

# Oxygen Therapy Practice Exam (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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**SAMPLE**

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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. Which of the following is NOT a respiratory distress sign in children?**
  - A. Grunting**
  - B. Head bobbing**
  - C. Nasal flaring**
  - D. Normal wheezing**
- 2. Which technique is effective for mucus clearance?**
  - A. Deep breathing**
  - B. Pursed-lip breathing**
  - C. Coughing**
  - D. Controlled breathing**
- 3. What factors can affect the accuracy of pulse oximetry readings?**
  - A. Weight and height**
  - B. Blood pressure and temperature**
  - C. Poor circulation and nail polish**
  - D. Age and gender**
- 4. What role does a patient's activity level play in their oxygen therapy requirements?**
  - A. Increased activity levels may necessitate higher oxygen flow rates**
  - B. Activity level does not affect oxygen therapy**
  - C. Higher flow rates are needed when at rest**
  - D. Lower activity may require more frequent assessments**
- 5. What is the main goal of using a simple face mask in oxygen therapy?**
  - A. To provide a high concentration of oxygen**
  - B. To deliver a moderate concentration of oxygen**
  - C. To avoid discomfort during use**
  - D. To provide minimal support for breathing**



- 6. What is the primary advantage of using a high-flow nasal cannula?**
- A. It is less expensive than other oxygen delivery systems**
  - B. It can deliver a precise FiO<sub>2</sub> and improve patient comfort**
  - C. It is more widely accepted by patients**
  - D. It requires less monitoring than other systems**
- 7. What strategy can be employed when humidifying oxygen for patients?**
- A. Adding saline solution to the airway**
  - B. Using a heated humidifier**
  - C. Applying ice packs to the airway**
  - D. Only using nasal cannulas without humidification**
- 8. What is a nursing consideration for using a nonrebreather mask?**
- A. The bag must not be inflated**
  - B. Requires a loose fit to ensure comfort**
  - C. Monitor for signs of anxiety and aspiration**
  - D. Only used during daytime**
- 9. What is the required flow rate for a simple mask to effectively deliver oxygen?**
- A. 1-3 Liters per minute**
  - B. 5-10 Liters per minute**
  - C. 10-15 Liters per minute**
  - D. 15-20 Liters per minute**
- 10. What is essential for the functionality of a partial nonrebreather mask?**
- A. The bag must remain fully inflated at all times**
  - B. The mask should have an inspiratory valve**
  - C. The bag should always remain partially inflated**
  - D. The mask should fit loosely**

## **Answers**

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

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## **Explanations**

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**1. Which of the following is NOT a respiratory distress sign in children?**

- A. Grunting**
- B. Head bobbing**
- C. Nasal flaring**
- D. Normal wheezing**

Normal wheezing is not considered a sign of respiratory distress in children. Wheezing itself is typically indicative of some level of airway obstruction or inflammation, often associated with conditions such as asthma or bronchiolitis. However, when wheezing is described as "normal," it implies that it is a baseline or expected sound that is not accompanied by any signs of distress, meaning the child appears comfortable and is not exhibiting any concerning behaviors or symptoms related to breathing. In contrast, grunting, head bobbing, and nasal flaring are all well-recognized indicators of respiratory distress. Grunting is a sound made during exhalation as an attempt to increase end-expiratory pressure and improve oxygenation. Head bobbing suggests that a child is working hard to breathe, using their neck muscles to assist in respiration due to increased effort. Nasal flaring occurs when the nostrils widen during inhalation, indicating that a child is struggling to get enough air, often seen in those experiencing difficulty breathing. Therefore, recognizing the difference between normal and abnormal signs of breathing is crucial in assessing respiratory health in children.

**2. Which technique is effective for mucus clearance?**

- A. Deep breathing**
- B. Pursed-lip breathing**
- C. Coughing**
- D. Controlled breathing**

Coughing is an effective technique for mucus clearance because it generates a strong force that helps to expel mucus from the airways. This action is essential in respiratory therapies, especially for individuals who have conditions such as chronic obstructive pulmonary disease (COPD), cystic fibrosis, or bronchiectasis, where mucus accumulation can obstruct airflow and lead to respiratory complications. When a person coughs, the rapid expulsion of air from the lungs creates a high pressure in the airway, which can mobilize and push out mucus. Additionally, coughing can facilitate the movement of mucus towards the upper airways, where it can then be cleared out. This reflexive action also helps in maintaining airway patency and reducing the risk of infections that can occur from trapped secretions. While deep breathing, pursed-lip breathing, and controlled breathing techniques can support lung function and improve ventilation, they are not primarily designed for mucus clearance. Deep breathing may help in expanding the lung and enhancing oxygen exchange, while pursed-lip breathing assists with providing resistance during exhalation to keep the airways open and promote oxygenation. Controlled breathing techniques can improve overall respiratory efficiency but do not effectively mobilize mucus. In contrast, coughing is a direct and efficient way to clear

### **3. What factors can affect the accuracy of pulse oximetry readings?**

- A. Weight and height**
- B. Blood pressure and temperature**
- C. Poor circulation and nail polish**
- D. Age and gender**

The accuracy of pulse oximetry readings can be significantly influenced by factors such as poor circulation and the presence of nail polish. Pulse oximeters work by shining light through the skin and measuring the absorption of light by oxygenated and deoxygenated hemoglobin in the blood. Poor circulation may result in inadequate blood flow to the areas where the sensor is applied, leading to inaccurate readings. Conditions such as peripheral artery disease or severe cold can exacerbate this issue, making it difficult for the oximeter to obtain a reliable measurement. Similarly, nail polish can interfere with the light transmission needed for accurate readings. Traditional nail polish, especially if it's dark-colored, can block or absorb some of the light used by the pulse oximeter, thus impeding the device's ability to accurately assess the oxygen saturation levels in the blood. Understanding these factors is essential for healthcare providers to ensure accurate monitoring of a patient's oxygen saturation levels and to take appropriate measures, such as removing nail polish or taking readings from a different site, if poor circulation is suspected.

### **4. What role does a patient's activity level play in their oxygen therapy requirements?**

- A. Increased activity levels may necessitate higher oxygen flow rates**
- B. Activity level does not affect oxygen therapy**
- C. Higher flow rates are needed when at rest**
- D. Lower activity may require more frequent assessments**

A patient's activity level significantly influences their oxygen therapy requirements. When activity levels increase, the body demands more oxygen to meet the metabolic needs associated with physical exertion. Consequently, higher oxygen flow rates may be necessary to ensure that the patient receives adequate oxygen during these periods of increased activity. For individuals who are more active, their respiratory rate and depth increase, and the oxygen saturation levels may drop if the therapy is not adjusted to accommodate the additional need. Therefore, a tailored approach that adjusts oxygen flow rates in response to the patient's activity level is essential for maintaining appropriate oxygen saturation and overall health during exercise or physical activity. This understanding underscores the importance of continuous monitoring and individualized oxygen therapy adjustments based on the patient's current activity level, enhancing their overall wellbeing and ensuring that therapy remains effective.

**5. What is the main goal of using a simple face mask in oxygen therapy?**

- A. To provide a high concentration of oxygen**
- B. To deliver a moderate concentration of oxygen**
- C. To avoid discomfort during use**
- D. To provide minimal support for breathing**

The primary objective of using a simple face mask in oxygen therapy is to deliver a moderate concentration of oxygen. This type of mask is designed to cover the nose and mouth, allowing for a comfortable and effective means of administering oxygen to patients who require supplemental support. When placed on the patient's face, the mask can deliver oxygen concentrations ranging from approximately 35% to 50%, which is beneficial for patients with conditions that necessitate more oxygen than what is available in ambient air. The design of the mask allows for some exhaled air to escape, which helps to prevent carbon dioxide buildup and maintains a reasonable level of oxygen delivery. The other options do not accurately represent the function of a simple face mask. While it is true that the mask can provide comfort during use, that is not its primary goal; instead, it focuses on delivering a satisfactory level of oxygen. The mask is not intended for delivering high concentrations of oxygen, which would require a different device, such as a non-rebreather mask. Additionally, it is not primarily designed to provide minimal support for breathing, as its main purpose is to ensure adequate oxygenation for patients who are unable to maintain sufficient oxygen levels on their own.

**6. What is the primary advantage of using a high-flow nasal cannula?**

- A. It is less expensive than other oxygen delivery systems**
- B. It can deliver a precise FiO<sub>2</sub> and improve patient comfort**
- C. It is more widely accepted by patients**
- D. It requires less monitoring than other systems**

The primary advantage of using a high-flow nasal cannula is that it can deliver a precise fraction of inspired oxygen (FiO<sub>2</sub>) and improve patient comfort. High-flow nasal cannulas deliver a higher flow of oxygen mixed with room air, which allows for specific adjustments to the FiO<sub>2</sub> based on the patient's needs. This precision is crucial in managing patients with respiratory distress who require optimized oxygenation. Additionally, the high-flow design helps to provide positive airway pressure, which can further enhance comfort and improve gas exchange compared to traditional low-flow systems. Patients often report improved comfort levels with high-flow nasal cannulas because they are less restrictive than masks and allow for greater mobility and communication. This combination of precise oxygen delivery and enhanced comfort makes high-flow nasal cannulas a valuable tool in oxygen therapy. While cost, acceptance by patients, and monitoring requirements are important factors in choosing an oxygen delivery system, they do not specifically address the benefits of precision and comfort that high-flow nasal cannulas offer.

**7. What strategy can be employed when humidifying oxygen for patients?**

- A. Adding saline solution to the airway**
- B. Using a heated humidifier**
- C. Applying ice packs to the airway**
- D. Only using nasal cannulas without humidification**

Using a heated humidifier is an effective strategy for humidifying oxygen for patients. This device warms the water to create humidity that can be delivered with the oxygen, which helps to ensure that the airways remain moist. Proper humidification is important, especially for patients receiving high flow oxygen, as it can prevent airway irritation, reduce mucus viscosity, and support overall respiratory function. Heated humidifiers are effective for maintaining optimal humidity levels, as they can adjust the temperature based on the patient's needs, resulting in increased comfort and improved oxygen delivery. This is particularly vital in clinical settings where patients may have dry mucous membranes due to supplemental oxygen use, which can lead to discomfort and complications like infections. In contrast, other strategies mentioned are either ineffective or potentially harmful. Adding saline solution directly to the airway could lead to adverse effects, such as bronchospasm or mucosal irritation. Applying ice packs could have a numbing effect but would not provide adequate humidity and could potentially cool the airway too much, hindering respiratory function. Utilizing only nasal cannulas without any form of humidification might lead to dryness and discomfort in the patient's airways, especially if used for extended periods or at higher flow rates.

**8. What is a nursing consideration for using a nonrebreather mask?**

- A. The bag must not be inflated**
- B. Requires a loose fit to ensure comfort**
- C. Monitor for signs of anxiety and aspiration**
- D. Only used during daytime**

Using a nonrebreather mask is a critical intervention for patients in respiratory distress, particularly because it can deliver high concentrations of oxygen. One important nursing consideration when utilizing a nonrebreather mask is the need to monitor the patient for signs of anxiety and potential risks of aspiration. Patients wearing a nonrebreather mask may experience anxiety, particularly if they feel uncomfortable with the function of the mask or with receiving high levels of oxygen. This can lead to increased respiratory rates and exacerbate their condition. Therefore, it is essential for nurses to observe any indications of anxiety, as managing this aspect is crucial to ensuring the patient's overall well-being and compliance with oxygen therapy. Additionally, aspiration risk should also be assessed because patients who are severely ill or respiratory compromised might also have difficulty managing secretions, increasing the potential for aspiration while wearing a mask that covers the mouth and nose. Monitoring these signs helps in adjusting interventions or providing additional support for the patient, thereby ensuring they receive optimal care while on a nonrebreather mask. The other considerations, such as ensuring the bag is inflated and maintaining a proper fit, are important, but do not encapsulate the broad impact that psychological and physiological monitoring can have on patient safety and comfort.



**9. What is the required flow rate for a simple mask to effectively deliver oxygen?**

- A. 1-3 Liters per minute**
- B. 5-10 Liters per minute**
- C. 10-15 Liters per minute**
- D. 15-20 Liters per minute**

For a simple mask to effectively deliver oxygen, a flow rate of 5-10 liters per minute is required. This range is crucial because it ensures that the mask adequately fills with oxygen, thereby providing a sufficient oxygen concentration to the patient while also preventing the rebreathing of exhaled carbon dioxide. At lower flow rates, such as 1-3 liters per minute, the concentration of oxygen delivered would be insufficient, potentially allowing for a mix of room air and exhaled gases, leading to inadequate oxygenation. Similarly, with a flow rate exceeding the upper limit of 10 liters per minute, there might be excessive pressure that could lead to discomfort for the patient, and the mask may not seal properly, reducing the effectiveness of oxygen delivery. This balance of flow rate is essential for patient comfort and therapeutic efficacy.

**10. What is essential for the functionality of a partial nonrebreather mask?**

- A. The bag must remain fully inflated at all times**
- B. The mask should have an inspiratory valve**
- C. The bag should always remain partially inflated**
- D. The mask should fit loosely**

The functionality of a partial nonrebreather mask is critically tied to the bag remaining partially inflated during inhalation. This partial inflation allows for the delivery of a high concentration of oxygen while simultaneously permitting the patient to exhale carbon dioxide. The design of the mask includes small exhalation ports that allow for some CO<sub>2</sub> to escape, ensuring the patient does not re-inhale it, while still allowing a significant amount of oxygen to be drawn from the reservoir bag during inspiration. When the bag is partially inflated, it creates a reservoir effect that maintains a steady flow of oxygen, which is necessary for patients requiring significant levels of supplemental oxygen. If the bag were to deflate completely, it would not provide adequate oxygenation, and the patient could potentially breathe in ambient air instead of the concentrated oxygen needed for effective therapy. While aspects like a snug fit of the mask or the presence of valves may play roles in the overall efficacy of oxygen delivery, the key characteristic that ensures high concentrations of oxygen are maintained is the partial inflation of the reservoir bag.

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

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