

NREMT CARDIOLOGY & RESUSCITATION PRACTICE TEST (SAMPLE)

STUDY GUIDE



Prepare with structure. Pass with confidence



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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. What is the primary goal of Advanced Cardiac Life Support (ACLS)?**
 - A. To stabilize blood sugar levels
 - B. To restore effective circulation and breathing in patients with cardiac arrest
 - C. To prevent further cardiac complications
 - D. To provide emotional support to the family
- 2. If a patient begins to cough during chest compressions, what does this indicate?**
 - A. Bronchospasm.
 - B. Gastric distention.
 - C. Return of spontaneous circulation.
 - D. Atelectasis of the upper airways.
- 3. If an unresponsive 57-year-old male is not breathing and the AED announces "No shock advised," what is your next step?**
 - A. Resume chest compressions.
 - B. Insert an oropharyngeal airway.
 - C. Check for a pulse.
 - D. Ventilate him.
- 4. A 59-year-old male with dizziness and palpitations is assessed. What is the best initial action?**
 - A. Administer oxygen by non-rebreather mask
 - B. Administer oxygen by nasal cannula
 - C. Assist with the administration of nitroglycerin
 - D. Administer aspirin
- 5. Which device is typically used to provide mechanical chest compressions during advanced cardiac life support?**
 - A. Automated external defibrillator
 - B. Mechanical CPR device
 - C. Cardiac monitor
 - D. Ventilator

- 6. What is the purpose of the recovery position?**
- A. To provide comfort to the patient
 - B. To keep the airway open and prevent aspiration in an unconscious but breathing patient
 - C. To facilitate CPR
 - D. To reduce heart rate
- 7. A 68-year-old female with a history of angina reports sharp chest pain. What is the first action you should take?**
- A. Determine the aspirin dosage and route of administration
 - B. Administer oxygen by non-rebreather mask
 - C. Administer oxygen by nasal cannula
 - D. Assist with the administration of nitroglycerin
- 8. In a cardiac emergency, what is the role of nitroglycerin?**
- A. To improve blood pressure
 - B. To relieve chest pain by vasodilation
 - C. To slow heart rate
 - D. To increase heart output
- 9. After analyzing the rhythm of a 6-year-old in cardiac arrest and the AED advises no shock, you should:**
- A. Resume chest compressions
 - B. Ventilate him twice
 - C. Assess his pulse
 - D. Continue CPR for 2 minutes
- 10. Which ECG rhythm indicates a complete absence of electrical activity in the heart?**
- A. Atrial fibrillation
 - B. Ventricular tachycardia
 - C. Asystole
 - D. Sinus bradycardia

Answers

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

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Explanations

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1. What is the primary goal of Advanced Cardiac Life Support (ACLS)?

- A. To stabilize blood sugar levels
- B. To restore effective circulation and breathing in patients with cardiac arrest**
- C. To prevent further cardiac complications
- D. To provide emotional support to the family

The primary goal of Advanced Cardiac Life Support (ACLS) is to restore effective circulation and breathing in patients who are experiencing cardiac arrest. ACLS is a set of clinical algorithms and protocols that healthcare providers use to manage cardiovascular emergencies. The focus is on immediate interventions that can help revive the heart's function and ensure that oxygenated blood reaches vital organs, particularly the brain. This includes skills such as high-quality cardiopulmonary resuscitation (CPR), defibrillation for arrhythmias, and the use of medications that can support heart function and improve chances of survival. In contrast, while stabilizing blood sugar levels might be crucial in certain medical emergencies, it is not the primary focus of ACLS. Preventing further cardiac complications is important in general care, but during a cardiac arrest, the immediate priority is to restore circulation and breathing. Providing emotional support to the family is certainly an important aspect of patient care, but it is not the primary aim of ACLS protocols, which center on the life-saving measures required in critical situations. The essence of ACLS training revolves around the urgency of restoring vital functions, which is why the correct answer highlights the restoration of circulation and breathing.

2. If a patient begins to cough during chest compressions, what does this indicate?

- A. Bronchospasm.
- B. Gastric distention.
- C. Return of spontaneous circulation.**
- D. Atelectasis of the upper airways.

Coughing during chest compressions often indicates a return of spontaneous circulation (ROSC). This response suggests that the autonomic nervous system is beginning to regain function, allowing the patient to exhibit signs of life, such as coughing. Coughing is a reflex that typically occurs when the respiratory system is working to clear airways and is commonly seen when a patient regains consciousness or shows signs of improved respiratory function. The presence of coughing is a positive sign in the context of resuscitation efforts, suggesting that the heart may have restarted and adequate blood flow has been re-established. This is a crucial indicator for providers, as it prompts the assessment of the patient's airway and circulation status. In contrast, other options do not explain the act of coughing effectively in this scenario. For instance, bronchospasm refers to a narrowing of the airways, which would more likely cause wheezing rather than coughing. Gastric distention is associated with difficulty in ventilation and may lead to complications like aspiration, and does not involve active coughing. Atelectasis would result in collapsed lung areas leading to inadequate gas exchange but typically does not present with coughing as a primary symptom. Thus, the act of coughing during chest compressions is most clearly associated with the restoration of spontaneous

3. If an unresponsive 57-year-old male is not breathing and the AED announces "No shock advised," what is your next step?

- A. Resume chest compressions.**
- B. Insert an oropharyngeal airway.
- C. Check for a pulse.
- D. Ventilate him.

When an AED indicates "No shock advised," it means that the rhythms detected are not shockable, which typically suggests that the patient is either in asystole or a pulseless electrical activity (PEA). In this scenario, immediate action is required to ensure adequate circulation and oxygenation to the vital organs. Resuming chest compressions is the most critical next step in this situation. High-quality chest compressions help maintain blood flow to the heart and brain, which is essential in a cardiac arrest situation where the patient is unresponsive and not breathing. The focus should be on providing continuous compressions at a rate of 100-120 compressions per minute with adequate depth to ensure effective circulation. Compressions should not be interrupted for any other interventions at this point, as they serve as the primary means of supporting the patient's circulation until advanced care can be provided. While inserting an oropharyngeal airway and providing ventilations are important components of resuscitation, they should follow the immediate resumption of chest compressions. Checking for a pulse is unnecessary in this context since the patient is unresponsive and not breathing, and it could take valuable time away from critical compressions.

4. A 59-year-old male with dizziness and palpitations is assessed. What is the best initial action?

- A. Administer oxygen by non-rebreather mask
- B. Administer oxygen by nasal cannula**
- C. Assist with the administration of nitroglycerin
- D. Administer aspirin

In this scenario involving a 59-year-old male presenting with dizziness and palpitations, the most appropriate initial action is to administer oxygen by nasal cannula. When a patient exhibits symptoms such as dizziness and palpitations, it may indicate an underlying cardiac issue or another condition affecting oxygenation. Providing supplemental oxygen ensures that the patient receives adequate oxygen levels, which is crucial in any suspected cardiac distress situation. Nasal cannula provides a comfortable means of delivering oxygen, especially if the patient's condition may not yet require more aggressive respiratory support. Administering oxygen by non-rebreather mask may not be the best initial action because it's typically reserved for more severe respiratory distress or when there's clear evidence of hypoxia that requires a higher concentration of oxygen. Assisting with the administration of nitroglycerin or administering aspirin are interventions that may follow once the initial assessment is completed, especially when a cardiac event is suspected, but they should not replace the foundational step of ensuring the patient has adequate oxygenation. Therefore, starting with the nasal cannula for oxygen support is appropriate for this patient's initial care.

5. Which device is typically used to provide mechanical chest compressions during advanced cardiac life support?

- A. Automated external defibrillator
- B. Mechanical CPR device**
- C. Cardiac monitor
- D. Ventilator

The mechanical CPR device is specifically designed to provide consistent, high-quality chest compressions during advanced cardiac life support. These devices can deliver compressions at the appropriate depth and rate, which is crucial for maintaining blood flow to the vital organs during cardiac arrest. By automating this process, the mechanical device helps ensure that compressions are delivered without interruption, which can be challenging for human rescuers, especially in a chaotic emergency environment. Mechanical CPR devices also allow rescuers to focus on other critical interventions, such as airway management and defibrillation, while maintaining effective blood circulation. This capability can lead to improved outcomes for patients experiencing cardiac arrest, as high-quality compressions are a fundamental aspect of effective resuscitation efforts.

6. What is the purpose of the recovery position?

- A. To provide comfort to the patient
- B. To keep the airway open and prevent aspiration in an unconscious but breathing patient**
- C. To facilitate CPR
- D. To reduce heart rate

The recovery position is specifically designed to ensure that an unconscious patient who is still breathing has a clear airway, reducing the risk of aspiration. When a patient is placed in this position, their body is turned onto their side, which helps to keep the airway open and allows any fluids or vomit to drain from the mouth, rather than obstructing the airway. This position is crucial in emergency care, particularly when monitoring breathing and consciousness levels, as it protects the airway and promotes stability in the patient while waiting for further medical assistance. Providing comfort, facilitating CPR, or reducing heart rate are not the primary goals of the recovery position. While the patient may feel more comfortable in this position, the main focus is on airway management and preventing complications in breathing, thus making the second choice the most accurate representation of the recovery position's purpose.

7. A 68-year-old female with a history of angina reports sharp chest pain. What is the first action you should take?

- A. Determine the aspirin dosage and route of administration**
- B. Administer oxygen by non-rebreather mask
- C. Administer oxygen by nasal cannula
- D. Assist with the administration of nitroglycerin

In this scenario, the first action should involve administering aspirin, especially considering the patient's history of angina and the presentation of sharp chest pain, which could indicate a myocardial infarction. Aspirin is utilized for its antiplatelet properties, helping to inhibit further clot formation in the event of a blocked coronary artery, thereby significantly reducing the risk of further complications. When dealing with chest pain, particularly in patients with a known cardiac history, it's crucial to perform a timely assessment and provide aspirin if indicated. It serves as an essential step in management, addressing potential thrombus formation while you gather further information about the patient's condition. Administering oxygen supports the patient's oxygenation status but isn't always the first priority unless there are clear signs of hypoxia. Similarly, assisting with nitroglycerin administration is contingent on having the necessary assessments completed to ensure it is safe for the patient based on their blood pressure and clinical status. Therefore, focusing on aspirin as the first action aligns with the protocol for managing potential cardiac events effectively.

8. In a cardiac emergency, what is the role of nitroglycerin?

- A. To improve blood pressure
- B. To relieve chest pain by vasodilation**
- C. To slow heart rate
- D. To increase heart output

The purpose of nitroglycerin in a cardiac emergency primarily revolves around its effectiveness in relieving chest pain through vasodilation. Nitroglycerin is a nitrate medication that works by relaxing and widening blood vessels. This process reduces the workload on the heart and increases blood flow to the heart muscle itself, which is particularly beneficial in conditions like angina or myocardial infarction. When the coronary arteries are narrowed or obstructed, they may not deliver enough oxygen-rich blood to the heart muscle, leading to pain. By causing vasodilation, nitroglycerin allows for increased oxygen delivery and helps alleviate that chest pain, providing symptomatic relief for patients experiencing angina or similar conditions. While vasodilation can have an impact on blood pressure, its primary role in this scenario is specifically targeted at relieving pain and improving perfusion to the heart, rather than merely improving blood pressure on its own or modulating heart rate or output directly.

9. After analyzing the rhythm of a 6-year-old in cardiac arrest and the AED advises no shock, you should:

- A. Resume chest compressions**
- B. Ventilate him twice
- C. Assess his pulse
- D. Continue CPR for 2 minutes

When a 6-year-old is in cardiac arrest and the AED indicates "no shock advised," the appropriate action is to resume chest compressions immediately. This is crucial because high-quality chest compressions are essential for maintaining blood flow to vital organs during cardiac arrest, which is pivotal in improving outcomes. The AED's indication that a shock is not advised typically means that the rhythm is not shockable, such as in cases of asystole or pulseless electrical activity (PEA). Therefore, prioritizing chest compressions helps to support circulation and oxygenation until advanced medical assistance is available or a shockable rhythm is identified. Continuing with CPR for a duration of time is also critical, but the best immediate action following an AED's no-shock advisement is to begin or resume chest compressions without delay. This ensures that the child is receiving immediate care, maximizing the chances of survival as care proceeds.

10. Which ECG rhythm indicates a complete absence of electrical activity in the heart?

- A. Atrial fibrillation
- B. Ventricular tachycardia
- C. Asystole**
- D. Sinus bradycardia

Asystole is characterized by a complete absence of electrical activity in the heart, which means there are no discernible waves or complexes on the ECG tracing. In asystole, the heart is essentially "flatlined," indicating that there is no coordinated electrical activity to stimulate heart contractions. This is a critical condition that requires immediate intervention, as it signifies that the heart is not pumping blood, resulting in the cessation of effective circulation. In contrast, other rhythms such as atrial fibrillation and ventricular tachycardia still exhibit electrical activity, although it may be disorganized or excessively rapid, respectively. Atrial fibrillation involves irregular electrical signals in the atria, while ventricular tachycardia entails rapid firing from the ventricles, which can still produce some cardiac output. Sinus bradycardia, although slow, is a relatively normal rhythm that represents a functioning heart with heartbeats, just at a reduced rate. Therefore, the absence of any electrical activity distinctly identifies asystole as the correct answer to this question.

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://nremtcardiologyresuscitation.examzify.com>

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

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