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39	A	B	C	D	E

PRACTICE QUESTIONS

Dubai Health Authority (DHA)

RESTE

Respiratory Technician - Allied

EDITION

Demo

QUESTIONS

9

FORMAT

Limited Edition PDF

Before you begin

What this is

9 practice questions for Dubai Health Authority (DHA) **RESTE**, each with its answer key and an explanation. Answer a question before you read its key — the explanation is worth more once you have committed.

If something looks wrong

Send us three things and we will check it:

- the exam code, **RESTE**
- the question number
- the email address on your order

Write to **support@mometrix.net**. We reply within one business day.

QUESTION 1

SINGLE CHOICE

Which respiratory structure contains the vocal cords and is responsible for voice production?

- ☐ A Trachea
- ☒ B Larynx
- ☐ C Pharynx
- ☐ D Bronchus

ANSWER B

WHY The larynx (voice box) houses the vocal cords and is responsible for phonation. The trachea conducts air, the pharynx is a common passage for air and food, and the bronchi conduct air to the lungs.

QUESTION 2

SINGLE CHOICE

A patient's ABG results are: pH 7.28, PaCO₂ 52 mmHg, HCO₃⁻ 24 mEq/L. How should the respiratory technician interpret these values?

- ☒ A Respiratory acidosis
- ☐ B Respiratory alkalosis
- ☐ C Metabolic acidosis
- ☐ D Metabolic alkalosis

ANSWER A

WHY A pH below 7.35 indicates acidemia. The elevated PaCO₂ (above 45 mmHg) with a normal HCO₃⁻ indicates an acute uncompensated respiratory acidosis, commonly seen in hypoventilation, COPD exacerbation, or respiratory depression.

QUESTION 3

SINGLE CHOICE

Which oxygen delivery device provides the highest concentration of inspired oxygen (FiO_2) to a spontaneously breathing patient?

- ☐ A Simple face mask
- ☐ B Nasal cannula at 6 L/min
- ☐ C Venturi mask
- ☒ D Non-rebreather mask with reservoir bag

ANSWER D

WHY A non-rebreather mask with a properly inflated reservoir bag can deliver FiO_2 of approximately 0.80 to 1.0. A simple face mask delivers about 0.35-0.60, nasal cannula at 6 L/min delivers about 0.44, and a Venturi mask delivers a precise but lower concentration (typically up to 0.50).

QUESTION 4

SINGLE CHOICE

In mechanical ventilation, what does the term 'PEEP' stand for?

- ☒ A Positive End Expiratory Pressure
- ☐ B Pressure Equalizing Exhalation Phase
- ☐ C Peak Expiratory Exchange Pressure
- ☐ D Positive Exhalation Endpoint

ANSWER A

WHY PEEP stands for Positive End Expiratory Pressure. It is the pressure maintained in the airways at the end of expiration to prevent alveolar collapse and improve oxygenation in mechanically ventilated patients.

QUESTION 5

SINGLE CHOICE

Which pulmonary function test measures the maximum volume of air a patient can forcefully exhale after a maximum inhalation?

- ☐ A Tidal volume (VT)
- ☐ B Residual volume (RV)
- ☒ C Forced vital capacity (FVC)
- ☐ D Functional residual capacity (FRC)

ANSWER C

WHY Forced Vital Capacity (FVC) is the total volume of air that can be forcibly exhaled after a maximum inhalation. Tidal volume is normal breath volume, residual volume is air left after maximum exhalation, and FRC is the volume remaining after a normal exhalation.

QUESTION 6

SINGLE CHOICE

What is the maximum recommended duration for a single pass of endotracheal suctioning in an adult patient?

- ☐ A 5 seconds
- ☒ B 10 to 15 seconds
- ☐ C 30 seconds
- ☐ D 60 seconds

ANSWER B

WHY Endotracheal suctioning should be limited to 10-15 seconds per pass to minimize hypoxia, hypoxemia, and cardiovascular complications. Prolonged suctioning can cause significant drops in oxygen saturation and hemodynamic instability.

QUESTION 7

MULTIPLE CHOICE

Which of the following are recognized complications of endotracheal intubation? (Choose two.)

- ☒ **A** Tooth or dental damage
- ☒ **B** Esophageal intubation
- ☐ **C** Decreased intracranial pressure
- ☐ **D** Hypoglycemia

ANSWER A - B

WHY Tooth/dental damage and esophageal intubation (accidental placement in the esophagus instead of trachea) are well-recognized complications of endotracheal intubation. Intubation typically increases intracranial pressure and does not cause hypoglycemia. Other complications include laryngospasm, mucosal trauma, and aspiration.

QUESTION 8

SINGLE CHOICE

When performing hand hygiene between patient contacts, what is the minimum recommended duration for an alcohol-based hand rub by the World Health Organization?

- ☐ **A** 5 seconds
- ☐ **B** 10 seconds
- ☒ **C** 20 to 30 seconds
- ☐ **D** 2 minutes

ANSWER C

WHY The WHO recommends rubbing hands with an alcohol-based formulation for 20-30 seconds, covering all surfaces of the hands and fingers until the product dries. This duration ensures effective antimicrobial action against pathogens.

QUESTION 9

SINGLE CHOICE

Which medication is a short-acting bronchodilator commonly used in the treatment of acute asthma exacerbations?

- ☐ A Theophylline
- ☒ B Albuterol (Salbutamol)
- ☐ C Ipratropium bromide
- ☐ D Montelukast

ANSWER B

WHY Albuterol (Salbutamol) is a short-acting beta-2 agonist (SABA) that provides rapid bronchodilation and is the first-line treatment for acute asthma exacerbations. Ipratropium is also used but is typically an adjunct; theophylline is rarely used acutely due to toxicity; montelukast is a leukotriene receptor antagonist used for chronic control.