



Medical Technology

NBRC-RRT Exam

National Board for Respiratory Care: Registered Respiratory Therapist

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Question 1. (Single Select)

The respiratory therapist is evaluating a patient who has a BMI of 29.4. Which of the following BEST describes this patient's weight?

- A: The patient is a healthy weight
- B: The patient is morbidly obese
- C: The patient is obese
- D: The patient is overweight

Correct Answer: D

Explanation:

The BMI categories are:

- < 18.5, underweight
- 18.5-24.9, healthy weight
- 25.0-29.9, overweight
- > 30, obese
- > 35, morbidly obese

The patient's BMI of 29.4 makes the patient overweight, but not obese.

Question 2. (Single Select)

A patient apnea-hypopnea index (AHI) indicates that the patient has mild sleep apnea

a. In what range is this patient's AHI?

A: 0-5

- B: 15-30
- C: 30-45
- D: 5-15

Correct Answer: D

Explanation:

A patient's AHI represents the number of apneic and hypopneic episodes occurring per hour while a patient is sleeping. An AHI interpretation depends on the following ranges:

- < 5, normal
- 5-15, mild sleep apnea
- 15-30, moderate sleep apnea
- >30, severe sleep apnea

A patient with mild sleep apnea will have an AHI between 5 and 15.

Question 3. (Single Select)

When determining the Global Initiative for Chronic Obstructive Lung Disease (GOLD) stage of COPD, which of the following considerations is important?

- A: The FEV1 must be measured in the evening
- B: The FEV1 must be measured after the administration of a bronchodilator
- C: The patient must have a FEV1/FVC of less than 80%
- D: The FEV1 cannot be accurately measured if the patient is on oxygen

Correct Answer: B

Explanation:

The FEV1 (forced expiratory volume over one second) must be measured after the administration of a bronchodilator when evaluating the patient's stage of COPD using the GOLD

standard.

The patient must have a FEV1/FVC of less than 70%, not 80%, to be assessed using this standard. The time of day that the FEV1 is measured is not a consideration. The patient's use of oxygen should not impact their FEV1.

Question 4. (Single Select)

Which of the following characteristics of pulmonary function studies would NOT be expected in a patient who has asthma?

- A: Decreased FEV1/FVC
- B: Decreased FEV1
- C: Decreased FVC
- D: Decreased RV

Correct Answer: D

Explanation:

RV (residual volume) will be increased in a patient who has asthma, not decreased.

The FEV1 (forced expiratory volume over one second), FVC (forced vital capacity), and FEV1/FVC are all expected to be decreased in patients with asthma.

Question 5. (Single Select)

What is the intended purpose of a high-frequency chest wall compression device?

- A: It provides a non-invasive technique for improving sputum clearance
- B: It provides positive expiratory pressure that manages secretions
- C: It provides cardiopulmonary circulation during a cardiac arrest
- D: It provides intrapulmonary percussive ventilation

Correct Answer: A

Explanation:

High-frequency chest wall compression devices are used to externally provide high-frequency airway oscillations that loosen secretions and improve airway clearance.

The chest wall compressions are not sufficient to provide cardiopulmonary circulation during a cardiac arrest, and the frequency is much higher than would be used during a cardiac arrest. Intrapulmonary percussive ventilation and positive expiratory pressure are different forms of therapy that are used to manage secretions.



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