



# ACLS

(Advanced Cardiac Life Support)

## CERTIFICATION EXAM

# Q & A

## WITH EXPLANATIONS

FOR HEALTHCARE PROFESSIONALS AND STUDENTS  
UPDATED USING THE LATEST GUIDELINES AND RESEARCH

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Foreword by Dr. Peter “Tucker” Woods, DO

**Dickson Keanaghan, LLC**

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**Note:** Dickson Keanaghan developed this book to be a living, evolving document, and as such, intends to update this document as needed, and as new content becomes available. We welcome your participation to keep this book up to date. If you know of more recent developments, or have suggestions for other topics to cover within this publication, please let us know. Contact [JCKunzJr@DicksonKeanghan.com](mailto:JCKunzJr@DicksonKeanghan.com).

## Foreword



“Charging... I am going to shock on three. One, I’m clear... Two, you’re clear... Three, we’re all clear.” I will never forget the first time I had to utter those words during my first cardiac arrest.

There is nothing more intense - or intimidating for a newly trained provider - than delivering a jolt of electricity to a patient’s body during resuscitation. Nonetheless, this action, and all the other actions of Advanced Cardiac Life Support (ACLS), can make the difference between life and death. That is the goal of ACLS - to save a life! But first, of course, you will need to pass the ACLS course and receive your certification.

This new book by Michele and Joseph Kunz will not only help ensure that you succeed in your ACLS certification, but more importantly it will help prepare you for real-life—your first “code.” In fact, there is a section in the book entitled “10 Hot Tips for Surviving Your First Code.”

In terms of learning and preparing for your ACLS exam, there is no “one size fits all” approach. Different people learn in different ways. Some learn by visual cues, some by watching videos, some by practicing question after question, some by using flash cards, etc. What impressed me most about this book is that there is something for everyone - regardless of your method of learning. Michele and Joe have provided a wide variety of useful tools that will allow you to become masters of the material. Included are more than 100 practice questions, YouTube videos, their famous *Zombie Notes Study Charts*, and numerous helpful tips.

While taking an ACLS examination can be daunting, this book will assist you from beginning to end by keeping things simple - removing the intimidation, the anxiety and the complexity. Michele and Joe have years of teaching experience in preparing students for these examinations, and their formula of keeping it simple and using straightforward approaches works.

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As you read this book, you are bound to have “eureka moments” where you suddenly “get it” and are no longer confused about one or more ACLS processes that you had trouble understanding. The authors have a knack of explaining complex processes in an easy-to-understand method. Refreshing, too, are the ways in which they make it fun and functional, without any fluff. Michele goes so far as to make herself available at all times for email questions regarding the book, which demonstrates the extra mile the authors will go for ACLS students.

This book is absolutely perfect for someone who is taking the ACLS examination for the first time. It will become your “companion” during the entire examination-preparation process. At the same time, it is a great guide for those seeking re-certification. Even if you just want to refresh your ACLS knowledge you will find this book indispensable.

Ultimately, the Kunz’s have created an essential book that is filled with practical and useful information. After reading it and applying their tips and techniques, you can feel confident during your examination that you will pass it on your first attempt. More importantly, you will be able to apply this knowledge and effectively treat life-threatening conditions outside of the classroom. Are we all clear?

*Dr. Peter “Tucker” Woods, DO*

CarePoint Health Emergency Department System Director

- Christ Hospital, Jersey City, NJ
- Hoboken University Medical Center, Hoboken, NJ
- Bayonne Medical Center, Bayonne, NJ

## How This Book Will Help You Succeed

- This book will help you pass the ACLS certification exam on your first attempt.
- This book will help you build the strong foundation you need to begin to more fully understand and internalize the entire scope and importance of ACLS.
- We have created a video for every topic and article in this book, all available on [YouTube.com/MicheleKunz](https://www.youtube.com/MicheleKunz).
- Lots of practical and usable information and advice about the ACLS class and exam.
- 101 practice questions that cover every possible medical and nursing scenario and topic on the ACLS certification exam.
- No confusing wrong answers to clutter your brain.
- Contains all the essential information for ACLS exam success.
- This book, together with Michele's YouTube videos, will greatly reduce your test-taking anxiety.
- All information in this book has been updated to the current guidelines.
- Michele is always available for your email questions about this book, or any aspect of nursing or hospital work.
- Hot tips for surviving your first code.
- Hot tips to help you memorize lots of new information.
- Learn all of the biggest myths about the AED.

## **Who This Book Is Meant For**

**All licensed healthcare providers and emergency responders such as:**

- Physicians (MD's, DO's, DPM's)
- Nurses
- Paramedics
- Emergency Medical Technicians
- Physician's Assistants
- Procedural Technicians
- Nurse Practitioners
- Residents and Fellows
- Medical and Nursing Students
- Medical and Nursing Assistants
- Dentists
- For all licensed healthcare professionals
- Sleep Technicians



## Introduction



Our newly revised and enhanced book for 2017 that you now hold in your hands, *ACLS Certification Exam Q&A With Explanations* will certainly help you pass any Advanced Life Support Certification Course. As you look through the book, you will quickly see that this book's format is different from all other review and test preparation books.

This book is specifically geared toward healthcare students and new healthcare professionals that are preparing to take the ACLS certification exam for the first time. This book will also give the seasoned healthcare professional lots of great review information as well as a way to update themselves on the latest research and guidelines.

Whichever certifying agency's program you are taking, either in a classroom or on the internet, this book will help you succeed in this course. In this book we give you all the essential information that you will need to successfully pass the certification course and exam on your first attempt.

Joe and I have been teaching this course to healthcare professionals and students since 1984. We know what works and what doesn't when it comes to helping our students be successful. Back then we had to develop almost all of the study materials for our students by ourselves because very little existed at the time. The *Zombie Notes Study Charts* were some of the first study aids we developed to help our students learn a large amount of information very quickly. We know that this format works very well because hundreds of thousands of healthcare professionals and students, in hospitals and colleges all over the world, have used this handy, no-nonsense chart to help them successfully pass the ACLS certification exam.

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Therefore, in order for you to be successful on the certification exam, and on the job, we expect you to memorize every bit of information contained within the *Zombie Notes Study Charts* and within this book. It is essential that you know this information by heart and can recall it at a moment's notice. This information is not only essential for the exam, but for your career, and the survival of your patients, as well.

You will find that the key to passing the certification exam and course lies in applying your knowledge through questions and answers, not rote memory alone. Memorization is simply the first step to learning and committing the information to your long-term memory. You will find that studying our book, and our *Zombie Notes Study Charts*, and watching our YouTube videos, all combine to make a very powerful study system, and a very productive and quick way to prepare yourself for success on the exam.

Therefore, in this book, we have created 101 practice questions that are designed to simulate actual exam conditions. The subject of ACLS covers a lot of material. It is an interesting topic, and a working knowledge of the material is essential to do your job as a healthcare professional properly. In addition, we have tried to make studying for this exam as painless and as easy as possible. We have included all the essential information necessary for you to be successful on this exam. We have also included additional material to make studying this topic more fun and less painful.

We welcome your comments and suggestions. If you would like to offer a testimonial about how this book has helped you be successful, you will find more information about this at the end of the book.

We look forward to hearing from you. Good luck.

*Joe & Michele Kunz*

Long Island, New York

# **Part 1: About ACLS**

## Notes

## What Is The ACLS Certification Course All About?

### 1. Information About The Certification Class

The Advanced Cardiac Life Support programs are geared toward health professionals who work with victims and patients that may suddenly become acutely ill. The health professional may be dealing with the crisis as it starts or continues the care as the patient progresses or continues to need advanced care. The course prepares one for dealing with the patient in medical crisis and working with a highly credentialed team of life savers.

The participant is expected to come with knowledge and experience to the class. If this is limited there is ample study and reference materials, including study guides and youtube videos linked from MicheleKunz.com. Preparation is key in the passing of ACLS and having a comfort level with the topics.

In the course there is a review of ECG's, medications, airway and circulation devices; defibrillators, monitors, pacemakers, AED's, Intraosseous (IO) needle placement, laryngeal mask airways (LMA's), intubation equipment and confirmation devices, simulation manikins, individual and team practice sessions, BLS and ACLS guidelines, and various recommendations, written, online, as well as practical exams.

The certification course requires preparation and time. If one is unsuccessful they will be rescheduled to retake the course at another time.

### 2. Information About The Exam

The exam is multiple choice. It covers all the topics discussed and practiced in the certification program. There is time allotted for remediation and review of the exam questions whenever necessary. To prepare for the multiple choice test it is necessary to take the pretest. Bring any questions you have to class, or e-mail me any time at MKunz@MicheleKunz.com/.

### **3. Information About The Skills Station (Mega Code) Exam**

The skills station enables the team to work together in the resuscitation of a patient. It also allows the team members of the class to participate in skills that their licensure or job description doesn't usually allow. Skills include ventilation, intubation, IO insertion, cardioversion, medication administration, etc. This helps the individuals on the team understand what the other team members are required to do, in priority and done properly.

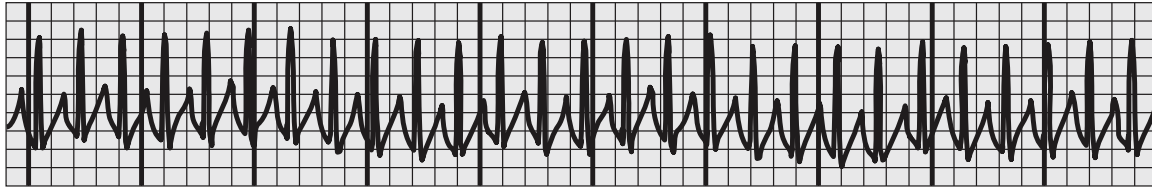
The team will participate in a realistic simulation of a deteriorating patient where the team will initiate basic and advanced airways. The simulation will lead to IV/IO and fluid resuscitation and changes in the patient's ECG. Proper responses to the patient's change will require synchronized cardioversion (defibrillation/shock), intubation, intubation confirmation, capnography, intraosseous insertion, CPR, unsynchronized cardioversion, trouble-shooting equipment failure, using the algorithms and variations.

Each individual is responsible for understanding and performing in their assigned roles. The team will switch roles to ensure participation and team success. Team dynamics is a focus and ensures adequate communication among the resuscitation team members.

Each participant is required to have good BLS skills and to be able to demonstrate this at the time of the class. There is a review of BLS, AED use, and teamwork during the ACLS lecture and testing sessions. ACLS programs does not recertify the BLS requirements. BLS is a separate course with infant and children choking and CPR skills as well.

The team will review their actions in a debriefing to ensure the best treatment, interventions, and behaviors was applied, and to consider team members and family emotions during and after the critical event.

**24. Mr. Sheldon J. Plankton, age 89, rings his call bell and complains of palpitations. The patient's heart rate is 172 minute, blood pressure was 140/88 mm Hg earlier and is now 102/64, respiratory rate is 22 breaths/minute, and pulse oximetry reading is 99% on room air. What cardiac rhythm is the patient experiencing?**



- a. Junctional tachycardia
- b. Sinus rhythm
- c. Sinus tachycardia
- d. Stable supraventricular tachycardia

**25. What is the appropriate first treatment for this patient?**

- a. Vagal maneuvers
- b. Adenosine 3 mg IV
- c. Adenosine 12 mg IV
- d. Normal saline 1 to 2 L bolus

**26. Mr. Plankton is complaining of difficulty in breathing and feels a rapid heart rate. His cardiac monitor reads a rate of 179 bpm. What are examples of safe vagal maneuvers with consideration of Mr. Plankton's age of 89?**

- a. Bearing down and holding his breathe
- b. Rubbing hard on both eye balls or the carotid massage
- c. Coughing and pushing himself up in bed
- d. Both a and c

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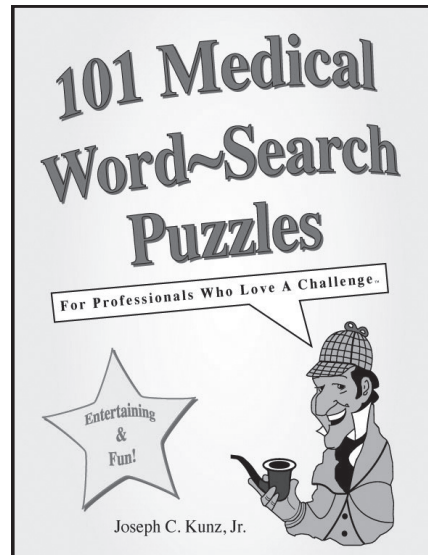
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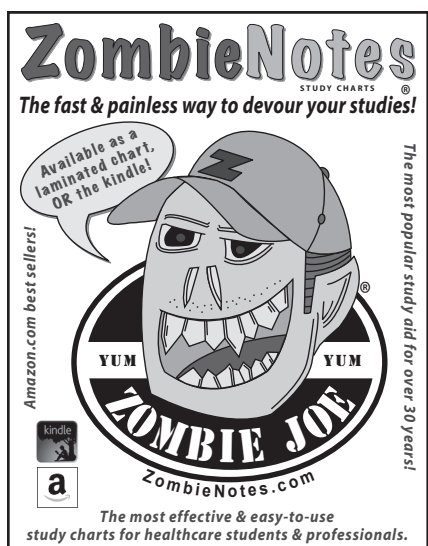
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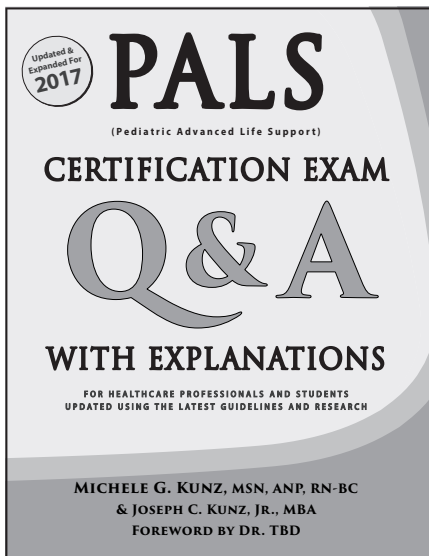
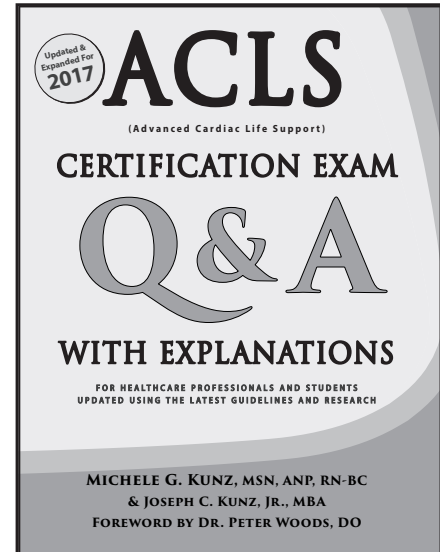
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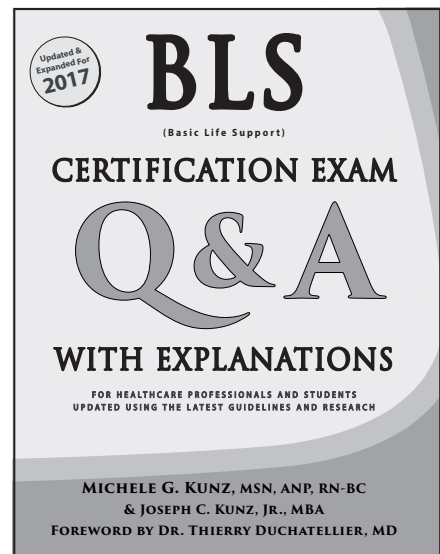
101 practice questions that cover every possible medical and nursing scenario and topic on the ACLS certification exam.



◀ *PALS Certification Exam Q&A With Explanations*

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101 practice questions that cover every possible medical and nursing scenario and topic on the PALS certification exam.



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101 practice questions that cover every possible medical and nursing scenario and topic on the BLS certification exam.