Pediatric Emergencies Practice Test (Sample)

Study Guide

Everything you need from our exam experts!

Table of Contents

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. **The most appropriate dose and route for epinephrine in a pediatric patient with suspected anaphylaxis in the field is:**
   - **A. 0.01 mg/kg epinephrine 1:10,000 IM**
   - **B. 0.01 mg/kg epinephrine 1:1000 IM**
   - **C. 0.3 mg auto-injector**
   - **D. 0.01 mg/kg epinephrine 1:1,000 IM**

2. **In a pediatric patient with tachycardia and poor oxygenation, which ECG finding is most likely?**
   - **A. Narrow QRS complex rhythm with absent P waves and HR > 220 bpm.**
   - **B. Wide QRS complex tachycardia with delta waves**
   - **C. Sinus rhythm with regular rate**
   - **D. Ventricular fibrillation**

3. **In a pediatric patient with tachycardia and cool skin, a capillary refill time of 4 seconds most likely indicates:**
   - **A. Decompensated shock is likely**
   - **B. Tachycardia is not present**
   - **C. The child is in normal perfusion**
   - **D. The child has pulmonary edema**

4. **Which statement about croup is correct?**
   - **A. Croup is a bacterial lower airway infection.**
   - **B. Croup is a viral upper airway infection that may cause stridor.**
   - **C. Croup presents with a high fever and productive cough.**
   - **D. Croup is an allergic reaction causing wheezing.**

5. **Which medication is used to prevent asthma attacks?**
   - **A. Short-acting beta-agonists**
   - **B. Inhaled steroids**
   - **C. Leukotriene inhibitors**
   - **D. Oral steroids**

6. The pediatric assessment triangle was designed to provide a quick general impression. Which option best describes its purpose?

A. To replace the need for a hands-on examination.

B. To measure vital signs more rapidly.

C. To string together a detailed differential diagnosis.

D. To help EMS providers form a hands-off general impression of an ill child.

7. The pediatric assessment triangle was designed to:

A. Help EMS providers form a hands-off general impression of an ill child.

B. Help EMS providers determine precise blood pressure.

C. Provide a detailed head-to-toe physical examination on arrival.

D. Replace need for any assessment.

8. In a dehydrated 5-year-old with vomiting, diarrhea, and signs of poor perfusion, which action is essential in initial prehospital assessment?

A. Administering supplementary oxygen

B. Keeping the child warm

C. Assessing his blood glucose level

D. Transporting, and establishing vascular access en route

9. Which statement regarding croup is correct?

A. Croup is a bacterial lower airway infection.

B. Croup is a fungal airway disease.

C. Croup is a viral upper airway infection that may cause stridor.

D. Croup is an allergic reaction with wheezing.

10. Which statement best reflects how emergency medications should be given when a central venous line is present but peripheral access is available?

A. Prefer peripheral IV access and avoid using the central line if possible.

B. Always administer through the central line regardless of peripheral access.

C. Do not give any drugs; stabilize first.

D. Remove the central line before any therapy.

Answers

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

Explanations

1. The most appropriate dose and route for epinephrine in a pediatric patient with suspected anaphylaxis in the field is:

A. 0.01 mg/kg epinephrine 1:10,000 IM

B. 0.01 mg/kg epinephrine 1:1000 IM

C. 0.3 mg auto-injector

D. 0.01 mg/kg epinephrine 1:1,000 IM

Epinephrine is the first-line treatment for suspected anaphylaxis in a child, and in the field the best approach is to give it by intramuscular injection into the thigh using a formulation appropriate for pediatric use, with the dose guided by the child's weight. This weight-based intramuscular dosing provides a rapid, reliable onset while staying safer for small children and still effective for larger ones; it also allows a repeat dose if symptoms persist. Intravenous epinephrine carries a higher risk of severe side effects and is reserved for in-hospital management or very controlled settings, not routine field care. Fixed-dose auto-injectors are convenient, but they aren't as precise for all body sizes, which is why weight-based intramuscular dosing is the preferred approach in the field. Reassess continuously and transport promptly.

2. In a pediatric patient with tachycardia and poor oxygenation, which ECG finding is most likely?

A. Narrow QRS complex rhythm with absent P waves and HR > 220 bpm.

B. Wide QRS complex tachycardia with delta waves

C. Sinus rhythm with regular rate

D. Ventricular fibrillation

Supraventricular tachycardia is a common cause of fast, regular heartbeats in children, and it fits a situation where a child is tachycardic with signs of poor oxygenation. On the ECG, this shows up as a narrow QRS complex tachycardia with a very high rate and P waves that are often hidden in or just after the QRS. The narrow QRS indicates the impulse is conducted through the normal His-Purkinje system, meaning the origin is above the ventricles. The extremely fast rate—typically over 220 beats per minute in infants—shortens diastole, reducing ventricular filling and coronary perfusion, which can lead to or worsen poor oxygenation. This combination of a rapid, narrow-complex rhythm with absent visible P waves is the classic signature of SVT in kids. Patterns that would point away from this include a wide QRS tachycardia, which suggests ventricular origin or aberrant conduction, or a baseline finding of delta waves pointing to pre-excitation syndromes like WPW; a normal sinus rhythm with a regular rate would not be tachycardia, and chaotic activity such as ventricular fibrillation would look unlike a regular tachycardia at all.

3. In a pediatric patient with tachycardia and cool skin, a capillary refill time of 4 seconds most likely indicates:

A. Decompensated shock is likely

B. Tachycardia is not present

C. The child is in normal perfusion

D. The child has pulmonary edema

Capillary refill time is a quick way to gauge how well blood is perfusing the skin and, by extension, tissues. In children, normal refill is typically under 2 seconds. When refill is 4 seconds, it shows significant peripheral hypoperfusion, meaning blood flow to the skin (and thus to other organs) is being compromised. In a child who is tachycardic and has cool skin, this prolonged refill points to decompensated shock: the heart and circulation are no longer able to maintain adequate tissue perfusion despite the body's initial compensatory responses. The cool extremities reflect vasoconstriction trying to preserve central circulation, but the delayed capillary refill confirms that peripheral perfusion is fading. This differs from normal perfusion, where refill is quick and the skin is warm, and from scenarios like pulmonary edema, which would more often present with respiratory symptoms and fluid overload signs rather than a primary issue of delayed capillary refill.

4. Which statement about croup is correct?

A. Croup is a bacterial lower airway infection.

B. Croup is a viral upper airway infection that may cause stridor.

C. Croup presents with a high fever and productive cough.

D. Croup is an allergic reaction causing wheezing.

Croup is an acute viral illness that primarily affects the upper airway, specifically the larynx and subglottic region, causing inflammation and narrowing that can produce inspiratory stridor. This is why the statement describing croup as a viral upper airway infection that may cause stridor is correct. The typical picture includes a barking or brassy cough and hoarseness, often with only a low-grade fever, and not a productive cough. That helps distinguish it from bacterial infections of the lower airway, which more commonly present with higher fevers and productive sputum, or from an allergic reaction causing wheezing, which would look different clinically (often more diffuse wheeze, possible urticaria, or signs of anaphylaxis). The key idea is that the problem in croup is subglottic inflammation in the upper airway from a virus, leading to stridor, rather than a bacterial lower-airway infection or an allergic wheezing episode.

5. Which medication is used to prevent asthma attacks?

A. Short-acting beta-agonists

B. Inhaled steroids

C. Leukotriene inhibitors

D. Oral steroids

Preventing asthma attacks hinges on controlling airway inflammation on a daily basis. Inhaled corticosteroids are the main long-term controller for persistent asthma in children. When used regularly, they dampen the underlying inflammation, reduce airway hyperresponsiveness, and lessen the frequency and severity of attacks over time. Short-acting beta-agonists provide rapid relief during symptoms or before exercise but do not prevent future attacks; relying on them without anti-inflammatory control can lead to poorer overall asthma management. Leukotriene inhibitors can help some patients as an add-on or alternative therapy, but they aren't as consistently effective as inhaled steroids for preventing attacks. Oral steroids are potent anti-inflammatories reserved for severe or acute flare-ups and are not used routinely for prevention due to systemic side effects.

6. The pediatric assessment triangle was designed to provide a quick general impression. Which option best describes its purpose?

A. To replace the need for a hands-on examination.

B. To measure vital signs more rapidly.

C. To string together a detailed differential diagnosis.

D. To help EMS providers form a hands-off general impression of an ill child.

The pediatric assessment triangle is about forming a quick, overall impression of how sick a child appears without touching them. It focuses on three domains—appearance, work of breathing, and circulation to the skin—to guide immediate judgment about illness severity. This hands-off assessment is especially useful for EMS and early triage, helping decide how urgently to intervene and whether to accelerate transport. It is not meant to replace a full hands-on exam, nor to provide a detailed differential diagnosis or to rely on rapid vital-sign measurements alone. By giving a rapid general sense of the child's status, it sets the stage for the next steps in evaluation and management.

7. The pediatric assessment triangle was designed to:

A. Help EMS providers form a hands-off general impression of an ill child.

B. Help EMS providers determine precise blood pressure.

C. Provide a detailed head-to-toe physical examination on arrival.

D. Replace need for any assessment.

The pediatric assessment triangle is a rapid, noninvasive screen to gauge how sick a child may be without delays. It focuses on three domains: appearance (how the child looks and interacts), work of breathing (effort, airway issues, sounds), and circulation to the skin (perfusion, color, capillary refill). This quick snapshot helps EMS providers form a general impression right away and decide whether urgent stabilization is needed, without performing a full examination. That hands-off, general-impression aim is why the best answer is that the tool helps EMS providers form a hands-off general impression of an ill child. It isn't used to obtain precise blood pressure, it doesn't deliver a detailed head-to-toe exam on arrival, and it doesn't replace the need for a full assessment as the situation evolves.

8. In a dehydrated 5-year-old with vomiting, diarrhea, and signs of poor perfusion, which action is essential in initial prehospital assessment?

A. Administering supplementary oxygen

B. Keeping the child warm

C. Assessing his blood glucose level

D. Transporting, and establishing vascular access en route

In this scenario the most important quick check is the blood glucose level. In a dehydrated child with vomiting and diarrhea and signs of poor perfusion, hypoglycemia can be a major, reversible cause of altered mental status and shock-like signs. A rapid, bedside glucose reading is fast, noninvasive, and can be obtained while you're still assessing and beginning treatment. If glucose is low, you can administer glucose immediately to restore brain energy and improve perfusion, and then continue with fluids and transport. If glucose is normal, you can focus on rehydration and monitoring without delaying care. While providing oxygen and keeping the child warm are supportive, they don't address a potentially life-threatening, correctable cause as directly as checking and treating hypoglycemia. Establishing vascular access and transporting remain essential, but the glucose check often shapes the immediate management plan.

9. Which statement regarding croup is correct?

A. Croup is a bacterial lower airway infection.

B. Croup is a fungal airway disease.

C. Croup is a viral upper airway infection that may cause stridor.

D. Croup is an allergic reaction with wheezing.

Croup is a viral infection that affects the upper airway, specifically the larynx and subglottic region, causing inflammation and narrowing that leads to inspiratory stridor. This most often occurs in young children after a mild preceding illness and presents with a barky cough and hoarseness. It is not a bacterial infection of the lower airways, nor a fungal airway disease, and it isn't an allergic reaction with wheezing. The swelling in the upper airway explains the characteristic stridor and cough, which is why describing croup as a viral upper airway infection that may cause stridor is the best answer. Parainfluenza viruses are a common cause, and the typical age range is around 6 months to 3 years.

10. Which statement best reflects how emergency medications should be given when a central venous line is present but peripheral access is available?

A. Prefer peripheral IV access and avoid using the central line if possible.

B. Always administer through the central line regardless of peripheral access.

C. Do not give any drugs; stabilize first.

D. Remove the central line before any therapy.

The main idea is to favor the simplest, safest route first. If a peripheral IV is available and functioning, use it for emergency medications rather than the central line. Peripheral access is quicker to use, involves fewer procedural risks, and avoids central-line complications such as infection, thrombosis, or catheter occlusion. Central lines exist mainly when peripheral access is not possible or when a drug truly requires central delivery due to its properties or rapid distribution; otherwise, using the peripheral route minimizes risk while achieving rapid effect. If the central line must be used, ensure proper flushing and consider drug compatibility, but the preferred approach in this scenario is to administer via the peripheral intravenous route.

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://pediatricemergencies.examzify.com

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