

SNHD ADVANCED EMT (AEMT) PROTOCOLS PRACTICE TEST (SAMPLE)

STUDY GUIDE



Prepare with structure. Pass with confidence



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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. What does a temperature below 82°F indicate regarding hypothermia severity?**
 - A. Mild Hypothermia
 - B. Moderate Hypothermia
 - C. Severe Hypothermia
 - D. Hypothermia not classified
- 2. What is the primary symptom of left-sided heart failure?**
 - A. Peripheral edema
 - B. Syncope
 - C. Pulmonary congestion and edema
 - D. Chest pain
- 3. Which of the following is true regarding mild allergic reactions?**
 - A. They always involve respiratory issues
 - B. They can include itchy sensations and rashes
 - C. They require immediate epinephrine injection
 - D. They do not require monitoring
- 4. During an interfacility transfer, what must the transferring physician provide to the ambulance attendants prior to transfer?**
 - A. Transfer authorization form
 - B. Name of the receiving facility only
 - C. Patient's insurance information
 - D. All relevant medical documentation
- 5. What may occur as a result of prolonged hypothermia in trauma patients?**
 - A. Increased reaction time
 - B. Enhanced cognitive function
 - C. Decreased clotting ability
 - D. Improved circulation

- 6. What does a "fixed and dilated" pupil indicate?**
- A. Normal neurological function
 - B. Potential brain injury or a severe neurological issue
 - C. A reaction to light
 - D. An allergic reaction
- 7. What is a significant EKG finding associated with hyperkalemia?**
- A. Widened QRS complex
 - B. Bradycardia
 - C. ST segment elevation
 - D. U-wave presence
- 8. What type of patients should be directed to a hospital that has declared an internal disaster?**
- A. Patients with stable vital signs
 - B. Patients in cardiac arrest
 - C. Patients requiring elective procedures
 - D. Patients with non-life-threatening injuries
- 9. What should the AEMT do if a patient with a suspected head injury shows signs of Cushing's triad?**
- A. Administer pain relief medication
 - B. Prepare for rapid transport and monitor vital signs
 - C. Provide controlled ventilation as necessary
 - D. Reassess the patient's neurological status frequently
- 10. Are faxed, copied, or electronic versions of the DNR Identification/POLST considered legal and valid?**
- A. No
 - B. Yes
 - C. Only if notarized
 - D. Yes, but only in certain states

Answers

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

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Explanations

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1. What does a temperature below 82°F indicate regarding hypothermia severity?

- A. Mild Hypothermia
- B. Moderate Hypothermia
- C. Severe Hypothermia**
- D. Hypothermia not classified

A temperature below 82°F indicates severe hypothermia. In clinical terms, hypothermia is classified based on body temperature, with different thresholds indicating varying severity levels. Severe hypothermia is defined as a core body temperature that drops below 82°F, leading to significant physiological changes that can affect metabolic processes and vital organ functions. This stage of hypothermia poses a critical risk to the individual's life, as it can lead to complications such as cardiac dysrhythmias, reduced consciousness, and impairment of the body's ability to regulate heart rate and respiration. In contrast, mild hypothermia typically occurs at temperatures ranging from 95°F to 92°F, while moderate hypothermia is categorized between 92°F and 82°F. Thus, the classification of severe hypothermia at a temperature below 82°F is crucial for proper assessment and treatment strategies in emergency care scenarios.

2. What is the primary symptom of left-sided heart failure?

- A. Peripheral edema
- B. Syncope
- C. Pulmonary congestion and edema**
- D. Chest pain

The primary symptom of left-sided heart failure is pulmonary congestion and edema, which occurs due to the backup of blood into the lungs when the left ventricle cannot effectively pump blood out into the circulation. As a result, fluid accumulates in the lung alveoli, leading to symptoms such as shortness of breath, coughing, and difficulty breathing, especially when lying down. This fluid buildup in the lungs creates the characteristic congestive symptoms associated with left-sided heart failure. Other symptoms like peripheral edema, which is more commonly associated with right-sided heart failure, may also occur but are not the primary indicators. Syncope can happen due to decreased cardiac output but is not directly related to left-sided heart failure symptoms. Chest pain may result from various conditions, including myocardial ischemia, but isn't a primary symptom of left-sided heart failure itself. This makes pulmonary congestion and edema a clear marker of the left-sided heart failure condition.

3. Which of the following is true regarding mild allergic reactions?

- A. They always involve respiratory issues
- B. They can include itchy sensations and rashes**
- C. They require immediate epinephrine injection
- D. They do not require monitoring

Mild allergic reactions are characterized by symptoms that can include itchy sensations, rashes, and other minor discomforts. This aligns with the body's response to allergens, where the immune system reacts but does not escalate to severe complications like respiratory distress or anaphylaxis. Itchy skin and rashes, such as hives, are common manifestations of this type of reaction, making it crucial to identify and manage these symptoms effectively. The other options present conditions that do not fully represent mild allergic reactions. For instance, respiratory issues are more prevalent in moderate to severe allergic reactions, and immediate epinephrine injections are typically reserved for anaphylactic reactions, which are life-threatening. Monitoring is still important for all allergic reactions, even mild ones, to ensure the condition does not progress. Understanding these nuances helps in appropriate patient assessment and care.

4. During an interfacility transfer, what must the transferring physician provide to the ambulance attendants prior to transfer?

- A. Transfer authorization form
- B. Name of the receiving facility only
- C. Patient's insurance information
- D. All relevant medical documentation**

The transferring physician must provide all relevant medical documentation to ensure that the ambulance attendants have complete and accurate information about the patient's condition and care requirements. This documentation typically includes the patient's medical history, current condition, treatment administered, medications being taken, and any specific instructions for ongoing care during transit. Providing comprehensive medical documentation enhances the continuity of care and ensures that the receiving facility is adequately prepared to manage the patient's needs upon arrival. Inadequate information could jeopardize patient safety and hinder appropriate emergency intervention, if necessary. The transfer authorization form is important but does not cover the essential medical details needed for effective care during transportation. Similarly, simply providing the name of the receiving facility or the patient's insurance information does not address the critical medical information that is necessary for maintaining the patient's health during the transfer. Hence, the correct answer encompasses the whole spectrum of necessary medical details to ensure patient safety and quality of care.

5. What may occur as a result of prolonged hypothermia in trauma patients?

- A. Increased reaction time
- B. Enhanced cognitive function
- C. Decreased clotting ability**
- D. Improved circulation

Prolonged hypothermia in trauma patients can lead to decreased clotting ability, which is a critical concern in emergency medical situations. The body's ability to form clots is significantly impaired at lower temperatures, primarily because the enzymatic processes involved in the clotting cascade are temperature-sensitive. As the core body temperature drops, the coagulation factors become less effective, leading to a greater risk of bleeding and potentially exacerbating trauma-related hemorrhage. This condition is known as hypothermic coagulopathy and can complicate the management of trauma patients who may already be facing significant challenges due to blood loss. While prolonged hypothermia affects various physiological systems, the other options do not accurately describe the effects seen in trauma patients experiencing hypothermia. Reaction times typically increase, cognitive function declines, and circulation tends to decrease rather than improve as body temperature falls. Thus, the risk of coagulopathy due to hypothermia highlights the importance of maintaining normothermia in trauma care.

6. What does a "fixed and dilated" pupil indicate?

- A. Normal neurological function
- B. Potential brain injury or a severe neurological issue**
- C. A reaction to light
- D. An allergic reaction

A "fixed and dilated" pupil is a significant clinical sign that indicates potential brain injury or a severe neurological issue. This condition occurs when the pupil does not respond to changes in light, remaining wide and unchanging, which can suggest a disruption in the neural pathways that control pupil size. This can be indicative of increased intracranial pressure, direct brain injury, or even brain death. In contrast, normal neurological function is characterized by pupils that react appropriately to light, constricting in bright light or dilating in dim lighting. A reaction to light involves the pupils changing size in response to illumination, clearly showing they are functioning normally. An allergic reaction typically does not cause fixed and dilated pupils but may cause other symptoms such as swelling or redness in the eyes. Thus, when assessing a patient with fixed and dilated pupils, the focus should be on potential neurological compromise, making it critical to seek further evaluation and management.

7. What is a significant EKG finding associated with hyperkalemia?

- A. Widened QRS complex**
- B. Bradycardia
- C. ST segment elevation
- D. U-wave presence

A significant EKG finding associated with hyperkalemia is the widened QRS complex. This occurs because elevated potassium levels affect cardiac repolarization and conduction velocities. As potassium increases in the bloodstream, its effects on myocardial cells lead to slower conduction through the ventricles, observable as a widening of the QRS complex. This finding can indicate that the heart's electrical system is being significantly impacted, potentially leading to serious arrhythmias and increased risk of cardiac arrest. While bradycardia can occur in the context of hyperkalemia, it is not a specific EKG finding, rather a potential heart rate change that can happen due to various factors. ST segment elevation is more commonly associated with other conditions, such as myocardial ischemia or infarction, rather than hyperkalemia. U-waves are often related to hypokalemia, not hyperkalemia, making a widened QRS complex a distinctive and concerning finding when assessing a patient for elevated potassium levels.

8. What type of patients should be directed to a hospital that has declared an internal disaster?

- A. Patients with stable vital signs
- B. Patients in cardiac arrest**
- C. Patients requiring elective procedures
- D. Patients with non-life-threatening injuries

When a hospital has declared an internal disaster, it indicates that the facility is unable to provide adequate care due to overwhelming circumstances, such as a surge in patient volume or lack of resources. In this scenario, directing patients who are in cardiac arrest to the hospital is critical because they require immediate and advanced medical intervention. Cardiac arrest situations are life-threatening emergencies that necessitate rapid response and intervention, which can only be properly managed at a facility equipped for such emergencies. Patients with stable vital signs, those requiring elective procedures, and individuals with non-life-threatening injuries do not require immediate care and can be redirected to other facilities that are better positioned to manage their situations. This helps to alleviate the burden on the hospital declaring an internal disaster and ensures that the limited resources are directed toward those who are most in need of urgent care, such as patients in cardiac arrest.

9. What should the AEMT do if a patient with a suspected head injury shows signs of Cushing's triad?

- A. Administer pain relief medication
- B. Prepare for rapid transport and monitor vital signs**
- C. Provide controlled ventilation as necessary
- D. Reassess the patient's neurological status frequently

In a patient with a suspected head injury exhibiting signs of Cushing's triad—characterized by hypertension, bradycardia, and irregular respirations—the appropriate course of action is to prepare for rapid transport and closely monitor vital signs. This triad indicates increased intracranial pressure and represents a medical emergency that requires immediate attention and intervention. Rapid transport ensures that the patient can receive definitive care as soon as possible, typically involving imaging studies and possible surgical intervention. During this time, constant monitoring of vital signs is crucial. Changes in blood pressure, heart rate, or respiratory status can indicate a deterioration of the patient's condition, necessitating prompt action. While administering pain relief, providing controlled ventilation, and frequent neurological assessments are part of comprehensive patient care, they do not directly address the acute nature of increased intracranial pressure indicated by Cushing's triad. Therefore, focusing on rapid transport and ongoing vital sign monitoring is the most critical step in managing the patient's condition effectively.

10. Are faxed, copied, or electronic versions of the DNR Identification/POLST considered legal and valid?

A. No

B. Yes

C. Only if notarized

D. Yes, but only in certain states

The statement that faxed, copied, or electronic versions of the DNR Identification/POLST (Physician Orders for Life-Sustaining Treatment) are considered legal and valid is accurate because these versions are typically recognized under state laws that support electronic medical records and advance directives. Many states have adopted regulations allowing such forms to be legally binding, as they align with initiatives to modernize healthcare processes and improve access to patients' wishes regarding end-of-life care. This recognition stems from the understanding that the purpose of DNR orders and POLST is to reflect the patients' wishes in a way that healthcare providers can readily access and implement. As technology evolves, regulations have adapted to ensure that patients' rights and wishes are upheld, even when documented in non-traditional formats. The legality of electronic documents, including faxed and copied forms, contributes to their validity across many situations, allowing for effective communication of critical medical treatment decisions.

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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://snhdaemtprotocols.examzify.com>

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

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