

# NREMT EMT Best Practice & Exam EMT Reference



3. For the medication contained in a metered-dose inhaler to provide relief of asthma symptoms, it must come in contact with the...

- a. oral mucosa.
- b. trachea and main bronchi.
- c. bronchioles.
- d. alveoli.

4. A 54 year old female complained of difficulty breathing before becoming unresponsive. You attempted to place an oropharyngeal airway, but she started gagging. In which position should you position her?

- a. Prone
- b. Supine
- c. Semi-Fowler's
- d. Laterally recumbent

5. An unresponsive 36 year old female patient was found in the hallway of an office complex, moaning slightly. Her breathing is adequate, and she appears to have lost bladder control. After administering oxygen, you observe her mental status improving. You should suspect her presentation was most likely caused by...

- a. stroke.
- b. seizure.
- c. hypoglycemia.
- d. myocardial infarction.

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## NREMT Emergency Medical Technicians Exam Sample Questions (Q32-

### Q37):

#### NEW QUESTION # 32

A drowsy 72-year-old female complains of difficulty breathing. Her respiratory rate is 50, and her SpO<sub>2</sub> is 89% on room air. You should suspect

- A. Respiratory alkalosis
- **B. Respiratory failure**
- C. Respiratory arrest
- D. Respiratory distress

**Answer: B**

Explanation:

Comprehensive and Detailed Explanation From Exact Extract:

The patient's excessively high respiratory rate (RR 50), hypoxia (SpO<sub>2</sub> 89%), and decreased mental status (drowsiness) indicate respiratory failure, which is the inability to maintain oxygenation or ventilation.

\* Respiratory distress: Increased effort but adequate compensation

\* Respiratory arrest: Complete absence of breathing

\* Respiratory alkalosis: Possible early finding, but not a condition diagnosis This patient is tiring and losing the ability to ventilate effectively - a hallmark of failure.

References:

NREMT Airway and Ventilation Guidelines

AHA BLS Manual - Recognition of Respiratory Failure

AAOS EMT Textbook - Chapter: Airway Emergencies

#### NEW QUESTION # 33

An EMT has been assigned as the treatment supervisor at a mass casualty incident. Which of the following actions should the EMT perform?

- A. Command the triage personnel during initial assessment.
- B. Coordinate transportation to appropriate hospitals.
- **C. Ensure that secondary triage is completed.**
- D. Establish a staging area for equipment and responders.

**Answer: C**

Explanation:

Within the Incident Command System (ICS), the Treatment Supervisor is responsible for overseeing patient care after initial triage has been completed. NREMT instruction clearly differentiates roles to prevent confusion and maintain efficiency.

Option D is correct because the treatment supervisor ensures that secondary triage is completed in the treatment area, allowing patients to be reassessed and reprioritized as their conditions change.

Option A is incorrect because triage personnel are managed by the Triage Supervisor.

Option B is the responsibility of Staging under Logistics.

Option C falls under the Transport Supervisor.

NREMT emphasizes strict role adherence during MCIs to ensure patient flow and resource coordination.

#### NEW QUESTION # 34

A 26-year-old male is choking. He is awake and has no air movement. He has a history of morbid obesity. You should

- **A. Perform chest thrusts while he is standing.**
- B. Perform abdominal thrusts while he is standing.
- C. Lay him down and perform abdominal thrusts.
- D. Lay him down and perform back slaps.

**Answer: A**

Explanation:

Comprehensive and Detailed Explanation (Based on NREMT standards):

For a conscious adult with complete airway obstruction, abdominal thrusts are typically indicated. However, NREMT guidelines specify that chest thrusts should be used instead for patients who are morbidly obese or pregnant, because abdominal thrusts may be ineffective or unsafe.

Option D is correct because chest thrusts provide effective airway clearance while accommodating body habitus.

Options A and B are inappropriate for a conscious patient.

Option C is incorrect because abdominal thrusts may not be effective in morbidly obese patients.

NREMT stresses modifying airway obstruction techniques based on patient size and condition.

### NEW QUESTION # 35

Which of the following pathophysiological responses causes a patient with neurogenic shock to become hypotensive?

- A. Loss of sympathetic tone above the level of the adrenal glands
- B. Inhibited release of acetylcholine from the brain
- C. Severe impairment of myocardial oxygen supply
- D. Overwhelming release of cytokines from the inflammatory system

**Answer: A**

Explanation:

Comprehensive and Detailed Explanation (Based on NREMT standards):

Neurogenic shock results from damage to the spinal cord, most commonly at or above the thoracic level.

NREMT education emphasizes that this injury disrupts the sympathetic nervous system, which normally maintains vascular tone.

Option C is correct because loss of sympathetic tone leads to widespread vasodilation, causing hypotension and often bradycardia, distinguishing neurogenic shock from other shock types.

Option A is incorrect because acetylcholine inhibition is not the mechanism.

Option B describes cardiogenic shock.

Option D describes septic (distributive) shock.

NREMT highlights that recognizing neurogenic shock is critical, as treatment priorities differ from hypovolemic shock.

### NEW QUESTION # 36

While responding to an emergency, a car is tailgating the ambulance. Which of the following actions should the EMT take?

- A. Speed up
- B. Slow down
- C. Pull over
- D. Tap the brakes

**Answer: D**

Explanation:

Comprehensive and Detailed Explanation From Exact Extract:

In situations where a vehicle is tailgating an emergency unit, tapping the brakes briefly is a standard defensive driving maneuver to alert the driver behind to increase distance. It is less risky than slowing dramatically or pulling over, which could endanger crew or delay response.

Speeding up could reduce your reaction window or increase accident risk. EMS operators must follow safe driving practices per NFPA 1002 and DOT Emergency Vehicle Operation Guidelines.

References:

NREMT Operations Section - Driving and Scene Safety

NFPA 1002: Standard for Fire Apparatus Driver/Operator Professional Qualifications

U.S. DOT: Emergency Vehicle Operator Course (EVOC)

### NEW QUESTION # 37

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