

PCC Field Medical Training Battalion (FMTB) 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

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- 1. What other condition, besides cardiac arrest, signifies critical trauma?**
 - A. Concussion**
 - B. Amputation**
 - C. Exposed brain matter**
 - D. Pneumothorax**

- 2. Which medical procedures are emphasized for treating penetrating trauma?**
 - A. Wound cleaning and bandaging**
 - B. Needle decompression and tourniquet application**
 - C. CPR and defibrillation**
 - D. Intravenous fluid administration**

- 3. What does the term "golden hour" refer to in trauma care?**
 - A. The time frame to provide evidence-based research**
 - B. The critical time frame within which medical intervention must occur to save lives**
 - C. The period needed for psychological evaluation**
 - D. The duration that survivors must be monitored post-discharge**

- 4. According to the MARCH-PAWS-L framework, what is an essential step in managing airway?**
 - A. Providing oxygen therapy**
 - B. Securing the airway**
 - C. Auscultation of lung sounds**
 - D. Documenting airway status**

- 5. Which of the following describes the Care Paradigms?**
 - A. Urgent, emergent, and routine**
 - B. Minimal, better, and best**
 - C. Primary, secondary, and tertiary**
 - D. Basic, advanced, and specialty**

- 6. How often should range of motion exercises be performed?**
- A. Every 4 hours**
 - B. Every 6 hours**
 - C. Every 8 hours**
 - D. Every 12 hours**
- 7. What is a primary indication for performing an escharotomy?**
- A. Elevation of blood pressure**
 - B. Respiratory and circulatory compromise**
 - C. Presence of large blisters**
 - D. Burns covering less than 10% TBSA**
- 8. What is monitored in electrical burn patients to assess similar conditions to crush injury?**
- A. Heart rate and urine output**
 - B. Blood pressure and respiration rate**
 - C. Oxygen saturation and blood sugar**
 - D. Temperature and fluid intake**
- 9. Which of the following is not included in burn care?**
- A. Pain management**
 - B. Wound care and dressing**
 - C. Hypertension management**
 - D. Hypothermia prevention**
- 10. How often should monitoring be performed for a very stable patient?**
- A. Every 8 hours**
 - B. Every 4 hours**
 - C. Every 1-2 hours**
 - D. Every 15-30 minutes**

Answers

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

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Explanations

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1. What other condition, besides cardiac arrest, signifies critical trauma?

- A. Concussion**
- B. Amputation**
- C. Exposed brain matter**
- D. Pneumothorax**

Exposed brain matter is a clear indication of critical trauma because it signifies a severe and life-threatening injury to the head. When brain matter is exposed, this not only indicates a possible traumatic brain injury but also raises immediate concerns about significant blood loss, infection risk, and the potential for long-term neurological impairment. Such injuries often require rapid medical intervention and careful management to stabilize the patient and prevent further harm. In a critical trauma scenario, exposed brain matter would typically be associated with other life-threatening complications that require urgent medical attention, setting it apart from other injuries that may not represent an immediate threat to life. Thus, it aligns closely with the seriousness of cardiac arrest, as both situations can lead to rapid deterioration in the patient's condition if not addressed promptly.

2. Which medical procedures are emphasized for treating penetrating trauma?

- A. Wound cleaning and bandaging**
- B. Needle decompression and tourniquet application**
- C. CPR and defibrillation**
- D. Intravenous fluid administration**

In the context of treating penetrating trauma, the emphasis is on immediate life-saving interventions that can address critical injuries. Needle decompression is a key procedure used to relieve tension pneumothorax, which can occur when air becomes trapped in the pleural space, leading to respiratory distress and potential cardiovascular collapse. This technique allows trapped air to escape and stabilizes the patient's condition. The application of a tourniquet is crucial for controlling severe hemorrhaging, particularly from extremity wounds. This procedure is vital in trauma situations where rapid bleeding can lead to loss of life, and timely intervention is essential. The focus on these two procedures in the context of penetrating trauma is a direct reflection of prioritizing interventions that can prevent death and stabilize the patient for further medical treatment. Other procedures, while important in different contexts, do not address the immediate life-threatening situations typically presented by penetrating injuries.

3. What does the term "golden hour" refer to in trauma care?

- A. The time frame to provide evidence-based research**
- B. The critical time frame within which medical intervention must occur to save lives**
- C. The period needed for psychological evaluation**
- D. The duration that survivors must be monitored post-discharge**

The term "golden hour" in trauma care specifically refers to the critical period following a traumatic injury when timely medical intervention is essential to optimize the chances of survival and reduce the risk of long-term disability. This concept highlights the importance of providing emergency medical treatment as quickly as possible. Research has shown that patients who receive care within this crucial time frame have significantly better outcomes compared to those whose treatment is delayed. This is particularly relevant in cases of severe hemorrhage, traumatic brain injuries, or other life-threatening conditions where immediate action can mean the difference between life and death. The other options do not capture the urgency and focus of the "golden hour" as a guideline for trauma care. While evidence-based research, psychological evaluations, and post-discharge monitoring are all important aspects of patient care, they do not directly relate to the immediate actions required in response to trauma.

4. According to the MARCH-PAWS-L framework, what is an essential step in managing airway?

- A. Providing oxygen therapy**
- B. Securing the airway**
- C. Auscultation of lung sounds**
- D. Documenting airway status**

Securing the airway is a critical aspect of the MARCH-PAWS-L framework, which is designed to address trauma care in a systematic and effective manner. In managing airway, the priority is to ensure that the airway is open and protected from obstruction. This is essential for allowing for adequate ventilation and oxygenation, as any compromise in the airway can lead to respiratory failure and increased risk of hypoxia. The focus on securing the airway involves various methods, including positioning the patient appropriately, using adjuncts like oropharyngeal or nasopharyngeal airways, and in some cases, advanced interventions such as intubation. By confirming that the airway is secure, medical personnel can then proceed with additional interventions such as providing oxygen therapy or monitoring lung sounds, which are important but secondary to ensuring that the airway itself is not compromised. This understanding emphasizes the foundational role of airway management in trauma care and aligns with best practices for immediate response to potential life-threatening conditions.

5. Which of the following describes the Care Paradigms?

- A. Urgent, emergent, and routine
- B. Minimal, better, and best**
- C. Primary, secondary, and tertiary
- D. Basic, advanced, and specialty

The correct answer, which identifies the Care Paradigms as minimal, better, and best, reflects a framework for assessing the level of care provided in various medical scenarios. This classification emphasizes a continuum of care where interventions escalate based on the severity of the situation and the effectiveness of the treatment options available. In this paradigm: - "Minimal" care represents the most basic level of intervention, appropriate for situations where a patient's condition does not require intensive or specialized treatment. - "Better" care indicates a standard of treatment that offers improved outcomes compared to minimal care, often including more comprehensive assessment and intervention strategies. - "Best" care refers to the highest standard of medical intervention, incorporating advanced techniques and comprehensive resources to achieve the best possible outcomes for patients. Understanding this framework helps medical personnel prioritize actions and allocate resources effectively, ensuring that interventions align with the needs of the patients and the dynamics of their medical conditions.

6. How often should range of motion exercises be performed?

- A. Every 4 hours
- B. Every 6 hours
- C. Every 8 hours**
- D. Every 12 hours

Range of motion exercises are essential for maintaining joint flexibility, preventing stiffness, and promoting circulation, especially in patients who may be immobile or recovering from an injury or surgery. Performing these exercises every 8 hours is generally recommended because it balances the need for regular movement with the body's natural cycles of rest and activity. This schedule allows for consistent engagement of the muscles and joints without overwhelming the patient, taking into account their overall condition and recovery needs. By adhering to this frequency, caregivers can effectively enhance joint mobility and overall physical well-being, aiding in the patient's rehabilitation process. In contrast, performing these exercises too frequently, such as every 4 or 6 hours, may lead to fatigue or discomfort, while performing them less frequently, such as every 12 hours, may not provide the necessary stimulation to maintain proper joint function. Thus, every 8 hours is the ideal interval for range of motion exercises to maximize benefits.

7. What is a primary indication for performing an escharotomy?

- A. Elevation of blood pressure
- B. Respiratory and circulatory compromise**
- C. Presence of large blisters
- D. Burns covering less than 10% TBSA

A primary indication for performing an escharotomy is respiratory and circulatory compromise. This procedure is essential in cases where a patient's skin is severely burned or tight eschar has formed, which constricts underlying tissues. Such constriction can lead to impaired circulation and breathing difficulties due to reduced blood flow and limited chest wall expansion. When eschar becomes tight, it can act like a tourniquet, especially when located on the thorax or extremities, preventing adequate blood flow to the areas beyond the constricted site. This can lead to compartment syndrome and significant complications if not addressed promptly. An escharotomy allows for the release of pressure, facilitating improved circulation and respiratory function, thereby preventing further complications associated with severe burns. In contrast, options like the presence of large blisters or burns covering less than 10% total body surface area (TBSA) would not typically necessitate an escharotomy, as these conditions do not usually result in the critical compromise that requires such intervention. Elevation of blood pressure, while important in patient assessment, does not directly correlate with the need for this specific surgical procedure.

8. What is monitored in electrical burn patients to assess similar conditions to crush injury?

- A. Heart rate and urine output**
- B. Blood pressure and respiration rate
- C. Oxygen saturation and blood sugar
- D. Temperature and fluid intake

In electrical burn patients, monitoring heart rate and urine output is crucial because these indicators can reveal complications reminiscent of those seen in crush injuries. Electrical burns can lead to muscle injury and rhabdomyolysis, where damaged muscle tissue breaks down and releases myoglobin into the bloodstream. This can strain the kidneys, often resulting in decreased urine output as the kidneys become overwhelmed. Additionally, changes in heart rate can indicate stress on the cardiovascular system. An abnormal heart rate can suggest underlying problems such as electrolyte imbalances, which frequently occur in electric shock scenarios, and these imbalances can also impact kidney function. In contrast, while blood pressure and respiration rate, oxygen saturation and blood sugar, and temperature and fluid intake are important vital signs and parameters in general patient care, they do not specifically correlate with the unique pathophysiological effects seen in electrical burns compared to crush injuries. Monitoring heart rate and urine output directly allows for better assessment of the immediate risks associated with these patients, making it the best choice in this context.

9. Which of the following is not included in burn care?

- A. Pain management**
- B. Wound care and dressing**
- C. Hypertension management**
- D. Hypothermia prevention**

The management of burns typically involves several critical components essential for patient recovery and comfort. Pain management is a priority since burns can be extremely painful, so effective analgesia is fundamental. Wound care and dressing are crucial to prevent infection and facilitate healing; this includes cleaning the wound and applying appropriate dressings. Hypothermia prevention is also a key aspect because burn patients are at risk of losing body heat due to the loss of protective skin, which acts as an insulator. The option that is not part of standard burn care is addressing hypertension management. While hypertension may be a pre-existing condition in some patients, it is not directly relevant to burn treatment. Burn care focuses primarily on treating the injury itself and supporting the overall health of the patient, rather than managing underlying chronic conditions unless they present acute concerns. Thus, hypertension management does not fall under the specific protocols associated with burn care.

10. How often should monitoring be performed for a very stable patient?

- A. Every 8 hours**
- B. Every 4 hours**
- C. Every 1-2 hours**
- D. Every 15-30 minutes**

For a very stable patient, monitoring every 8 hours is appropriate. This interval reflects a level of stability in the patient's condition, suggesting that frequent checks are not necessary. Patients classified as very stable typically do not exhibit significant changes in their vital signs or overall condition, allowing for less frequent monitoring. In clinical practice, determining how often to monitor a patient often depends on their stability and risk factors. For very stable patients, less frequent assessments can provide adequate oversight while conserving resources and time for healthcare providers. This approach maintains patient safety without unnecessary redundancy in monitoring procedures.

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://pccfmtb.examzify.com>

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

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