

# Sacramento County EMS Protocols Practice Test (Sample)

## Study Guide



**Everything you need from our exam experts!**

**This is a sample study guide. To access the full version with hundreds of questions,**

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**SAMPLE**

# Table of Contents

<b>Copyright</b> .....	<b>1</b>
<b>Table of Contents</b> .....	<b>2</b>
<b>Introduction</b> .....	<b>3</b>
<b>How to Use This Guide</b> .....	<b>4</b>
<b>Questions</b> .....	<b>6</b>
<b>Answers</b> .....	<b>9</b>
<b>Explanations</b> .....	<b>11</b>
<b>Next Steps</b> .....	<b>17</b>

# 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. Don't worry about getting everything right, 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, and take breaks to retain information better.**

## **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.**

## **7. Use Other Tools**

**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!**

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## **Questions**

- 1. What is the maximum dose of pediatric Adenosine for probable SVT?**
  - A. 12mg**
  - B. 6mg**
  - C. 15mg**
  - D. 4mg**
- 2. When should an EMT initiate a transport decision?**
  - A. After filling out all paperwork**
  - B. Based on patient's condition and severity of injury**
  - C. After determining the nearest hospital**
  - D. Only if the patient requests it**
- 3. How much nitroglycerin is given to a CHF patient whose systolic blood pressure is greater than 200 mmHg?**
  - A. 1.0mg SL**
  - B. 1.2mg SL**
  - C. 1.4mg SL**
  - D. 1.6mg SL**
- 4. Which aspect is critical when transporting a patient with mental health issues?**
  - A. Using physical restraints at all times**
  - B. Ensuring safety and providing reassurance**
  - C. Only discussing their condition to minimize chances of panic**
  - D. Transporting them without any mental health evaluations**
- 5. What is the primary purpose of triage during mass casualty incidents?**
  - A. To collect demographic information**
  - B. To prioritize patient treatment based on injury severity**
  - C. To identify the responsible parties**
  - D. To document every incident**



- 6. How should an EMT respond to an adult with an obstructed airway?**
- A. Perform abdominal thrusts and reassess effectiveness**
  - B. Administer oxygen immediately**
  - C. Encourage the patient to cough forcefully**
  - D. Position the patient upright and monitor their breathing**
- 7. For pediatric trauma pain management, what GCS indicates that it's appropriate to provide pain management?**
- A. GCS of 10 or lower**
  - B. GCS of 12 or below**
  - C. GCS of 15 or baseline**
  - D. GCS of 8 or lower**
- 8. What color is a 22g IV catheter?**
- A. Gray**
  - B. Blue**
  - C. Green**
  - D. Yellow**
- 9. What is the management protocol for a patient experiencing anaphylaxis?**
- A. Provide oxygen only**
  - B. Administer epinephrine and maintain airway**
  - C. Wait for emergency services**
  - D. Give antihistamines and monitor closely**
- 10. Which factors should EMTs consider when assessing an elderly patient?**
- A. Only their medical history**
  - B. Age-related changes and communication methods**
  - C. Their social background and occupation**
  - D. Predominantly physical appearance**

## **Answers**

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

SAMPLE

## **Explanations**

**1. What is the maximum dose of pediatric Adenosine for probable SVT?**

- A. 12mg**
- B. 6mg**
- C. 15mg**
- D. 4mg**

The maximum dose of pediatric Adenosine for probable Supraventricular Tachycardia (SVT) is indeed 12 mg. Adenosine is administered in a rapid IV push, and in pediatric patients, the dosing typically starts at 0.1 mg/kg. If the initial dose is ineffective, providers may administer additional doses, up to a maximum of 12 mg. The rationale for this dosing guideline stems from clinical practices aimed at effectively terminating SVT in children while minimizing potential side effects. The use of a higher maximum dose is supported by clinical evidence indicating that many pediatric patients may require this amount for effective conversion to normal sinus rhythm in cases of confirmed SVT. In pediatric emergency care, it is essential to follow dosing protocols closely, as pediatric patients may have different physiological responses than adults, making appropriate dosing crucial for successful treatment outcomes.

**2. When should an EMT initiate a transport decision?**

- A. After filling out all paperwork**
- B. Based on patient's condition and severity of injury**
- C. After determining the nearest hospital**
- D. Only if the patient requests it**

An EMT should initiate a transport decision based on the patient's condition and severity of injury. This approach ensures that the needs of the patient are prioritized and that the appropriate level of care is provided in a timely manner. The severity of the patient's condition—such as whether they are experiencing a life-threatening situation or stable enough for a less urgent response—directly influences the decision on how quickly to transport them to a medical facility. This focus on the patient's condition allows the EMT to assess vital signs, mechanism of injury, and overall mental state, which are critical in making an informed decision regarding transport. The determination of which hospital to transport the patient to or completing paperwork can come after the transport decision is made, ensuring that patient care remains the primary focus. Thus, by placing the decision-making process around the patient's medical needs first, the EMT aligns with best practices in emergency medical services.

**3. How much nitroglycerin is given to a CHF patient whose systolic blood pressure is greater than 200 mmHg?**

- A. 1.0mg SL
- B. 1.2mg SL**
- C. 1.4mg SL
- D. 1.6mg SL

For a patient with congestive heart failure (CHF) whose systolic blood pressure is greater than 200 mmHg, the appropriate nitroglycerin dosage is 1.2mg sublingual (SL). The administration of nitroglycerin in these scenarios is grounded in its ability to reduce preload and improve cardiac output by venodilation, ultimately alleviating the pulmonary and systemic congestion associated with CHF. The dosage of 1.2mg is positioned as the standard approach in these cases to provide effective relief from symptoms without exceeding the threshold that could lead to hypotension. It's important to acknowledge the established protocols and guidelines regarding patients' blood pressure levels and how they dictate the titration of nitroglycerin. For the management of CHF, especially with elevated systolic pressure, therapeutic effectiveness must be balanced against the potential risks of adverse effects. Thus, 1.2mg SL not only targets symptom relief effectively but also adheres to safety protocols for managing high systolic pressures in CHF patients.

**4. Which aspect is critical when transporting a patient with mental health issues?**

- A. Using physical restraints at all times
- B. Ensuring safety and providing reassurance**
- C. Only discussing their condition to minimize chances of panic
- D. Transporting them without any mental health evaluations

Ensuring safety and providing reassurance is critical when transporting a patient with mental health issues because the emotional and psychological state of the patient significantly influences their overall experience and behavior. When handling individuals experiencing mental health challenges, creating a safe environment and establishing trust can help reduce anxiety and agitation, which may lead to a more stable transport experience. Reassurance fosters a sense of safety and support, making the patient feel heard and understood. This approach can encourage cooperation and facilitate communication, allowing the patient to express their concerns and needs more effectively during transport. Building rapport is essential, as individuals with mental health issues may feel vulnerable and fearful, making it important to address their emotional needs alongside their physical safety. Other options do not align with the best practices for managing mental health patients during transport. While physical restraints might be necessary in some cases for safety, they should not be used as a blanket policy for all transports. Focusing solely on the patient's condition can increase anxiety and obstruct meaningful dialogue. Moreover, transporting without any evaluations does not address potential underlying issues that could require medical attention. Therefore, the emphasis on safety and reassurance truly stands out as the most effective strategy in these situations.

**5. What is the primary purpose of triage during mass casualty incidents?**

- A. To collect demographic information**
- B. To prioritize patient treatment based on injury severity**
- C. To identify the responsible parties**
- D. To document every incident**

The primary purpose of triage during mass casualty incidents is to prioritize patient treatment based on injury severity. In these critical situations, numerous individuals may be injured, and medical resources can be limited. Triage allows first responders to assess each patient's condition quickly and determine who needs immediate attention versus those who can wait for treatment. This systematic approach maximizes the number of survivors by ensuring that those with the most severe life-threatening injuries receive the necessary medical care as soon as possible. While collecting demographic information, identifying responsible parties, and documenting incidents are important considerations in emergency management and healthcare, they are secondary to the immediate goal of triage, which is to save lives by efficiently allocating medical resources based on urgency.

**6. How should an EMT respond to an adult with an obstructed airway?**

- A. Perform abdominal thrusts and reassess effectiveness**
- B. Administer oxygen immediately**
- C. Encourage the patient to cough forcefully**
- D. Position the patient upright and monitor their breathing**

Performing abdominal thrusts is the appropriate response for an adult with an obstructed airway, particularly when the obstruction is severe and the person is unable to breathe, cough, or speak. The purpose of abdominal thrusts is to create an increase in intra-abdominal pressure that can help dislodge an object blocking the airway. After administering the thrusts, it is essential to reassess the situation to determine if the obstruction has been cleared, allowing the patient to breathe effectively again. This practice ensures that the EMT can continuously monitor the effectiveness of the intervention and provide further assistance if necessary. In contrast, administering oxygen, encouraging coughing, or merely positioning the patient upright would not address the immediate and critical issue of an obstructed airway. These options do not resolve the blockage and could lead to serious consequences if the obstruction remains unaddressed.

**7. For pediatric trauma pain management, what GCS indicates that it's appropriate to provide pain management?**

- A. GCS of 10 or lower**
- B. GCS of 12 or below**
- C. GCS of 15 or baseline**
- D. GCS of 8 or lower**

To determine the appropriateness of providing pain management to a pediatric trauma patient, it is essential to consider their level of consciousness as measured by the Glasgow Coma Scale (GCS). A GCS score of 15 indicates that the patient is fully alert and has no impairments in their ability to respond to stimuli, which allows for effective assessment of their pain. In pediatric care, providing pain management is crucial, but it should only be done when the patient is in a condition that allows for safe communication about pain levels and responses to medication. A GCS at baseline (15) signifies that the child can communicate effectively and express their pain, making it safe to provide pain management therapies. Lower GCS values, such as 10 or below, 12 or below, or 8 or lower, suggest impaired consciousness and an increased risk of further complications. In these cases, the child may not adequately respond to pain stimuli, may have altered airway or respiratory patterns, and could require different management considerations, such as stabilization before pain management is initiated. Therefore, the GCS of 15 is the appropriate threshold for confirming that a pediatric patient is capable of managing their own pain, allowing healthcare providers to proceed with pain management safely.

**8. What color is a 22g IV catheter?**

- A. Gray**
- B. Blue**
- C. Green**
- D. Yellow**

The correct identification of a 22 gauge IV catheter as blue is based on the standard color coding system used in medical practice for intravenous catheters. In this system, specific gauge sizes are associated with designated colors to ensure rapid recognition and appropriate application by healthcare providers. A 22 gauge catheter, which is commonly used in a variety of situations including fluid administration and medication delivery, is represented by the blue color. This helps distinguish it from other gauges, which have different colors: gray is typically associated with 24 gauge, green with 18 gauge, and yellow with 20 gauge. Knowing these color codes is vital for providers in emergency situations where time and accuracy are crucial, allowing them to quickly select the right catheter size for the clinical need at hand.



**9. What is the management protocol for a patient experiencing anaphylaxis?**

- A. Provide oxygen only
- B. Administer epinephrine and maintain airway**
- C. Wait for emergency services
- D. Give antihistamines and monitor closely

The management protocol for a patient experiencing anaphylaxis involves administering epinephrine and ensuring the airway is maintained. Anaphylaxis is a severe, life-threatening allergic reaction that can lead to respiratory distress, cardiovascular collapse, and shock. The administration of epinephrine is critical as it rapidly constricts blood vessels, thus increasing blood pressure and improving blood flow to vital organs. It also relaxes the muscles in the airways, which can alleviate respiratory symptoms. Maintaining airway patency is essential in anaphylaxis as swelling in the airway can obstruct breathing. Without prompt intervention, the patient's condition can deteriorate quickly. Therefore, recognizing the signs and symptoms of anaphylaxis and acting promptly with epinephrine while ensuring the airway is secure is imperative. While other options such as providing oxygen or administering antihistamines may have supportive roles in managing allergic reactions, they are not the first-line treatments for anaphylaxis. Antihistamines are not effective for the immediate and severe symptoms of anaphylaxis and should not delay the use of epinephrine. Waiting for emergency services would also pose a significant risk to the patient, as anaphylaxis can progress rapidly and requires immediate intervention.

**10. Which factors should EMTs consider when assessing an elderly patient?**

- A. Only their medical history
- B. Age-related changes and communication methods**
- C. Their social background and occupation
- D. Predominantly physical appearance

When assessing an elderly patient, it's crucial for EMTs to consider age-related changes and appropriate communication methods. As individuals age, they often experience various physiological changes that can affect their overall health, such as decreased cardiovascular function, reduced mobility, and altered drug metabolism. These factors can influence how symptoms present and how the body responds to treatment. Additionally, communication methods become particularly important with elderly patients, as some may have hearing impairments, cognitive decline, or dementia. Tailoring communication to be clear, respectful, and age-appropriate can foster a better understanding and cooperation during the assessment process. This enables EMTs to obtain accurate information and provide effective care, ensuring that the elderly patient's specific needs are understood and addressed appropriately. Other aspects like medical history, social background, occupation, and physical appearance can certainly provide valuable context in certain situations, but without considering age-related changes and effective communication, EMTs may miss critical aspects of care that are uniquely relevant to elderly patients.

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

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