

# Oxygen Therapy Practice Exam (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. How can a patient with a chronic respiratory condition best manage their oxygen therapy?**
  - A. By using oxygen intermittently when feeling short of breath**
  - B. By following up regularly with their healthcare provider and adhering to prescribed therapy**
  - C. By adjusting the flow rate without consulting a doctor**
  - D. By using over-the-counter oxygen supplies**
- 2. How often should postural drainage be performed for optimal results?**
  - A. Once a day**
  - B. 2-4 times a day**
  - C. 5-7 times a day**
  - D. As needed**
- 3. What is one feature of a tent or croupette used for oxygen delivery?**
  - A. Delivers concentrated oxygen directly to the patient**
  - B. Is made from opaque material to prevent light exposure**
  - C. Provides cool, high humidity environment with supplemental oxygen**
  - D. Fits snugly around the patient's face**
- 4. What could be a consequence of using high-flow oxygen in patients with COPD?**
  - A. Improved lung function**
  - B. Risk of respiratory acidosis**
  - C. Increased physical endurance**
  - D. Enhanced cognitive function**
- 5. Which of the following is a critical action before initiating oxygen therapy?**
  - A. Determining the patient's medical history only**
  - B. Assessing the patient's current oxygen saturation**
  - C. Only preparing the oxygen equipment**
  - D. Checking the patient's temperature**

- 6. What is the rationale for using low-flow oxygen therapy in patients with chronic lung diseases?**
- A. To increase oxygen levels dramatically**
  - B. To prevent CO<sub>2</sub> retention and avoid respiratory acidosis**
  - C. To improve lung capacity rapidly**
  - D. To enhance overall circulation**
- 7. Why is it advisable to include follow-up appointments in a discharge plan for oxygen therapy?**
- A. To sell more oxygen products**
  - B. To ensure ongoing patient health and therapy effectiveness**
  - C. To collect data for research purposes only**
  - D. To increase the workload of healthcare staff**
- 8. What is the primary benefit of using oxygen therapy in patients with respiratory issues?**
- A. It eliminates the need for further medical care**
  - B. It enhances aerobic metabolism to support organ function**
  - C. It lowers heart rate for improved rest**
  - D. It only improves lung function**
- 9. Why is patient positioning important during oxygen therapy?**
- A. It allows for more comfortable sleep for the patient**
  - B. It can enhance lung expansion and improve ventilation and oxygenation**
  - C. It prevents muscle fatigue during the therapy**
  - D. It is required for the equipment to function properly**
- 10. What safety precaution should be taken when storing oxygen tanks?**
- A. Keep them upright and secured away from heat sources**
  - B. Store them in a locked cabinet**
  - C. Keep them in direct sunlight**
  - D. Leave them on their side**



## **Answers**

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

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## **Explanations**

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**1. How can a patient with a chronic respiratory condition best manage their oxygen therapy?**

- A. By using oxygen intermittently when feeling short of breath
- B. By following up regularly with their healthcare provider and adhering to prescribed therapy**
- C. By adjusting the flow rate without consulting a doctor
- D. By using over-the-counter oxygen supplies

The best way for a patient with a chronic respiratory condition to manage their oxygen therapy is by following up regularly with their healthcare provider and adhering to prescribed therapy. This approach ensures that the patient receives continuous, professional guidance to optimize their oxygen therapy for their specific medical needs. Regular follow-up helps monitor the patient's condition, allows for timely adjustments to the oxygen prescription, and ensures that any emerging issues or complications can be addressed promptly. Adhering to the prescribed therapy is crucial because it guarantees that the patient is receiving the appropriate dosage and flow rate of oxygen, which can significantly affect their quality of life and overall health. This consistent communication with healthcare professionals helps to tailor the treatment to the patient's evolving condition, ensuring that their oxygen therapy remains effective. Hence, it is vital for patients to be proactive in maintaining their health through professional support rather than relying on intermittent use or self-adjustment of oxygen therapy, which can lead to inadequate treatment and complications.

**2. How often should postural drainage be performed for optimal results?**

- A. Once a day
- B. 2-4 times a day**
- C. 5-7 times a day
- D. As needed

Postural drainage is a therapeutic technique used to help clear mucus from the lungs by using gravity to drain secretions from different parts of the lung through specific body positions. For optimal results, it is typically recommended to perform postural drainage 2-4 times a day. This frequency allows for effective mucus clearance while avoiding fatigue and discomfort that may occur if it is performed too frequently, such as 5-7 times a day. Additionally, performing it less than twice daily may not effectively manage the condition requiring chest physiotherapy, as it wouldn't provide adequate opportunity for secretion mobilization. The choice of 2-4 times a day strikes a balance, promoting effective respiratory care without overwhelming the patient. It is also important to consider the patient's specific medical condition and overall tolerance to ensure that the routine is both beneficial and manageable.

**3. What is one feature of a tent or croupette used for oxygen delivery?**

- A. Delivers concentrated oxygen directly to the patient**
- B. Is made from opaque material to prevent light exposure**
- C. Provides cool, high humidity environment with supplemental oxygen**
- D. Fits snugly around the patient's face**

A tent or croupette is specifically designed to create a controlled environment for patients, particularly those with respiratory distress, by providing a cool, humidified atmosphere along with supplemental oxygen. This feature is important because it helps alleviate respiratory discomfort and supports easier breathing, especially for small children who might find a mask uncomfortable. The coolness of the environment can help soothe airway inflammation, while the high humidity prevents the airways from drying out, which can be critical for certain respiratory conditions. The combination of humidity and oxygen is particularly beneficial in clinical settings where patients have conditions that can be exacerbated by dry air. Understanding this feature highlights the importance of environmental factors in oxygen therapy and illustrates how equipment like tents and croupettes are tailored to meet specific patient needs in a clinical scenario.

**4. What could be a consequence of using high-flow oxygen in patients with COPD?**

- A. Improved lung function**
- B. Risk of respiratory acidosis**
- C. Increased physical endurance**
- D. Enhanced cognitive function**

Using high-flow oxygen in patients with Chronic Obstructive Pulmonary Disease (COPD) can lead to the risk of respiratory acidosis. This is primarily due to the phenomenon known as hypoxic drive. Patients with COPD often rely on low oxygen levels to stimulate their respiratory drive. When high-flow oxygen is administered, it can elevate blood oxygen levels to a point where it reduces the drive to breathe, potentially causing a rise in carbon dioxide levels (hypercapnia) in the blood. As carbon dioxide accumulates, it leads to respiratory acidosis, a condition where the blood becomes more acidic. This can result in various complications, such as confusion, lethargy, and in severe cases, respiratory failure. Therefore, understanding the delicate balance of oxygen therapy in these patients is crucial, as the goal is to manage their oxygen saturation without suppressing their natural drive to breathe. Other choices may suggest benefits that are less relevant or even counterproductive in the context of COPD management. For instance, while improved lung function might be a desired outcome, high-flow oxygen does not typically lead to this outcome in patients with COPD, and increased physical endurance or enhanced cognitive function are not directly linked to high-flow oxygen administration in this patient population either.

**5. Which of the following is a critical action before initiating oxygen therapy?**

- A. Determining the patient's medical history only**
- B. Assessing the patient's current oxygen saturation**
- C. Only preparing the oxygen equipment**
- D. Checking the patient's temperature**

Assessing the patient's current oxygen saturation is crucial before initiating oxygen therapy because it provides vital information about the patient's respiratory function and overall oxygenation status. This measurement helps healthcare providers determine the severity of the patient's condition and whether supplemental oxygen is necessary. Oxygen saturation levels below a certain threshold (usually around 92-94% for most patients) may indicate that the patient is hypoxemic and in need of immediate oxygen support. By knowing the oxygen saturation levels, healthcare providers can tailor the oxygen therapy to the patient's specific needs and monitor the effectiveness of the treatment afterward. This assessment plays a significant role in ensuring patient safety and optimizing therapeutic outcomes. Monitoring oxygen saturation is therefore a standard practice in the management of respiratory distress and is critical for guiding treatment decisions.

**6. What is the rationale for using low-flow oxygen therapy in patients with chronic lung diseases?**

- A. To increase oxygen levels dramatically**
- B. To prevent CO<sub>2</sub> retention and avoid respiratory acidosis**
- C. To improve lung capacity rapidly**
- D. To enhance overall circulation**

Using low-flow oxygen therapy in patients with chronic lung diseases is primarily to prevent CO<sub>2</sub> retention and avoid respiratory acidosis. Chronic lung diseases, such as COPD (Chronic Obstructive Pulmonary Disease), are often characterized by impaired gas exchange and a tendency toward respiratory acidosis due to the accumulation of carbon dioxide. When patients with these conditions receive low-flow oxygen, it helps ensure that they maintain adequate oxygen levels without significantly increasing the oxygen concentration in their environment. This is crucial because high levels of oxygen can suppress their respiratory drive and lead to further CO<sub>2</sub> retention, exacerbating their condition. By carefully managing oxygen levels with low-flow therapy, healthcare providers aim to strike a balance that supports adequate oxygenation while preventing the complications associated with elevated carbon dioxide levels in the blood. This approach is essential for managing chronic lung diseases effectively, as it allows for better control of the patient's respiratory status and helps to maintain stability in their overall pulmonary function.

**7. Why is it advisable to include follow-up appointments in a discharge plan for oxygen therapy?**

- A. To sell more oxygen products**
- B. To ensure ongoing patient health and therapy effectiveness**
- C. To collect data for research purposes only**
- D. To increase the workload of healthcare staff**

Including follow-up appointments in a discharge plan for oxygen therapy is crucial for ensuring ongoing patient health and the effectiveness of the therapy. These appointments allow healthcare providers to monitor the patient's respiratory status, evaluate the effectiveness of the oxygen therapy, and make necessary adjustments based on the patient's evolving needs. Follow-up visits also serve as an opportunity for healthcare professionals to educate patients about their condition and the importance of consistent oxygen use. This helps to prevent complications, provides a platform for addressing any concerns, and reinforces the treatment plan. Furthermore, regular assessments enable early identification of potential issues, allowing for timely interventions which improve overall patient outcomes and quality of life. Incorporating follow-up appointments is integral to patient-centered care, ensuring that the therapy not only meets initial needs but adapts as those needs change over time.

**8. What is the primary benefit of using oxygen therapy in patients with respiratory issues?**

- A. It eliminates the need for further medical care**
- B. It enhances aerobic metabolism to support organ function**
- C. It lowers heart rate for improved rest**
- D. It only improves lung function**

The primary benefit of using oxygen therapy in patients with respiratory issues lies in its ability to enhance aerobic metabolism, which is crucial for supporting organ function. When patients suffer from respiratory conditions, their ability to adequately oxygenate their blood may be compromised, leading to reduced oxygen delivery to tissues and organs. By providing supplemental oxygen, therapy helps to increase the oxygen levels in the blood, thereby promoting efficient aerobic metabolism. This elevated level of oxygen availability allows cells to produce the energy necessary for various physiological processes, which is essential for maintaining organ function, particularly in critical situations where oxygen demand is high. Adequate oxygenation is also vital for repairing damaged tissues, aiding in recovery from illness, and ensuring overall homeostasis within the body. This understanding of the importance of oxygen therapy highlights its role in improving not just lung function, but also the broader implications for systemic health, as organs depend on sufficient oxygen to operate effectively. The other options do not accurately reflect the comprehensive benefits of oxygen therapy, as it does not eliminate the need for additional medical care, does not directly lower heart rates as a primary effect, and its benefits extend well beyond merely enhancing lung function.

**9. Why is patient positioning important during oxygen therapy?**

- A. It allows for more comfortable sleep for the patient**
- B. It can enhance lung expansion and improve ventilation and oxygenation**
- C. It prevents muscle fatigue during the therapy**
- D. It is required for the equipment to function properly**

The importance of patient positioning during oxygen therapy is primarily linked to its ability to enhance lung expansion, improve ventilation, and increase overall oxygenation. Proper positioning can facilitate optimal lung mechanics, ensuring that the alveoli—the tiny air sacs in the lungs where gas exchange occurs—remain open and function effectively. When patients are positioned correctly, it allows for improved diaphragm movement and reduces pressure on the lungs and thoracic cavity, making it easier for them to take deeper breaths. This can significantly enhance airflow, leading to better oxygen delivery throughout the body. Positioning strategies, such as sitting upright or using specific angles, can also help reduce the work of breathing and prevent complications, particularly in patients with respiratory distress or conditions like COPD. While patient comfort, prevention of muscle fatigue, and equipment functionality are important considerations in the overall care of a patient undergoing oxygen therapy, they are secondary to the critical role that positioning plays in enhancing respiratory mechanics and ensuring adequate oxygenation.

**10. What safety precaution should be taken when storing oxygen tanks?**

- A. Keep them upright and secured away from heat sources**
- B. Store them in a locked cabinet**
- C. Keep them in direct sunlight**
- D. Leave them on their side**

Keeping oxygen tanks upright and secured away from heat sources is essential for safety due to the highly flammable nature of oxygen. When stored upright, the tanks are less likely to tip over, which could lead to leaks or damage. Additionally, securing them ensures that they are stable and reduces the risk of accidental falls. Heat sources can increase the pressure inside the tanks, raising the risk of an explosion. Therefore, placing oxygen tanks in a cool, dry area away from any heat sources minimizes hazards associated with high temperatures. Storing oxygen safely not only protects the equipment itself but also ensures the safety of individuals in the vicinity, as an uncontrolled release of oxygen can create a fire risk when combined with combustible materials. Storing tanks in a locked cabinet and ensuring they are not left in direct sunlight are also important safety measures, but they do not directly address the risks associated with maintaining a stable, upright positioning away from heat. Leaving tanks on their sides is unsafe due to the chance of leaking or damage, which further highlights the importance of proper storage practices.



## 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!**