

# Preparing for NREMT CAT



**Training Program:**

**Glendale Community College**

**2007 - 2010**

The results of your report request are as follows:

<b>Attempted The Exam</b>	<b>First Attempt Pass</b>	<b>Cumulative Pass Within 3 Attempts</b>	<b>Cumulative Pass Within 6 Attempts</b>	<b>Failed All 6 Attempts</b>	<b>Eligible For Retest</b>	<b>Did Not Complete Within 2 Years</b>
1150	70%	80%	81%	0%	10%	9%

**Training Program:**

**Nation Wide (All Programs)**

**2007 - 2010**

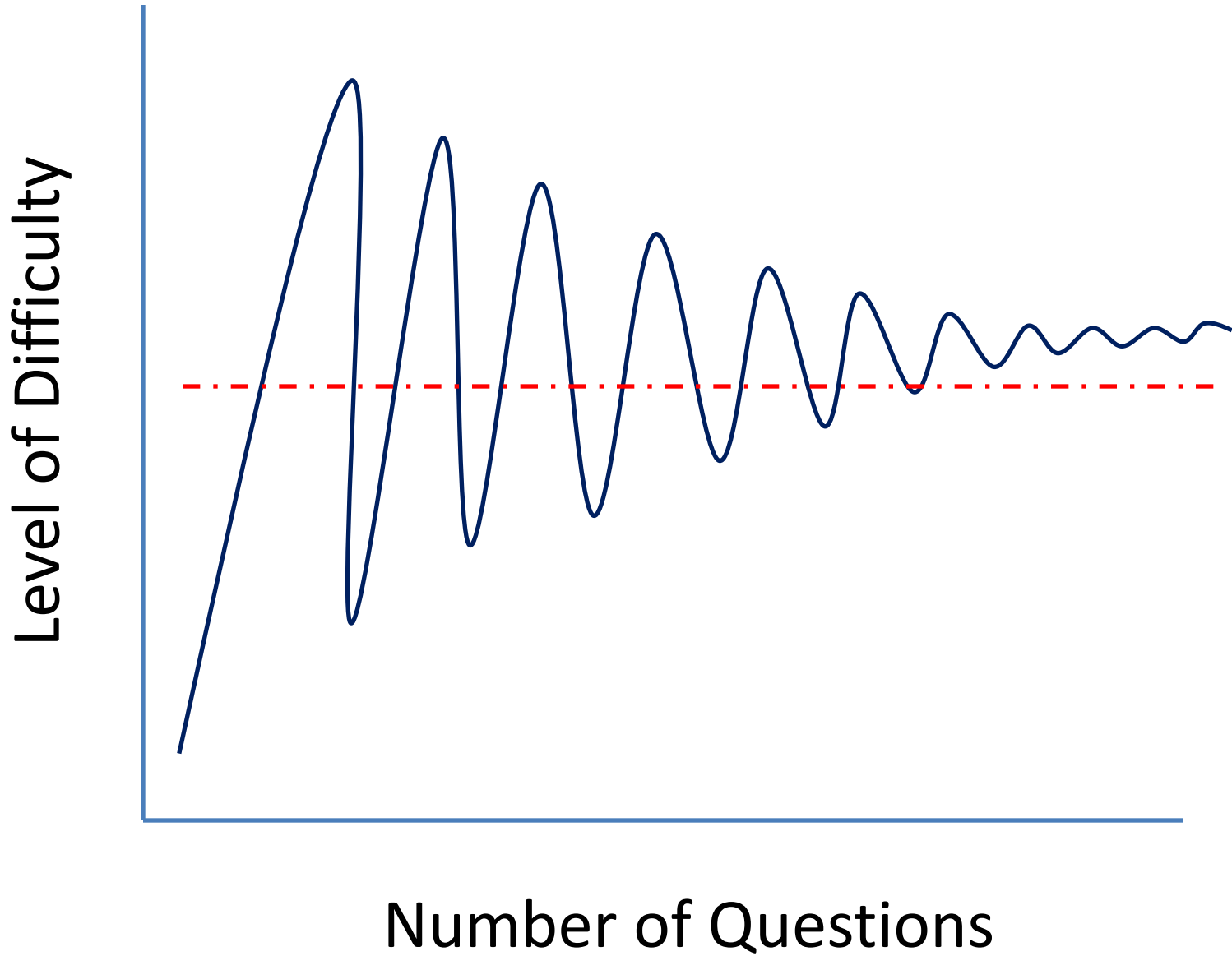
The results of your report request are as follows:

<b>Attempted The Exam</b>	<b>First Attempt Pass</b>	<b>Cumulative Pass Within 3 Attempts</b>	<b>Cumulative Pass Within 6 Attempts</b>	<b>Failed All 6 Attempts</b>	<b>Eligible For Retest</b>	<b>Did Not Complete Within 2 Years</b>
276778	66%	78%	79%	0%	11%	10%

# Test Q&A

- How much is the test?
  - EMT: \$70
  - Medic: \$110
- When can I take it?
- Where do I take it?
- When will I get the results?

- What is CAT?
- Why is my score predetermined?
- What is the “95% confidence” requirement?
- What is this about “task analysis”?



# When Does the Test End?

- EMT Test
  - 2 Hour Time Limit
  - 70 - 120 Questions
  - Pass or Fail
- Paramedic Test
  - 2.5 Hour Time Limit
  - 80 – 150 Questions
  - Pass or Fail

# What's on the EMT Test?

<b>EMT-Basic</b>	<b>% by Section in 2010</b>
<b>Airway, Respiration &amp; Ventilation</b>	<b>17 – 21%</b>
<b>Cardiology and Resuscitation</b>	<b>16 – 20%</b>
<b>Trauma</b>	<b>19 – 23%</b>
<b>Medical and OB/Gyn</b>	<b>27 – 31%</b>
<b>EMS Operations</b>	<b>12 – 16%</b>
<b>TOTAL</b>	<b>100%</b>

85% Adult / 15% Peds  
(Excluding Operations)

# What's on the Paramedic Test?

<b>EMT-Paramedic</b>	<b>% by Section in 2010</b>
<b>Airway, Respiration &amp; Ventilation</b>	<b>17 – 21%</b>
<b>Cardiology and Resuscitation</b>	<b>17 – 21%</b>
<b>Trauma</b>	<b>18 – 22%</b>
<b>Medical and OB/Gyn</b>	<b>26 – 30%</b>
<b>EMS Operations</b>	<b>12 – 16%</b>
<b>TOTAL</b>	<b>100%</b>

85% Adult / 15% Peds  
(Excluding Operations)

# Things to Note!

- Stroke related questions included in Cardiac/Resusc category
- No going back on test
- Questions must be job related
- Importance of tasks are based upon:
  - Frequency (never – over once per week)
  - Potential of harm (little potential – extreme potential)
  - $\frac{1}{3}$  (Frequency) +  $\frac{2}{3}$  (Potential for harm)

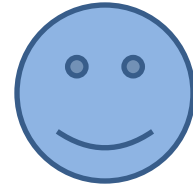
# National Registry...

- Likes
  - Scenario based questions
  - Priority of tx questions
  - High importance-scale questions
  - Long walks on the beach
- Does NOT Like
  - “all of the above”
  - “none of the above”
  - “except”
  - Unnecessary verbage
  - Negativism

# Help Me Get Ready!

- Making Flashcards!
  - Read actively (and make flashcards)
  - Seek questions (and make flashcards)
- Studying Flashcards!
  - Prioritize topics (weakest to strongest)
  - Consider minimizing Operations
  - Keep cards with you

# Good Flashcard



Medical (pharmacology)

Indications for nitroglycerin

# Bad Flashcard



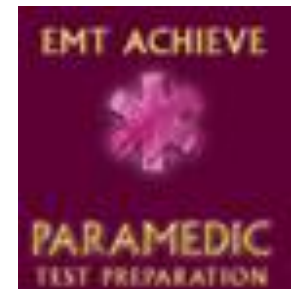
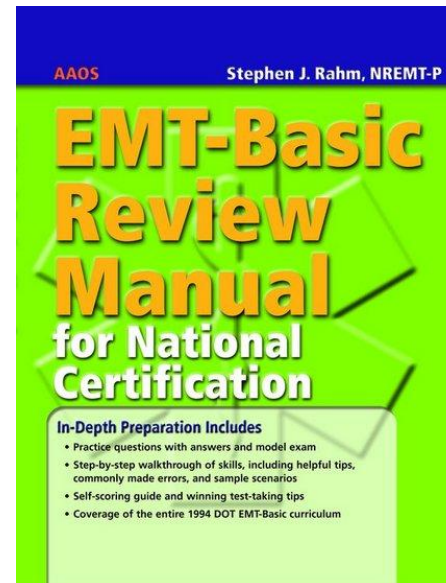
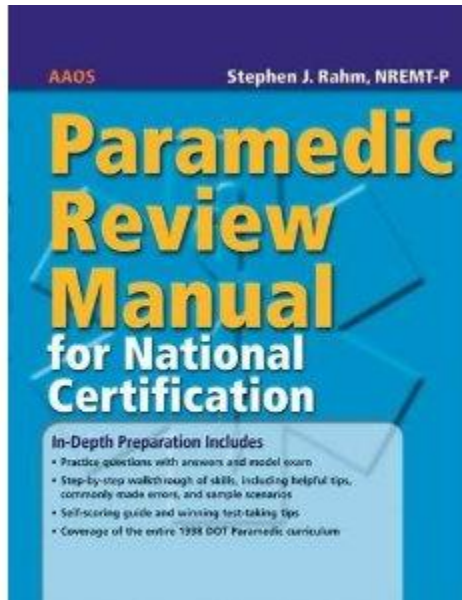
Know everything about nitroglycerin

# What Have YOU Done For ME?

- Blackboard
- WMD Online
- Pepp Online
- Online quizzes
- Workbook
- NREMT.org
- Alumni email
- Study guides
- Textbook
- Open lab
- Topic outlines
- Exam prep
- Study sessions

# I Still Want More

- EMT Achieve
- J&B Test Prep
- EMT-B Review Manual



# Your NR Prep Plan

- Live flashcards
- Work weak to strong
- Schedule test at half way point
- It's not every day, it's x/day

# Saddle Up

- During transport of a patient with a head injury, which assessment factor will provide you with the most information about the patient's condition?
  - A. Pupil size
  - Heart rate
  - Mental status
  - Blood pressure

# NOT high on Importance Scale

- Define stridor:
  - A. airway sound caused by excessive fluid build up in the lungs
  - B. high pitched sound in the lower airway
  - C. airway sound heard only during in inhalation
  - D. high pitched sound in the upper airway

# HIGH on Importance Scale

- What is the significance of a patient exhibiting stridor?
  - A. the patient has a partial upper airway obstructions
  - B. the patient is in congestive heart failure
  - C. the patient requires abdominal thrusts
  - D. the patient is in cardiac arrest

- You are transporting a patient with a fractured ulna. Where should you assess distal circulation?
  - A. radial pulse
  - B. pedal pulse
  - C. brachial pulse
  - D. carotid pulse

- An elderly man is found lying unresponsive in bed. You should first:
  - A. begin chest compressions
  - B. check for breathing
  - C. attach the AED
  - D. contact medical direction

- When ventilating an apneic patient with a BVM, you must make sure:
  - A. an airway has been inserted
  - B. you are positioned at the patient's head
  - C. ventilations are provided at 20 breaths per minute
  - D. the pop-off valve remains open

- Which of the following would most likely cause a dangerous drop in a patient's blood glucose level?
  - A. forgetting to take insulin as scheduled
  - B. taking too much insulin
  - C. exercising shortly after eating
  - D. eating directly after taking insulin

- Following blunt trauma, your patient is coughing up bright red blood. You should suspect:
  - A. abdominal bleeding
  - B. gastrointestinal bleeding
  - C. bleeding in the lungs
  - D. myocardial damage

- During a neurological exam, you note that your patient exhibits facial droop and arm drift. You should suspect:
  - A. a stroke
  - B. a seizure
  - C. a diabetic emergency
  - D. a cardiac emergency

- Your patient is confused, breathing 28 times per minute and shallow. You should first:
  - A. conduct a detailed physical exam
  - B. initiate transport
  - C. check a blood glucose
  - D. begin BVM ventilations

# Please Note

- If you are viewing this presentation from our website, it will not be as much help without some advisement from one of our knowledgeable faculty.
- If you need assistance preparing for the NREMT exam, contact the EMT Dept at 623.845.3205 or [chris.coughlin@gcmail.maricopa.edu](mailto:chris.coughlin@gcmail.maricopa.edu)