

# Plantation Fire Rescue EMS Protocols Practice Test (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. Which statement accurately reflects the management of VAD patients in emergencies?**
  - A. Assessment must occur while preparing for transport**
  - B. Immediate transportation is always the priority**
  - C. All VAD patients need to be intubated**
  - D. Monitoring devices can be disregarded**
- 2. What is the concentration of Ketamine when mixed with Normal Saline for sedation?**
  - A. 5 mg/ml concentration**
  - B. 10 mg/ml concentration**
  - C. 15 mg/ml concentration**
  - D. 20 mg/ml concentration**
- 3. What is the recommended airway management for unresponsive patients without a gag reflex?**
  - A. An oropharyngeal airway should be inserted, unless contraindicated.**
  - B. A nasopharyngeal airway should be inserted.**
  - C. Ventilation via BVM is the only option.**
  - D. Intubation should be performed immediately.**
- 4. What is the oxygen saturation goal for patients with COPD and asthma?**
  - A. Maintain SpO<sub>2</sub> at 85%**
  - B. Maintain SpO<sub>2</sub> at 90%**
  - C. Maintain SpO<sub>2</sub> at 95%**
  - D. Maintain SpO<sub>2</sub> at 98%**
- 5. What is the POLST Paradigm?**
  - A. A protocol for emergency medical training**
  - B. An approach to emergency situation management**
  - C. An approach to end-of-life planning emphasizing patient wishes**
  - D. A guideline for hospital admissions**

**6. Why is documentation important in EMS protocols?**

- A. It helps improve response times**
- B. It ensures legal protection and accountability**
- C. It is necessary for billing purposes**
- D. It allows for quicker equipment checks**

**7. What is the initial defibrillation dose for pediatric patients in unstable PVT?**

- A. 1 J/kg, increasing to 2 J/kg**
- B. 2 J/kg, increasing to 3 J/kg**
- C. 2 J/kg, increasing to 4 J/kg**
- D. 3 J/kg, increasing to 5 J/kg**

**8. What key aspect is crucial for preventing infection with PICC lines?**

- A. Regular flushing of the line**
- B. Strict adherence to aseptic technique**
- C. Using silicone-based dressings**
- D. Minimizing patient movement**

**9. What monitoring should be done during the infusion of fluids in pediatric patients?**

- A. Blood pressure only**
- B. Heart rate and temperature only**
- C. Lung sounds and vital signs regularly**
- D. Respiratory rate only**

**10. What criteria must be met for two paramedics to deviate from the ALS protocols?**

- A. Safety of the ambulance**
- B. Good judgment and the patient's best interest**
- C. Availability of equipment**
- D. Experience of paramedics**

## **Answers**

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

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## **Explanations**

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**1. Which statement accurately reflects the management of VAD patients in emergencies?**

- A. Assessment must occur while preparing for transport**
- B. Immediate transportation is always the priority**
- C. All VAD patients need to be intubated**
- D. Monitoring devices can be disregarded**

The management of Ventricular Assist Device (VAD) patients in emergencies necessitates careful assessment as part of the transport preparation process. VAD patients often present with unique physiological challenges and potential complications. Therefore, conducting a thorough assessment helps identify any immediate issues, such as vital signs or device function, and informs the necessary interventions prior to and during transport. This approach ensures that healthcare providers are aware of the patient's baseline status, potential complications related to the VAD, and the appropriate care needed while en route to a medical facility. Additionally, concurrent assessment helps in making informed decisions about the urgency of their condition, whether additional resources are required, or if specific alerts need to be communicated to the receiving hospital. In terms of the other options, while immediate transportation can be crucial in certain scenarios, it does not take precedence over the need for a proper assessment. Intubation is not a blanket requirement for all VAD patients, as many may be stable and maintain their airway independently. Furthermore, monitoring devices are vital for tracking the patient's status and should not be disregarded, as they provide essential data about hemodynamics and device performance.

**2. What is the concentration of Ketamine when mixed with Normal Saline for sedation?**

- A. 5 mg/ml concentration**
- B. 10 mg/ml concentration**
- C. 15 mg/ml concentration**
- D. 20 mg/ml concentration**

The concentration of Ketamine when mixed with Normal Saline for sedation is typically 10 mg/ml. This concentration is commonly used in practice because it provides an effective dosage for achieving sedation without overwhelming the patient, allowing for both safety and efficacy during procedures. This concentration balances the need for sufficient sedative effect while reducing the risks of potential side effects or complications associated with higher concentrations. It is essential for medical personnel to be aware of such concentrations to ensure proper dosing, especially in emergency situations, where precise medication administration can significantly impact patient outcomes.

### 3. What is the recommended airway management for unresponsive patients without a gag reflex?

- A. An oropharyngeal airway should be inserted, unless contraindicated.**
- B. A nasopharyngeal airway should be inserted.**
- C. Ventilation via BVM is the only option.**
- D. Intubation should be performed immediately.**

The recommended airway management for unresponsive patients without a gag reflex is the insertion of an oropharyngeal airway, unless there are contraindications present. This approach is correct because the oropharyngeal airway is specifically designed to maintain airway patency by preventing the tongue from obstructing the oropharynx. Patients who are unresponsive are at significant risk for airway compromise, and the absence of a gag reflex indicates that they cannot adequately protect their airway. In the absence of specific contraindications, such as facial trauma or age considerations (in pediatric cases), the oropharyngeal airway is efficient and effective for ensuring that the airway remains open. This allows for easier ventilation and reduces the risk of aspiration. Other airway management methods, such as nasopharyngeal airways, may not be appropriate for all unresponsive patients due to potential complications, while the use of a bag-valve-mask (BVM) alone, without airway adjuncts, may not provide the necessary support if the airway is obstructed. Intubation is generally reserved for more critical situations or when other methods fail, making it not the immediate choice in this scenario.

### 4. What is the oxygen saturation goal for patients with COPD and asthma?

- A. Maintain SpO<sub>2</sub> at 85%**
- B. Maintain SpO<sub>2</sub> at 90%**
- C. Maintain SpO<sub>2</sub> at 95%**
- D. Maintain SpO<sub>2</sub> at 98%**

For patients with Chronic Obstructive Pulmonary Disease (COPD) and asthma, maintaining an oxygen saturation level (SpO<sub>2</sub>) at 90% is generally considered an appropriate target. These conditions often lead to chronic respiratory issues, and over-oxygenation can be harmful, particularly in patients with COPD, where elevated levels of oxygen can reduce their respiratory drive due to the body's reliance on lower oxygen levels to stimulate breathing. Aiming for an oxygen saturation level of 90% ensures that the patient receives adequate oxygenation without the risk of suppressing their respiratory rate or causing complications associated with higher oxygen levels. This goal strikes a balance between ensuring sufficient oxygen for cellular metabolism while avoiding potential adverse effects. In contrast, targets above this level, such as 95% or 98%, may not be necessary and could potentially be detrimental in some cases, particularly for populations already experiencing challenged respiratory function. Targeting too high could lead to oxygen-induced hypercapnia in COPD patients, making it critical to adhere to targeted levels that are beneficial for their specific condition.

## 5. What is the POLST Paradigm?

- A. A protocol for emergency medical training**
- B. An approach to emergency situation management**
- C. An approach to end-of-life planning emphasizing patient wishes**
- D. A guideline for hospital admissions**

The POLST Paradigm, which stands for Physician Orders for Life-Sustaining Treatment, is an essential approach to end-of-life planning that emphasizes honoring the preferences and wishes of patients concerning their medical treatment. This paradigm enables individuals, particularly those with serious illnesses or life-limiting conditions, to communicate their healthcare preferences clearly and effectively to healthcare providers. Under this model, patients can specify their wishes regarding various medical interventions, such as resuscitation efforts and the use of life-sustaining treatments. The POLST forms facilitate the translation of these wishes into actionable medical orders, ensuring that patients receive care aligned with their values and desires. By prioritizing patient autonomy and providing a structured format for medical decision-making, the POLST Paradigm plays a crucial role in aligning healthcare practices with patients' preferences, especially during critical situations where they may not be able to voice their needs directly. This approach is recognized for improving the quality of care and ensuring that treatment is consistent with the patients' desires, ultimately supporting more compassionate and personalized healthcare at the end of life.

## 6. Why is documentation important in EMS protocols?

- A. It helps improve response times**
- B. It ensures legal protection and accountability**
- C. It is necessary for billing purposes**
- D. It allows for quicker equipment checks**

Documentation is crucial in EMS protocols because it plays a vital role in ensuring legal protection and accountability for both the providers and the service as a whole. When EMS personnel document their actions, assessments, and the care provided to patients during an incident, that information becomes part of the official record. This documentation can serve as evidence in case of legal inquiries or disputes, demonstrating that proper protocols were followed and that care was performed according to established guidelines. Moreover, in the field of emergency medical services, where decisions must often be made rapidly, thorough documentation helps to create a clear narrative of the events that took place. This narrative can be fundamental in protecting the responders and the agency from liability issues, as it provides a factual account of the care provided and the circumstances at hand. Accurate documentation also fosters a culture of accountability, showing that EMS professionals are consistently performing their duties according to established standards and providing quality care to those in need. While documentation can indeed support response times, facilitate billing processes, and allow for equipment checks, its primary significance lies in the legal and accountability aspects it provides to emergency medical services.

## 7. What is the initial defibrillation dose for pediatric patients in unstable PVT?

- A. 1 J/kg, increasing to 2 J/kg
- B. 2 J/kg, increasing to 3 J/kg
- C. 2 J/kg, increasing to 4 J/kg**
- D. 3 J/kg, increasing to 5 J/kg

The initial defibrillation dose for pediatric patients in unstable pulseless ventricular tachycardia (PVT) is indeed 2 J/kg, increasing to 4 J/kg if the first shock is unsuccessful. This guideline is based on established resuscitation protocols which are designed to provide effective treatment while minimizing potential harm to pediatric patients. In unstable PVT, immediate defibrillation is critical as it can lead to a return of effective cardiac function. The choice of 2 J/kg for the first shock allows for an appropriate level of energy that is generally sufficient for achieving successful defibrillation without causing excessive trauma to the heart. If there is no conversion to a normal rhythm, escalating to 4 J/kg for subsequent shocks offers a balance between increased energy and safety, adhering to protocol recommendations that aim to maximize the chances of restoring a viable heart rhythm. This approach highlights the importance of both initial and subsequent energy doses in managing pediatric cardiac emergencies effectively, ensuring optimal care while adapting to the specific physiological needs of younger patients.

## 8. What key aspect is crucial for preventing infection with PICC lines?

- A. Regular flushing of the line
- B. Strict adherence to aseptic technique**
- C. Using silicone-based dressings
- D. Minimizing patient movement

Strict adherence to aseptic technique is fundamental for preventing infection with Peripherally Inserted Central Catheters (PICC lines). Aseptic technique involves systematic measures to eliminate microbial contamination during the insertion and maintenance of the catheter. This includes proper hand hygiene, using sterile gloves, and ensuring that all equipment and materials used are sterile. By minimizing the risk of pathogenic organisms entering the bloodstream through the catheter, clinicians can significantly reduce the incidence of catheter-related infections. While other practices, such as regular flushing of the line, can contribute to maintaining the line's patency and preventing occlusions, they do not directly prevent infection like aseptic techniques do. Similarly, the choice of dressings may help in securing the catheter or providing a barrier, but they are not substitutes for the fundamental requirement of maintaining a sterile environment. Maintaining patient mobility is important for comfort and therapeutic purposes; however, it does not directly impact infection rates unless it compromises the integrity of the dressing or aseptic technique. Therefore, adhering to strict aseptic practices remains the cornerstone in preventing infections associated with PICC lines.

## 9. What monitoring should be done during the infusion of fluids in pediatric patients?

- A. Blood pressure only**
- B. Heart rate and temperature only**
- C. Lung sounds and vital signs regularly**
- D. Respiratory rate only**

Monitoring lung sounds and vital signs regularly during the infusion of fluids in pediatric patients is crucial for several reasons. Pediatric patients can be particularly vulnerable to fluid overload and related complications, such as pulmonary edema. By checking lung sounds, healthcare providers can detect any abnormal respiratory patterns or signs of fluid accumulation in the lungs, which can indicate that the patient is not tolerating the fluid infusion well. Regular vital sign assessments—such as heart rate, blood pressure, respiratory rate, and temperature—provide a comprehensive picture of the patient's overall condition and help in identifying any adverse changes early. This approach allows for timely interventions if the patient shows signs of distress or instability, ensuring their safety and wellbeing during treatment. In contrast, focusing solely on any single parameter, such as blood pressure, heart rate, or respiratory rate, does not provide sufficient information to assess the patient's response to treatment effectively, making it critical to monitor a combination of lung sounds and vital signs regularly.

## 10. What criteria must be met for two paramedics to deviate from the ALS protocols?

- A. Safety of the ambulance**
- B. Good judgment and the patient's best interest**
- C. Availability of equipment**
- D. Experience of paramedics**

The criteria that must be met for two paramedics to deviate from the Advanced Life Support (ALS) protocols is centered around good judgment and the patient's best interest. This ensures that any deviation from established protocols is not only justified but also reflects the paramedics' commitment to providing the highest standard of care tailored to the specific circumstances of the patient. In situations where a paramedic team believes that strict adherence to ALS protocols may not serve the patient's needs or could potentially cause harm, they are compelled to rely on their clinical judgment. It is essential for paramedics to assess the patient's condition comprehensively and make informed decisions that prioritize the individual's health and safety. This approach allows for flexibility in emergency care, acknowledging that every situation can be unique and may require an adaptation of protocols to effectively address the emergency at hand. The other criteria listed, while relevant to the overall operating environment, do not supersede the imperative of protecting the patient's well-being. For example, the safety of the ambulance and the availability of equipment are logistical concerns, and while they are important, they do not directly correlate with the fundamental ethical and clinical obligations paramedics have towards their patients. Similarly, experience of the paramedics, though valuable, should always be aligned with the principles of good judgment.

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

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

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