



NREMT Exam and State EMT Tests

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Taking the NREMT test or State EMT exam can be a painless experience if you are prepared with the knowledge of the course material AND an understanding of what to expect of the NREMT test itself. We have created this page to aid in answering some of the more common questions associated with taking NREMT and state EMT certification tests. This includes facts and advice related to taking and passing the exams. It is intended to aid the EMT candidate in his or her pursuit of certification and registration as an EMT B, EMT I or Paramedic.

* NREMT exam formatting has changed and will be noted next to information below and replaced as newer information becomes available

Facts about the NREMT Exam:

The NREMT First Responder Exam has 100 questions. * number now undetermined

The NREMT EMT-Basic Exam has 150 questions. * number now undetermined

The NREMT EMT-185 Exam has 150 questions. * number now undetermined

The NREMT EMT-199 Exam has 180 questions. * number now undetermined

The NREMT EMT-P Exam has 180 questions. * number now undetermined

- NREMT test questions are multiple choice with 4 potential answers. All questions are created by a committee of 10-20 EMS experts who must all agree that the question is in line with the practice analysis study that was done in 1999. These EMS experts make sure that there is only one "best" or "correct" answer and that "each incorrect answer has some level of plausibility". Additionally, each question and answer must be easily found in common text books used in teaching EMT classes.

- * As of January 1, 2007 the NREMT has changed it's exam formatting to a CBT (Computer Based Testing) method. Exams will no longer be delivered via a paper test and completed with a pencil. All testing will be performed at a computer work station.

- * The CBT that the NREMT is now utilizing is called CAT or (Computer Adaptive Testing) and each exam is tailored specifically to the individual EMT candidate. This testing method is considered state of the art and uses a theory called IRT (Item Response Theory). IRT is a statistical way to measure a person's ability based on the fact that the probability of a person answering a question correctly is directly related their ability and the difficulty level of the question. Combining CAT with IRT should make NREMT exams more precise, fair and accurate.

- * New CAT NREMT tests will deliver questions one at a time to the candidate and will NOT be randomly chosen. They are rated along the same ability scale as the candidate is exhibiting proficiency. The first questions on the exam are generally just below the passing standard. If a question is asked that is below the candidate's level of ability, The probability is high for the candidate to answer the question correctly. If a question asked is above a candidate's level of ability, they have a high probability of missing it. If the candidate answers the question correctly then a slightly more difficult question will be delivered next. As the difficulty of the questions increases, eventually the candidate will start to miss questions. The questions then become slightly easier and the candidate will begin to answer correctly again.

At this point in the exam the application algorithm calculates an ability estimate for this candidate and begins delivering questions that are slightly harder and slightly easier than the candidate's ability. As the CAT exam progresses, the ability estimate gets more and more precise as the pattern of right to wrong answers stabilizes around the clients true ability. The exam will end at the point when there is a 95% certainty that the candidate's true ability is above or below the passing standard.

- * CAT and IRT match the question difficulty to the candidate's perceived level of ability and this limits the number of questions delivered as well as increases accurateness.

- * Exam fees can be paid online at the NREMT website and are as follows:

NREMT- CFR \$65.00

NREMT- Basic \$70.00

NREMT- Intermediate \$100.00

NREMT- Paramedic \$110.00

- * If you do not pass the exam you may retake it after 14 days. This period is to provide you with time to study.
- * NREMT test results will now be available within 24-48 hours on the NREMT website. Check your exam results here www.nremt.org
- You can find a [NREMT test location](#) on this page of www.nremt.org

NREMT Practical Exams

The practical portion of the NREMT exam is not often given the attention that it deserves during EMT courses. Many times the instructor will only go over a practical skill once or twice in class. This does not provide the EMT student with adequate repetition to learn the skill well enough to pass an exam. Additionally some of the newest and most used text books still have the old NREMT skill sheets in them! Skills like Cardiac Arrest Management/AED have changed significantly and if you go into the exam and perform the skill according to old protocols you will fail the exam.

Here are links to the 15 potential EMT-B practical skill sheets and the 12 potential EMT-Paramedic practical skill sheets that you could be asked to perform. **THESE ARE DIRECTLY FROM THE NREMT NOT AN OUTDATED BOOK.**

NREMT Practical Skill Sheets	
EMT-Basic Level Skill Sheets	EMT-Paramedic Level Skill Sheets
Airway Oxygen and Ventilation - Upper Airway Adjuncts and Suction	Bleeding Control - Shock Management
Bag Valve Mask - Apneic Patient	Dual Lumen Airway Device
Bleeding Control - Shock Management	Dynamic Cardiology
Cardiac Arrest Management - AED	Intravenous Therapy
Immobilization Skills - Joint Injury	Patient Assessment - Medical
Immobilization Skills - Long Bone Injury	Pediatric Interosseous Infusion
Immobilization Skills - Traction Splinting	Pediatric (<2 years) Ventilatory Management
Mouth to Mask with Supplemental Oxygen	Spinal Immobilization - Seated Patient
Oxygen Administration	Spinal Immobilization - Supine Patient
Patient Assessment - Management Medical	Static Cardiology
Patient Assessment - Management Trauma	Ventilatory Management - Adult
Spinal Immobilization - Seated Patient	
Spinal Immobilization - Supine Patient	
Ventilatory Management - Dual Lumen Device Insertion Following an Unsuccessful Endotracheal Intubation Attempt * Yes this is an EMT-B skill	

[Ventilatory Management - Endotracheal Intubation](#)* Yes
this is an EMT-B skill

* Dual Lumen and ET tube skills are listed under the NREMT Basic Skill set. Your state or local protocols may not allow you to practice these skills, but they ARE BASIC NREMT SKILLS! Most EMT-B text Books even dedicate a chapter or appendix to advanced airway management, but we still get students saying, "Intubation is not in my scope of practice". You are welcome to argue with the NREMT about this.

Advice on how to take and pass the NREMT exam and state EMT tests:

This advice has been gleaned from dozens of sources. Information contained has been compiled from interviews with EMTs and Paramedics who have taken and passed the tests multiple times, EMS related discussion forums and nationally recognized test taking authorities.

What material to study for the NREMT exam:

- Technically you should know everything that was covered in the EMT course materials. There are no secret methods or insight than can replace proper test preparation, but some things are common. The tests are heavy in the basics. Know CPR and shock as well as all of the segment categories of the test itself i.e. airway and breathing, cardiac, medical, trauma, obstetrics, pediatrics and operations. Know the major components of the airway and the normal ranges of respiration for adults and pediatric patients. Know diabetic emergencies and the various causes of syncope.

The NREMT exam is NOT based upon the text book you used in your class. The exam is based upon the Department of Transportation EMT Curriculum. EMT text books only give you their interpretation of those standards.

- Remember, although the NREMT exam looks at a minimum requirement to pass, nobody wants a "just made it by the skin of the teeth" partner. Know your stuff.
- Obviously take advantage of the [EMT and Paramedic Practice Tests](#) here on our site.. There is detailed score tracking and exam review features that let you see your strong and weak areas while you continue to take exams and improve.

Before taking the NREMT exam or state test:

- Eat a well balanced diet and drink plenty of water the day before. Include B vitamin foods like bananas, oatmeal, raisins and get plenty of rest.
- Don't cram..... If you don't know it the night before the test, you will not likely know it for the test. Relax or sleep instead of cramming.
- Don't consume a bunch of coffee or sugar before the exam it will only make your anxiety worse.
- Study regularly over a period of weeks before your test. Maybe even skip the night before the exam.
- Know exactly where the test center is and arrive early to eliminate the stress of being late. Remember you have to be signed up for the test. You cannot just walk in and take it. Bring your photo ID and a couple pencils. Scrap paper will be provided for you and it must be turned in with your exam.
- When you go to take the test dress in multiple layers so that you can shed what you do not need and still be comfortable. Temperatures of testing centers can vary a great deal throughout the day especially if it is a rarely used room or building.
- Go to the bathroom before the test.

During the NREMT exam or state test:

- Look out for words like EXCEPT, ALWAYS, NEVER, MOST APPROPRIATE and other qualifiers. Anything that puts limits on the potential answer.

- Read the whole question thoroughly at least a couple of times and formulate the answer in your head BEFORE you look at the answer choices. If you look at the answer choices prior to understanding the question completely, you can be lead to choose an incorrect answer.
- There are 4 potential answers. Two of them can usually be eliminated right away after reading the question a couple times. Now you just have to decide the "best" choice between the two remaining answers.
- Do not complicate the scenario or situation. Do not bring elements into the questions that are not there. This will cause you to overlook the basics which is probably what the question is testing for.
- When you finish the test...go back and check your answers again if you have time. There is at least one question that you misread. Don't waste the last 25 minutes of the exam waiting out in the hall for your friends to finish.
- Relax, remember to breath adequately.....EMT



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