

NREMT Exam: A Complete Guide to AEMT Certification

The **NREMT exam** is a key step for those pursuing a career as an *Advanced Emergency Medical Technician* (AEMT). This guide will help you navigate your way through the certification process, including effective **study techniques** and useful resources.

AEMT Certification Overview

To become certified as an **AEMT**, you must pass the **NREMT exam**. This involves a series of steps including completing an approved training course and passing both a cognitive and psychomotor exam. Understanding these steps will help you build a solid foundation for success.

1. Advanced EMT Training

Your journey begins with **advanced EMT training**. Look for accredited programs that offer hands-on experience and comprehensive coursework. This training is crucial as it prepares you for *scenarios* you will encounter in the field.

2. NREMT Exam Prep

Preparing for the **NREMT exam** can be overwhelming. Start by gathering all necessary materials and resources. Create a study schedule to ensure you cover each topic. Utilize **flashcards** and group study sessions to reinforce your learning. For additional resources, visit [CertKillers](#).

3. AEMT Practice Tests

Practice tests are an excellent way to gauge your knowledge and readiness. They help you familiarize yourself with the exam format and types of questions you will face. Aim to take multiple practice exams to build **confidence**. Exploring options for practice materials can also yield valuable insights; check out [this resource](#) for more information.

4. NREMT Study Guide

A good study guide is essential for effective exam preparation. Look for study guides that comprehensively cover all exam topics. This will serve as a roadmap to help you track your progress and understand key concepts.

5. AEMT Skills Checklist

Familiarizing yourself with the **AEMT skills checklist** is vital. It lists all the practical skills you'll need to demonstrate during the **psychomotor portion** of the exam. Practice these skills regularly to ensure you can perform them confidently.

Helpful Tips for Exam Day

- **Stay Relaxed:** Being nervous is normal, but try to stay calm. Take deep breaths before the exam.
- **Arrive Early:** Give yourself plenty of time to arrive at the testing center to avoid any last-minute stress.
- **Read Questions Carefully:** Take your time to read each question thoroughly before answering.
- **Manage Your Time:** Keep an eye on the clock and pace yourself accordingly.

Conclusion

Becoming an **AEMT** is a rewarding path filled with challenges and opportunities. With the right preparation, resources, and mindset, you can successfully pass the **NREMT exam** and advance your career. Remember to stay focused and believe in yourself. Good luck!

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Question: 1

Pulse oximetry indicating inadequate ventilation is seen in a patient. The most likely acid-base disorder is:

- A. respiratory acidosis
- B. metabolic acidosis
- C. respiratory alkalosis
- D. metabolic alkalosis

Answer: A

Explanation:

Correct answer: respiratory acidosis

Your patient is most likely experiencing respiratory acidosis as a result of ineffective ventilation.

Respiratory acidosis can be quick and overwhelming, without providing time for the renal system to compensate. This can result in fatal cardiac dysrhythmias. Signs and symptoms of respiratory acidosis include vasodilation, headaches, central nervous system depression, slowed breathing, nausea, and vomiting.

Question: 2

Which of the following is called a two-week-old human?

- A. Neonate
- B. Infant
- C. Newborn
- D. Fetus

Answer: A

Explanation:

Correct answer: Neonate

Neonate is the term for the phase of life that occurs during the first 28 days after birth.

Newborn applies to the first few minutes to the first few hours after birth. Fetus describes the developing, unborn offspring inside the uterus. The embryo becomes the fetus at the beginning of the ninth week of gestation. Infant describes a baby from one month of age to one year of age.

Question: 3

Asking if the patient understands why you are there is an evaluation of which of the following?

- A. Thought process
- B. Perception
- C. Judgment
- D. Mental status

Answer: D

Explanation:

Correct answer: Mental status

Asking the patient if they understand why you are there is an evaluation of their mental status. Evaluating thought process, perception, and judgement may be a part of assessment of a behavioral or cognitive disorder.

Question: 4

What is the process of directing responders to return to their facilities after their work at an incident has been completed?

- A. Remobilization
- B. Demobilization
- C. Debriefing
- D. Immobilization

Answer: B

Explanation:

Correct answer: Demobilization

The process of directing responders to return to their facilities when their work at an incident is finished is demobilization.

Question: 5

Jugular venous distension can be an indication of which of the following?

- A. Liver disease
- B. Tension pneumothorax

- C. Hypovolemia
- D. Closed pneumothorax

Answer: B

Explanation:

Correct answer: Tension pneumothorax

Jugular Venous Distension (JVD) should be measured while the patient is sitting at a 45-degree angle; however, in certain conditions, it may be seen in other positions. JVD can be an indication of a tension pneumothorax, right-sided heart failure, volume overload, or cardiac tamponade. Lack of visible JVD in a supine position, combined with other signs (e.g., tachycardia, thready pulses, altered mental status, and generalized pallor), may indicate hypovolemia.

Question: 6

Which of the following is an intrinsic factor affecting pulmonary ventilation?

- A. Infection
- B. Foreign body airway obstruction
- C. Penetrating chest wound
- D. Blunt trauma of the neck

Answer: A

Explanation:

Correct answer: Infection

There are many factors that affect pulmonary ventilation. Intrinsic causes include infection, allergic reaction, and airway obstruction (most commonly by the tongue). The most common cause of obstruction in an unresponsive patient is the tongue obstructing the airway, which is an intrinsic factor. Penetrating chest wound, foreign body obstruction, and blunt trauma to the neck would be extrinsic factors that affect ventilation.

Question: 7

A collection of blood in the pleural cavity is which of the following?

- A. Pneumothorax
- B. Hemothorax
- C. Pleural effusion
- D. Hemoptysis

Answer: B

Explanation:

Correct answer: Hemothorax

Hemothorax is the presence of blood in the pleural space. The source of blood may be the chest wall, lung parenchyma, heart, or great vessels. It is usually a consequence of blunt or penetrating trauma. A pleural effusion is excess fluid accumulating in the pleural space surrounding the lungs. Different types of effusion are characterized by the nature of the fluid and the etiology: pneumothorax (air), hydrothorax (serous fluid), hemothorax (blood), urinothorax (urine), chylothorax (chyle), or pyothorax (pus).

Hemoptysis is the coughing up of blood or blood-stained mucus from the bronchi, larynx, trachea, or lungs.

Question: 8

Which of the following is an indication of adequate artificial ventilation?

- A. Minimal or no chest rise and fall
- B. Breath sounds cannot be heard during auscultation.
- C. Breath sounds can be heard during auscultation.
- D. Skin is mottled.

Answer: C

Explanation:

Correct answer: Breath sounds can be heard during auscultation.

When evaluating the effectiveness of artificial ventilations, look for visible and equal chest rise and fall, breath sounds that can be heard during auscultation, ventilations being delivered at an appropriate rate (for age), pulse rate that returns to the normal range, skin color that improves, and oxygen saturation levels that improve.

Question: 9

Which of the following is not an IM injection site?

- A. Deltoid
- B. Vastus lateralis
- C. Rectus femoris
- D. Trapezius

Answer: D

Explanation:

Correct answer: Trapezius

The trapezius is the muscle extending over the back of the neck and shoulders and is not a site used for IM injection.

Sites used for IM injection include the vastus lateralis, rectus femoris (muscles of the thigh), and the deltoid (muscle of the upper arm). The upper lateral portion of the gluteal muscle may also be used for IM injection but is not commonly used by EMS.

Question: 10

A mental disorder in which the dominant mood is fear and apprehension is which of the following?

- A. Anxiety disorder
- B. Thought withdrawal
- C. Schizophrenia
- D. Delusion

Answer: A

Explanation:

Correct answer: Anxiety disorder

Mental disorders in which the dominant mood is fear and apprehension are anxiety disorders. Delusions are fixed beliefs that are not shared by others of a person's culture or background and cannot be changed by reasonable argument. Schizophrenia is a complex mental disorder with typical onset occurring during early adulthood. Dysfunctional symptoms usually become more prominent over time and include delusions, hallucinations, apathy, mutism, flat affect, and anhedonia. Other symptoms include erratic speech, emotional responses, and motor behavior. Thought withdrawal is the belief that thoughts are being removed from one's mind.

Question: 11

Splinting a suspected fracture properly achieves all the following except:

- A. Provide pain relief
- B. Prevent blood loss
- C. Prevent further fractures
- D. Prevent further nerve or muscle damage

Answer: C

Explanation:

Correct answer: Prevent further fractures

Properly splinting a suspected fracture can prevent blood loss, prevent further nerve or muscle injury, and relieve pain. Fractures occur due to a force being applied, resulting in injury. A splint would not prevent further fractures.

Question: 12

Which of the following is not a sign of an airway obstruction in a pediatric patient?

- A. Ineffective cough
- B. Increasing respiratory difficulty with stridor
- C. Rapid respiratory rate
- D. Inability to speak or cry

Answer: C

Explanation:

Correct answer: Rapid respiratory rate

A rapid respiratory rate does not mean airway obstruction but can be a sign of respiratory distress.

Signs of airway obstruction in a pediatric patient include ineffective cough (no sounds), inability to speak or cry, increasing respiratory difficulty with stridor, cyanosis, and loss of consciousness.

Question: 13

A prominence of the jugular veins caused by increased volume or increased pressure within the central venous system or thoracic cavity is referred to as which of the following?

- A. Carotid stenosis
- B. Carotid bruit
- C. Jugular stenosis
- D. Jugular vein distention

Answer: D

Explanation:

Correct answer: Jugular vein distention

Jugular Vein Distention (JVD) suggests an increased intravenous pressure, possibly indicating a tension pneumothorax, right-sided heart failure, or cardiac tamponade. It is measured with the patient sitting at a 45-degree angle. Lack of JVD in the supine position in combination with tachycardia, altered mental status, and poor perfusion suggests hypovolemia.

Question: 14

The fear of entering a public place from which escape may be impeded is which of the following?

- A. Echolalia
- B. Anxiety disorder
- C. Panic disorder
- D. Agoraphobia

Answer: D

Explanation:

Correct answer: Agoraphobia

Agoraphobia is, literally, a fear of the marketplace. It is the fear of entering a public place from which escape may be impeded.

Panic disorder is characterized by sudden, usually unexpected and overwhelming feelings of fear and dread, accompanied by a variety of other symptoms produced by a massive activation of the autonomic nervous system. Anxiety disorders are mental disorders in which the dominant mood is fear and apprehension. Echolalia is the meaningless echoing of an interviewer's words by the patient.

Question: 15

What is the term for premature separation of the placenta from the wall of the uterus?

- A. Abruptio placentae
- B. Preeclampsia
- C. Abortion
- D. Placenta previa

Answer: A

Explanation:

Correct answer: Abruptio placentae

Abruptio placentae is a premature separation of the placenta from the uterine wall; also called placental abruption, it typically presents with bleeding, uterine contractions, and fetal distress.

Delivery of the fetus and placenta before 20 weeks' gestation is a spontaneous abortion, also referred to as miscarriage.

Placenta previa is an obstetric complication that presents as painless vaginal bleeding due to the development of the placenta near or over the internal cervical os.

Preeclampsia is a vascular disorder of widespread endothelial malfunction and vasospasm occurring after 20 weeks' gestation and up to 4-6 weeks postpartum. It is diagnosed by hypertension (>140 SBP) and proteinuria (>3.5g/day), with or without edema.

Question: 16

Management of nondelivery emergencies during pregnancy includes which of the following?

- A. Patient positioning, glucose monitoring, administration of oxygen, and emotional support
- B. Administration of oxygen, glucose monitoring, patient positioning, and emotional support
- C. Administration of oxygen, glucose monitoring, patient positioning, and IV fluid administration
- D. Patient positioning, administration of oxygen, IV fluid administration, and emotional support

Answer: D

Explanation:

Correct answer: Patient positioning, administration of oxygen, IV fluid administration, and emotional support

Management of nondelivery emergencies includes patient positioning, administration of oxygen, IV fluid administration as needed, and emotional support.

Question: 17

Your patient is a 31-year-old female who had an acute onset 1 hour ago of urticaria on her abdomen, neck, back, and arms after putting on a team uniform shirt. She denies any allergies or medical conditions and has not had anything by mouth except water for several hours. Her lungs are clear, and vitals are BP148/90, HR88, RR26, Spo2 99%.

What drug would be the most appropriate for this patient to receive?

- A. Epinephrine
- B. Albuterol
- C. Diphenhydramine (Benadryl)
- D. Oxygen

Answer: C

Explanation:

Correct answer: Diphenhydramine (Benadryl)

This patient is exhibiting signs of a local allergic reaction. Most likely to the detergent or fabric dye in the uniform shirt she put on. The most appropriate medication for her is Benadryl.

Epinephrine is indicated in anaphylaxis, but this patient is not exhibiting signs and symptoms of anaphylaxis. These signs include respiratory distress, wheezing, edema, hypotension, and tachycardia. This patient is not exhibiting signs of bronchospasm or hypoxia, so Albuterol or oxygen are not appropriate for this patient.

Question: 18

The bite of a black widow spider is which of the following?

- A. Harmless
- B. Neurotoxic
- C. Cytotoxic
- D. Septic

Answer: B

Explanation:

Correct answer: Neurotoxic

The bite of a black widow spider is often overlooked. If the site becomes numb right away, the patient may not even recall being bitten. Most black widow spider bites cause immediate localized pain and symptoms, including agonizing muscle spasms. The black widow's venom is neurotoxic and can damage nerve tissue.

Systemic symptoms include dizziness, sweating, vomiting, and rashes. A bite to the abdomen may cause muscle spasms so severe that the patient is believed to have acute peritonitis. Clean the site with soap and water, and apply an ice pack. Transport the patient to the ED as soon as possible, and if possible, safely bring the spider to the hospital or take a photo and send it to the hospital so they can definitively identify it.

Question: 19

Which of the following obstetrical emergencies poses the greatest risk to the fetus?

- A. Uterine rupture
- B. Abruptio placenta
- C. Placenta previa
- D. Placenta previa

Answer: A

Explanation:

Correct answer: Uterine rupture

All the possible answers pose some risk to the fetus, but uterine rupture has a fetal mortality rate of 70% to 80% and poses the highest risk.

Question: 20

You are directed to assume the role of triage at a mass-casualty incident. Your patient is a 50-year-old male screaming in pain with an obviously deformed left femur. He is alert with adequate respirations and a strong radial pulse. What category/triage tag color should he be assigned?

- A. Yellow tag
- B. Red tag
- C. Green tag
- D. Black tag

Answer: A

Explanation:

Correct answer: Yellow tag

This patient with an obvious femur fracture requires treatment and transportation. However, it can be delayed for a short time, allowing medical personnel to tend to more immediate injuries.

Patients at mass-casualty incidents with injuries such as burns without airway compromise, major multiple bone or joint injuries, and back injuries with or without spinal cord damage are typically categorized as second priority. These are patients whose treatment and transport can be temporarily delayed. They should receive a yellow tag.