law enforcement for responses**

Standing orders allow EMTs to perform specific skills or interventions without the need for prior approval from a physician or medical director during a medical emergency. These protocols are established guidelines that give EMTs the authority to act in certain situations based on their training and the established protocols of their EMS system. This autonomy is critical in emergency situations where immediate action is necessary, allowing EMTs to provide timely care without waiting for direct orders. The other options do not accurately reflect the purpose of standing orders. Administering any medication of their choice would contravene protocols that specify which medications can be given and under what circumstances. Conducting training for new EMTs is a responsibility typically assigned to experienced trainers or supervisors and does not fall under standing orders, which focus on immediate patient care. Coordinating with law enforcement is important for scene safety and operations but is not a function of standing orders, which specifically pertains to patient care procedures.

**7. What does the acronym FAST stand for in stroke recognition?**

- A. Face, Arm, Squeeze, Time**
- B. Face, Arm, Speech, Temperature**
- C. Face, Arm, Speech, Time**
- D. Face, Alertness, Speech, Time**

The acronym FAST is used for recognizing the signs of a stroke quickly and effectively. It specifically stands for Face, Arm, Speech, and Time. Each component of the acronym is crucial in identifying someone who may be experiencing a stroke. - **\*\*Face\*\***: This refers to checking for facial drooping. One side of the face may appear to droop or feel numb. Asking the person to smile can help identify this symptom. - **\*\*Arm\*\***: This involves assessing whether the person can lift both arms. If one arm drifts downward or is weak, it could indicate a problem. - **\*\*Speech\*\***: This focuses on the person's ability to speak clearly. Slurred speech or difficulty in speaking can be a significant sign of a stroke. - **\*\*Time\*\***: This highlights the urgency of the situation. Time lost is brain lost, meaning that recognizing and responding to these symptoms quickly is critical for better outcomes and minimizing potential brain damage. Understanding this acronym is essential for timely intervention, as strokes are medical emergencies that require immediate treatment. It enables individuals, including non-medical bystanders, to act quickly to seek medical help, which is vital in improving patient outcomes.

**8. What is typically defined by patient outcomes in EMS?**

- A. The number of patients treated**
- B. The long-term survival of patients**
- C. The speed of emergency response**
- D. The satisfaction of patients with care**

The correct choice reflects a key aspect of emergency medical services (EMS) evaluation. Patient outcomes are fundamentally concerned with the results of medical interventions and the impact on the patient's health over time. Long-term survival encompasses not just immediate survival after an emergency event but also the overall recovery and quality of life following the incident. It represents the ultimate goal of EMS, which is to not only stabilize patients in critical situations but also ensure that they can lead healthy lives after treatment. While the number of patients treated, the speed of emergency response, and patient satisfaction are important metrics within the EMS framework, they do not directly measure the effectiveness of care in terms of health outcomes. These factors may contribute to better outcomes but are not the defining elements of patient success in the healthcare continuum. Ultimately, evaluating the long-term survival of patients provides the most meaningful insight into the effectiveness and quality of the care delivered by EMS providers.

**9. What is the most common cause of seizures in adults?**

- A. Cardiac arrest
- B. Alcohol withdrawal, head injuries, or stroke**
- C. Hypoglycemia
- D. Brain tumors

The most common cause of seizures in adults is a combination of factors such as alcohol withdrawal, head injuries, or strokes. Each of these conditions can disrupt the normal electrical activity in the brain. Alcohol withdrawal leads to fluctuations in neurotransmitter levels after a period of heavy use, resulting in the possibility of seizures. Head injuries, whether from trauma or accidents, can cause direct changes in brain function or lead to secondary effects like swelling or bleeding. Strokes, particularly hemorrhagic or ischemic types, can impair blood flow and oxygen delivery to brain tissue, inducing seizure activity. This combination of factors places option B as a significant and prevalent cause of seizures in adults, considering the statistics and clinical presentations often encountered in emergency and medical settings. Other options, while relevant under certain contexts, do not account for the broader scope of incidents associated with adult seizures.

**10. When administering medications, what is the "five rights" acronym?**

- A. Right person, correct dosage, same route, timely administration, proper tracking
- B. Right patient, right drug, right dose, right route, right time**
- C. Right condition, right patient, right medication, right amount, right moment
- D. Right treatment, right testing, right patient, right time, right location

The "five rights" acronym is a foundational concept in medication administration aimed at ensuring patient safety and effective treatment. The correct answer highlights the five critical aspects that medical professionals must verify before administering medication. The "right patient" ensures that the medication is given to the correct individual, preventing errors that could arise from misidentification. The "right drug" involves confirming that the medication prescribed is the one being administered, which is essential to avoid potentially harmful mix-ups. The "right dose" focuses on the correct quantity of medication, which is crucial to achieve the desired therapeutic effect and minimize adverse effects. The "right route" pertains to the method by which the medication is administered (such as oral, intravenous, or intramuscular), as this can significantly impact the drug's efficacy and safety. Finally, the "right time" emphasizes the importance of administering the medication at the appropriate time to ensure optimal effectiveness and maintain therapeutic levels in the body. Each of these components is vital for safe medication practices, and adhering to them can significantly reduce the risk of medication errors and enhance patient care.



## 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://nremt68wcombatmedic.examzify.com>**

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