West Coast EMT Block Two Practice Exam (Sample)

Study Guide

Everything you need from our exam experts!

Table of Contents

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. **A patient experiencing prolonged shortness of breath may exhibit which symptom?**

   A. Excessive energy

   B. Constant wheezing

   C. Fever and chills

   D. Confusion and restlessness

2. **Which of the following structures does NOT contain smooth muscle?**

   A. Urinary system

   B. Gastrointestinal tract

   C. Blood vessels

   D. Skeletal system

3. **What is the route of administration for the EpiPen auto-injector?**

   A. Intraosseous

   B. Intramuscular

   C. Intravenous

   D. Sublingual

4. **What is the most reliable indicator of adequately performed bag-valve mask ventilations in an apneic adult with a pulse?**

   A. Consistently increasing heart rate

   B. Adequate rise of the chest when squeezing the bag

   C. Twenty breaths/min being delivered to the adult

   D. Decreased compliance when squeezing the bag

5. **Which statement regarding glucose is correct?**

   A. Glucose is given to patients who are suspected of being hyperglycemic.

   B. Glucose is a simple sugar that is readily absorbed by the bloodstream.

   C. Glucose is a complex sugar that rapidly absorbs into the bloodstream.

   D. Glucose is usually administered by the EMT via the intravenous route.

6. What is the correct statement regarding the secondary assessment?

A. The secondary assessment should be performed en route to the hospital.

B. During the secondary assessment, the primary focus should be on vital signs and SAMPLE history.

C. A secondary assessment should always be performed regardless of ongoing life threats.

D. The secondary assessment should focus on a certain area as determined by the chief complaint.

7. A patient has a large accumulation of blood in the sac surrounding the heart. Which type of shock would this condition cause?

A. Hypovolemic

B. Obstructive

C. Cardiogenic

D. Neurogenic

8. After assisting a patient with an acute asthma attack using their prescribed MDI, what is the most appropriate next step?

A. Administer another treatment in 30 seconds if she is still in distress.

B. Contact medical control and apprise them of what you did.

C. Check the drug's expiration date to ensure that it is still current.

D. Reassess the patient and document her response to the medication.

9. Which bacterium is resistant to most antibiotics and often causes skin abscesses?

A. Whooping cough

B. MRSA

C. H1N1

D. Avian flu

10. The _____ is made up of the maxilla and zygoma, as well as the frontal bone of the cranium.

A. Orbit

B. Sphenoid

C. Mastoid

D. Occiput

Answers

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

Explanations

1. A patient experiencing prolonged shortness of breath may exhibit which symptom?

A. Excessive energy

B. Constant wheezing

C. Fever and chills

D. Confusion and restlessness

A patient experiencing prolonged shortness of breath can indeed exhibit confusion and restlessness. This symptom arises due to inadequate oxygenation to the brain, which can result from the body struggling to get enough oxygen during breathing difficulties. As the brain is highly sensitive to low oxygen levels, any deficiency can lead to altered mental status and increased agitation or confusion. In contrast, excessive energy is not typical in such scenarios, as prolonged shortness of breath usually leads to fatigue and a sense of struggle rather than increased activity. While constant wheezing may occur in some respiratory conditions, it does not necessarily signify prolonged shortness of breath affecting mental status. Fever and chills may suggest an infection or illness, but they are not direct consequences of the shortness of breath itself. Thus, confusion and restlessness best reflect the potential complications of insufficient oxygenation caused by enduring respiratory distress.

2. Which of the following structures does NOT contain smooth muscle?

A. Urinary system

B. Gastrointestinal tract

C. Blood vessels

D. Skeletal system

The skeletal system is the correct answer because it is primarily composed of bone tissue, cartilage, and connective tissue, and it does not contain smooth muscle. Smooth muscle is a type of involuntary muscle found in structures such as blood vessels, the gastrointestinal tract, and the urinary system, where it plays a critical role in regulating various functions. Within the urinary system, smooth muscle is present in the walls of the ureters and bladder, facilitating the movement of urine and controlling its storage and expulsion. In the gastrointestinal tract, smooth muscle is essential for peristalsis, which is the series of wave-like muscle contractions that move food through the digestive system. Blood vessels also have smooth muscle in their walls, allowing for the regulation of blood flow and pressure through vasoconstriction and vasodilation. Thus, the skeletal system's lack of smooth muscle distinguishes it from the other listed structures, which all incorporate smooth muscle to perform their essential functions.

3. What is the route of administration for the EpiPen auto-injector?

A. Intraosseous

B. Intramuscular

C. Intravenous

D. Sublingual

The route of administration for the EpiPen auto-injector is intramuscular. This method is specifically chosen because it allows for rapid absorption of epinephrine into the bloodstream, which is crucial in emergency situations, such as anaphylactic shock. The medication is usually injected into the vastus lateralis muscle, located in the outer thigh, which provides easy access and is recommended for both adults and children. Using an intramuscular route effectively circumvents the delays that may occur with other routes of administration, such as intravenous, which requires a secure vein, or sublingual, which might not provide as immediate an effect as needed in life-threatening situations. Intraosseous administration involves injecting directly into the bone marrow, and while it is an option in some advanced life support scenarios, it is not the standard practice for EpiPen injection. Therefore, intramuscular delivery is the safest and most efficient way to deliver epinephrine in instances of severe allergic reactions.

4. What is the most reliable indicator of adequately performed bag-valve mask ventilations in an apneic adult with a pulse?

A. Consistently increasing heart rate

B. Adequate rise of the chest when squeezing the bag

C. Twenty breaths/min being delivered to the adult

D. Decreased compliance when squeezing the bag

The most reliable indicator of adequately performed bag-valve mask ventilations is the adequate rise of the chest when squeezing the bag. When performing bag-valve mask ventilations, the primary goal is to ensure that air is effectively delivered into the lungs. A noticeable rise in the chest indicates that the ventilations are being properly administered, allowing the air to enter the lungs and subsequently expand them. This physical movement of the chest is a clear and visual confirmation that ventilation is occurring, which is essential for the patient's oxygenation and overall respiratory support. If the chest does not rise with each squeeze of the bag, it may suggest that the mask is not creating an adequate seal, the airway is obstructed, or that there are other complications that need to be addressed. While an increasing heart rate can suggest improved oxygenation, it is not as immediate or direct an indicator as the rise of the chest. The rate of breaths, such as delivering twenty breaths per minute, may not necessarily indicate adequate ventilation if proper technique is not followed. Similarly, decreased compliance when squeezing the bag could imply issues with the ventilatory process and does not serve as a reliable indicator of successful ventilation.

5. Which statement regarding glucose is correct?

A. Glucose is given to patients who are suspected of being hyperglycemic.

B. Glucose is a simple sugar that is readily absorbed by the bloodstream.

C. Glucose is a complex sugar that rapidly absorbs into the bloodstream.

D. Glucose is usually administered by the EMT via the intravenous route.

Glucose is indeed a simple sugar, known chemically as a monosaccharide, which is crucial for cellular metabolism. This means it consists of a single sugar molecule, making it easily absorbed into the bloodstream. When glucose is ingested, whether through food or supplements, it rapidly elevates blood sugar levels because it bypasses the more complex digestive processes required for other forms of carbohydrates. The fundamental role of glucose in the body is to serve as a primary energy source, especially for the brain and muscles during physical activity. In emergency situations, especially in cases of hypoglycemia (low blood sugar), administering glucose can quickly restore normal blood sugar levels and alleviate symptoms. Regarding the other options, hyperglycemic patients typically require insulin or other treatments aimed at lowering blood sugar, not glucose. Complex sugars, or polysaccharides, take longer to break down into glucose and thus do not fit the description of how glucose behaves in the bloodstream. While glucose can also be administered intravenously in medical settings, EMTs more commonly offer it orally when treating hypoglycemic patients, making the intravenous route not the typical method of administration in pre-hospital care.

6. What is the correct statement regarding the secondary assessment?

A. The secondary assessment should be performed en route to the hospital.

B. During the secondary assessment, the primary focus should be on vital signs and SAMPLE history.

C. A secondary assessment should always be performed regardless of ongoing life threats.

D. The secondary assessment should focus on a certain area as determined by the chief complaint.

The correct statement about the secondary assessment is that it should focus on a specific area determined by the chief complaint. This is crucial because the secondary assessment is designed to gather additional information that may guide treatment decisions based on the patient's presenting condition. By concentrating on the area relevant to the chief complaint, EMTs can identify any injuries, conditions, or complications that might not be immediately evident, allowing for more effective prioritization of care and interventions. In practice, this means that if a patient presents with chest pain, the secondary assessment will emphasize the cardiovascular and respiratory systems, palpating for tenderness, checking for abnormal lung sounds, and asking questions specific to that area. This tailored approach ensures that the assessment is thorough and efficient, ultimately enhancing patient outcomes. The other statements do not capture the essence of the secondary assessment as effectively. Performing the assessment en route to the hospital can compromise thoroughness, as the focus should be on stabilization and monitoring during transport. Emphasizing vital signs and SAMPLE history during the secondary assessment may overlook other essential components needed for a comprehensive evaluation. Lastly, while a secondary assessment can be valuable, it may not be appropriate to conduct in situations where life-threatening conditions require immediate attention and intervention.

7. A patient has a large accumulation of blood in the sac surrounding the heart. Which type of shock would this condition cause?

A. Hypovolemic

B. Obstructive

C. Cardiogenic

D. Neurogenic

In this scenario, the presence of a large accumulation of blood in the sac surrounding the heart indicates a condition known as cardiac tamponade, which leads to obstructive shock. This type of shock occurs when there is a physical barrier that impedes the heart's ability to fill with blood and subsequently pump effectively. When blood accumulates in the pericardial sac, it puts pressure on the heart, restricting its movement and diminishing the amount of blood that can be pumped into circulation. Obstructive shock is characterized by a mechanical obstruction of blood flow, and cardiac tamponade is a classic example of this. The accumulation of fluid or blood in the pericardial space can result from various factors, including trauma, infection, or malignancy. As a result of the heart's compression, systemic blood flow is compromised, leading to decreased cardiac output and subsequently causing signs and symptoms of shock, such as low blood pressure, altered mental status, and signs of inadequate perfusion to organs and tissues. Understanding the mechanics of obstructive shock is crucial since it directs the appropriate interventions, which often focus on relieving the obstruction, in this case, through procedures that may include pericardiocentesis or thoracotomy, depending on the situation.

8. After assisting a patient with an acute asthma attack using their prescribed MDI, what is the most appropriate next step?

A. Administer another treatment in 30 seconds if she is still in distress.

B. Contact medical control and apprise them of what you did.

C. Check the drug's expiration date to ensure that it is still current.

D. Reassess the patient and document her response to the medication.

After assisting a patient with an acute asthma attack using their prescribed metered-dose inhaler (MDI), the most appropriate next step is to reassess the patient and document her response to the medication. This step is crucial because it allows the EMT to evaluate the effectiveness of the treatment and determine if the patient is improving or if additional interventions are necessary. Reassessment involves checking vital signs, respiratory status, and overall level of distress. This ongoing assessment is vital in emergency situations, as conditions can change rapidly. Documenting the patient's response is equally important for patient care continuity and for informing other healthcare providers about the treatment administered and the patient's current state. While contacting medical control can sometimes be necessary, it's primarily done for guidance on treatment protocols, especially if the patient's condition does not improve. Checking the drug's expiration date is also an important consideration, but it would typically be done prior to administration, not as a subsequent step. Administering another treatment without reassessment may not be safe or appropriate, as it could lead to overmedication or overlooking serious complications that require immediate attention.

9. Which bacterium is resistant to most antibiotics and often causes skin abscesses?

A. Whooping cough

B. MRSA

C. H1N1

D. Avian flu

The correct answer is MRSA, which stands for Methicillin-Resistant Staphylococcus Aureus. This bacterium is a strain of Staphylococcus aureus that has developed resistance to many commonly used antibiotics, making it a significant concern in both healthcare and community settings. MRSA is well-known for causing various infections, including skin abscesses, which often appear as swollen, painful lumps that can be filled with pus. The resistance of MRSA to standard antibiotics means that infections can be more difficult to treat, often requiring alternative medications. In contrast, whooping cough is primarily caused by a different bacterium, Bordetella pertussis, and is not associated with skin infections. H1N1 refers to a strain of the influenza virus and is unrelated to bacterial infections. Avian flu, caused by specific strains of influenza A viruses, also does not involve bacterial infections and presents differently in terms of symptoms and treatment. Understanding these differences highlights the unique challenges posed by MRSA in clinical settings, especially regarding its antibiotic resistance and the infections it causes.

10. The _____ is made up of the maxilla and zygoma, as well as the frontal bone of the cranium.

A. Orbit

B. Sphenoid

C. Mastoid

D. Occiput

The orbit is the correct answer because it refers to the bony cavity in the skull that houses the eye. It is primarily composed of several bones, including the maxilla (the upper jaw), the zygoma (the cheekbone), and the frontal bone, which forms the forehead region. This anatomical structure is crucial for protecting the eye and supporting its position within the skull. The other options represent different anatomical features: the sphenoid bone is located at the base of the skull and helps form the cranial cavity but is not part of the orbit. The mastoid refers to the mastoid process, a bony prominence of the temporal bone behind the ear, and is unrelated to the formation of the eye socket. The occiput refers to the back part of the skull and also does not contribute to the structure of the orbit. Understanding the specific components that make up the orbit is essential for recognizing how the eye is protected and supported within the cranial structure.

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://westcoastemt-block2.examzify.com

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