

NREMT ADVANCED- EMT PRACTICE TEST (SAMPLE)

STUDY GUIDE



Prepare with structure. Pass with confidence



Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	15

SAMPLE

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

SAMPLE

- 1. What is the hallmark of multiple sclerosis?**
 - A. Demyelination of neurons in the brain and spinal cord
 - B. Demyelination of peripheral nerves only
 - C. Degeneration of motor neurons
 - D. Accumulation of beta-amyloid plaques
- 2. What term describes painful menstruation, typically with abdominal cramping?**
 - A. Diplopia
 - B. Dysmenorrhea
 - C. Menorrhagia
 - D. Shoulder Dystocia
- 3. The ductus venosus connects the umbilical vein to which major vessel?**
 - A. Inferior Vena Cava
 - B. Portal Vein
 - C. Hepatic Vein
 - D. Right Atrium
- 4. S3 heart sound is often described as a gallop and is caused by ...**
 - A. The galloping heart, caused by blood sloshing around in a compliant left ventricle
 - B. The closing of semilunar valves
 - C. A sharp sound from abrupt deceleration
 - D. The murmur of aortic stenosis
- 5. In the pediatric Rule of Nines, what percentage is allocated to each anterior leg?**
 - A. 9%
 - B. 6.75%
 - C. 4.5%
 - D. 18%

- 6. The ductus venosus shunt allows blood to bypass which organ?**
- A. Heart
 - B. Liver
 - C. Kidneys
 - D. Lungs
- 7. Which condition is a chronic inflammatory disease of the intestines, potentially affecting from mouth to rectum?**
- A. Gastritis
 - B. Crohn's Disease
 - C. Diverticulitis
 - D. Tuberculosis
- 8. An MCI is defined as a disaster with how many patients?**
- A. 26-99
 - B. 100 or more
 - C. Up to 25
 - D. 1-9
- 9. Systolic blood pressure is measured during which part of the cardiac cycle?**
- A. During Ventricular Relaxation
 - B. While the Heart Is at Rest
 - C. In the Veins During Systole
 - D. During Ventricular Contraction
- 10. Diverticulitis commonly involves which region of the GI tract?**
- A. Esophagus
 - B. Stomach
 - C. Colon
 - D. Lungs

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. What is the hallmark of multiple sclerosis?

- A. Demyelination of neurons in the brain and spinal cord**
- B. Demyelination of peripheral nerves only
- C. Degeneration of motor neurons
- D. Accumulation of beta-amyloid plaques

Multiple sclerosis is an autoimmune disease of the central nervous system. Its hallmark is demyelination of neurons in the brain and spinal cord, forming plaques that disrupt the way nerves transmit signals. This loss of myelin slows or blocks conduction along CNS pathways, leading to a wide range of neurologic symptoms that can come and go as lesions form and remyelinate. In the field, you might see vision changes or eye pain, numbness or weakness in the limbs, problems with balance or coordination, or sensory changes, often occurring in episodes separated by time and space. This CNS-specific process distinguishes MS from conditions that affect peripheral nerves, motor neurons, or amyloid plaques seen in other diseases.

2. What term describes painful menstruation, typically with abdominal cramping?

- A. Diplopia
- B. Dysmenorrhea**
- C. Menorrhagia
- D. Shoulder Dystocia

Painful menstruation with abdominal cramping is called dysmenorrhea. This term refers to cramps that occur with the menstrual cycle, often due to prostaglandin-triggered uterine contractions. It's distinct from other terms: diplopia means double vision, menorrhagia means heavy menstrual bleeding, and shoulder dystocia is an obstetric delivery complication. In practice, recognizing dysmenorrhea helps differentiate menstrual pain from other abdominal emergencies, with management focusing on comfort and, if appropriate and not contraindicated, NSAIDs to reduce prostaglandin production.

3. The ductus venosus connects the umbilical vein to which major vessel?

- A. Inferior Vena Cava
- B. Portal Vein
- C. Hepatic Vein
- D. Right Atrium**

In fetal life, blood from the placenta travels in the umbilical vein, and a special shunt called the ductus venosus allows part of that blood to bypass the liver by connecting directly to the inferior vena cava. This puts highly oxygenated blood on a fast track toward the heart and brain. After birth, the ductus venosus closes and becomes the ligamentum venosum within the liver. So, the vessel it connects to is the inferior vena cava, with the blood then passing into the right atrium via the IVC.

4. S3 heart sound is often described as a gallop and is caused by ...

- A. The galloping heart, caused by blood sloshing around in a compliant left ventricle
- B. The closing of semilunar valves
- C. A sharp sound from abrupt deceleration
- D. The murmur of aortic stenosis

An S3 gallop is an extra heart sound heard in early diastole just after the second heart sound, produced by rapid filling of a very compliant ventricle. When the ventricle suddenly fills with blood from the atrium, the sudden inlet of volume makes the ventricular walls vibrate, creating the third sound. This is the sensation described as blood "sloshing around" in a compliant left ventricle. It often indicates a volume-overloaded or dilated ventricle and can be normal in younger individuals, but in older adults it can point to heart failure or other pathologies that blunt ventricular compliance. This isn't caused by the semilunar valves' closure (that produces the second heart sound), nor is it the result of a sharp deceleration sound typical of S2, and it isn't a murmur from aortic stenosis, which is a systolic murmur from turbulent blood flow across a narrowed aortic valve.

5. In the pediatric Rule of Nines, what percentage is allocated to each anterior leg?

- A. 9%
- B. 6.75%
- C. 4.5%
- D. 18%

In children, body proportions shift so the head carries more of the total body surface area than in adults. Because of that, each leg is a smaller share overall, and that leg's surface is divided roughly evenly between the front (anterior) and back (posterior). So the front of one leg represents about half of that leg's total TBSA. With the pediatric distribution, a leg's total share is about 13.5% of the body, making the anterior portion roughly 6.75%. This reflects how the proportions adjust for age, as opposed to adults where the leg is about 18% in total (divided as 9% front and 9% back).

6. The ductus venosus shunt allows blood to bypass which organ?

- A. Heart
- B. Liver
- C. Kidneys
- D. Lungs

In fetal circulation, the ductus venosus directs highly oxygenated blood from the placenta into the inferior vena cava, bypassing the liver. This shunt allows more of that rich blood to reach the heart and, subsequently, the brain and vital organs. After birth, it closes as placental circulation ends, and the liver regains its normal blood flow. So, the organ bypassed by this shunt is the liver.

7. Which condition is a chronic inflammatory disease of the intestines, potentially affecting from mouth to rectum?

- A. Gastritis
- B. Crohn's Disease**
- C. Diverticulitis
- D. Tuberculosis

Crohn's disease is a chronic inflammatory bowel disease that can involve any part of the gastrointestinal tract, from the mouth to the rectum. The inflammation is often transmural, affecting the full thickness of the bowel wall, which can lead to complications like fistulas and strictures and cause persistent abdominal pain with diarrhea. This description fits a disease that can span the entire GI tract, unlike gastritis (inflammation of the stomach lining), diverticulitis (inflammation of colon diverticula, usually localized to the colon), or intestinal tuberculosis (infection rather than a chronic inflammatory bowel disease that naturally involves the entire tract).

8. An MCI is defined as a disaster with how many patients?

- A. 26-99**
- B. 100 or more
- C. Up to 25
- D. 1-9

The number of victims defines how an incident is scaled and how much resource coordination is needed. An MCI is a situation where the number of patients exceeds what a local EMS system can handle with its usual resources, but it isn't yet at the level that triggers the largest, mass-casualty response. In this framework, having between 26 and 99 patients fits that mid-range: it requires triage, expanded staffing, and additional support, but it stops short of the 100-or-more threshold that becomes a mass casualty incident with a much broader institutional response. Smaller incidents (like up to 25 patients) can typically be managed with normal response procedures, while 100 or more patients constitute a mass casualty incident requiring extensive mutual aid and large-scale coordination. Therefore, the 26-99 range is the best fit for an MCI.

9. Systolic blood pressure is measured during which part of the cardiac cycle?

- A. During Ventricular Relaxation
- B. While the Heart Is at Rest
- C. In the Veins During Systole
- D. During Ventricular Contraction**

Systolic blood pressure is the arterial pressure reached during the heart's contraction phase when the ventricles eject blood into the aorta. It represents the peak pressure in the arteries as the heart actively squeezes. This is in contrast to diastolic pressure, which is the pressure in the arteries during ventricular relaxation when the heart is filling. Blood pressure is an arterial measurement, not a venous one, and it rises during contraction, not at rest.

10. Diverticulitis commonly involves which region of the GI tract?

- A. Esophagus
- B. Stomach
- C. Colon
- D. Lungs

Diverticulitis involves inflammation of diverticula that form in the wall of the large intestine, most commonly in the sigmoid colon. These diverticula are small pouches that protrude through weak spots in the colon's muscular layer, typically due to increased intraluminal pressure from stool movement and a low-fiber diet. When they become inflamed, it's a process centered in the colon, not the upper GI tract or elsewhere. The esophagus and stomach are parts of the upper GI tract and don't typically harbor diverticula in this disease, and the lungs are not part of the GI system. So, the region most commonly involved is the colon.

SAMPLE

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!

SAMPLE