

Santa Clara County Critical Care Transport (CCT) Practice Exam (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. If a patient experiences severe respiratory distress, what respiratory rate might indicate the need for trauma alert in an adult?**
 - A. Less than 15 per minute**
 - B. Less than 20 per minute**
 - C. Less than 10 per minute**
 - D. Less than 25 per minute**
- 2. An EMT may decide to pronounce death when:**
 - A. The patient has a valid DNR certificate**
 - B. Family members request it**
 - C. There are visible signs of improvement**
 - D. The patient is conscious and communicative**
- 3. Why is fluid resuscitation important for burn patients in CCT?**
 - A. It prevents infection**
 - B. It aids in fluid balance**
 - C. It improves pain perception**
 - D. It accelerates recovery time**
- 4. What is one of the primary roles of a paramedic in a critical care transport team?**
 - A. To operate the transport vehicle**
 - B. To assist in patient assessment and administer medications**
 - C. To plan the transport route**
 - D. To provide financial documentation**
- 5. What is considered the best form of communication in critical care transport?**
 - A. Cell phones**
 - B. Landline phones**
 - C. Portable radios**
 - D. Satellite phones**

6. What does ROSC stand for in critical care transport?

- A. Return of Spontaneous Circulation**
- B. Rapid Onset Stroke Care**
- C. Restoration of Safe Care**
- D. Return of Serviced Care**

7. When assessing burn patients in CCT, which factor is NOT considered?

- A. Burn size**
- B. Burn depth**
- C. Time of injury**
- D. Location of burns**

8. What are the three options a physician on scene has when assisting responders?

- A. Relinquish care, offer advice, contact a specialist**
- B. Assist in care, manage care, take over**
- C. Relinquish care, assist in care, manage care**
- D. Manage care, seek help, document information**

9. What is the minimum amount of oral glucose to be given to an altered patient?

- A. 15 grams**
- B. 24 grams**
- C. 50 grams**
- D. 10 grams**

10. Which of the following considerations is crucial for transporting neonates during CCT?

- A. Standard adult equipment**
- B. Monitoring body temperature only**
- C. Environmental control and specialized equipment**
- D. Generalized medication dosages**

Answers

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

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Explanations

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1. If a patient experiences severe respiratory distress, what respiratory rate might indicate the need for trauma alert in an adult?

- A. Less than 15 per minute**
- B. Less than 20 per minute**
- C. Less than 10 per minute**
- D. Less than 25 per minute**

A respiratory rate of less than 10 breaths per minute in an adult can indicate severe respiratory distress and may necessitate a trauma alert. This low rate suggests potential respiratory failure, where the body's ability to exchange oxygen and carbon dioxide is critically compromised. In adults, normal respiratory rates typically range from 12 to 20 breaths per minute, and any significant deviation from the norm, especially a marked decrease, signals an urgent need for medical intervention. In this context, a rate below 10 can imply inadequate ventilatory effort, leading to hypoventilation and possibly severe hypoxia. It is crucial to recognize these patterns in clinical practice, especially when assessing trauma patients, as this can guide pre-hospital and emergency care teams in delivering appropriate interventions swiftly. Maintaining adequate ventilation is vital for patient survival, especially in traumatic scenarios.

2. An EMT may decide to pronounce death when:

- A. The patient has a valid DNR certificate**
- B. Family members request it**
- C. There are visible signs of improvement**
- D. The patient is conscious and communicative**

An EMT may decide to pronounce death when there is a valid Do Not Resuscitate (DNR) certificate present. A DNR is a legal document that indicates a person's wishes regarding resuscitation attempts in the event of cardiac arrest or respiratory failure. If a valid DNR certificate is available, it means that the patient has previously made a decision regarding their desire not to receive certain life-sustaining treatments, including cardiopulmonary resuscitation (CPR). In cases where a DNR is present, the EMT can confidently determine that the patient's wishes should be honored, and no resuscitative efforts need to be initiated. This aligns with the ethical and legal responsibilities of EMS personnel to respect a patient's autonomy and end-of-life choices. The other scenarios provided do not authorize an EMT to pronounce death. Family members requesting the pronouncement does not carry the same weight as legal documentation. Visible signs of improvement would necessitate ongoing assessment and treatment rather than a pronouncement. Lastly, a conscious and communicative patient who is still alive would require medical attention and would not be suitable for a death pronouncement. Thus, the presence of a valid DNR certificate is the correct basis for an EMT to determine that a patient has died.

3. Why is fluid resuscitation important for burn patients in CCT?

- A. It prevents infection**
- B. It aids in fluid balance**
- C. It improves pain perception**
- D. It accelerates recovery time**

Fluid resuscitation is critical for burn patients because it aids in fluid balance, which is vital in managing the physiological changes that occur after a burn injury. Burns can lead to significant fluid loss through the damaged skin and evaporation, resulting in hypovolemia and potential shock. Adequate fluid resuscitation helps to restore blood volume and maintain adequate circulation to vital organs. Additionally, achieving and maintaining fluid balance is essential for preventing complications such as renal failure and maintaining electrolyte levels. This is especially important during critical care transport, where the stability of the patient's condition can be precarious. Ensuring the patient is appropriately hydrated not only supports their immediate physiological needs but also lays the groundwork for optimal recovery and healing in the long term. Thus, focusing on fluid balance through resuscitation is a primary concern in the treatment of burn patients during transport.

4. What is one of the primary roles of a paramedic in a critical care transport team?

- A. To operate the transport vehicle**
- B. To assist in patient assessment and administer medications**
- C. To plan the transport route**
- D. To provide financial documentation**

One of the primary roles of a paramedic in a critical care transport team is to assist in patient assessment and administer medications. In this setting, paramedics are responsible for evaluating the medical needs of critically ill or injured patients during transport. This includes conducting thorough assessments to monitor vital signs, identifying changes in the patient's condition, and determining the appropriate medical interventions required. In addition to assessment, paramedics must be skilled in the administration of medications, which is crucial for stabilizing patients or providing immediate treatment while en route to a medical facility. This role is vital as quick decision-making and the ability to perform advanced medical interventions can significantly impact patient outcomes during critical care transport. The operation of the transport vehicle, planning the transport route, and providing financial documentation are important tasks but are not the primary focus of paramedics in a critical care setting. Those roles typically fall under the responsibilities of other team members, such as transport coordinators or drivers. Therefore, the emphasis for paramedics is on direct patient care and ensuring that patients receive the necessary medical attention throughout their transport.

5. What is considered the best form of communication in critical care transport?

- A. Cell phones**
- B. Landline phones**
- C. Portable radios**
- D. Satellite phones**

Cell phones are considered the best form of communication in critical care transport due to their widespread availability, ease of use, and the high-quality audio they typically provide. In critical care scenarios, the ability to communicate quickly and effectively with medical teams, hospitals, and command centers is vital. Cell phones allow for instant connectivity and can facilitate communication with multiple parties simultaneously. In addition to audio communication, many cell phones have data capabilities that support text messaging and the sharing of critical patient data and images in real-time. This can be essential for ensuring that receiving facilities are adequately prepared for incoming patients. While other types of communication methods may offer their own advantages, such as potentially better signal in remote areas (like satellite phones) or clearer reception in certain environments (like portable radios), cell phones generally strike the best balance between accessibility, functionality, and user-friendliness in the high-pressure context of critical care transport.

6. What does ROSC stand for in critical care transport?

- A. Return of Spontaneous Circulation**
- B. Rapid Onset Stroke Care**
- C. Restoration of Safe Care**
- D. Return of Serviced Care**

ROSC stands for Return of Spontaneous Circulation, which is a critical term in emergency medicine and critical care transport. It refers to the restoration of adequate blood circulation and cardiac function following a cardiac arrest. Achieving ROSC is a key goal during resuscitation efforts, as it indicates that the heart has started beating again without the aid of mechanical circulation devices, allowing for improved perfusion of vital organs, particularly the brain and heart itself. In the context of critical care transport, the attainment of ROSC can significantly influence patient outcomes and is closely monitored by healthcare providers. Recognizing the importance of rapid intervention in cases of cardiac arrest reinforces the need for timely and effective CPR and advanced life support measures to increase the chances of achieving ROSC during transport. The other terms do not accurately reflect the meaning of ROSC within critical care transport. For example, Rapid Onset Stroke Care is related to the urgent management of strokes, Restoration of Safe Care does not have a standard definition in this context, and Return of Serviced Care is not a recognized term in emergency medical services or critical care protocols.

7. When assessing burn patients in CCT, which factor is NOT considered?

- A. Burn size**
- B. Burn depth**
- C. Time of injury**
- D. Location of burns**

In the context of assessing burn patients in Critical Care Transport (CCT), the size, depth, and location of burns are crucial factors that directly impact treatment decisions and patient prognosis. Burn size is essential for estimating fluid resuscitation needs and understanding the severity of the burn injury. Depth provides insights into the level of tissue damage, which informs interventions and healing potential. The location of burns is also significant because it can affect functional outcomes and the risk of complications, especially if the burns are on critical areas like the face, hands, or perineum. While time of injury can provide important context regarding the age of the burn and potential for treatment considerations, it is not a key factor in the immediate assessment regarding the severity of the burn itself. Initial management primarily focuses on the physical characteristics of the burns rather than the timing of when those burns occurred. Therefore, time of injury is the factor that is considered less critical in the assessment process when compared to the other three factors.

8. What are the three options a physician on scene has when assisting responders?

- A. Relinquish care, offer advice, contact a specialist**
- B. Assist in care, manage care, take over**
- C. Relinquish care, assist in care, manage care**
- D. Manage care, seek help, document information**

The correct choice is focused on the three distinct roles a physician can take when they arrive on the scene to assist responders. Each option showcases a different facet of the physician's involvement in patient care within a critical setting. When a physician chooses to relinquish care, they are effectively passing responsibility back to the responders, which may be necessary if they believe the responders are better equipped or prepared to handle the specific situation at hand. This also allows for clear hierarchy and establishes that the responders maintain continuity of care. The act of assisting in care involves the physician providing guidance or performing specific interventions alongside the emergency responders. This collaborative approach maximizes the expertise available at the scene and can be crucial in time-critical situations. Managing care indicates that the physician is taking a more active role in determining the treatment plan and directing the overall patient management. This involves making clinical decisions based on their medical knowledge and the evolving circumstances of the patient's condition. In summary, this choice encapsulates the key responsibilities a physician might adopt in a high-stress environment, ensuring that an appropriate approach is taken to meet the patient's needs effectively. Each option listed directly supports a different interaction level with the medical team and emphasizes a structured method for care delivery in emergency situations.

9. What is the minimum amount of oral glucose to be given to an altered patient?

- A. 15 grams**
- B. 24 grams**
- C. 50 grams**
- D. 10 grams**

The recommended minimum amount of oral glucose to be administered to an altered patient, particularly in a situation involving hypoglycemia, is generally 15 grams. This quantity is deemed effective for rapidly increasing blood sugar levels in patients who are conscious and able to swallow safely. The key consideration is ensuring that the patient has the ability to protect their airway and swallow without risk of aspiration. While some newer guidelines may suggest variations in dosing, the standard practice often supports 15 grams for an immediate response to low blood sugar. Hence, the figure of 24 grams is higher than what is typically necessary for an urgent intervention and may not be required for initial treatment of altered mental status due to hypoglycemia. Providing more than the recommended amount without clear indication can also lead to unnecessary complications, such as potential hyperglycemia, especially in a patient who may have other underlying conditions. This emphasis on a minimum effective dose is critical in the management of altered patients to avoid administering excessive amounts that do not align with the clear and immediate treatment goals.

10. Which of the following considerations is crucial for transporting neonates during CCT?

- A. Standard adult equipment**
- B. Monitoring body temperature only**
- C. Environmental control and specialized equipment**
- D. Generalized medication dosages**

Transporting neonates during critical care transport requires special attention due to their unique physiological characteristics and vulnerabilities. The choice that prioritizes environmental control and specialized equipment is essential, as neonates are especially susceptible to changes in their environment, including temperature, humidity, and even noise levels. Neonates have limited ability to regulate their body temperature, making it crucial to maintain a stable and controlled environment during transport to prevent hypothermia or hyperthermia. Specialized equipment such as incubators or heated transport bags is designed to provide the necessary warmth and can also monitor other vital parameters effectively. Furthermore, environmental control also encompasses ensuring an appropriate atmosphere in terms of oxygen delivery and minimizing exposure to potentially harmful stimuli. This specialized approach contrasts with the use of standard adult equipment or generalized protocols, which may not cater to the specific needs of neonates. Thus, the emphasis on environmental control and the use of specialized equipment is vital for ensuring the safety and stability of neonates during critical care transport.

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://staclaracct.examzify.com>

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

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