

NREMT^{Q&As}

National Registry Emergency Medical Technician

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QUESTION 1

- A 70-year-old patient is complaining of shortness of breath. She has a history of emphysema. You should
- A. Withhold oxygen, since these patients do not respond to oxygen.
- B. Withhold oxygen, because you could eliminate the hypoxic drive.
- C. Administer oxygen, because in most cases, the hypoxic drive will not be a problem.
- D. Withhold oxygen, because these patients become apneic if they receive high-flow oxygen.

Correct Answer: C

While it may be true that providing high levels of oxygen over prolonged time periods may cause the hypoxic drive to fail, it is a rare occurrence in the prehospital field. With the complaint of shortness of breath, it is better to ensure that the patient is fully oxygenated rather than taking a chance that she is hypoxic. The EMT-Basic is prepared to ventilate the patient if she goes into respiratory arrest due to the high levels of oxygen.

QUESTION 2

Of the following, which item is not a desired outcome of continued quality improvement (CQI) programs in an EMS system?

- A. Provide statistics on call volume, patient profiles, and skills performed.
- B. Develop and implement a disciplinary policy for any type of variance in care rendered by the EMS providers.
- C. Allow the opportunity to identify potential topics for continuing education for the system\\'s emergency providers.
- D. Provide a system of internal checks and balances that assures quality care is delivered, and system weaknesses are identified.

Correct Answer: B

The benefits of a well-run Continuous Quality Improvement program for an Emergency Medical Service system goes well beyond the ability to assess system performance. It allows for the collection of data for statistical analysis, provides a means by which areas of system weakness can be determined and addressed in a checks and balance manner, and also allows the ability to determine what type of continuing education courses may be offered since many times case studies are done on interesting calls. One thing that Continuous Quality Improvement programs should not do is develop and implement punitive recourses, should an area of improvement be identified. This would lead to providers who get better at hiding system weaknesses through inaccurate patient care reports and who are apprehensive to bring up concerns with management.

QUESTION 3

You arrive to find the patient actively seizing. What is your primary concern with this patient?

A. What type of seizure is the patient having:



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- B. Past medical history
- C. Last seizure
- D. Airway

Correct Answer: D

When a patient is actively seizing all muscles are contracting erratically with out coordination so there are ineffective respirations. Plus with every muscle contracting there is an increase in oxygen demand so the patient will be in oxygen debt.

Also there may be a partial or complete airway obstruction.

QUESTION 4

Statements from patients are used as assessment tools, which of the following statements about stroke symptoms should cause the clinician to use a higher index of suspicion?

- A. This is the worst head ache I have ever had.
- B. This head ache is behind my right eye.
- C. My head is throbbing.
- D. Bright light causes my head to hurt worse.

Correct Answer: A

"This is the worst head ache I have ever had." this statement should not be ignored or considered to the dramatic, it should cause the clinician to modify their assessment to include a hemorrhagic stroke in their differential. All of the other statements do classify the intensity of their head ach and it may not rule out a stroke, however the statement of the worst head ach should alert you to the possibility of a more acute findings.

QUESTION 5

In any traumatic event where there is tissue damage which is bleeding, the bleeding needs to be controlled. Which is the proper steps to bleeding control?

- A. Direct pressure, elevation, tourniquet, digital pressure
- B. Direct pressure, digital pressure, elevation, tourniquet
- C. Tourniquet, elevation, pressure dressing, direct pressure
- D. Direct pressure, pressure dressing, tourniquet

Correct Answer: B

Direct pressure stops 90% of all bleeding. If direct pressure does not work in the first minuet or two digital



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pressure points, compress the artery proximal to the bleeding, elevation and finally a tourniquet if not controlled or excessive bleeding.

Pressure dressings should only be used once bleeding has stopped.

QUESTION 6

As the head of the Quality Assurance Committee for your service, you review all patient care reports prior to passing them on to the medical director. On one trip sheet, you note the following narrative: Patient states that he cannot move his bowls and has had abdomenal pane for three weaks. Patient also states that he has had a fever and took too Tylenol tablets this morming, but then became naseated. What advice would you give the paramedic regarding this report?

- A. Have the EMT-B do all of the documenting.
- B. Make up abbreviations for any words he is unsure of how to spell.
- C. Only document what you know how to spell.
- D. Get a dictionary and look up any questionable words when documenting.

Correct Answer: D

Proper spelling is critical to prehospital documentation. Documentation containing spelling mistakes looks unprofessional and can cast doubt on the quality of care provided. Therefore, it is best to advise the paramedic to use a dictionary and look up any and all words that he is unsure of how to spell. Having the EMT-Basic document the advanced level care is inappropriate. However, it would not be inappropriate to have the EMT read over the documentation to point out spelling errors. Making up abbreviations for words the paramedic is unsure of how to spell can create additional confusion and is not considered good practice. Just documenting the aspects of patient care for which the paramedic is comfortable with spelling creates incomplete documentation and is likewise inappropriate.

QUESTION 7

Please answer the following question. You are treating a 24-year-old female with a gunshot wound to the right side of the back. No exit wound is visible. She is awake but confused. Her skin is pale and diaphoretic with cyanosis noted to the oral mucosa. Breath sounds are clear and equal bilaterally. Jugular vein distention is present. Blood pressure is 90/78 mmHg, heart rate is 124 beats per minute, and respiratory rate is 28 per minute and labored. Sinus tachycardia is seen on the cardiac monitor. What condition do you think is most likely present with this patient?

- A. Hemothorax
- B. Tension pneumothorax
- C. Pericardial tamponade
- D. Lacerated aorta

Correct Answer: C

Pericardial tamponade causes decreased cardiac output as seen by pale skin and hypotension. In addition, jugular vein distention may seen along with a narrowed pulse pressure. Other signs and symptoms include tachycardia, respiratory difficulties, and cyanosis of the face, neck, and arms. With tension pneumothorax or a significant hemothorax,



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decreased or absent breath sounds will be present.

QUESTION 8

This practice of protecting yourself and your patient from the transfer of bodily fluids is known as what

- A. Wearing Gloves
- B. Body Substance Isolation
- C. Universal Precautions
- D. Being Safe

Correct Answer: B

Body substance isolation is a practice of isolating all body substances (blood, urine, feces, tears, etc.) of individuals undergoing medical treatment, particularly emergency medical treatment of those who might be infected with illnesses such as HIV, or hepatitis so as to reduce as much as possible the chances of transmitting these illnesses

QUESTION 9

In order to assist intubation, a paramedic may utilize Sellick\\'s maneuver. What cartilage are you compressing?

- A. Cricoid cartilage
- B. Aryepiglottic cartilage
- C. Thyroid cartilage
- D. Hyoid cartilage

Correct Answer: A

While all of theses structures are in the same general area, the paramedic specifically utilizes the Cricoid cartilage. This is particularly important since this is the only "full ring" cartilage

QUESTION 10

The physiological function of insulin is to promote utilization of glucose by the cells. What would happen to a patient with a low level of insulin?

- A. Glucose would remain in the cell and would not be functional.
- B. The level of insulin outside of the cell would be insufficient and would not break down the glucose.
- C. The level of insulin inside the cell would be insufficient and would not break down the glucose.
- D. Glucose would remain on the outside of the cell and would not be broken down.

Correct Answer: D



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Insulin is a hormone that is responsible for transporting glucose into the cell where it can be metabolized and made into energy. With a low level of insulin, very little sugar can be metabolized; the result is that the cells\\' ability to function is drastically reduced.

QUESTION 11					
When approaching a scene of trauma incident your first order of business?					
A. Airway					
B. C-Spine control					
C. Body substance Isolation					
D. Scene safety					
Correct Answer: D					
Scene safety must be the first order of business upon approaching the scene, if you are injured then you can not help those you were called to help, plus you will now compound the incident since you are now a victim. Body substance isolation is important after you arrive the scene and approach the patient (s). Once you find the patient then Airway/C-spine control are the next steps.					
QUESTION 12					
Which chamber of the heart pumps oxygen-rich blood out to the body tissues?					
A. Right atrium					
B. Right ventricle					
C. Left atrium					
D. *Left ventricle					
Correct Answer: D					
Oxygen-rich blood reaches the left atrium from the lungs via the pulmonary veins; then, the left ventricle pumps it out to the rest of the body.					
QUESTION 13					
Anaphyltic shock is a form of distributive shock where the blood vessels?					
A. Militate					
B. Constrict					
C. Leak					
D. Semipermible					



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Correct Answer: A

Due to the chemical release from the immune system bronchioles constrict and blood vessels to dilate dropping the blood pressure. Capillaries become permeable and leak a little causing hives to form on the skin. Distributive shock is difficult to recognize in the field, heart rate remains relatively low, skin is flushed due to the dilatation of the blood vessels.

QUESTION 14

Two lar	rae tubes	that bring	air two	and from	the lungs.

- A. Bronchi
- B. Larynx
- C. Diaphragm
- D. Ronchi

Correct Answer: A

The Trachea leads to the Bronchi which leads into the Bronculiolis.

QUESTION 15

Your patient has an injury that consists of overstretched and torn ligaments. What type of injury does this patient have?

- A. Strain
- B. Sprain
- C. Fracture
- D. Dislocation

Correct Answer: B

In a pre-hospital setting, you would treat all of the above injuries the same, but this particular injury is a sprain. Sprains occur to the ligaments, dislocations are in the joint, fractures are bone related, and strains are muscle injuries.

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