

NREMT Advanced-EMT 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

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- 1. Lithium is commonly prescribed for which condition?**
 - A. Major Depressive Disorder**
 - B. Schizophrenia**
 - C. General Anxiety Disorder**
 - D. Bipolar Disorder**

- 2. Which sign is most consistent with a hemorrhagic stroke?**
 - A. Gradual onset of weakness**
 - B. Nausea and vomiting without headache**
 - C. Thunderclap headache with rapid LOC decline**
 - D. Chest pain radiating to left arm**

- 3. Which of the following is NOT part of the APGAR assessment?**
 - A. Appearance**
 - B. Pulse**
 - C. Grimace**
 - D. Temperature**

- 4. What is the recommended suctioning pattern during airway management?**
 - A. Suction continuously for 30 seconds, then ventilate**
 - B. Suction only during chest compressions**
 - C. No suctioning**
 - D. Alternate suctioning for 15 seconds and ventilations for 2 minutes**

- 5. Which statement best captures the role of the autonomic nervous system as described?**
 - A. It coordinates memory formation**
 - B. It regulates the body's unconscious actions**
 - C. It processes auditory information**
 - D. It controls voluntary muscle movement**

- 6. Dromotropic Agent - Effect**
- A. Increases conduction velocity of the ventricles**
 - B. Slows conduction through the AV node**
 - C. Increases atrial conduction**
 - D. Effects the conduction speed of the AV Node, and subsequently the rate of electrical impulses in the heart**
- 7. Lactated Ringer's solution contains which metabolizable anion?**
- A. Calcium**
 - B. Lactate**
 - C. Glucose**
 - D. Potassium**
- 8. Acetylcholine binds to which receptors in the parasympathetic nervous system?**
- A. Dopamine receptors.**
 - B. Adrenergic receptors.**
 - C. GABA receptors.**
 - D. Nicotinic and muscarinic receptors.**
- 9. What is cor pulmonale?**
- A. Left ventricular hypertrophy due to systemic hypertension**
 - B. Right-sided enlargement of the heart due to disease of the lungs or pulmonary vessels**
 - C. Enlargement of the atria due to valvular disease**
 - D. Right ventricular dilation due to anemia**
- 10. Which symptom is associated with Grave's disease?**
- A. Chest Pain On Exertion**
 - B. Weight Gain**
 - C. Slow Pulse**
 - D. Bug-Eyed/Bulging Eyes**

Answers

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

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Explanations

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1. Lithium is commonly prescribed for which condition?

- A. Major Depressive Disorder
- B. Schizophrenia
- C. General Anxiety Disorder
- D. Bipolar Disorder**

Lithium is a mood stabilizer commonly used to treat bipolar disorder, where it helps prevent the extreme mood swings of mania and depression and can reduce suicide risk. It isn't typically used as a primary treatment for major depressive disorder, schizophrenia, or generalized anxiety disorder, which are managed with other medication classes. Because lithium has a narrow therapeutic window, people on it require regular blood level monitoring and assessment of kidney and thyroid function, and factors like dehydration or NSAID use can raise lithium levels and increase the risk of toxicity. In practice, EMS providers should be aware that a patient on lithium may experience toxicity symptoms such as tremor, confusion, ataxia, or GI upset, especially with dehydration, and should seek medical evaluation promptly.

2. Which sign is most consistent with a hemorrhagic stroke?

- A. Gradual onset of weakness
- B. Nausea and vomiting without headache
- C. Thunderclap headache with rapid LOC decline**
- D. Chest pain radiating to left arm

A sudden thunderclap headache with rapid loss of consciousness is the hallmark sign of a hemorrhagic stroke. When a cerebral vessel ruptures, blood floods the brain or the surrounding spaces, causing an abrupt spike in intracranial pressure and irritation of the meninges. This typically leads to an immediate and dramatic decline in mental status, sometimes into coma, and is described as the worst headache of life by many patients. This presentation helps distinguish hemorrhagic stroke from other conditions. Ischemic strokes often present with sudden focal deficits (like weakness or speech trouble) but not the abrupt, severe headache with rapid LOC change. Nausea and vomiting without a headache is nonspecific and can occur with many conditions, and chest pain radiating to the left arm points to a cardiac event rather than a brain bleed. In suspected hemorrhagic stroke, focus on airway and rapid transport to a stroke center, with careful monitoring of neurologic status and vital signs.

3. Which of the following is NOT part of the APGAR assessment?

- A. Appearance
- B. Pulse
- C. Grimace
- D. Temperature**

The APGAR assessment uses five criteria to quickly gauge how well a newborn is adapting after birth: appearance, pulse, grimace, activity, and respiration. It's performed at 1 and 5 minutes to get a quick snapshot of the baby's condition. Temperature isn't part of these criteria; a baby's temperature is measured separately as a vital sign. Appearance reflects skin color, pulse is the heart rate, grimace is reflex irritability, activity measures muscle tone, and respiration assesses breathing effort. Because Temperature isn't among these five components, it is not included in the APGAR score.

4. What is the recommended suctioning pattern during airway management?

- A. Suction continuously for 30 seconds, then ventilate**
- B. Suction only during chest compressions**
- C. No suctioning**
- D. Alternate suctioning for 15 seconds and ventilations for 2 minutes**

Clearing the airway must be balanced with delivering breaths. Suctioning should be brief and used to remove secretions or obstructions without stopping ventilation for extended periods. The best approach is to clear the airway in short bursts and then resume ventilation, maintaining oxygen delivery while keeping the airway open. Alternating 15 seconds of suctioning with 2 minutes of ventilation achieves that balance: you remove secretions quickly to improve airflow, then provide a sustained period of breaths to oxygenate the patient, reducing the risk of hypoxia from long interruptions. Continuous suctioning would pause ventilation too long and risk oxygen debt, suctioning only during chest compressions ignores the need to clear the airway when it's obstructed outside compressions, and choosing not to suction at all fails to address secretions that impede ventilation.

5. Which statement best captures the role of the autonomic nervous system as described?

- A. It coordinates memory formation**
- B. It regulates the body's unconscious actions**
- C. It processes auditory information**
- D. It controls voluntary muscle movement**

The autonomic nervous system regulates involuntary body functions, operating mostly without conscious control to keep things like heart rate, digestion, respiration, and pupil size in balance. It achieves this through its sympathetic and parasympathetic branches, which adjust our physiology in response to stress or rest. Memory formation involves brain areas like the hippocampus, not autonomic control; processing auditory information occurs in the brain's auditory pathways; and voluntary muscle movement is governed by the somatic nervous system. So, describing unconscious regulation best captures the role of the autonomic nervous system.

6. Dromotropic Agent - Effect

- A. Increases conduction velocity of the ventricles
- B. Slows conduction through the AV node
- C. Increases atrial conduction
- D. Effects the conduction speed of the AV Node, and subsequently the rate of electrical impulses in the heart**

Dromotropic refers to the speed of conduction through the AV node. An agent with a dromotropic effect changes how quickly the impulse travels from the atria to the ventricles, thereby altering the heart rate. The statement that it affects the conduction speed of the AV node and, consequently, the rate of electrical impulses in the heart captures this mechanism directly. The other ideas point to conduction in areas that aren't the primary focus of dromotropic effects (ventricles or atria) or specify a direction without tying it to AV nodal conduction. So the concept centers on AV nodal conduction and the downstream impact on heart rate.

7. Lactated Ringer's solution contains which metabolizable anion?

- A. Calcium
- B. Lactate**
- C. Glucose
- D. Potassium

Lactated Ringer's contains lactate, which is the metabolizable anion. After infusion, lactate is taken up and converted to bicarbonate by the liver and other tissues, providing a buffering effect that can help correct metabolic acidosis. The other components listed are calcium and potassium (both positively charged ions) and glucose (a neutral molecule), so they do not function as metabolizable anions.

8. Acetylcholine binds to which receptors in the parasympathetic nervous system?

- A. Dopamine receptors.
- B. Adrenergic receptors.
- C. GABA receptors.
- D. Nicotinic and muscarinic receptors.**

Acetylcholine mediates parasympathetic signaling by acting on two receptor types: nicotinic receptors at autonomic ganglia and muscarinic receptors at the target organs. Preganglionic parasympathetic fibers release ACh that binds nicotinic receptors on the postganglionic neuron, triggering propagation of the signal. The postganglionic fiber then releases ACh onto muscarinic receptors on the heart, smooth muscle, and glands, producing the characteristic parasympathetic effects. Dopamine, adrenergic, and GABA receptors respond to their respective neurotransmitters (dopamine, norepinephrine/epinephrine, and GABA) and are not activated by acetylcholine in this pathway.

9. What is cor pulmonale?

- A. Left ventricular hypertrophy due to systemic hypertension
- B. Right-sided enlargement of the heart due to disease of the lungs or pulmonary vessels**
- C. Enlargement of the atria due to valvular disease
- D. Right ventricular dilation due to anemia

Cor pulmonale is right-sided heart enlargement and eventual failure caused by chronic lung disease or pulmonary vascular disease. The lung problem leads to prolonged high pressure in the pulmonary arteries (pulmonary hypertension) because the right ventricle has to pump against this increased resistance. Over time, the right ventricle hypertrophies and may dilate, producing signs of right-sided heart failure such as edema, hepatomegaly, jugular venous distention, and ascites. This is why the best description is the right-sided enlargement of the heart due to disease of the lungs or pulmonary vessels. The other scenarios describe different heart problems: left ventricular hypertrophy from systemic hypertension affects the left side of the heart, not the right; enlargement of the atria due to valvular disease involves the atria rather than the right ventricle; and right ventricular dilation from anemia isn't the same pathophysiology as cor pulmonale, which centers on pulmonary hypertension from lung disease.

10. Which symptom is associated with Grave's disease?

- A. Chest Pain On Exertion
- B. Weight Gain
- C. Slow Pulse
- D. Bug-Eyed/Bulging Eyes**

Grave's disease is an autoimmune form of hyperthyroidism, which often presents with rapid metabolism and eye changes. A classic finding is exophthalmos—bulging eyes—caused by autoimmune inflammation and swelling behind the eyes. That eye protrusion is the symptom most closely tied to Graves disease, making it the best answer. The other options don't fit: chest pain on exertion is more about heart disease, weight gain is typical of hypothyroidism, and a slow pulse is also more consistent with hypothyroidism rather than the accelerated metabolism seen in Graves.

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://nremtadvemt.examzify.com>

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

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