



Community Paramedic Exam Prep

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Practice Questions

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1. Which of the following is NOT considered a social determinant of health?

- A. Neighborhood environment
- B. Economic stability
- C. Education access
- D. Genetic makeup

2. A community paramedic is working in a rural area with limited healthcare resources. Which approach would be most effective in identifying the community's health needs?

- A. Use national health statistics
- B. Rely solely on emergency call data
- C. Conduct a community health assessment
- D. Ask the local hospital for patient demographics

3. Which resource would be MOST appropriate to refer a community member who needs assistance with affordable housing?

- A. Supplemental Nutrition Assistance Program (SNAP)
- B. Housing and Urban Development (HUD) programs
- C. Medicare
- D. Workforce Innovation and Opportunity Act (WIOA) services

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4. A community paramedic notices that many patients in a specific neighborhood have uncontrolled diabetes. Which social determinant of health should be assessed FIRST?

- A. Food insecurity and access to healthy food options
- B. Unemployment rate in the area
- C. Educational attainment of residents
- D. Crime statistics for the neighborhood



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5. When working with an immigrant community that has limited English proficiency, which of the following approaches demonstrates cultural competence?

- A. Assuming all members share the same cultural beliefs
- B. Speaking louder to help them understand
- C. Using simplified medical terminology
- D. Using professional interpreters rather than family members

6. A community paramedic is working with a patient who has recently been diagnosed with substance use disorder. Which community resource would be MOST appropriate to include in their care plan?

- A. Meals on Wheels
- B. Adult protective services
- C. Substance use disorder treatment programs
- D. Medicare enrollment assistance

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7. Which of the following is a barrier to healthcare access that community paramedics commonly encounter in rural communities?

- A. Excessive healthcare options
- B. Transportation limitations
- C. Over-utilization of preventive services
- D. Too many competing healthcare providers

8. A community paramedic identifies that a high percentage of residents in a neighborhood have untreated hypertension. The MOST appropriate next step would be to:

- A. Collaborate with local health organizations to establish blood pressure screening clinics
- B. Focus on diabetes education instead
- C. Recommend everyone visit their primary care provider
- D. Develop a community exercise program

9. In conducting a community needs assessment, which data source would provide the MOST comprehensive information about a community's health status?

- A. Community surveys alone
- B. Emergency department utilization rates
- C. Census demographic data
- D. A combination of quantitative and qualitative data from multiple sources



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10. A pregnant teenager with limited family support is identified during a home visit. Which community resource would be MOST beneficial to include in her care plan?

- A. Adult protective services
- B. General parenting classes
- C. Prenatal support programs for adolescents
- D. Senior center activities

11. Which of the following is the MOST effective approach for a community paramedic to identify existing health programs in a community?

- A. Reviewing only hospital discharge data
- B. Consulting with the local health department
- C. Relying solely on internet searches
- D. Checking social media platforms

12. A community paramedic is working in a neighborhood with a high percentage of non-English speaking residents. The MOST important consideration when developing health education materials is:

- A. Creating materials in the languages spoken by community members
- B. Using advanced medical terminology
- C. Including complex statistical data
- D. Focusing on rare health conditions

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13. When assessing a community's mental health needs, which data source would provide the MOST relevant information?

- A. Housing prices in the area
- B. Traffic accident statistics
- C. High school graduation rates
- D. Mental health service utilization and availability data



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14. A community paramedic identifies that many elderly residents are experiencing falls in their homes. The MOST appropriate community-based intervention would be:

- A. Developing nutrition classes for children
- B. Creating a community swimming program
- C. Establishing home safety assessment and modification programs
- D. Organizing community clean-up events

15. Which aspect of cultural competence is MOST important for a community paramedic to demonstrate when working with diverse populations?

- A. Ability to speak multiple languages
- B. Awareness of one's own cultural biases and assumptions
- C. Knowledge of every cultural practice
- D. Personal experience living abroad

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16. A community has a high rate of childhood asthma. Which social determinant of health should be prioritized in addressing this issue?

- A. Housing quality and environmental exposures
- B. Access to recreational facilities
- C. Public transportation availability
- D. Community literacy rates

17. Which approach would be MOST effective in identifying the needs of community members with disabilities?

- A. Relying solely on census data
- B. Reviewing only medical records
- C. Consulting exclusively with healthcare providers
- D. Engaging directly with disability advocacy organizations and individuals with disabilities

18. A community paramedic observes that many patients are not adhering to medication regimens due to cost concerns. The MOST appropriate resource to connect them with would be:

- A. Job training services
- B. Housing assistance
- C. Prescription assistance programs
- D. Childcare subsidy programs



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19. When working with a community that has a high rate of substance use disorders, which approach demonstrates understanding of social determinants of health?

- A. Focusing exclusively on individual willpower
- B. Addressing underlying factors such as unemployment, trauma, and limited access to mental health services
- C. Promoting abstinence as the only solution
- D. Suggesting relocation to a different community

20. In a community with a significant immigrant population, which factor is MOST important to consider when conducting a health needs assessment?

- A. Immigration status-related barriers to accessing services
- B. Political affiliation of community members
- C. Length of time residents have lived in their current homes
- D. Brand preferences for over-the-counter medications

21. During a home visit for a patient with active tuberculosis, which level of PPE is most appropriate?

- A. Standard surgical mask only
- B. Standard surgical mask and gloves
- C. Full isolation gown, face shield, and gloves
- D. N95 respirator and gloves

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22. Which of the following is the most effective coping strategy for a community paramedic experiencing compassion fatigue?

- A. Using alcohol to relax after difficult shifts
- B. Working additional shifts to stay busy
- C. Seeking professional counseling
- D. Avoiding discussions about work stress



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23. What is the first step a community paramedic should take when entering a patient's home where domestic violence is suspected?

- A. Immediately confront the suspected abuser
- B. Assess for safety hazards and ensure a clear exit path
- C. Call law enforcement before entering
- D. Focus solely on patient assessment

24. A community paramedic notices they feel increasingly cynical about patients and emotionally exhausted. These symptoms most likely indicate:

- A. Burnout
- B. Normal adaptation to the profession
- C. Depression requiring immediate medication
- D. Lack of professional commitment

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25. When transferring a bariatric patient from bed to chair in a home setting, the community paramedic should:

- A. Decline the transfer until the patient loses weight
- B. Attempt the transfer alone to respect patient privacy
- C. Ask family members to perform the transfer
- D. Use mechanical aids when available and request additional personnel

26. Which of the following represents an appropriate emotional boundary for a community paramedic?

- A. Becoming emotionally invested in every patient's outcome
- B. Sharing personal phone number with patients who need support
- C. Showing empathy while maintaining professional distance
- D. Avoiding emotional connection with patients entirely

27. During a home visit, you notice drug paraphernalia and multiple unknown individuals in the home. Your best action is to:

- A. Ignore the paraphernalia and continue with patient assessment
- B. Politely end the visit and reschedule in a safer environment
- C. Confront the individuals about illegal drug use
- D. Call law enforcement while still in the home



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28. Which physical activity is most recommended for community paramedics to maintain their physical fitness and prevent back injuries?

- A. Core strengthening exercises
- B. High-intensity interval training only
- C. Weekend recreational sports
- D. Occasional stretching when pain occurs

29. A community paramedic who has been working with a terminally ill patient for six months begins to experience grief after the patient's death. The most appropriate response is to:

- A. Take extended time off work
- B. Suppress emotions to maintain professionalism
- C. Request immediate reassignment to different cases
- D. Acknowledge the grief as normal and seek peer support

30. When entering a home with multiple dogs that appear aggressive, the community paramedic should:

- A. Use pepper spray if the dogs approach
- B. Proceed with caution and try to make friends with the dogs
- C. Request that the dogs be secured in another room before entering
- D. Refuse service unless the dogs are removed from the home



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Answer Key & Explanations

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1. D — Genetic makeup

While economic stability, education access, healthcare access, and neighborhood environment are all social determinants of health, an individual's genetic makeup is a biological factor rather than a social determinant.

2. C — Conduct a community health assessment

Conducting a community health assessment is the most effective approach as it systematically collects, analyzes, and disseminates information on community health status, health determinants, and health needs. This provides a comprehensive understanding of the community's specific health challenges.

3. B — Housing and Urban Development (HUD) programs

Housing and Urban Development (HUD) programs are specifically designed to provide assistance with affordable housing, making this the most appropriate referral for housing needs.

4. A — Food insecurity and access to healthy food options

Food insecurity and access to healthy food options should be assessed first as it directly impacts blood glucose control and is a key social determinant affecting diabetes management. Limited access to nutritious foods can make diabetes management extremely challenging.

5. D — Using professional interpreters rather than family members

Using professional interpreters rather than family members demonstrates cultural competence as it ensures accurate communication while respecting privacy and confidentiality. Using family members as interpreters can compromise confidentiality and may lead to inaccurate information exchange.

6. C — Substance use disorder treatment programs

Substance use disorder treatment programs are specifically designed to address addiction issues through evidence-based interventions, making them the most appropriate resource for someone with a substance use disorder.

7. B — Transportation limitations

Transportation limitations are a significant barrier to healthcare access in rural communities where public transportation may be limited or nonexistent, and distances to healthcare facilities are often greater than in urban areas.

8. A — Collaborate with local health organizations to establish blood pressure screening clinics

Collaborating with local health organizations to establish blood pressure screening clinics is the most appropriate next step as it directly addresses the identified health need (untreated hypertension) by providing accessible screening services within the community.

9. D — A combination of quantitative and qualitative data from multiple sources

A combination of quantitative and qualitative data from multiple sources provides the most comprehensive information as it includes both statistical data and contextual information about community perceptions, experiences, and needs.



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10. C — Prenatal support programs for adolescents

Prenatal support programs for adolescents would be most beneficial as they are specifically designed to address the unique needs of pregnant teenagers, including medical care, education, and social support.

11. B — Consulting with the local health department

Consulting with the local health department is the most effective approach as health departments typically maintain comprehensive information about existing health programs, services, and resources within their jurisdiction.

12. A — Creating materials in the languages spoken by community members

Creating materials in the languages spoken by community members is most important because language-appropriate materials ensure that health information is accessible and understandable to all community members, regardless of their English proficiency.

13. D — Mental health service utilization and availability data

Mental health service utilization and availability data provides the most relevant information about a community's mental health needs as it reveals both the demand for services and any gaps in service provision.

14. C — Establishing home safety assessment and modification programs

Establishing home safety assessment and modification programs is the most appropriate intervention as it directly addresses the environmental factors that contribute to falls among elderly residents.

15. B — Awareness of one's own cultural biases and assumptions

Awareness of one's own cultural biases and assumptions is most important because recognizing personal biases is the first step in providing culturally competent care. Without this awareness, a provider may unconsciously impose their cultural values on patients.

16. A — Housing quality and environmental exposures

Housing quality and environmental exposures should be prioritized as they directly impact respiratory health. Poor housing conditions (mold, dust, pest infestations) and environmental exposures (air pollution, secondhand smoke) are significant triggers for asthma.

17. D — Engaging directly with disability advocacy organizations and individuals with disabilities

Engaging directly with disability advocacy organizations and individuals with disabilities is most effective because it centers the voices and perspectives of those most affected, providing insights that might not be captured through other methods.

18. C — Prescription assistance programs

Prescription assistance programs are most appropriate as they specifically address medication affordability issues by providing financial assistance, discounts, or access to free medications for eligible individuals.

19. B — Addressing underlying factors such as unemployment, trauma, and limited access to mental health services

Addressing underlying factors such as unemployment, trauma, and limited access to mental health services demonstrates understanding of social determinants of health because it recognizes that substance use disorders often have social and economic root causes that must be addressed for effective intervention.



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20. A — Immigration status-related barriers to accessing services

Immigration status-related barriers to accessing services are most important to consider because immigration status can significantly impact an individual's willingness and ability to access healthcare and social services due to concerns about documentation requirements, confidentiality, and potential legal consequences.

21. D — N95 respirator and gloves

For patients with active tuberculosis, an N95 respirator is required to protect against airborne transmission, along with gloves for standard precautions. A gown and eye protection are not typically required unless there are concerns about splashes or sprays.

22. C — Seeking professional counseling

Seeking professional counseling is the most effective intervention for compassion fatigue, as it provides structured support and evidence-based strategies to address the emotional toll of caring for patients in difficult situations.

23. B — Assess for safety hazards and ensure a clear exit path

Assessing for safety hazards and ensuring an exit path is the critical first step when entering potentially volatile situations. Personal safety must be prioritized before patient care can be effectively delivered.

24. A — Burnout

Cynicism about patients and emotional exhaustion are classic symptoms of burnout, which is common in healthcare providers who work in stressful environments without adequate support or self-care.

25. D — Use mechanical aids when available and request additional personnel

Using mechanical aids when available and additional personnel is the safest approach for transferring bariatric patients, reducing the risk of injury to both the patient and providers.

26. C — Showing empathy while maintaining professional distance

Showing empathy while maintaining professional distance is the appropriate emotional boundary that allows for compassionate care without becoming overly involved in patients' lives, which can lead to burnout.

27. B — Politely end the visit and reschedule in a safer environment

Situational awareness requires continuous assessment of safety risks. When potential danger is identified, the paramedic should prioritize their safety by politely ending the visit and rescheduling in a safer environment.

28. A — Core strengthening exercises

Core strengthening exercises specifically target the muscles that support the spine and help prevent back injuries, which are common among healthcare providers who perform patient transfers and lifting.

29. D — Acknowledge the grief as normal and seek peer support

Acknowledging grief as a normal response allows the paramedic to process their emotions in a healthy way. Seeking peer support provides an opportunity to discuss feelings with colleagues who understand the unique challenges of the profession.

30. C — Request that the dogs be secured in another room before entering

Requesting the dogs be secured in another room is the most appropriate action that maintains both the paramedic's safety and respects the patient's attachment to their pets, allowing for a safe environment to provide care.



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