PLATINUM CARDIAC PRACTICE EXAM (SAMPLE)

STUDY GUIDE

SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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. **For infant defibrillation, which option is correct?**

   A. Attach pediatric pads to the AED and apply them to the patient.

   B. Attach adult pads to the AED and apply them to the patient.

   C. Do not use an AED on an infant.

   D. Use a manual defibrillator only.

2. **Which symptom would lead you to suspect that a stroke is continuing to worsen in a patient with slurred speech and left body paralysis?**

   A. A radiating pain to the jaw and down the left arm

   B. Sudden improvement in speech

   C. Decreased facial droop

   D. Normal gait

3. **According to the 2020 AHA Guidelines, what is the recommended minimum chest compression fraction for a patient in cardiac arrest with an unprotected airway?**

   A. At least 60%

   B. At least 80%

   C. At least 50%

   D. At least 90%

4. **Which sign would indicate stroke in a patient presenting with acute neurologic symptoms?**

   A. Chest pain

   B. Dizziness

   C. Facial droop

   D. Shortness of breath

5. **When preparing to transport an unresponsive stroke patient to the emergency department, what is the BEST position for transport?**

   A. Recovery position

   B. Supine

   C. Prone

   D. Lowler's position

6. Which statement best describes biphasic defibrillation in AEDs?

A. Uses lower energy and measures power needed

B. Uses higher energy

C. Requires two shocks

D. Is manual only

7. A patient who previously had chest pain and then arrest was shocked by an AED and is now awake and complaining of chest pain. Vitals show pulse 110, respirations 14, BP 110/70, SpO2 94%. What is the next best action?

A. Administer aspirin

B. Obtain an ECG

C. Administer nitroglycerin

D. Provide supplemental oxygen

8. In a scene where an unresponsive patient is found near water, which action is essential to prepare for rescue operations?

A. Call for help

B. Begin CPR

C. Check responsiveness

D. Manual stabilization of head

9. During treatment of a cardiac arrest patient, which principle is emphasized?

A. A fully automatic machine will shock after verbal warnings on its own

B. Do not pause for any reason

C. Always delay defibrillation until you have completed CPR

D. The interruptions are too frequent

10. During CPR on a patient with suspected spinal injury, which precaution should be initiated?

A. Manual spinal motion restriction.

B. Helmet removal.

C. Inline stabilization after movement.

D. No spinal precautions.

Answers

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

Explanations

1. For infant defibrillation, which option is correct?

A. Attach pediatric pads to the AED and apply them to the patient.

B. Attach adult pads to the AED and apply them to the patient.

C. Do not use an AED on an infant.

D. Use a manual defibrillator only.

The important idea is using age-appropriate defibrillation hardware so the shock is safe and effective for an infant. Pediatric pads are designed for small children and babies, fitting their chest size and delivering an energy level appropriate for their heart. When you have pediatric pads and the AED, attach those pads and apply them to the infant; this helps ensure the device delivers the right amount of energy and reduces the risk of skin burns or cardiac injury. Using adult pads can expose an infant to higher energy than is appropriate, which increases the risk of harm. Not using an AED is not appropriate in a cardiac arrest, and a manual defibrillator requires specific training and isn't the standard approach for an untrained responder in an emergency.

2. Which symptom would lead you to suspect that a stroke is continuing to worsen in a patient with slurred speech and left body paralysis?

A. A radiating pain to the jaw and down the left arm

B. Sudden improvement in speech

C. Decreased facial droop

D. Normal gait

In stroke care, new or worsening symptoms signal that the patient isn't stabilizing and may be deteriorating. Radiating chest or jaw pain with left arm involvement points to an acute coronary syndrome or other cardiac event. In a patient with ongoing stroke symptoms, a fresh cardiac issue can worsen overall perfusion and complicate management, making the stroke heavier and more likely to progress. This kind of new systemic symptom would prompt immediate evaluation and treatment to address both the cardiac problem and the evolving neurologic injury. The other options reflect improvement or no new deficit—sudden improvement in speech, decreased facial droop, and a normal gait—so they don't indicate progression of the stroke.

3. According to the 2020 AHA Guidelines, what is the recommended minimum chest compression fraction for a patient in cardiac arrest with an unprotected airway?

A. At least 60%

B. At least 80%

C. At least 50%

D. At least 90%

The key idea here is chest compression fraction, or the proportion of CPR time spent delivering chest compressions. Higher CCF means more continuous blood flow to the heart and brain, which improves survival chances. The 2020 AHA guidelines emphasize minimizing interruptions and delivering high-quality CPR. When the airway is unprotected, you still aim for a very high CCF by coordinating the team to keep compressions going as much as possible and making ventilation breaths quick and efficient to minimize pauses. The recommended minimum is 80%, so you want the majority of the resuscitation time spent on chest compressions rather than pauses for ventilation. If the CCF falls below this, perfusion decreases, whereas striving for 80% or more keeps perfusion at a higher level.

4. Which sign would indicate stroke in a patient presenting with acute neurologic symptoms?

A. Chest pain

B. Dizziness

C. Facial droop

D. Shortness of breath

Recognizing a focal neurological deficit is key. Facial droop reflects weakness of the facial muscles on one side, usually from a brain or nerve pathway disruption caused by a stroke. In someone with sudden neurologic symptoms, this unilateral facial weakness localizes to the brain's motor areas and is a hallmark sign of an acute cerebrovascular event. Chest pain and shortness of breath point more to cardiac or pulmonary problems, while dizziness is nonspecific and can come from many causes. That contrast makes facial droop the best indicator of stroke here. In practice, assess quickly using the FAST approach: Face drooping, Arm weakness, Speech difficulty, and Time to call emergency services.

5. When preparing to transport an unresponsive stroke patient to the emergency department, what is the BEST position for transport?

A. Recovery position

B. Supine

C. Prone

D. Lowler's position

Protecting the airway during transport is the priority when dealing with an unresponsive patient who may be having a stroke. The recovery position places the person on their side with the head turned slightly to the side and supported, which keeps the airway open and allows any secretions or vomit to drain away from the airway. Gravity helps prevent the tongue from occluding the airway and reduces the chance of aspiration during movement. Lying flat can allow the tongue or soft tissues to block the airway and increase aspiration risk, while lying prone blocks access to the airway and monitoring. The recovery position is the best choice because it maximizes airway security while you transport.

6. Which statement best describes biphasic defibrillation in AEDs?

A. Uses lower energy and measures power needed

B. Uses higher energy

C. Requires two shocks

D. Is manual only

Biphasic defibrillation uses a current that flows in two directions during the shock. This two-phase waveform is more efficient at stopping the chaotic heart rhythm, so effective defibrillation can be achieved with lower energy settings than with older single-direction (monophasic) shocks. In AEDs, this means you can deliver successful shocks at lower energies, which reduces heart and tissue damage while still maximizing the chance of restoring a normal rhythm. Some devices may adjust the delivered energy based on the heart's impedance, effectively tailoring the shock to what's needed, but the defining point is the lower energy requirement. The other statements don't fit because biphasic shocks do not require higher energy, do not mandate two separate shocks, and are not limited to manual-only operation.

7. A patient who previously had chest pain and then arrest was shocked by an AED and is now awake and complaining of chest pain. Vitals show pulse 110, respirations 14, BP 110/70, SpO2 94%. What is the next best action?

A. Administer aspirin

B. Obtain an ECG

C. Administer nitroglycerin

D. Provide supplemental oxygen

The priority is to maximize oxygen delivery to vital organs after return of spontaneous circulation. Even though the patient is awake, has a reasonable blood pressure, and an SpO2 of 94%, providing supplemental oxygen helps safeguard brain and heart tissue from hypoxia during the recovery phase and possible ongoing ischemia. In the post-arrest setting, maintaining adequate oxygenation is an immediate, safe step that supports recovery and does not delay other critical assessments or treatments, such as an ECG to evaluate for STEMI and consideration of antiplatelet or anti-ischemic therapies if indicated.

8. In a scene where an unresponsive patient is found near water, which action is essential to prepare for rescue operations?

A. Call for help

B. Begin CPR

C. Check responsiveness

D. Manual stabilization of head

When someone is unresponsive near water, a major risk is spinal injury from a fall or impact. Stabilizing the head and neck in a neutral position prevents movement of the cervical spine, reducing the chance of worsening any injury as you move the person or bring in rescuers and equipment. This manual inline stabilization creates a stable platform for safely securing the patient to a backboard or stretcher and for subsequent rescue steps. While calling for help and checking responsiveness are important, stabilizing the head directly prepares you for safe extraction and transfer from the water, minimizing additional harm.

9. During treatment of a cardiac arrest patient, which principle is emphasized?

A. A fully automatic machine will shock after verbal warnings on its own

B. Do not pause for any reason

C. Always delay defibrillation until you have completed CPR

D. The interruptions are too frequent

The principle being emphasized is that interruptions in chest compressions during CPR should be minimized because frequent pauses reduce perfusion to the heart and brain. Sustained chest compressions maintain blood flow, and when you pause, coronary and cerebral perfusion pressures fall, making defibrillation less effective and survival less likely. Therefore, you should deliver defibrillation as soon as a shockable rhythm is identified and resume compressions immediately, keeping hands-off time as brief as possible (ideally only a few seconds for rhythm checks and shock delivery). The other options are not correct because relying on automatic warnings to trigger shocks isn't the proven approach, you cannot avoid pausing entirely, and delaying defibrillation until CPR is completed undermines the goal of providing timely, life-saving shock therapy.

10. During CPR on a patient with suspected spinal injury, which precaution should be initiated?

A. Manual spinal motion restriction.

B. Helmet removal.

C. Inline stabilization after movement.

D. No spinal precautions.

Protecting the spine while delivering CPR is essential when a spinal injury is suspected. Start with manual spinal motion restriction: keep the patient's head and neck in a neutral position and prevent any twisting or bending as chest compressions and airway management are performed. This in-line stabilization helps prevent further spinal cord injury during resuscitation. Removing a helmet isn't automatically required during CPR and is not the precaution that should be initiated first; it's considered only if it interferes with airway or chest compressions. Maintaining stabilization throughout the procedure, rather than waiting to secure the spine after movement, provides the best protection for the spine while ongoing life-saving efforts continue.

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://platinumcardiac.examzify.com

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