

Relias Emergency Department Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

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Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	16

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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 is the least restrictive measure to maintain safety in a confused patient trying to grasp their IV?**
 - A. Full body restraints**
 - B. Soft wrist restraints**
 - C. Safety "mitt" for right hand only**
 - D. Verbal redirection**
- 2. What should be the immediate response to a patient with a suspected spinal cord injury?**
 - A. Give pain medication**
 - B. Stabilize the spine and minimize movement**
 - C. Assist the patient to stand**
 - D. Perform a comprehensive neurological assessment**
- 3. What precaution is vital when treating a patient with potential meningococcal meningitis?**
 - A. Wear gloves only**
 - B. Implement droplet precautions**
 - C. Provide cooling measures**
 - D. Limit eye contact**
- 4. What vital sign changes might indicate shock?**
 - A. Decreased heart rate and increased blood pressure**
 - B. Rapid heart rate and low blood pressure**
 - C. High blood pressure and low respiratory rate**
 - D. Stable heart rate and normal blood pressure**
- 5. Which acute abdomen condition may require immediate surgical intervention?**
 - A. Gastritis**
 - B. Appendicitis or cholecystitis**
 - C. Diverticulitis**
 - D. Peptic ulcer disease**

- 6. Which assessment finding on an ECG is characteristic of a myocardial infarction?**
- A. QT prolongation**
 - B. Sinus bradycardia**
 - C. ST elevation**
 - D. Atrial fibrillation**
- 7. Which lab value would support a diagnosis of cholecystitis in a patient with abdominal pain?**
- A. Low hematocrit**
 - B. Elevated bilirubin**
 - C. High white blood cell count**
 - D. Increased liver enzymes**
- 8. Which is a classic symptom of anaphylactic shock?**
- A. Hypothermia**
 - B. Bradypnea**
 - C. Urticaria**
 - D. Hypotension**
- 9. A patient has sustained multiple traumatic injuries after a fall from a significant height. What is considered an important component of the primary survey assessment?**
- A. Cardiovascular assessment**
 - B. Neurological assessment**
 - C. Respiratory assessment**
 - D. Abdominal assessment**
- 10. Which sign is a classic indication of gallbladder disease?**
- A. Brudzinski's sign**
 - B. Murphy's sign (pain upon palpation of the right upper quadrant)**
 - C. Babinski's sign**
 - D. Kerning's sign**

Answers

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

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Explanations

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- 1. Which is the least restrictive measure to maintain safety in a confused patient trying to grasp their IV?**
 - A. Full body restraints**
 - B. Soft wrist restraints**
 - C. Safety "mitt" for right hand only**
 - D. Verbal redirection**

Using a safety "mitt" on the patient's right hand is the least restrictive measure for maintaining safety in a confused patient attempting to grasp their IV. This approach minimizes physical restraint while still allowing for some freedom of movement. It specifically restricts the movement of the hand that poses a risk to the IV line while enabling the patient to use their other hand and facilitating easier interaction with staff. This option is particularly beneficial as it balances the need for safety with the patient's dignity and comfort. A safety mitt can help prevent accidental dislodgment of the IV while not completely immobilizing the patient, which is important for reducing agitation and empowering the patient. In contrast, full body restraints, while effective in preventing movement, can significantly increase feelings of confinement, distress, and may lead to other complications such as pressure injuries or increased agitation. Soft wrist restraints provide a bit more freedom than full body restraints but still may provoke distress or fear in a confused patient. Verbal redirection, though supportive, may not be sufficient to keep the patient safe from grasping their IV when confusion is prevalent. Thus, the safety mitt option stands out for its balance of safety with a less invasive approach.

- 2. What should be the immediate response to a patient with a suspected spinal cord injury?**
 - A. Give pain medication**
 - B. Stabilize the spine and minimize movement**
 - C. Assist the patient to stand**
 - D. Perform a comprehensive neurological assessment**

The immediate response to a patient with a suspected spinal cord injury focuses on stabilizing the spine and minimizing movement. This approach is critical because any unnecessary movement can exacerbate the injury or lead to further spinal cord damage. By stabilizing the spine, medical personnel aim to prevent any potential worsening of the injury while ensuring that the patient is kept safe and secure. This can involve using a cervical collar or a backboard, depending on the situation and the severity of the injury, to immobilize the head and neck. The other options, while important in the broader context of managing spinal injuries, are not appropriate immediate responses. Providing pain medication, for example, may be beneficial later on, but it does not address the urgent need to protect the spine. Assisting a patient to stand can significantly increase the risk of injury and is contraindicated in these cases. A comprehensive neurological assessment, while essential for understanding the extent of the injury, should only be performed after the spine has been stabilized to prevent further harm.

3. What precaution is vital when treating a patient with potential meningococcal meningitis?

- A. Wear gloves only
- B. Implement droplet precautions**
- C. Provide cooling measures
- D. Limit eye contact

When treating a patient with potential meningococcal meningitis, implementing droplet precautions is vital due to the mode of transmission of the bacteria responsible for this condition, *Neisseria meningitidis*. This bacterium can spread through respiratory and throat secretions during close or direct contact, which includes actions like coughing, sneezing, or even talking. By applying droplet precautions, healthcare providers can significantly reduce the risk of transmission to others. This involves using appropriate personal protective equipment such as masks and keeping a safe distance from the patient when possible, especially during procedures that may induce aerosolization of respiratory secretions. These precautions are essential to protect both the healthcare team and other patients in the vicinity. The other options do not adequately address the primary concern of droplet transmission associated with meningococcal meningitis. For instance, wearing gloves alone is not sufficient since the pathogens primarily spread through respiratory droplets, not via direct contact. Cooling measures might be employed as part of supportive care for fever, but they don't relate specifically to the transmission prevention. Limiting eye contact does not play a relevant role in the context of preventing the spread of a respiratory pathogen like *Neisseria meningitidis*.

4. What vital sign changes might indicate shock?

- A. Decreased heart rate and increased blood pressure
- B. Rapid heart rate and low blood pressure**
- C. High blood pressure and low respiratory rate
- D. Stable heart rate and normal blood pressure

In the context of shock, monitoring vital signs is crucial to identify the physiological changes that indicate a decrease in perfusion and oxygen delivery to tissues. A rapid heart rate, also known as tachycardia, is a common compensatory mechanism the body employs in response to low blood volume or inadequate circulation. This increased heart rate helps to maintain cardiac output and stabilize blood pressure temporarily. Simultaneously, low blood pressure is a hallmark sign of shock, reflecting the inability of the cardiovascular system to adequately pump blood throughout the body. In shock states such as hypovolemic, septic, or cardiogenic shock, blood pressure often drops due to reduced blood volume, systemic vasodilation, or cardiac dysfunction. By contrast, the other answer choices present conditions that do not align with the classic presentation of shock. For example, decreased heart rate and increased blood pressure suggest a stable or compensated state rather than shock. High blood pressure with a low respiratory rate could imply a different clinical scenario, and stable heart rate with normal blood pressure indicates that the patient is likely not in shock at all. Therefore, the combination of a rapid heart rate and low blood pressure is indicative of a developing or existing shock state.

5. Which acute abdomen condition may require immediate surgical intervention?

- A. Gastritis**
- B. Appendicitis or cholecystitis**
- C. Diverticulitis**
- D. Peptic ulcer disease**

Appendicitis and cholecystitis are both acute abdomen conditions that often necessitate immediate surgical intervention due to their potential for serious complications if left untreated. Appendicitis is the inflammation of the appendix, which can lead to perforation, widespread abdominal infection (peritonitis), and potentially sepsis if not addressed quickly. Surgical removal of the appendix (appendectomy) is usually the definitive treatment and is often performed urgently. Cholecystitis, the inflammation of the gallbladder typically caused by gallstones, can also require immediate surgery, especially if there are signs of perforation, abscess formation, or severe infection. This condition is often managed by laparoscopic cholecystectomy to remove the gallbladder and prevent complications. In contrast, while gastritis, diverticulitis, and peptic ulcer disease can certainly cause significant discomfort and may require medical management, they don't universally demand urgent surgical intervention in the same way that appendicitis and cholecystitis do. Diverticulitis may sometimes need surgery, particularly if it's complicated by abscess or perforation, but many cases can be managed conservatively. Gastritis and peptic ulcer disease are typically treated with medications and lifestyle adjustments unless there are severe

6. Which assessment finding on an ECG is characteristic of a myocardial infarction?

- A. QT prolongation**
- B. Sinus bradycardia**
- C. ST elevation**
- D. Atrial fibrillation**

The characteristic finding of a myocardial infarction (MI) on an electrocardiogram (ECG) is ST elevation. During an MI, particularly in cases of ST-Elevation Myocardial Infarction (STEMI), there is a significant disruption in the heart's blood supply, causing injury to the heart tissue. This injury affects the electrical activity of the heart, which is reflected in the ECG. When myocardial tissue becomes ischemic (lacking adequate blood supply), the ST segment of the ECG tracing may become elevated. This elevation occurs because the injured cardiac muscle cells have altered ionic balances, leading to changes in the depolarization and repolarization processes that are detected as changes to the ST segment. Recognizing ST elevation is critical as it indicates that there is an active and ongoing myocardial injury, which often requires immediate medical intervention for the best chance of preserving heart tissue and function.

7. Which lab value would support a diagnosis of cholecystitis in a patient with abdominal pain?

- A. Low hematocrit**
- B. Elevated bilirubin**
- C. High white blood cell count**
- D. Increased liver enzymes**

Elevated bilirubin levels would support a diagnosis of cholecystitis because they indicate potential obstruction of the biliary tract. In cholecystitis, especially when caused by gallstones, the inflamed gallbladder can obstruct bile flow, leading to increased bilirubin levels in the bloodstream. When the bile duct is blocked, conjugated bilirubin accumulates due to its inability to enter the intestines, which can also be accompanied by jaundice in some cases. In the context of cholecystitis, while other lab values like a high white blood cell count might suggest an inflammatory process, the degree of bilirubin elevation is particularly significant in indicating possible bile duct obstruction related to gallstones or inflammation. This makes elevated bilirubin a specific and valuable lab value in supporting the diagnosis of cholecystitis.

8. Which is a classic symptom of anaphylactic shock?

- A. Hypothermia**
- B. Bradypnea**
- C. Urticaria**
- D. Hypotension**

Urticaria, commonly known as hives, is indeed a classic symptom of anaphylactic shock. This condition is characterized by a severe and rapid allergic reaction that can affect multiple systems in the body. Urticaria results from the release of histamines and other chemicals from mast cells and basophils, leading to raised, itchy welts on the skin. The presence of urticaria during anaphylactic shock indicates that the immune system is responding excessively to an allergen, which could also contribute to other symptoms such as difficulty breathing, swelling of the throat, and hypotension. Recognizing urticaria is important as it can often be an early sign of an impending anaphylactic episode, allowing for prompt intervention. While hypotension, or low blood pressure, is also a critical sign of anaphylaxis and plays a significant role in assessing the severity of the reaction, urticaria is considered a more classic dermatological manifestation associated with the immediate hypersensitivity reaction. Other options, such as hypothermia or bradypnea, are not characteristic signs of anaphylactic shock, further emphasizing why urticaria stands out as the classical symptom in this context.

9. A patient has sustained multiple traumatic injuries after a fall from a significant height. What is considered an important component of the primary survey assessment?

- A. Cardiovascular assessment**
- B. Neurological assessment**
- C. Respiratory assessment**
- D. Abdominal assessment**

In the case of a patient who has sustained multiple traumatic injuries from a significant height, a neurological assessment is a crucial part of the primary survey. The primary survey's primary goal is to quickly identify life-threatening conditions and provide immediate interventions. A neurological assessment is particularly important in trauma cases because head injuries or alterations in consciousness can significantly impact the overall condition of the patient. Assessing the patient's level of consciousness, responsiveness, and neurological function helps determine the extent of potential brain injury and guides further management. It allows healthcare providers to recognize any deterioration as it occurs, which is critical in a trauma setting where rapid decision-making can be lifesaving. Other areas of assessment, such as cardiovascular, respiratory, and abdominal evaluations, are also important but may not prioritize neurological assessments in the context of traumatic injuries from falls. While all systems need to be monitored, identifying and addressing neurological deficits promptly can be vital in guiding further interventions and determining prognosis.

10. Which sign is a classic indication of gallbladder disease?

- A. Brudzinski's sign**
- B. Murphy's sign (pain upon palpation of the right upper quadrant)**
- C. Babinski's sign**
- D. Kerning's sign**

Murphy's sign is a classic indication of gallbladder disease, particularly cholecystitis. When evaluating a patient, this sign is tested by having the patient take a deep breath while the clinician palpates the right upper quadrant. A positive Murphy's sign occurs when the patient experiences pain and halts their breath as a result of this palpation, suggesting irritation or inflammation of the gallbladder. This sign is important because it provides clinicians with a quick and effective way to assess for gallbladder issues in an emergency setting. The pain associated with gallbladder disease is typically acute and localized to the right upper quadrant, making this test particularly relevant in a clinical assessment. Other signs mentioned, such as Brudzinski's sign, Babinski's sign, and Kernig's sign, relate primarily to neurologic conditions, particularly meningitis or issues involving the central nervous system. These signs do not provide physiologic insights specific to gallbladder disease and therefore are not suitable for assessing cholecystitis or other gallbladder-related issues.

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://reliasemergencydepartment.examzify.com>

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

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