

# Answer Key - First Responder Study Guide

First Responder Responder Course Study Guide Answer Key.

## Section A: Corrections to the Text Book

### Vital Sign Frequency

Page 87 of the [Emergency Care for Professional Responders manual](#) states:

- Pulse Oximetry should be taken and recorded with vital signs at least every 15 minutes for stable patients, and reassessed and recorded every 5 for unstable patients.

Page 92 states...

- Vital signs should be reassessed and recorded every 5 minutes for unstable patients and every 30 minutes for stable patients

### Clarification...

- For purposes of your Canadian Red Cross training and testing, you will check Vital Signs every **15 minutes for stable patients**, and every **5 minutes for unstable** patients.

A-1. **Vital Signs should be checked every \_\_\_\_\_ minutes for Stable patients and every \_\_\_\_\_ minutes for Unstable patients.**

- A. 30 ... 15
- B. 15 ... 30
- C. 5 ... 15
- D. 15 ... 5

### Airway Maintenance

Page 131 of the [Emergency Care for Professional Responders manual](#) states:

- Even after inserting an adjunct, you must continue to monitor the patient's respiration and use manual techniques such as the head-tilt/chin-lift to maintain airway patency.

### Clarification...

- You must continuously monitor the patient's airway and respiration, however you only need to maintain manual techniques such as the head-tilt/chin-lift on an ongoing basis if the patient's airway becomes compromised when you release them.

A-2. **You need to maintain manual techniques such as the head-tilt-chin-lift on an ongoing basis \_\_\_\_\_.**

- A. At all times
- B. Whenever you think of it
- C. If the patient requests it
- D. If the airway becomes compromised when the manual technique is released

### Neonatal CPR Ratios

The CPR charts on pages 152 and 161 of the [Emergency Care for Professional Responders manual](#) incorrectly list 30:1 as the required Compression to Ventilation ratio for a single rescuer performing CPR on a Neonatal patient.

### Clarification...

- The correct Compression to Ventilation ratio when a single rescuer is performing CPR on a Neonatal patient is **3:1** (three compressions to one ventilation).
- This is the **same ratio required for multiple rescuers** performing CPR on a Neonatal patient.

A-3. **The correct Compression : Ventilation ratio for a single Professional Responder performing Neonatal CPR is \_\_\_\_\_.**

- A. 3 : 1

- B. 1 : 3
- C. 30 : 1
- D. 30 : 2

## Section B: Certification & Licensing

B-1. How long do you have from the time your First Responder Certificate is issued to complete BC EMALB FR License Evaluations? (FR Licensing Process)

- A. 6 months
- B. 1 year
- C. 3 years
- D. 5 years

B-2. In what format will you receive your Canadian Red Cross First Responder Certificate? (FR Licensing Process)

- A. Wallet card sent in the mail
- B. Wallet card and Wall Certificate sent in the mail
- C. PDF file attached to an email sent by Frontline
- D. PDF file attached to an email sent by EMALB

B-3. Who issues your First Responder License in BC? (FR Licensing Process)

- A. BC EMALB
- B. Paramedic Association of Canada
- C. Canadian Red Cross
- D. BCAS

B-4. How long after the completion of your course will you be submitted to the Canadian Red Cross? (FR Licensing Process)

- A. Within 24 hours
- B. Within 2 days
- C. Within 10 days
- D. Within 6 months

B-5. Who is responsible for all post-course Licensing arrangements with BC EMALB? (FR Licensing Process)

- A. BC EMALB
- B. Canadian Red Cross
- C. Frontline First Aid
- D. You

## Section C: BC EMALB

C-1. The BC Emergency Medical Assistants Licensing Board \_\_\_\_\_ . (BC EMALB Website)

- A. Is responsible for examining, registering and Licensing all EMAs in BC
- B. Sets License Terms and Conditions
- C. Investigates complaints and conducts hearings
- D. All of the above

C-2. What are the primary purposes of the National Occupational Competency Profiles, as established by the Paramedic Association of Canada? (NOCP)

- A. Examination registration and licensing of all EMAs in BC
- B. Set licence terms and conditions
- C. To promote national consistency in paramedic training and practice

D. All of the above

C-3. Which of the following is a common category of complaint to the BC EMALB? (BC EMALB Website)

- A. A paramedic or first responder has incompetently carried out their duties
- B. A paramedic or first responder has breached the terms and conditions of their licence
- C. A paramedic or first responder has a health ailment impairing his/her ability to practice safely
- D. All of the above

C-4. Who is at risk of being named a party in a legal action? (Good Samaritan Act)

- A. Only Medical Supervisors/Medical Directors
- B. Only BC EMALB Staff
- C. Only the Employer
- D. All persons employed expressly to render medical services or aid

C-5. Which of the following is NOT an action the Emergency Medical Assistants Licensing Board can take when it finds that an EMA has incompetently carried out their duties? (Emergency Health Services Act)

- A. Impose conditions on the person's licence
- B. Revoke the licence
- C. Sue the EMA for damages
- D. Bar the person from being licensed under the Act for a period of time the board considers appropriate

"First Aid or other health care provided in circumstances in which it is necessary to provide the first aid or other health care without delay in order to preserve an individual's life prevent or alleviate serious physical or mental harm, or alleviate severe pain"

C-6. The above statement is the definition of \_\_\_\_\_ according to the Emergency Health Services Act. (Emergency Health Services Act)

- A. Ambulance Service
- B. Emergency Health Services
- C. First Aid Provider
- D. Emergency Medical Assistance

C-7. An Emergency Medical Assistant in BC must notify the EMALB within \_\_\_\_\_ days of legally changing their name or address. (Emergency Medical Assistant's Regulation)

- A. 90
- B. 60
- C. 30
- D. 7

C-8. In special circumstances, the EMALB may extend the licence of an EMA for up to 60 days, on one occasion, provided the following requirement(s) has/have been met. (BC EMALB Website)

- A. Special circumstances exist
- B. The request is made before the licence expires
- C. The EMA has continuously maintained a licence throughout the past 5 years
- D. Both A and B

C-9. According to the Mental Health Act, a \_\_\_\_\_ may apprehend and immediately take a person to a physician for examination if satisfied from personal observations, or information received, that the person is acting in a manner likely to endanger that person's own safety or the safety of others, and is apparently a person with a mental disorder. (Mental Health Act)

- A. Police officer or constable
- B. First Aid Attendant
- C. Licensed EMA
- D. All of the above

C-10. **If an EMA is presented with both a DNR/No CPR order and an Advance Directive, both of which have the same date for the same patient, which document prevails?** (*Advance Directives Bulletin*)

- A. The DNR/No CPR order
- B. The Advance Directive
- C. They cancel each other out
- D. They cannot both exist at the same time

C-11. **Who is expected to determine whether a wound is criminal in nature?** (*Gunshot and Stab Wound Disclosure Requirements*)

- A. Emergency Medical Assistants
- B. Police and other components of the criminal justice system
- C. First Responders
- D. All of the above

C-12. **Gunshot and Stab Wound legislation is not intended to capture stab wounds that have been \_\_\_\_\_.** (*Gunshot and Stab Wound Disclosure Act*)

- A. Determined to have been accidental or self-inflicted
- B. Treated on scene without the need for hospital transport
- C. Already documented by WorkSafe BC
- D. All of the above

C-13. **According to \_\_\_\_\_, an EMA must report any incompetent, illegal or unethical conduct they witness being perpetrated by another EMA.** (*Emergency Medical Assistant's Regulation*)

- A. WorkSafe BC
- B. The Paramedic Association of Canada
- C. The EMR Code of Ethics
- D. The Fundamental Principles of the Red Cross

C-14. **An EMA is obligated to assume responsibility for personal and professional development, and maintain professional standards through training and peer mentoring.** (*Emergency Medical Assistant's Regulation*)

- A. True
- B. False

C-15. **If a complaint is filed with the EMALB against an Emergency Medical Assistant, the EMA will be notified of the complaint by \_\_\_\_\_.** (*BC EMALB Website*)

- A. An email from the complainant
- B. A phone call from the Employer
- C. A letter from the EMALB
- D. A letter from the PAC

C-16. **A representative appointed by an EMA during the complaint process is NOT permitted to:** (*BC EMALB Website*)

- A. Provide advice to the EMA
- B. Participate in a complaint investigation hearing
- C. Speak on the EMA's behalf
- D. Do any of the above

C-17. **Preservation of Evidence at a scene is governed by the \_\_\_\_\_.** (*Coroner's Act*)

- A. Emergency Health Services Act
- B. Good Samaritan Act
- C. Gunshot and Stab Wound Disclosure Act
- D. Coroner's Act

C-18. **Disciplinary actions imposed by the EMALB may be appealed through the \_\_\_\_\_ within 30 days of the date of the determination of the disciplinary action.** (*Emergency Health Services Act*)

- A. BC Paramedics Union
- B. Supreme Court
- C. Interior Health Authority
- D. BC Provincial Court

## Section 1: The Professional Responder

1-1. Which of the following identifies the 4 PAC levels of Pre-Hospital Care training? *(Emergency Care for Professional Responders)*

- A. EMR ... EMT ... PCP ... ACP
- B. EMT ... PCP ... CCP ... PHD
- C. EMR ... PCP ... ACP ... CCP
- D. EMS ... PCP ... EMR ... ACP

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1-2. Which of the following statements most accurately reflects the role of a Medical Director? *(Emergency Care for Professional Responders)*

- A. Provides alternative means to manage patients who do not require transport to a general acute care hospital emergency department
- B. Responds with Licensed EMRs to directly support patient care in the field
- C. Directs bystanders, traffic and incoming resources during an emergency response
- D. Provides guidance and medical oversight for all emergency care provided by EMS personnel

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1-3. If your Medical Director gives you orders for patient care, you should... *(Emergency Care for Professional Responders)*

- A. Repeat the orders back to verify them
- B. Make sure you understand all of the orders and advise the physician provides
- C. Ask the physician for clarification if you have any questions
- D. All of the above

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1-4. Which statement most accurately describes Direct or Online Medical Control? *(Emergency Care for Professional Responders)*

- A. Performance of pre-hospital care skills that can only be delegated by a physician
- B. Performance of pre-hospital care skills performed directly by responders after browsing an online database of protocols
- C. Performance of Standing Orders or Medical Control Protocols
- D. Performance of skills directly within the licensing scope of the responder

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1-5. Standing Orders or Medical Control Protocols (MCPs) pertain to \_\_\_\_\_. *(Emergency Care for Professional Responders)*

- A. Medical Oversight
- B. Offline Medical Control
- C. Indirect Medical Control
- D. All of the above

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1-6. Standing Orders or Medical Control Protocols (MCPs) involve \_\_\_\_\_. *(Emergency Care for Professional Responders)*

- A. Education
- B. Protocol Review
- C. Continuous improvement in the quality of care and treatments
- D. All of the above

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1-7. Which of the following forms part of your 7 primary responsibilities? *(Emergency Care for Professional Responders)*

- A. Determine the legal liabilities of all parties involved

- B. Provide a clinical field diagnosis precisely identifying the exact injuries and medical conditions involved
- C. Ensure your own safety
- D. All of the above

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1-8. **Self Care is important** \_\_\_\_\_. (*Emergency Care for Professional Responders*)

- A. Primarily at the start of your career
- B. At all stages of your career
- C. Primarily towards the end of your career
- D. Only when you start to feel the effects of the events you've been involved with

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1-9. **Critical Incident Stress** \_\_\_\_\_. (*Emergency Care for Professional Responders*)

- A. Is sign that you may not suited to emergency service
- B. Primarily affects bystanders and civilians
- C. Is a natural emotional reaction
- D. All of the above

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1-10. **Duty Act applies to you** \_\_\_\_\_. (*Emergency Care for Professional Responders*)

- A. As soon as you receive your Certificate
- B. When you are on duty
- C. As soon as you receive your License
- D. All of the above

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1-11. **Scope of Practice** \_\_\_\_\_. (*Emergency Care for Professional Responders*)

- A. May differ by region
- B. Only includes the skills you've practiced in your Certification training course
- C. Includes every skill outlined in the Emergency Care for Professional Responders manual
- D. Ensures the same skills are performed in every Province and Territory throughout Canada

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1-12. **The principle of Implied Consent applies** \_\_\_\_\_. (*Emergency Care for Professional Responders*)

- A. When the patient refuses care
- B. When the law assumes the person would grant consent for care if they were able
- C. Only to bystanders providing first aid assistance
- D. Whenever you respond to an emergency incident

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1-13. **The age at which someone is old enough to give or refuse informed consent is** \_\_\_\_\_. (*Emergency Care for Professional Responders*)

- A. 11
- B. 19
- C. 21
- D. Undefined

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1-14. **In regards to patient consent, Competence refers to** \_\_\_\_\_. (*Emergency Care for Professional Responders*)

- A. The person's belief in a responder's capabilities
- B. The medical responder's mental and physical condition at the time they are performing their duties
- C. A person's ability to understand the responders questions and understand the implications of decisions
- D. The medical responder's skill level

1-15. **The Good Samaritan Act protects professional responders while they are on duty.** *(Emergency Care for Professional Responders)*

- A. True
- B. False

1-16. **The Good Samaritan Act protects you from legal liability as long as you**\_\_\_\_\_ . *(Emergency Care for Professional Responders)*

- A. Act in Good Faith
- B. Are not negligent
- C. Act within the scope of your training
- D. All of the above

1-17. **Transfer of care may take place** \_\_\_\_\_ . *(Emergency Care for Professional Responders)*

- A. At the scene
- B. During Transport
- C. At the receiving medical care facility
- D. All of the above

1-18. **The four main reasons for documentation are** \_\_\_\_\_ . *(Emergency Care for Professional Responders)*

- A. Administrative ... Financial ... Quantitative ... Accreditation
- B. Legal ... Ethical ... Technical ... Practical
- C. Medical ... Legal ... Administrative ... Research
- D. Written ... Electronic ... Verbal ... Clinical

1-19. **Regardless of the specific method (ie Radio, Phone, In-Person), clear and accurate communication with other EMS personnel is important because** \_\_\_\_\_ . *(Emergency Care for Professional Responders)*

- A. You might look foolish if you make a mistake "on air"
- B. Ineffective communication could result in harm to the patient in your care
- C. The CRTC strictly monitors medical communications for accuracy
- D. All of the above

1-20. **The Prefix "Hyper" is usually means** \_\_\_\_\_ . *(Emergency Care for Professional Responders)*

- A. Arterial
- B. Slow ... Dull
- C. Excessive ... above ... over ... beyond
- D. Fast ... swift ... rapid ... accelerated

1-21. **The Prefix "Brady" is usually means** \_\_\_\_\_ . *(Emergency Care for Professional Responders)*

- A. Arterial
- B. Slow ... Dull
- C. Excessive ... above ... over ... beyond
- D. Fast ... swift ... rapid ... accelerated

1-22. **The combining form "Vas/o" usually means** \_\_\_\_\_ . *(Emergency Care for Professional Responders)*

- A. Nerve ... neural
- B. Duct ... vessel ... vascular

- C. Heart ... cardiac
- D. Blood

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1-23. **The combining form “Cardi/o” usually means \_\_\_\_\_.** *(Emergency Care for Professional Responders)*

- A. Nerve ... neural
- B. Duct ... vessel ... vascular
- C. Heart ... cardiac
- D. Blood

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1-24. **Which of the following best describes an Advance Directive?** *(Emergency Care for Professional Responders)*

- A. Specific medical procedures that professional responders are authorized to perform
- B. Information received by professional responders pertaining to response location and nature
- C. Documented instructions which capture a person's wishes concerning healthcare decisions
- D. Instructions directed to incoming EHS personnel by the responders already on scene

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## Section 2: Responding to the Call

2-1. **Psychological Preparation may \_\_\_\_\_.** *(Emergency Care for Professional Responders)*

- A. Get you used to all the things you will see as a professional responder
- B. Control your reactions
- C. Eliminate the possibility of developing critical incident stress
- D. All of the above

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2-2. **Your first priority is always \_\_\_\_\_.** *(Emergency Care for Professional Responders)*

- A. Safety of others
- B. Crime scene preservation
- C. Personal safety
- D. All of the above

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2-3. **When providing care in a suspected crime scene \_\_\_\_\_.** *(Emergency Care for Professional Responders)*

- A. Minimize introduction of foreign objects
- B. Crime scene preservation takes precedence over patient care
- C. You may need to subdue and restrain the assailant
- D. Firearms should be moved by placing a pen or pencil into the barrel

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2-4. **Professional Responders are always permitted to physically restrain a suicidal person.** *(Emergency Care for Professional Responders)*

- A. True
- B. False

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2-5. **Which of the following is not one of the 16 information categories contained in an SDS?** *(Emergency Care for Professional Responders)*

- A. Stability and reactivity
- B. First Aid Measures
- C. Alkalinity balancing
- D. Ecological information



2-6. **What is the most common danger emergency personnel will encounter when responding to a Motor Vehicle Collision (MVC)?** (*Emergency Care for Professional Responders*)

- A. Downed Electrical Lines
- B. Traffic
- C. Sharp pieces of metal or glass
- D. Electrical discharge from Hybrid batteries

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## Section 3: Infection Prevention and Control

3-1. **Syphilis, and Gonorrhea are examples of \_\_\_\_\_.** (*Emergency Care for Professional Responders*)

- A. Viruses
- B. Bacteria
- C. Ricksettia
- D. Parasitic Worms

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3-2. **Typhus and Rocky Mountain Fever are examples of \_\_\_\_\_.** (*Emergency Care for Professional Responders*)

- A. Viruses
- B. Bacteria
- C. Ricksettia
- D. Parasitic Worms

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3-3. **What four factors must coincide for an infection to occur?** (*Emergency Care for Professional Responders*)

- A. Direct Contact ... Indirect Contact ... Airborne Transmission ... Vector-Borne Transmission
- B. PPE ... Personal Hygiene ... Disinfecting Equipment ... Occupational Procedures
- C. Disposable Gloves ... Gown ... Mask ... Protective Eyewear
- D. Pathogen ... Susceptibility ... Quantity ... Entry Site

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3-4. **Vaccinations are available and recommended for which of the following diseases?** (*Emergency Care for Professional Responders*)

- A. Hepatitis C
- B. Hepatitis B
- C. Meningitis
- D. All of the above

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3-5. **What basic infection-control precautions should you follow every time you provide care?** (*Emergency Care for Professional Responders*)

- A. Direct Contact ... Indirect Contact ... Airborne Transmission ... Vector-Borne Transmission
- B. PPE ... Personal Hygiene ... Disinfecting Equipment ... Occupational Procedures
- C. Disposable Gloves ... Gown ... Mask ... Protective Eyewear
- D. Pathogen ... Susceptibility ... Quantity ... Entry Site

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3-6. **BSI is an acronym for \_\_\_\_\_.** (*FR Cheat Sheet*)

- A. Breathe Smell Ingest
- B. Body Substance Isolation
- C. Back & Spine Immobilization
- D. Biological Stimulus Imbalance

3-7. Also known as the "Inner Perimeter", the \_\_\_\_\_ is typically where Hazmat decontamination procedures take place. (FR Cheat Sheet)

- A. Hot Zone
- B. Decon Zone
- C. Exposure Zone
- D. Warm Zone

3-8. A \_\_\_\_\_ is a diamond shaped sign that identifies dangerous goods on large containers and vehicles. (FR Cheat Sheet)

- A. MSDS
- B. Red Flag
- C. Vehicle Placard
- D. HazMat Plate

## Section 4: Anatomy & Physiology

4-1. The Wrist is \_\_\_\_\_ compared to the Elbow. (Emergency Care for Professional Responders)

- A. Medial
- B. Proximal
- C. Lateral
- D. Distal

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4-2. The Chest is \_\_\_\_\_ compared to the Abdomen. (Emergency Care for Professional Responders)

- A. Medial
- B. Ventral
- C. Superior
- D. Proximal

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4-3. The Knee is \_\_\_\_\_ compared to the Ankle. (Emergency Care for Professional Responders)

- A. Proximal
- B. Ventral
- C. Distal
- D. Inferior

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4-4. The gallbladder is located in the \_\_\_\_\_ quadrant of the abdomen. (Emergency Care for Professional Responders)

- A. Upper Left
- B. Lower Left
- C. Lower Right
- D. Upper Right

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4-5. The \_\_\_\_\_ separates the Thoracic cavity and the Abdominal Cavity. (Emergency Care for Professional Responders)

- A. Vena Cava
- B. Abdominal Aortic Arch
- C. Spinal Cord
- D. Diaphragm

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4-6. The \_\_\_\_\_ extends from the bottom of the skull to the lower back. (Emergency Care for Professional Responders)

- A. Cranial cavity
- B. Spinal cavity
- C. Thoracic cavity
- D. Abdominal cavity

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4-7. **Cells combine to form \_\_\_\_\_, which in turn make up organs.** *(Emergency Care for Professional Responders)*

- A. Tissues
- B. Molecules
- C. Body Systems
- D. Cavities

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4-8. **Bronchioles eventually terminate in millions of tiny air sacs called \_\_\_\_\_.** *(Emergency Care for Professional Responders)*

- A. Ravioli
- B. Arterioles
- C. Alveoli
- D. Capilleries

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4-9. **The Breathing process is \_\_\_\_\_ and controlled by the medulla oblongata at the base of the skull.** *(Emergency Care for Professional Responders)*

- A. Voluntary
- B. Involuntary
- C. Auto-pneumatic
- D. Despotic

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4-10. **The \_\_\_\_\_ is the control center for respiration.** *(Emergency Care for Professional Responders)*

- A. Brain
- B. Lung
- C. Diaphragm
- D. Bronchiole

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4-11. **\_\_\_\_\_ can present as a snorting, gurgling, moaning or gasping sound, a gaping mouth, or laboured breathing.** *(Emergency Care for Professional Responders)*

- A. COPD
- B. Bronchitis
- C. Agonal Respirations
- D. Respiratory Arrest

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4-12. **The two upper chambers of the heart are called \_\_\_\_\_, and receive blood which is then passed down to the muscular pumping chambers called \_\_\_\_\_.** *(Emergency Care for Professional Responders)*

- A. Lymph Nodes ... Atria
- B. Atria ... Ventricles
- C. Ventricles ... Aorta
- D. Aorta ... Atria

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4-13. **Blood is pumped from the \_\_\_\_\_ and carried to the lungs.** *(Emergency Care for Professional Responders)*

- A. Left Atrium
- B. Left Ventricle

- C. Right Atrium
- D. Right Ventricle

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4-14. **Oxygenated blood enters the \_\_\_\_\_, returning from the lungs through the Pulmonary Vein.** (*Emergency Care for Professional Responders*)

- A. Left Atrium
- B. Left Ventricle
- C. Right Atrium
- D. Right Ventricle

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4-15. **The normal point of origin for the heart's electrical impulse is the \_\_\_\_\_, which is situated in the upper part of the heart's right atrium.** (*Emergency Care for Professional Responders*)

- A. AV Node
- B. SA Node
- C. AC Node
- D. DC Node

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4-16. **The normal conduction of electrical impulses in the heart, without any disturbances is called \_\_\_\_\_ rhythm.** (*Emergency Care for Professional Responders*)

- A. Cardiac
- B. Atrial
- C. Sinus
- D. Fibrillation

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4-17. **Red blood cells carry \_\_\_\_\_ away from the cells, so it can be exhaled.** (*Emergency Care for Professional Responders*)

- A. Carbon Monoxide
- B. Bicarbonate
- C. Nitrous Oxide
- D. Carbon Dioxide

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4-18. **Which of the following is NOT one of the interrelated functions performed by the Lymphatic System?** (*Emergency Care for Professional Responders*)

- A. Removal of excess fluids
- B. Exchange of oxygen and carbon dioxide
- C. Absorption of fatty acids and transport of fat to the circulatory system
- D. Formation of white blood cells and initiation of immunity through formation of antibodies

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4-19. **The immune system is a network of \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_ that identify and destroy harmful foreign substances in the body.** (*Emergency Care for Professional Responders*)

- A. Vessels ... nerves ... platelets
- B. Organs ... cells ... proteins
- C. Nerves ... platelets ... hormones
- D. Brain ... heart ... lungs

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4-20. **The body's innate defences include \_\_\_\_\_ and \_\_\_\_\_ barriers that prevent pathogens from entering or establishing themselves in the body.** (*Emergency Care for Professional Responders*)

- A. Physical ... psychological
- B. Chemical ... mental
- C. Pharmaceutical ... hormonal

- D. Physical ... chemical

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4-21. \_\_\_\_\_ is characterized by swelling, redness, heat, pain, and dysfunction of any organ involved. (*Emergency Care for Professional Responders*)

- A. Inflammation
- B. Infection
- C. Integration
- D. Ingratiation

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4-22. Two specialized forms of White Blood Cell (WBC) called lymphocytes are called \_\_\_\_\_ cells, and \_\_\_\_\_ cells. (*Emergency Care for Professional Responders*)

- A. B ... T
- B. C ... A
- C. T ... B
- D. A ... T

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4-23. In an anaphylactic reaction, a massive release of \_\_\_\_\_ causes widespread vasodilation, circulatory collapse, and severe bronchoconstriction. (*Emergency Care for Professional Responders*)

- A. Adrenaline
- B. Lymphocytes
- C. Histamine
- D. WBCs

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4-24. Which of the following is NOT one of the brain's 3 primary function categories? (*Emergency Care for Professional Responders*)

- A. Sensory Function
- B. Motor Function
- C. Sinoatrial function
- D. Integrated functions

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4-25. The \_\_\_\_\_, a large bundle of nerves, extends from the brain through a canal in the spine. (*Emergency Care for Professional Responders*)

- A. Urethra
- B. Neuropathy
- C. Spinal Cord
- D. Synapse

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4-26. Nerves are capable of regenerating themselves when they are damaged. (*Emergency Care for Professional Responders*)

- A. True
- B. False

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4-27. Which list accurately identifies the 5 regions of the spinal column? (*Emergency Care for Professional Responders*)

- A. Cervical ... Thoracic ... Lumbar ... Sacrum ... Coccyx
- B. Cervical ... Thoracic ... Lumbar ... Sacrum ... Coaxial
- C. Cervical ... Thrombolytic ... Lumbar ... Sacrum ... Coccyx
- D. Cervical ... Thoracic ... Lumber ... Scarum ... Coccyx

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4-28. The body has more than \_\_\_\_\_ muscles. Most are \_\_\_\_\_ muscles that attach to bones. (*Emergency Care for Professional Responders*)

- A. 6000 ... skeletal

- B. 600 ... skeletal
- C. 600 ... involuntary
- D. 400 ... skeletal

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4-29. **Most skeletal muscles are anchored to a bone at each end by \_\_\_\_\_.** *(Emergency Care for Professional Responders)*

- A. Ligaments
- B. Cartilage
- C. Tendons
- D. Ganglions

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4-30. **The contraction and relaxation of muscles produces \_\_\_\_\_ and \_\_\_\_\_.** *(Emergency Care for Professional Responders)*

- A. Motion ... Heat
- B. Motion ... Emotion
- C. Emotion ... Heat
- D. Friction ... Reflexion

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4-31. **Involuntary muscles, such as the \_\_\_\_\_ and \_\_\_\_\_, are automatically controlled by the brain.** *(Emergency Care for Professional Responders)*

- A. Heart ... Deltoid
- B. Diaphragm ... Quadriceps
- C. Heart ... Diaphragm
- D. Patella ... Biceps

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4-32. \_\_\_\_\_ **are fibrous bands that hold bones together at joints.** *(Emergency Care for Professional Responders)*

- A. Ligaments
- B. Tendons
- C. Cartilage
- D. Platelets

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4-33. **Each joint is surrounded by a capsule that releases \_\_\_\_\_ to lubricate the joint.** *(Emergency Care for Professional Responders)*

- A. Sinovial Fluid
- B. Mucousal Fluid
- C. T-cells
- D. B-cells

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4-34. **The \_\_\_\_\_ system consists of the skin, hair, and nails.** *(Emergency Care for Professional Responders)*

- A. Cohesive
- B. Integrated
- C. Autonomic
- D. Integumentary

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4-35. **The deeper or the two skin layers is called the \_\_\_\_\_.** *(Emergency Care for Professional Responders)*

- A. Epidermis
- B. Dermatitis
- C. Subcutaneous

- D. Dermis

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4-36. The \_\_\_\_\_ system is one of the body's two regulatory systems. Together with the nervous system, it coordinates the activities of the other systems. (*Emergency Care for Professional Responders*)

- A. Endometrial  
 B. Endocrine  
 C. Epidermal  
 D. Enzymeal

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4-37. Since most digestive system organs are in the \_\_\_\_\_ cavity, they are very vulnerable to injury. (*Emergency Care for Professional Responders*)

- A. Cranial  
 B. Lumbar  
 C. Abdominal  
 D. Pelvic

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4-38. The primary organs of the Genitourinary System are the \_\_\_\_\_ and \_\_\_\_\_. (*Emergency Care for Professional Responders*)

- A. Bowels ... Small Intestine  
 B. Kidneys ... Bladder  
 C. Large Intestine ... Gallbladder  
 D. Spleen ... Pancreas

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4-39. Body systems work independently of each other. (*Emergency Care for Professional Responders*)

- A. True  
 B. False

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4-40. Which list correctly identifies the forces produced by mechanical energy? (*Emergency Care for Professional Responders*)

- A. Direct ... Indirect ... Swivelling ... Contracting  
 B. Direct ... Supradirect ... Twisting ... Contracting  
 C. Direct ... Indirect ... Twisting ... Convulsing  
 D. Direct ... Indirect ... Twisting ... Contracting

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4-41. The \_\_\_\_\_ separates the Thoracic and Abdominal cavities. (*Emergency Care for Professional Responders*)

- A. Spinal Cord  
 B. Diaphragm  
 C. Aorta  
 D. Coccyx

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## Section 5: Assessment

5-1. Checking for Hazards and the Environment is part of the \_\_\_\_\_ Assessment (*Emergency Care for Professional Responders*)

- A. Primary Assessment  
 B. Secondary Assessment  
 C. Ongoing Assessment  
 D. Scene Assessment

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5-2. The acronym "MOI" stands for \_\_\_\_\_. (Emergency Care for Professional Responders)

- A. Motorized Occupant Incident
- B. Mechanism of Injury
- C. Method of Inhalation
- D. Modus Operandi Inclusion

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5-3. If the situation becomes dangerous once you have started to provide care and you cannot move the person, \_\_\_\_\_. (Emergency Care for Professional Responders)

- A. Inform Medical Control that you are operating in a hazardous environment
- B. Request the next arriving crew to bring equipment that will stabilize the scene
- C. Remain with the patient until you are physically injured to meet your legal obligations
- D. Cease care and retreat to safety

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5-4. Before beginning the Primary Assessment, \_\_\_\_\_. (Emergency Care for Professional Responders)

- A. Ensure you have a copy of your Certificate with you
- B. Ensure that you are wearing appropriate PPE for the situation
- C. Ensure your name tag is visible
- D. Ensure your vehicle is parked downhill and downwind from the incident

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5-5. If a patient only responds to commands or questions during the Primary Assessment, their LOR (Level of Responsiveness) would be categorized as \_\_\_\_\_. (Emergency Care for Professional Responders)

- A. Alert
- B. Verbal
- C. Painful
- D. Unresponsive

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5-6. You should initiate Spinal Motion Restriction measures whenever you suspect a spinal injury, unless doing so would \_\_\_\_\_. (Emergency Care for Professional Responders)

- A. Require physical effort
- B. Make transport inconvenient for the responders
- C. Interfere with care for life-threatening conditions
- D. Require the use of additional specialized equipment

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5-7. Which of the following situations would NOT lead you to suspect spinal injury? (Emergency Care for Professional Responders)

- A. Fall from a height greater than 1 meter or 5 stairs
- B. Gunshot Wound
- C. The patient's helmet is broken
- D. The patient is complaining of shortness of breath related to asthma

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5-8. If you suspect a head and/or spinal injury, attempt to open the airway using the \_\_\_\_\_ technique. (Emergency Care for Professional Responders)

- A. Head-Tilt/Chin Lift
- B. Head-Tongue-Jaw Lift
- C. Head-Lift/Jaw-Tilt
- D. Jaw Thrust

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5-9. When performing the ABC check in the Primary Assessment, you should assess the patient's breathing for no more than \_\_\_\_\_. (Emergency Care for Professional Responders)



- A. 60 seconds
- B. 45 seconds
- C. 120 seconds
- D. 10 seconds

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5-10. If an adult or child is responsive, check his or her pulse using the \_\_\_\_\_\_. (Emergency Care for Professional Responders)

- A. Carotid Artery
- B. Femoral Artery
- C. Brachial Artery
- D. Radial Artery

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5-11. The binding between \_\_\_\_\_ and \_\_\_\_\_ can be affected by several factors, including blood pH, temperature, the presence of carbon monoxide, and hemoglobin disorders. (Emergency Care for Professional Responders)

- A. Oxygen ... Carbon Dioxide
- B. Water ... Sugar
- C. Oxygen ... Hemoglobin
- D. Blood ... Capillaries

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5-12. The reading from a Pulse Oximeter appears as a percentage of hemoglobin saturated with oxygen. Normal saturation is approximately \_\_\_\_\_\_. (Emergency Care for Professional Responders)

- A. 50% - 100%
- B. 85% - 95%
- C. 75% - 100%
- D. 95% - 100%

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5-13. Which of the following is NOT a factor that may reduce the reliability of the pulse oximetry reading? (Emergency Care for Professional Responders)

- A. Ambient Light
- B. Patient is a high performance athlete
- C. Hypothermia
- D. Fingernail Polish

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5-14. Consider discontinuing supplemental oxygen if the patient is not distressed and the saturation level is greater than \_\_\_\_\_. (Emergency Care for Professional Responders)

- A. 98%
- B. 75%
- C. 85%
- D. 95%

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5-15. The \_\_\_\_\_ is a systematic check of the patient's body, starting with the highest priority areas. (Emergency Care for Professional Responders)

- A. GCS
- B. RBS
- C. MOI
- D. RTC

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5-16. A patient with a life-threatening condition will fall into the \_\_\_\_\_ category. (Emergency Care for Professional Responders)

- A. RBS

- B. MOI
- C. RTC
- D. GCS

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5-17. **Which of the following is NOT an example of an immediate transport emergency?** (*Emergency Care for Professional Responders*)

- A. Electrocution
- B. Decreased level of Responsiveness
- C. Unstable Pelvic Injury
- D. Slight Stomach Nausea

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5-18. **When possible, transport any of the patient's medications with the patient.** (*Emergency Care for Professional Responders*)

- A. True
- B. False

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5-19. **Most injured patients will find the most comfortable position for themselves.** (*Emergency Care for Professional Responders*)

- A. True
- B. False

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5-20. **The patient is lying on his or her back with the body elevated less than 45 degrees. This describes the \_\_\_\_\_ position.** (*Emergency Care for Professional Responders*)

- A. Lateral
- B. Fowler
- C. Semi-Fowler
- D. Trendelenburg

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5-21. **Reassessing a patient's \_\_\_\_\_ should occur frequently throughout assessment and care process.** (*Emergency Care for Professional Responders*)

- A. ABCs
- B. MOI
- C. T-Cells
- D. B-Cells

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5-22. **Which of the following accurately lists the 3 steps involved with a Secondary Assessment?** (*Emergency Care for Professional Responders*)

- A. RBS ... MOI ... GCS
- B. Interview ... Vital Signs ... Head-to-Toe Examination
- C. LOR ... Respirations ... ABCs
- D. Hazards & Environment ... SpO2 ... Transport Decision

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5-23. **Which of the following accurately outlines the mnemonics associated with the Interview portion of the Secondary Survey?** (*Emergency Care for Professional Responders*)

- A. ABC ... RBS ... RTC
- B. EXAMPLE ... QRSTUV
- C. SAMPLE ... OPQRST
- D. STAPLES ... SAMPLE

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5-24. **Which of the following is NOT one of the Vital Signs?** (*Emergency Care for Professional Responders*)

- A. SpO2

- B. Blood Pressure
- C. T-cell count
- D. Pupils

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5-25. The first set of vital signs taken from the patient is considered to be the \_\_\_\_\_ vital signs. (Emergency Care for Professional Responders)

- A. Primary
- B. Secondary
- C. Conclusive
- D. Baseline

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5-26. Which of the following accurately lists the 3 areas of patient response assessed using the Glasgow Coma Scale (GCS)? (Emergency Care for Professional Responders)

- A. Eyes ... Verbal ... Motor
- B. Cognitive ... Psychomotor ... Affective
- C. Physical ... Mental ... Psychological
- D. Emotional ... Rational ... Logical

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5-27. If a patient's eyes open to painful stimulus, their GCS Eye Opening score is... (Emergency Care for Professional Responders)

- A. 1
- B. 2
- C. 3
- D. 4

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5-28. If a patient does reply verbally at all, they are given a GCS Verbal Response score of .... (Emergency Care for Professional Responders)

- A. 0
- B. 1
- C. 2
- D. 3

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5-29. A patient who withdraws from painful stimulus has a GCS Motor Response score of \_\_\_\_\_. (Emergency Care for Professional Responders)

- A. 2
- B. 3
- C. 4
- D. 5

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5-30. Any patient with a GCS score of \_\_\_\_\_ or lower requires rapid transport. (Emergency Care for Professional Responders)

- A. 11
- B. 12
- C. 13
- D. 14

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5-31. The normal respiratory rate for an adult is between \_\_\_\_\_ and \_\_\_\_\_ breaths per minute. (Emergency Care for Professional Responders)

- A. 10 ... 20
- B. 5 ... 15
- C. 12 ... 20

D. 6 ... 30

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5-32. **During the Primary Assessment, you are concerned with whether a patient is breathing at all, whereas in the Secondary Assessment, you are concerned with the \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_ of breathing.** (*Emergency Care for Professional Responders*)

- A. Rate ... Volume ... Repetition
- B. Rhythm ... Character ... Continuation
- C. Rate ... Rhythm ... Volume
- D. Right ... Rise ... Revolution

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5-33. **A normal pulse for an adult is between \_\_\_\_\_ and \_\_\_\_\_ beats per minute.** (*Emergency Care for Professional Responders*)

- A. 80 ... 120
- B. 50 ... 60
- C. 60 ... 100
- D. 20 ... 80

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5-34. **In the Primary Assessment, you are concerned only with whether or not a pulse is present. In the Secondary Assessment, you are trying to determine pulse \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.** (*Emergency Care for Professional Responders*)

- A. Rate ... Rhythm ... Rise
- B. Rate ... Rhythm ... Quality
- C. Regularity ... Strength ... Consistency
- D. Depth ... Pressure ... Quality

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5-35. **When the blood below the skin is oxygen deficient, it can give the skin a bluish tint referred to as \_\_\_\_\_.** (*Emergency Care for Professional Responders*)

- A. Trichonosis
- B. Cyanosis
- C. Bronchospasm
- D. Tuberculosis

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5-36. **In a healthy person, the area beneath the nail will turn pale as you press it and turn pink again as you release and it refills with blood. If the area does not return to pink within \_\_\_\_\_, this indicates that circulation to the fingertip is impaired.** (*Emergency Care for Professional Responders*)

- A. 2 minutes
- B. 2 seconds
- C. 30 seconds
- D. 45 seconds

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5-37. **Pupils that are unequal, fully dilated, fully constricted, or unresponsive to light may indicate a serious head injury or illness.** (*Emergency Care for Professional Responders*)

- A. True
- B. False

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5-38. **Blood Pressure is measured in units called \_\_\_\_\_.** (*Emergency Care for Professional Responders*)

- A. Millimoles per liter (mmol/l)
- B. Milligrams (mg)
- C. Microliters (mcl)
- D. Millimeters of mercury (mmHg)

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5-39. **The pressure in the arteries when the heart is contracting is called \_\_\_\_\_.** (*Emergency Care for Professional Responders*)

- A. Diastolic Blood Pressure
- B. Hypotensive Blood Pressure
- C. Systolic Blood Pressure
- D. Hypertensive Blood Pressure

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5-40. **The pressure in the in the arteries when the Ventricles are relaxed and the heart is refilling is called \_\_\_\_\_.** *(Emergency Care for Professional Responders)*

- A. Systolic Blood Pressure
- B. Hyperbaric Blood Pressure
- C. Parabolic Blood Pressure
- D. Diastolic Blood Pressure

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5-41. **The two methods used to assess a patient's Blood Pressure are \_\_\_\_\_ and \_\_\_\_\_.** *(Emergency Care for Professional Responders)*

- A. Evaluation ... Estimation
- B. Palpation ... Auscultation
- C. Diastolic ... Systolic
- D. Perpetration ... Ideation

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5-42. **Quantifying a patient's blood glucose level can provide important information about a patient's condition. This is especially true in patients suffering from \_\_\_\_\_.** *(Emergency Care for Professional Responders)*

- A. Diabetes
- B. Anxiety
- C. Anemia
- D. Hypotension

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5-43. **Blood Glucose is measured in \_\_\_\_\_.** *(Emergency Care for Professional Responders)*

- A. Millimeters of Mercury (mmHg)
- B. Millileters (ml)
- C. Microliters (mcl)
- D. Millimoles per liter (mmol/L)

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5-44. **The physical exam process involves \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.** *(Emergency Care for Professional Responders)*

- A. Inspection ... Detection ... Correction
- B. Looking ... Listening ... Feeling
- C. Scene Assessment ... Primary Assessment ... Ongoing Assessment
- D. Inspection ... Auscultation ... Palpation

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5-45. **Conducting a \_\_\_\_\_ assessment includes instructing the patient to move his or her toes, foot, and leg watching for any signs of impaired function.** *(Emergency Care for Professional Responders)*

- A. Distal Circulation
- B. Level of Responsiveness
- C. Motor-Sensory
- D. Range of Motion

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5-46. **When you complete the head-to-toe physical examination, reassess the patient's \_\_\_\_\_.** *(Emergency Care for Professional Responders)*

- A. ROM
- B. ABCs

- C. GCS
- D. SAMPLE

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5-47. **Patient Care should be delayed to fill out paperwork.** (*Emergency Care for Professional Responders*)

- A. True
- B. False

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5-48. **A life-threatening condition, such as respiratory or cardiac arrest, can occur suddenly, even in a patient whose ABCs and Vital Signs were initially normal.** (*Emergency Care for Professional Responders*)

- A. True
- B. False

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## Section 6: Airway Management & Respiratory Emergencies

6-1. **Respiratory Distress is also referred to as \_\_\_\_\_.** (*Emergency Care for Professional Responders*)

- A. Apnea
- B. Ataxia
- C. Hypervolemia
- D. Dyspnea

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6-2. **An insufficient amount of oxygen being delivered to the cells is referred to as \_\_\_\_\_.** (*Emergency Care for Professional Responders*)

- A. Ataxia
- B. Hypoxia
- C. Hyperoxemia
- D. Cyanosis

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6-3. **A patient experiencing a respiratory emergency may place themselves in an unusual position such as the \_\_\_\_\_ position.** (*Emergency Care for Professional Responders*)

- A. Tripod
- B. Tracheal Shift
- C. Prone
- D. Pole

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6-4. **A patient experiencing restlessness or anxiety related to a respiratory emergency is an example of \_\_\_\_\_.** (*Emergency Care for Professional Responders*)

- A. Abnormal respiratory rate
- B. Emotional effects
- C. Neurological effects
- D. Abnormal skin characteristics

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6-5. **An FBAO is a \_\_\_\_\_.** (*Emergency Care for Professional Responders*)

- A. Front Brachial Artery Obstruction
- B. Foreign Body Arterial Obfuscation
- C. Front Body Airway Opening
- D. Foreign Body Airway Obstruction

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6-6. **Coughing is usually more effective when the patient is in a \_\_\_\_\_ position and leaning \_\_\_\_\_ slightly.** (*Emergency Care for Professional Responders*)

- A. Supine ... Forward
- B. Seated ... Forward
- C. Seated ... Upward
- D. Trendelenburg ... Laterally

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6-7. **There are \_\_\_\_\_ interventions available for anatomical airway obstructions.** (*Emergency Care for Professional Responders*)

- A. More
- B. Better
- C. Fewer
- D. Simpler

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6-8. **Which of the following correctly lists the 3 interventions appropriate for removing a foreign body airway obstruction?** (*Emergency Care for Professional Responders*)

- A. Back Blows ... Abdominal Thrusts ... Cranial Thrusts
- B. Back Blows ... Abdominal Thrusts ... Chest Thrusts
- C. Back Thrusts ... Abdominal Massage ... Pericardial Thump
- D. Back Blows ... Aortic Thrusts ... Chest Thrusts

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6-9. **Regardless of the FBAO removal technique you choose, you should perform the first method up to \_\_\_\_\_ times, checking after each one to whether the object has been dislodged.** (*Emergency Care for Professional Responders*)

- A. 3
- B. 4
- C. 5
- D. 6

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6-10. **If the patient is in a wheelchair, lock the wheels before providing care.** (*Emergency Care for Professional Responders*)

- A. True
- B. False

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6-11. **The methods used to remove a foreign body airway obstruction from a responsive patient are \_\_\_\_\_ effective for an unresponsive patient.** (*Emergency Care for Professional Responders*)

- A. Equally
- B. More
- C. Less
- D. Not

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6-12. **The intervention to remove a foreign body airway obstruction from an unresponsive adult or child is similar to \_\_\_\_\_.** (*Emergency Care for Professional Responders*)

- A. The interventions utilized for responsive patients
- B. A Rapid Body Survey
- C. The chest compressions performed during CPR
- D. Chest Auscultation

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6-13. **It is preferable to \_\_\_\_\_ or \_\_\_\_\_ while performing back blows and modified chest thrusts for an unresponsive infant with a foreign body airway obstruction.** (*Emergency Care for Professional Responders*)

- A. Scream ... Cry

- B. Jump ... Crawl
- C. Sing ... Coo
- D. Sit ... Kneel

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6-14. **While delivering chest thrusts to remove a foreign body airway obstruction from a responsive infant, the infant's head should be \_\_\_\_\_ the chest.** (*Emergency Care for Professional Responders*)

- A. Above
- B. Level with
- C. Tucked into
- D. Lower than

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6-15. **Do not use a finger sweep to remove an object from an infant's mouth.** (*Emergency Care for Professional Responders*)

- A. True
- B. False

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6-16. \_\_\_\_\_ **is a life-threatening allergic reaction that causes the air passages to constrict.** (*Emergency Care for Professional Responders*)

- A. Asthma
- B. Anaphylaxis
- C. Anaphylactic Shock
- D. Both B and C

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6-17. **The respiratory issues caused by anaphylaxis can progress to an obstructed airway as the \_\_\_\_\_ and \_\_\_\_\_ swell.** (*Emergency Care for Professional Responders*)

- A. Brain ... Heart
- B. Bronchioles ... Alveoli
- C. Lungs ... Diaphragm
- D. Tongue ... Throat

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6-18. **Epinephrine corrects the underlying condition of anaphylaxis.** (*Emergency Care for Professional Responders*)

- A. True
- B. False

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6-19. **Before assisting a patient with their Epi-Pen or oral antihistamines, you must check the \_\_\_\_\_ of medication.** (*Emergency Care for Professional Responders*)

- A. 7 Musts
- B. 8 Dont's
- C. 5 Confirmations
- D. 6 Rights

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6-20. **Which 3 general conditions encompass Chronic Obstructive Pulmonary Disease (COPD)?** (*Emergency Care for Professional Responders*)

- A. Asthma ... Anaphylaxis ... FBAO
- B. Emphysema ... Chronic Bronchitis ... Bronchospasm
- C. Emphysema ... Pneumonia ... Anaphylaxis
- D. Asthma ... Pneumonia ... Anaphylaxis

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6-21. **Patients with COPD may eventually develop a \_\_\_\_\_ drive to breathe.** (*Emergency Care for Professional Responders*)



- A. Hypercarbic
- B. Hypotensive
- C. Cyanotic
- D. Hypoxic

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6-22. **High flow oxygen should not be administered to a patient with COPD, who is acutely short of breath.** (*Emergency Care for Professional Responders*)

- A. True
- B. False

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6-23. **Which of the following is NOT considered a typical sign or symptom of Acute Respiratory Distress Syndrome (ARDS)?** (*Emergency Care for Professional Responders*)

- A. Hives and itchiness
- B. Rapid Breathing (Tachypnea)
- C. Cyanosis
- D. Pulmonary Edema

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6-24. **During an asthma attack, the air passages become constricted or narrowed by a spasm of the muscles lining the \_\_\_\_\_.** (*Emergency Care for Professional Responders*)

- A. Bronchi
- B. Coccyx
- C. Alveoli
- D. Diaphragm

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6-25. **A characteristic sign of Asthma is wheezing during \_\_\_\_\_.** (*Emergency Care for Professional Responders*)

- A. Inhalation
- B. Sleep
- C. Exertion
- D. Exhalation

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6-26. **A prescription \_\_\_\_\_ may or may not be used with a spacer and/or a mask.** (*Emergency Care for Professional Responders*)

- A. Diskus Inhaler
- B. Metered-Dose Inhaler
- C. Epi-Pen
- D. Sphagmomanometer

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6-27. **Which of the following is NOT a typical sign or symptom of Pneumonia?** (*Emergency Care for Professional Responders*)

- A. Dyspnea
- B. Tachypnea
- C. Pleuritic Chest Pain
- D. Unproductive Cough

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6-28. \_\_\_\_\_ **can occur when excess fluid leaks out into the alveoli, and that fluid builds up in the lungs.** (*Emergency Care for Professional Responders*)

- A. Pulmonary Edema
- B. Myocardial Infarction
- C. Pulmonary Embolism
- D. Anaphylaxis

6-29. \_\_\_\_\_ is the most common cause of Pulmonary Edema. (*Emergency Care for Professional Responders*)

- A. Stroke
- B. Congestive Heart Failure
- C. Asthma
- D. Crohn's Disease

6-30. The best position for a patient with Pulmonary Edema will generally be \_\_\_\_\_. (*Emergency Care for Professional Responders*)

- A. Supine
- B. Legs dangling
- C. Trendelenburg
- D. Semi-Prone

6-31. Which of the following is NOT considered a potential cause of Pulmonary Embolism? (*Emergency Care for Professional Responders*)

- A. Blood Clot
- B. Tumor Tissue
- C. Air
- D. Asthma

6-32. A characteristic sign of \_\_\_\_\_ is rapid, shallow breathing. (*Emergency Care for Professional Responders*)

- A. Hypotension
- B. Hyperglycemia
- C. Hyperventilation
- D. Hypertension

6-33. Respiratory arrest, or a respiratory rate lower than \_\_\_\_\_ breaths per minute or higher than \_\_\_\_\_ breaths per minute indicates a need for assisted ventilation. (*Emergency Care for Professional Responders*)

- A. 12 ... 60
- B. 5 ... 10
- C. 10 ... 30
- D. 30 ... 15

6-34. The patient's chest should rise with each ventilation. (*Emergency Care for Professional Responders*)

- A. True
- B. False

6-35. When assisting ventilations, provide 1 ventilation every \_\_\_\_\_ seconds for an adult and every \_\_\_\_\_ seconds for a child or infant. (*Emergency Care for Professional Responders*)

- A. 10 ... 30
- B. 5-6 ... 10-15
- C. 8 ... 7
- D. 5-6 ... 3-5

6-36. Air in the stomach is called \_\_\_\_\_, which can cause a patient to vomit. (*Emergency Care for Professional Responders*)

- A. Hypervolemia
- B. Gastric Distension

- C. Jugular Vein Distension
- D. Abdominal Thrust

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6-37. **It may be easier to create a seal using an infant or child-sized mask when ventilating into a Stoma.** *(Emergency Care for Professional Responders)*

- A. True
- B. False

Page 121 of the Emergency Care for Professional Responders text book

6-38. **Dentures help with assisted ventilations by supporting the patient's mouth and cheeks.** *(Emergency Care for Professional Responders)*

- A. True
- B. False

Page 121 of the Emergency Care for Professional Responders text book

6-39. **Which of the following is NOT considered a criteria for an effective resuscitation mask?** *(Emergency Care for Professional Responders)*

- A. Transparent
- B. One-Way Valve
- C. Rigid
- D. Biofilter

Page 121-122 of the Emergency Care for Professional Responders text book

6-40. **One advantage of a Bag-Valve-Mask over a resuscitation mask is that a BVM is easier to use and requires less regular practice.** *(Emergency Care for Professional Responders)*

- A. True
- B. False

Page 123 of the Emergency Care for Professional Responders text book

6-41. **Although a single responder may be able to use a BVM effectively, it is best used by two Responders.** *(Emergency Care for Professional Responders)*

- A. True
- B. False

Page 123 of the Emergency Care for Professional Responders text book

6-42. **The normal concentration of oxygen in the air is approximately \_\_\_\_\_.** *(Emergency Care for Professional Responders)*

- A. 21%
- B. 25%
- C. 57%
- D. 42%

Page 124 of the Emergency Care for Professional Responders text book

6-43. **Grease, oil, tape and petroleum products are effective lubricants for oxygen regulator equipment.** *(Emergency Care for Professional Responders)*

- A. True
- B. False

Page 125 of the Emergency Care for Professional Responders text book

6-44. **Which of the following is NOT considered an indication for high-flow oxygen?** *(Emergency Care for Professional Responders)*

- A. Patient is Hypoxic
- B. Patient is suffering from Dyspnea
- C. The patient's SpO<sub>2</sub> is above 98%
- D. Patient has been exposed to Carbon Monoxide

Page 125 of the Emergency Care for Professional Responders text book

6-45. **Oxygen regulators normally deliver between \_\_\_\_\_ and \_\_\_\_\_ liters per minute (LPM).** *(Emergency Care for Professional Responders)*

- A. 1 ... 25
- B. 5 ... 30

- C. 4 ... 15
- D. 3 ... 28

Page 127 of the Emergency Care for Professional Responders text book

6-46. **Unless the manufacturer's specifications dictate otherwise, Oxygen cylinders should be hydrostatically tested every \_\_\_\_\_ years.** (*Emergency Care for Professional Responders*)

- A. 2
- B. 10
- C. 5
- D. 15

Page 127 of the Emergency Care for Professional Responders text book

6-47. **A Nasal Canula is normally used at an oxygen flow rate of \_\_\_\_\_ to \_\_\_\_\_ LPM.** (*Emergency Care for Professional Responders*)

- A. 1 ... 4
- B. 5 ... 15
- C. 2 ... 8
- D. 10 ... 12

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6-48. **A Resuscitation Mask is normally used at an oxygen flow rate of \_\_\_\_\_ to \_\_\_\_\_ LPM.** (*Emergency Care for Professional Responders*)

- A. 1 ... 4
- B. 10 ... 15
- C. 6 ... 10
- D. 8 ... 12

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6-49. **A Non-Rebreather Mask is normally used at an oxygen flow rate of \_\_\_\_\_ to \_\_\_\_\_ LPM.** (*Emergency Care for Professional Responders*)

- A. 1 ... 4
- B. 10 ... 15
- C. 6 ... 10
- D. 8 ... 12

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6-50. **A Bag-Valve-Mask is typically used at an oxygen flow rate of \_\_\_\_\_ LPM, and delivers an oxygen concentration of \_\_\_\_\_.** (*Emergency Care for Professional Responders*)

- A. 10 ... 80%
- B. 15 ... 50%
- C. 12 ... 85%
- D. 15 ... 90+%

Page 129 of the Emergency Care for Professional Responders text book

6-51. **An oxygen cylinder's valve should be opened for a maximum of one second to to remove any dirt or debris from the valve.** (*Emergency Care for Professional Responders*)

- A. True
- B. False

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6-52. **A properly sized Oropharyngeal Airway (OPA) should extend from the \_\_\_\_\_ to the \_\_\_\_\_.** (*Emergency Care for Professional Responders*)

- A. Nose ... Pharynx
- B. Jaw ... Nose
- C. Earlobe ... Tip of Nose
- D. Earlobe ... Corner of Mouth

Page 131 of the Emergency Care for Professional Responders text book

6-53. When inserting an OPA for a(n) \_\_\_\_\_, place some padding under the patient's shoulders to help maintain the neutral position of the head without hyperextending the neck. (Emergency Care for Professional Responders)

- A. Adult
- B. Child
- C. Infant
- D. Unresponsive patient

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6-54. The two most common methods of opening a patient's mouth to assess the upper airway are the \_\_\_\_\_ technique and the \_\_\_\_\_ technique. (Emergency Care for Professional Responders)

- A. Jaw Thrust ... Head-Tilt / Chin-Lift
- B. Tongue-Jaw Lift ... Finger Sweep
- C. Crossed-Finger ... Tongue-Jaw Lift
- D. Prone Roll ... Manual Suction

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6-55. A properly sized Nasopharyngeal Airway (NPA) should extend from the \_\_\_\_\_ to the \_\_\_\_\_. (Emergency Care for Professional Responders)

- A. Nose ... Pharynx
- B. Jaw ... Nose
- C. Earlobe ... Tip of Nose
- D. Earlobe ... Corner of Mouth

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6-56. Whenever you are providing assisted ventilations, it is a good practice to have the suction unit on standby so you can use it immediately if the patient vomits. (Emergency Care for Professional Responders)

- A. True
- B. False

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6-57. Suctioning devices are most effective when removing \_\_\_\_\_. (Emergency Care for Professional Responders)

- A. Blood Clots
- B. Large pieces of food
- C. Fluids
- D. All of the above

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6-58. The distance of insertion for a suctioning device is the distance from the patient's \_\_\_\_\_ to the patient's \_\_\_\_\_. (Emergency Care for Professional Responders)

- A. Nose ... Pharynx
- B. Jaw ... Nose
- C. Earlobe ... Tip of Nose
- D. Earlobe ... Corner of Mouth

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6-59. If a patient has a tracheostomy or stoma, suction through the patient's hole. (Emergency Care for Professional Responders)

- A. True
- B. False

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6-60. Which of the following is NOT considered a general principle helpful for most patients with respiratory distress? (Emergency Care for Professional Responders)

- A. Assist the patient in taking any prescribed medication for the condition
- B. Yell loudly so the patient can hear you over their breathing
- C. Calm the patient to slow his or her breathing

D. Have the patient rest in a comfortable position.

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6-61. **When providing assisted ventilations to a patient with a pulse in respiratory arrest, recheck the patient's pulse after every \_\_\_\_\_ minutes to confirm that the heart is still beating.** (*Emergency Care for Professional Responders*)

- A. 5
- B. 15
- C. 2
- D. 30

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6-62. **Anaphylaxis is generally accompanied by a drop of \_\_\_\_\_ in systolic blood pressure.** (*EMR Cheat Sheet*)

- A. 50%
- B. 15%
- C. 100%
- D. 30%

## Section 7: Circulatory Emergencies

7-1. \_\_\_\_\_ is a term used to refer to a broad range of abnormal conditions affecting the heart and blood vessels. (*Emergency Care for Professional Responders*)

- A. CVA
- B. CHF
- C. CVD
- D. CHD

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7-2. \_\_\_\_\_ occurs when arteries become hardened, narrowed, and less elastic. (*Emergency Care for Professional Responders*)

- A. Deep Vein Thrombosis
- B. COPD
- C. Atherosclerosis
- D. Emphysema

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7-3. \_\_\_\_\_ occurs when the oxygen demands of the heart exceed the available supply of oxygen rich blood. (*Emergency Care for Professional Responders*)

- A. Angina Pectoris
- B. Angina
- C. Atherosclerosis
- D. Both A and B

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7-4. **Stable Angina usually lasts \_\_\_\_\_.** (*Emergency Care for Professional Responders*)

- A. More than 10 minutes
- B. Less than 10 minutes
- C. More than 5 hours
- D. More than 24 hours

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7-5. **Unstable Angina is similar to Myocardial Infarction (MI), except that the effects are usually \_\_\_\_\_.** (*Emergency Care for Professional Responders*)

- A. More severe
- B. Usually temporary
- C. Usually Permanent

- D. Less frequent

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7-6. **If unsure whether the patient is experiencing angina or an MI, treat the patient for angina.** *(Emergency Care for Professional Responders)*

- A. True  
 B. False

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7-7. **The most prominent symptom of a Myocardial Infarction (MI) is persistent \_\_\_\_\_.** *(Emergency Care for Professional Responders)*

- A. Headache  
 B. Depression  
 C. Hypotension  
 D. Chest Pain

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7-8. **Heart Attacks are always preceded by clear and distinct signs and symptoms.** *(Emergency Care for Professional Responders)*

- A. True  
 B. False

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7-9. **Chest Pain caused by Myocardial Infarction may spread to the shoulder, arm, neck, or \_\_\_\_\_.** *(Emergency Care for Professional Responders)*

- A. Head  
 B. Jaw  
 C. Fingers  
 D. Toes

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7-10. **Which of the following is NOT considered a "Soft" sign of Myocardial Infarction?** *(Emergency Care for Professional Responders)*

- A. Focused, severe Chest Pain  
 B. Fatigue  
 C. Nausea  
 D. Vomiting

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7-11. **Most patients die within \_\_\_\_\_ after the first appearance of MI signs and symptoms.** *(Emergency Care for Professional Responders)*

- A. 1 - 2 minutes  
 B. 1 - 2 hours  
 C. 1 - 2 days  
 D. 6 - 12 hours

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7-12. **Most MIs result from \_\_\_\_\_ in the coronary arteries.** *(Emergency Care for Professional Responders)*

- A. Air bubbles  
 B. Calcium spurs  
 C. Blood Clots  
 D. Carbon Dioxide

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7-13. \_\_\_\_\_ **thins the blood and reduces the formation of clots.** *(Emergency Care for Professional Responders)*

- A. Acetaminophen  
 B. Ibuprofen  
 C. A and B  
 D. Acetylsalicylic Acid

7-14. **ASA is \_\_\_\_\_ for patients with asthma or bleeding conditions such as ulcers.** (*Emergency Care for Professional Responders*)

- A. Contraindicated
- B. Indicated
- C. Beneficial
- D. Recommended

7-15. \_\_\_\_\_ **is a vasodilator medication often prescribed for angina.** (*Emergency Care for Professional Responders*)

- A. Nitrous Oxide
- B. Nitrogen Dioxide
- C. Nitroglycerin
- D. Nitrogen Oxide

7-16. **Nitroglycerin \_\_\_\_\_ blood pressure.** (*Emergency Care for Professional Responders*)

- A. Reduces
- B. Improves
- C. Increases
- D. Raises

7-17. **Combining Nitroglycerin with Viagra, Levitra or Cialis can cause \_\_\_\_\_.** (*Emergency Care for Professional Responders*)

- A. A fatal lowering of blood pressure
- B. Hypertensive Shock
- C. Atherosclerosis
- D. A reduction in MI chest pain

7-18. **The \_\_\_\_\_ side of the heart receives blood from the lungs, so \_\_\_\_\_ sided heart failure causes blood to back up in the alveoli.** (*Emergency Care for Professional Responders*)

- A. Right ... Left
- B. Left ... Left
- C. Right ... Right
- D. Left ... Right

7-19. **Which of the following is NOT a typical sign or symptom of Left-Sided heart failure?** (*Emergency Care for Professional Responders*)

- A. Coughing up foamy sputum (sometimes blood tinged)
- B. Cyanosis
- C. Decreased Heart Rate
- D. History of shortness of breath when lying down, which gets better when standing

7-20. **Right-sided heart failure usually occurs due to \_\_\_\_\_.** (*Emergency Care for Professional Responders*)

- A. Hypertension
- B. Hypotension
- C. Left-sided heart failure
- D. Ventricular Fibrillation

7-21. **Which of the following is NOT considered a typical sign or symptom of Right-Sided Heart Failure?** (*Emergency Care for Professional Responders*)



- A. Jugular Vein Distension
- B. Urinating more frequently at night
- C. Swelling of the upper extremities
- D. Shortness of breath

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7-22. **Jugular Vein Distension (JVD) is most easily assessed when a patient is in the \_\_\_\_\_ position.** *(Emergency Care for Professional Responders)*

- A. Supine
- B. Prone
- C. Fowler's
- D. Semi-Fowler's

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7-23. **A person who goes into cardiac arrest will not have a \_\_\_\_\_, and \_\_\_\_\_ will soon cease (if it has not already).** *(Emergency Care for Professional Responders)*

- A. GCS ... Speech
- B. Pulse ... Respiration
- C. Hypoxic drive ... JVD
- D. PHN ... Incontinence

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7-24. **In children and infants, Cardiac Arrest is typically caused by \_\_\_\_\_.** *(Emergency Care for Professional Responders)*

- A. Atherosclerosis
- B. CVD
- C. Respiratory Arrest
- D. CHF

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7-25. **Ensure you assess the patient's respiration thoroughly, and confirm whether a \_\_\_\_\_ pulse is present (or the \_\_\_\_\_ pulse in the case of infants).** *(Emergency Care for Professional Responders)*

- A. Carotid ... Brachial
- B. Femoral ... Temporal
- C. Radial ... Popliteal
- D. Carotid ... Radial

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7-26. **An extreme arrhythmia in which the heart is quivering (rather than truly contracting) is referred to as \_\_\_\_.** *(Emergency Care for Professional Responders)*

- A. Attenuation
- B. Fibrillation
- C. Automation
- D. Exhumation

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7-27. **Which of the following identifies the two most commonly shockable heart rhythms?** *(Emergency Care for Professional Responders)*

- A. Ventricular Fibrillation ... Ventricular Tachycardia
- B. Asystole ... Pulseless Electrical Activity
- C. Sinus Rhythm ... Tachycardiac Fibrillation
- D. Sinus Electrical Activity ... Automated Tachycardia

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7-28. **Cardiopulmonary Resuscitation (CPR) consists of cycles, which are sets of \_\_\_\_\_ and \_\_\_\_\_ given in a set ratio.** *(Emergency Care for Professional Responders)*

- A. Shocks ... Compressions

- B. Compressions ... Vital Signs
- C. Compressions ... Ventilations
- D. Ventilations ... Shocks

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7-29. **Once started, CPR should only be interrupted to perform critical interventions (such as clearing the airway) or when there are obvious changes in the patient's condition (such as \_\_\_\_\_).** (*Emergency Care for Professional Responders*)

- A. Cyanosis
- B. Return of Spontaneous Circulation
- C. Faint Gurgling
- D. Muscle spasm during AED shock

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7-30. **During CPR performance, Compressions should be given at a rate of approximately \_\_\_\_\_ per minute.** (*Emergency Care for Professional Responders*)

- A. 100 - 120
- B. 50 - 80
- C. 120 - 150
- D. 15 - 30

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7-31. **The percentage of total CPR time in which the patient is receiving compressions is referred to as \_\_\_\_\_.** (*Emergency Care for Professional Responders*)

- A. Defibrillation
- B. Fibrillation
- C. Compression Action
- D. Compression Fraction

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7-32. **To perform CPR compressions on an adult or child, place the heel of one hand over the patient's \_\_\_\_\_, then place your other hand on top and grip the lower hand with your fingers.** (*Emergency Care for Professional Responders*)

- A. Lower Sternum
- B. Center of the chest
- C. Either A or B
- D. Diaphragm

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7-33. **What are the two appropriate compression methods for infants?** (*Emergency Care for Professional Responders*)

- A. Chest Fibrillation ... Pericardial Thump
- B. Twisting Torso ... Double Pump
- C. Auscultation ... Palpation
- D. Encircling Thumbs ... Two-Finger

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7-34. **Correct body position makes CPR \_\_\_\_\_ effective and also \_\_\_\_\_ responder fatigue.** (*Emergency Care for Professional Responders*)

- A. Less ... Increases
- B. More ... Eliminates
- C. More ... Decreases
- D. Less ... Eliminates

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7-35. **When the chest recoils \_\_\_\_\_, it allows the heart to expand and fill with blood.** (*Emergency Care for Professional Responders*)

- A. Completely
- B. Partially

- C. Rapidly
- D. Slowly

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7-36. **When performing CPR on adults, the chest should be compressed at least \_\_\_\_\_.** (*Emergency Care for Professional Responders*)

- A. 5 cm
- B. 2 inches
- C. Both A and B
- D. 4 inches

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7-37. **When performing CPR compressions on a child, infant, or neonate, compress to a depth of at least \_\_\_\_\_ of the anteroposterior diameter of the chest.** (*Emergency Care for Professional Responders*)

- A. One-Third
- B. Two-Thirds
- C. Three-Quarters
- D. One-Fifth

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7-38. **When two or more responders are performing CPR, they should switch roles every \_\_\_\_\_ minutes to avoid fatigue and maintain a high quality of compressions.** (*Emergency Care for Professional Responders*)

- A. 2
- B. 5
- C. 10
- D. 15

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7-39. **When two or more professional responders are performing CPR on an Adult, the compression to ventilation ratio should be \_\_\_\_\_.** (*Emergency Care for Professional Responders*)

- A. 30:1
- B. 15:2
- C. 3:1
- D. 30:2

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7-40. **When two or more professional responders are performing CPR on an Infant, the compression to ventilation ratio should be \_\_\_\_\_.** (*Emergency Care for Professional Responders*)

- A. 30:2
- B. 30:1
- C. 15:2
- D. 10:1

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7-41. **When two or more professional responders are performing CPR on a Neonate, the compression to ventilation ratio should be \_\_\_\_\_.** (*Emergency Care for Professional Responders*)

- A. 30:1
- B. 3:1
- C. 15:2
- D. 30:2

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7-42. **Dynamic CPR is performed while a patient is \_\_\_\_\_.** (*Emergency Care for Professional Responders*)

- A. Unresponsive
- B. In Cardiac Arrest

- C. Being Moved
- D. Being Assessed

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7-43. **As soon as you determine that the patient is in Cardiac Arrest, deploy the defibrillator.** *(Emergency Care for Professional Responders)*

- A. True
- B. False

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7-44. **Defibrillation is not indicated for \_\_\_\_\_.** *(Emergency Care for Professional Responders)*

- A. Infants
- B. Neonates
- C. Adults
- D. Children

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7-45. **Compressions should be continued while the AED charges.** *(Emergency Care for Professional Responders)*

- A. True
- B. False

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7-46. **It is crucial that no one touch the patient while the AED shock is administered.** *(Emergency Care for Professional Responders)*

- A. True
- B. False

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7-47. **Which of the following describes a Defibrillation precaution?** *(Emergency Care for Professional Responders)*

- A. Do not use a defibrillator in a moving vehicle
- B. Do not defibrillate in the presence of flammable materials
- C. Do not touch a patient while the shock is delivered
- D. All of the above

Page 155-156 of the Emergency Care for Professional Responders text book

7-48. **When performing CPR on a visibly pregnant woman, place a blanket under her \_\_\_\_\_, to help return blood to the heart.** *(Emergency Care for Professional Responders)*

- A. Head
- B. Legs
- C. Left Hip
- D. Right Hip

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7-49. **It is safe to use a defibrillator normally on a pregnant woman.** *(Emergency Care for Professional Responders)*

- A. True
- B. False

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7-50. **A defibrillator pad can be placed directly on top of a transdermal patch.** *(Emergency Care for Professional Responders)*

- A. True
- B. False

Page 156 of the Emergency Care for Professional Responders text book

7-51. **AED pads should be placed at least \_\_\_\_\_ from any Pacemakers, Internal Defibrillators, or metal jewelry.** *(Emergency Care for Professional Responders)*

- A. 1 inch
- B. 2.5 cm

- C. Either A or B
- D. 5 inches

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7-52. **It is safe to use an AED while the patient is in a puddle of water.** *(Emergency Care for Professional Responders)*

- A. True
- B. False

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7-53. **An infant is considered a Neonate from \_\_\_\_\_ to \_\_\_\_\_.** *(Emergency Care for Professional Responders)*

- A. Birth ... 1 year
- B. Birth ... 28 days
- C. 28 days ... 1 year
- D. 1 year ... Puberty

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7-54. **Defibrillator pads should be removed upon Return of Spontaneous Circulation (ROSC).** *(Emergency Care for Professional Responders)*

- A. True
- B. False

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7-55. **A Cerebrovascular Accident (CVA) is also known as a \_\_\_\_\_.** *(Emergency Care for Professional Responders)*

- A. Heart Attack
- B. Angina
- C. Stroke
- D. CVD

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7-56. **A(n) \_\_\_\_\_ is similar to a stroke in it's signs and symptoms, but usually resolves quickly without permanent tissue damage.** *(Emergency Care for Professional Responders)*

- A. MCI
- B. CVA
- C. TIA
- D. CHF

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7-57. **A Transient Ischemic Attack is sometimes referred to as a \_\_\_\_\_.** *(Emergency Care for Professional Responders)*

- A. Mini-stroke
- B. Warning Stroke
- C. Thrombotic Stroke
- D. Both A and B

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7-58. **What are the two main types of Ischemic Stroke?** *(Emergency Care for Professional Responders)*

- A. Hemorrhagic and Thrombotic
- B. Thrombotic and Embolic
- C. Mini and Warning
- D. Transient and Embolic

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7-59. **What are the two type of hemorrhage that commonly cause Strokes?** *(Emergency Care for Professional Responders)*

- A. Intracerebral and Subarachnoid
- B. Intercerebral and Superarachnoid

- C. Thrombotic and Embolic
- D. Arachnoid and Subcerebral

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7-60. **Which of the following is NOT considered a common sign or symptom of a CVA?** *(Emergency Care for Professional Responders)*

- A. Chest Pain
- B. Sudden weakness and/or numbness of the face, arm or leg on one side of the body
- C. Ringing in the ears
- D. Pupils of unequal size

Page 158-159 of the Emergency Care for Professional Responders text book

7-61. **Patients experiencing a suspected CVA are \_\_\_\_\_ in the Rapid Transport Category.** *(Emergency Care for Professional Responders)*

- A. Always
- B. Sometimes
- C. Never
- D. Usually

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7-62. **What are the two scales commonly used to assess a patient who has a suspected CVA?** *(Emergency Care for Professional Responders)*

- A. FAST and CPSS
- B. STROKE and GCS
- C. FAST and SLOW
- D. SAMPLE and OPQRST

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## Section 8: Shock

8-1. **Which of the following is NOT one of the three conditions necessary for maintaining perfusion?** *(Emergency Care for Professional Responders)*

- A. Heart functioning effectively
- B. Adequate quantity of blood circulating in the body
- C. Blood vessels able to control blood flow by dilating and constricting
- D. SpO2 above 98%

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8-2. \_\_\_\_\_ refers to a series of responses that results in a combination of signs and symptoms created by the body's attempts to maintain adequate blood flow to the vital organs and prevent them from shutting down. *(Emergency Care for Professional Responders)*

- A. Hypovolemia
- B. Shock
- C. Infarction
- D. Stroke

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8-3. **The type of shock caused by the heart not functioning properly is referred to as \_\_\_\_\_ shock.** *(Emergency Care for Professional Responders)*

- A. Hypovolemic
- B. Septic
- C. Cardiogenic
- D. Distributive

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8-4. **The type of shock caused by the quantity of blood circulating in the body being too low is referred to as \_\_\_\_\_ shock.** *(Emergency Care for Professional Responders)*

- A. Cardiogenic

- B. Hypovolemic
- C. Septic
- D. Obstructive

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8-5. **The type of shock caused by the blood vessels being unable to constrict properly is referred to as \_\_\_\_\_ shock.** *(Emergency Care for Professional Responders)*

- A. Distributive
- B. Hypovolemic
- C. Relative Hypovolemic
- D. Both A and C

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8-6. **Pulmonary Embolism and Tension Pneumothorax are examples of potential causes of \_\_\_\_\_ shock.** *(Emergency Care for Professional Responders)*

- A. Obstructive
- B. Hypovolemic
- C. Neurogenic
- D. Distributive

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8-7. **Hemorrhagic Shock is an example of true hypovolemic Shock.** *(Emergency Care for Professional Responders)*

- A. True
- B. False

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8-8. **Neurogenic Shock is an example of true hypovolemic Shock.** *(Emergency Care for Professional Responders)*

- A. True
- B. False

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8-9. **Psychogenic Shock is an example of true hypovolemic Shock.** *(Emergency Care for Professional Responders)*

- A. True
- B. False

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8-10. **Septic Shock is an example of true hypovolemic Shock.** *(Emergency Care for Professional Responders)*

- A. True
- B. False

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8-11. **Anaphylactic Shock is an example of true hypovolemic Shock.** *(Emergency Care for Professional Responders)*

- A. True
- B. False

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8-12. **Which of the following is NOT one of the three stages of shock?** *(Emergency Care for Professional Responders)*

- A. Reversible
- B. Compensated
- C. Decompensated
- D. Irreversible

Page 165-166 of the Emergency Care for Professional Responders text book

8-13. **The Trendelenburg position is not indicated if the patient has experienced trauma that is putting stress on the cardiovascular system, or if the patient's Systolic blood pressure is above \_\_\_\_\_.** *(Emergency Care for Professional Responders)*

- A. 160 mmHg

- B. 180 mmHg
- C. 120 mmHg
- D. 100 mmHg

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8-14. **Why should you generally avoid giving a patient in shock anything to eat or drink?** *(Emergency Care for Professional Responders)*

- A. They aren't responsive enough to know what they want
- B. They may have an anaphylactic reaction to water
- C. They may require surgery
- D. They will not be able to taste what they eat

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8-15. **The chain of cause and effect as shock progresses from initial injury to death is referred to as the \_\_\_\_\_.** *(Emergency Care for Professional Responders)*

- A. Vital Link
- B. Chain of Events
- C. Domino Effect
- D. Circle of Life

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8-16. **Because \_\_\_\_\_ is the underlying condition caused by shock, high-flow supplemental oxygen is indicated.** *(Emergency Care for Professional Responders)*

- A. Hypoxia
- B. Hyperoxemia
- C. Hypertension
- D. COPD

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## Section 9: Hemorrhage & Soft Tissue Trauma

9-1. **When the gap between a wound's edges is so large that the wound cannot be closed, healing occurs through \_\_\_\_\_.** *(Emergency Care for Professional Responders)*

- A. Degradation
- B. Emulsification
- C. Exfoliation
- D. Granulation

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9-2. **When cleaning the area around a wound, always wipe \_\_\_\_\_ the wound.** *(Emergency Care for Professional Responders)*

- A. On the surface of
- B. Into the center of
- C. In concentric circles around
- D. Away from

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9-3. **Which of the following is NOT considered a typical sign or symptom of systemic infection?** *(Emergency Care for Professional Responders)*

- A. General Malaise
- B. Cyanosis
- C. Red streaks moving away from the wound and toward the heart
- D. Nausea

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9-4. **Tetanus is sometimes referred to as \_\_\_\_\_.** *(Emergency Care for Professional Responders)*



- A. Lockjaw
- B. Rabies
- C. Bird Flu
- D. Scabies

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9-5. **Gangrene is highly infectious.** (*Emergency Care for Professional Responders*)

- A. True
- B. False

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9-6. **A \_\_\_\_\_ is a piece of material (usually cloth or elastic) used to hold a \_\_\_\_\_ in place.** (*Emergency Care for Professional Responders*)

- A. Dressing ... Bandage
- B. Tourniquet ... Amputation
- C. Bandage ... Dressing
- D. Spider Strap ... Spineboard

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9-7. **Air and water tight dressings are referred to as \_\_\_\_\_.** (*Emergency Care for Professional Responders*)

- A. Occlusive
- B. Non-Occlusive
- C. Obtrusive
- D. Obstructive

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9-8. **Which of the following does NOT likely require sutures or stitches?** (*Emergency Care for Professional Responders*)

- A. Wounds more than 1 inch (2.5 cm) long
- B. Wounds on the face or head
- C. Punctures from a blood glucometer lancet
- D. Human or animal bites

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9-9. **A \_\_\_\_\_ is used to treat a hemorrhage when all other interventions are impossible or have been ineffective.** (*Emergency Care for Professional Responders*)

- A. Lancet
- B. Tourniquet
- C. Bandage
- D. Dressing

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9-10. **A tourniquet should be applied \_\_\_\_\_ above the injury and just above any joint in this range.** (*Emergency Care for Professional Responders*)

- A. 5-10 cm
- B. 2-4 inches
- C. Both A and B
- D. 2 feet

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9-11. **Bleeding from \_\_\_\_\_ is often hemorrhagic (rapid, profuse and life-threatening).** (*Emergency Care for Professional Responders*)

- A. Capillaries
- B. Veins
- C. Arteries
- D. All of the above

9-12. **Applying a dressing and bandage to an external bleed is an example of \_\_\_\_\_.** (*Emergency Care for Professional Responders*)

- A. Direct Pressure
- B. Indirect Pressure
- C. Pressure Point
- D. Sutures

9-13. **If blood soaks through the initial bandage and dressing placed over a wound, your next step should be \_\_\_\_\_.** (*Emergency Care for Professional Responders*)

- A. Remove the soaked dressing and bandage
- B. Apply ringer's lactate to the surface of the wound
- C. Apply a second bandage and dressing over the first
- D. Direct the patient to rub the affected area

9-14. **A nosebleed is also referred to as \_\_\_\_\_.** (*Emergency Care for Professional Responders*)

- A. Peristalsis
- B. Ataxia
- C. Hypoxia
- D. Epistaxis

9-15. **A nosebleed should be considered potentially life-threatening if the patient's history includes \_\_\_\_ or \_\_\_\_.** (*Emergency Care for Professional Responders*)

- A. Hypotension ... Diabetes
- B. Hyperglycemia ... Glaucoma
- C. Hyperventilation ... Epistaxis
- D. Hypertension ... Blood Thinning Medication

9-16. **Which of the following is NOT considered a typical sign or symptom of internal bleeding?** (*Emergency Care for Professional Responders*)

- A. Rise in blood pressure
- B. Rapid, weak pulse
- C. Excessive Thirst
- D. Cool, moist, pale or bluish skin

9-17. **Internal bleeding is more difficult to recognize than external bleeding because it is almost never life-threatening.** (*Emergency Care for Professional Responders*)

- A. True
- B. False

9-18. **Which of the following is often required to control internal bleeding?** (*Emergency Care for Professional Responders*)

- A. Tourniquet
- B. Direct Pressure
- C. Surgery
- D. ASA

9-19. **What are the 4 main types of open wounds?** (*Emergency Care for Professional Responders*)

- A. Abrasions ... Lesions ... Avulsions ... Lacerations

- B. Avulsions ... Abrasions ... Lacerations ... Epistaxis
- C. Abrasions ... Lacerations ... Avulsions ... Revulsions
- D. Abrasions ... Lacerations ... Avulsions ... Punctures

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9-20. **The location of the entry and exit wounds of a gunshot injury can give you an indication of \_\_\_\_\_.** *(Emergency Care for Professional Responders)*

- A. The caliber of the bullet fired
- B. Internal injuries that may have occurred
- C. The location of the assailant
- D. The location of the weapon used

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9-21. **Larger impaled objects should be \_\_\_\_\_ unless they interfere with the patient's airway or respiration.** *(Emergency Care for Professional Responders)*

- A. Sterilized
- B. Removed
- C. Pushed through the exit wound
- D. Left in place

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9-22. **A \_\_\_\_\_ is a collection of blood between the nail bed and the fingernail.** *(Emergency Care for Professional Responders)*

- A. Subarachnoid Hemorrhage
- B. Subungual Hematoma
- C. Deep Vein Thrombosis
- D. Pulmonary Embolism

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9-23. **Myocardial Contusion is also referred to as \_\_\_\_\_.** *(Emergency Care for Professional Responders)*

- A. Pericardial Contusion
- B. Cardiac Contusion
- C. Subarachnoid Contusion
- D. Aortic Aneurysm

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9-24. **Dermatitis is highly contagious.** *(Emergency Care for Professional Responders)*

- A. True
- B. False

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9-25. **Which of the following is NOT considered one of the four main causes of burns?** *(Emergency Care for Professional Responders)*

- A. Thermal
- B. Chemical
- C. Electrical
- D. Friction
- E. Radiation

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9-26. **Which of the following is NOT one of the three depth classifications of burns?** *(Emergency Care for Professional Responders)*

- A. Nth Degree (page 184)
- B. Superficial
- C. Partial Thickness
- D. Full Thickness

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9-27. A superficial burn is sometimes referred to as a \_\_\_\_\_ burn. (*Emergency Care for Professional Responders*)

- A. First Degree
- B. Second Degree
- C. Third Degree
- D. Fourth Degree

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9-28. A full-thickness burn is sometimes referred to as a \_\_\_\_\_ burn. (*Emergency Care for Professional Responders*)

- A. First Degree
- B. Second Degree
- C. Third Degree
- D. Fourth Degree

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9-29. Which of the following is NOT an example of a critical burn? (*Emergency Care for Professional Responders*)

- A. Partial-Thickness burns to the shoulders
- B. Partial-Thickness burns that cover more than 10% of the body
- C. Partial or full-thickness burns on a child or older adult
- D. Burns resulting from chemicals, explosions or electricity

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9-30. According to the rule of nines, a burn covering the anterior and posterior of the torso of an adult equal \_\_\_\_\_ % of the body. (*Emergency Care for Professional Responders*)

- A. 18
- B. 9
- C. 4.5
- D. 36

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9-31. According to the rule of palms, the palm of the patient's body is equivalent to approximately \_\_\_\_\_ % of their body. (*Emergency Care for Professional Responders*)

- A. 0.5
- B. 1
- C. 5
- D. 9

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9-32. Which of the following is NOT one of the three basic care steps for burns? (*Emergency Care for Professional Responders*)

- A. Apply burn ointment
- B. Prevent additional damage to tissue
- C. Cover the burned area with dry dressings
- D. Take steps to manage shock

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9-33. When dealing with burn injuries, pay special attention to the patient's \_\_\_\_\_ during the primary assessment. (*Emergency Care for Professional Responders*)

- A. Fingers
- B. Skin
- C. Pain Scale
- D. Airway

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9-34. Unlike most burns, small burns (covering less than \_\_\_\_\_ % of the body) may be left covered with a moist dressing. (*Emergency Care for Professional Responders*)

- A. 5
- B. 10
- C. 15
- D. 20

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9-35. **If possible, immerse a thermal burn in water instead of using running water, to reduce the risk of \_\_\_\_\_.** (*Emergency Care for Professional Responders*)

- A. Tissue Damage
- B. Infection
- C. Blisters
- D. Redness

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9-36. **Care should be taken to monitor for \_\_\_\_\_ when cooling large burns.** (*Emergency Care for Professional Responders*)

- A. Infection
- B. Tissue Damage
- C. Blisters
- D. Hypothermia

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9-37. **The presence of soot, thermal burns around the mouth or nose, singed hair and/or singed eyebrows may signal that a patient's \_\_\_\_\_ or \_\_\_\_\_ have been burned.** (*Emergency Care for Professional Responders*)

- A. Eyes ... Neck
- B. Hands ... Face
- C. Air Passages ... Lungs
- D. Ears ... Fingers

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9-38. **When dealing with chemical burns, flush the affected area for at least \_\_\_\_\_ minutes.** (*Emergency Care for Professional Responders*)

- A. 2
- B. 10
- C. 20
- D. 60

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9-39. **Although electrical burns may look \_\_\_\_\_, the underlying tissues may be \_\_\_\_\_ damaged.** (*Emergency Care for Professional Responders*)

- A. Severe ... Superficially
- B. Superficial ... Severely
- C. Reddened ... Barely
- D. Blackened ... Superficially

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9-40. **Burns from the sun are an example of \_\_\_\_\_ burns.** (*Emergency Care for Professional Responders*)

- A. Thermal
- B. Electrical
- C. Partial Thickness
- D. Radiation

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9-41. **When an amputation occurs, blood vessels usually \_\_\_\_\_ and \_\_\_\_\_ from the site of the amputation.** (*Emergency Care for Professional Responders*)

- A. Dilate ... Bleed
- B. Expand ... Extrude

- C. Contract ... Dilate
- D. Constrict ... Retract

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9-42. **Which of the following accurately lists the steps to preserve an amputated body part?** *(Emergency Care for Professional Responders)*

- A. Wrap in sterile gauze ... Immerse in sterile saline ... Keep warm
- B. Rinse with sterile saline ... pack in bag of ice ... wrap ice and part inside sterile gauze
- C. Rinse ... Wrap in sterile gauze and place in bag ... Place inside another bag
- D. Rinse with ice ... Wrap in plastic ... Immerse in frozen saline

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9-43. **Internal hemorrhage and \_\_\_\_\_ are likely when dealing with Crush Injuries.** *(Emergency Care for Professional Responders)*

- A. Amputation
- B. Build up of toxins
- C. Nerve inflammation
- D. Partial Thickness burns

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9-44. **When the crushing object is removed, toxins such as \_\_\_\_\_ are carried through the body, affecting multiple body systems and creating a condition referred to as \_\_\_\_\_.** *(Emergency Care for Professional Responders)*

- A. Acetylsalicylic Acid ... Compartment Syndrome
- B. Lactic Acid ... Crush Syndrome
- C. Gastric Acid ... Partial Amputation
- D. Aortic Acid ... Cushing's Triad

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9-45. **\_\_\_\_\_ occurs when pressure within the muscle compartment builds up to dangerous levels and block circulation to the cells.** *(Emergency Care for Professional Responders)*

- A. Crush Syndrome
- B. Apartment Syndrome
- C. Circulatory Syndrome
- D. Compartment Syndrome

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9-46. **Which of the following is NOT generally considered a potential Blast Injury?** *(Emergency Care for Professional Responders)*

- A. Inhalation Burns
- B. Pneumothorax
- C. Internal Bleeding
- D. Type II Diabetes

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9-47. **If the mechanism of injury suggests a High Pressure Injection (HPI) injury, you should suspect \_\_\_\_\_ injuries.** *(Emergency Care for Professional Responders)*

- A. Radiation
- B. Crush
- C. Blast
- D. Internal

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## Section 10: Musculoskeletal Injuries

10-1. **A \_\_\_\_\_ is a partial or complete break in bone tissue.** *(Emergency Care for Professional Responders)*

- A. Sprain

- B. Strain
- C. Dislocation
- D. Fracture

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10-2. **Open fractures leave the skin unbroken.** (*Emergency Care for Professional Responders*)

- A. True
- B. False

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10-3. **A \_\_\_\_\_ is a displacement or separation of a bone from its normal position at a joint.** (*Emergency Care for Professional Responders*)

- A. Sprain
- B. Strain
- C. Dislocation
- D. Fracture

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10-4. **Do not attempt to reinsert a dislocated joint, as this can cause additional damage.** (*Emergency Care for Professional Responders*)

- A. True
- B. False

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10-5. **A \_\_\_\_\_ is the partial or complete stretching or tearing of ligaments at a joint.** (*Emergency Care for Professional Responders*)

- A. Sprain
- B. Strain
- C. Dislocation
- D. Fracture

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10-6. **Often, a sprain is more disabling than a fracture.** (*Emergency Care for Professional Responders*)

- A. True
- B. False

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10-7. **A \_\_\_\_\_ is the stretching and tearing of muscle or tendon fibres.** (*Emergency Care for Professional Responders*)

- A. Sprain
- B. Strain
- C. Dislocation
- D. Fracture

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10-8. **What are the four general types of splint?** (*Emergency Care for Professional Responders*)

- A. Soft ... Rigid ... Anatomical ... Amputation
- B. Soft ... Rigid ... Theoretical ... Traction
- C. Soft ... Rigid ... Anatomical ... Traction
- D. Soft ... Frigid ... Anatomical ... Traction

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10-9. **An injury in the middle-third of a bone is also referred to as a \_\_\_\_\_ injury.** (*Emergency Care for Professional Responders*)

- A. Joint
- B. Mid-Shaft
- C. Open fracture
- D. Soft Tissue

10-10. **Which of the following is NOT one of the basic principles of using a splint?** *(Emergency Care for Professional Responders)*

- A. Splint only if it can be done without causing further injury
- B. Check for normal circulation and sensation before and after splinting
- C. Force the patient to conform with the position of the splint you have available
- D. Immobilize the joints above and below the injury site in the splint

10-11. **Moving from stable to unstable means first anchoring the splint to strong, uninjured areas and then wrapping towards the injured part.** *(Emergency Care for Professional Responders)*

- A. True
- B. False

10-12. **Which of the following is NOT something you should do after an injury has been immobilized?** *(Emergency Care for Professional Responders)*

- A. Apply ice or a cold pack
- B. Care for shock
- C. Recheck the patient's ABCs and Vital Signs
- D. Perform a range of motion assessment on the injured area

10-13. **Which of the following is NOT one of the criteria to make a single attempt to straighten a fractured limb?** *(Emergency Care for Professional Responders)*

- A. The injury involves a combination of ligaments and tendons
- B. The injury is an open fracture
- C. Decreased or absent distal circulation, sensation and/or mobility
- D. Gross Angulation at the limb

10-14. **A \_\_\_\_\_ is used to support an upper extremity if a musculoskeletal injury damages the usual support structures.** *(Emergency Care for Professional Responders)*

- A. Traction Splint
- B. Kendrick Extrication Device
- C. Sling
- D. Scoop Stretcher

10-15. **Which of the following is NOT considered one of the common signs and symptoms of musculoskeletal injuries?** *(Emergency Care for Professional Responders)*

- A. Pain
- B. Swelling
- C. Deformity
- D. Dilated Pupils

10-16. **The most serious musculoskeletal injuries are generally \_\_\_\_\_ as they are most likely to cause additional damage to internal structures or result in permanent impairment.** *(Emergency Care for Professional Responders)*

- A. Sprains
- B. Strains
- C. Fractures
- D. Dislocations

10-17. **A grating, popping or crackling sound or sensation beneath the skin is referred to as \_\_\_\_\_.** *(Emergency Care for Professional Responders)*

- A. Tinnitus



- B. Crepitus
- C. Alveolus
- D. Crunchiness

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10-18. **Severe angulation with reduction in or loss of sensation and/or circulation indicates the patient is in the Rapid Transport Category.** (*Emergency Care for Professional Responders*)

- A. True
- B. False

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10-19. **What does the acronym R-I-C-E stand for?** (*Emergency Care for Professional Responders*)

- A. Rest ... Ice ... Compression ... Elevate
- B. Restore ... Immobilize ... Cold ... Elevation
- C. Rest ... Immobilize ... Cold ... Extremities
- D. Rest ... Immobilize ... Cold ... Elevate

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10-20. **Which of the following is NOT commonly damaged with upper extremity injuries?** (*Emergency Care for Professional Responders*)

- A. Tibia
- B. Blood Vessels
- C. Nerves
- D. Soft Tissues

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10-21. **What is the most frequently injured bone of the shoulder?** (*Emergency Care for Professional Responders*)

- A. Ventricle
- B. Scapula
- C. Fibula
- D. Clavicle

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10-22. **Injured fingers and/or hands should be immobilized in a position of function.** (*Emergency Care for Professional Responders*)

- A. True
- B. False

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10-23. **Which of the following is NOT one of the bones of the leg?** (*Emergency Care for Professional Responders*)

- A. Femur
- B. Patella
- C. Tarsals
- D. Metacarpals

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10-24. **The \_\_\_\_\_ are the largest bones in the body.** (*Emergency Care for Professional Responders*)

- A. Tarsals
- B. Fibula
- C. Tibia
- D. Femurs

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10-25. **\_\_\_\_\_ muscles are so strong that they can pull broken bone ends together, causing them to overlap.** (*Emergency Care for Professional Responders*)

- A. Thigh

- B. Biceps
- C. Latissimus Dorsi
- D. Pectoralis Major

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10-26. **The \_\_\_\_\_ artery is a major supplier of blood to the legs and feet.** (*Emergency Care for Professional Responders*)

- A. Femoral
- B. Radial
- C. Carotid
- D. Brachial

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10-27. **A patient with a fractured femur should always be placed in the Rapid Transport Category.** (*Emergency Care for Professional Responders*)

- A. True
- B. False

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10-28. **The Fibula and Tibia are often fractured simultaneously.** (*Emergency Care for Professional Responders*)

- A. True
- B. False

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10-29. **The knee joins the two \_\_\_\_\_ bones of the body.** (*Emergency Care for Professional Responders*)

- A. Shortest
- B. Thickest
- C. Longest
- D. Weakest

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10-30. **A \_\_\_\_\_ splint is generally effective for most foot injuries.** (*Emergency Care for Professional Responders*)

- A. Sponge
- B. Traction
- C. Pillow
- D. Rotational

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## Section 11: Chest, Abdominal and Pelvic Injuries

11-1. **Which of the following is NOT considered a typical sign or symptom of a serious chest injury?** (*Emergency Care for Professional Responders*)

- A. Respiratory distress or arrest
- B. Unequal or paradoxical movement of the chest wall
- C. Coughing up blood
- D. Hypoglycemia

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11-2. **If a patient has sustained a chest injury or is complaining of chest pain, the chest must be exposed for proper assessment.** (*Emergency Care for Professional Responders*)

- A. True
- B. False

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11-3. **Simple rib fractures can become life-threatening if the fractured bone causes damage to \_\_\_\_\_.** (*Emergency Care for Professional Responders*)

- A. Organs or major blood vessels

- B. Intercostal muscles
- C. The sternal notch
- D. The clavicle

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11-4. The \_\_\_\_\_ position is often the most comfortable for a patient with multiple rib fractures. (*Emergency Care for Professional Responders*)

- A. Fowler's
- B. Trendelenburg
- C. Semi-Fowler's
- D. Prone

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11-5. A section of the rib cage breaking free from the surrounding tissues is referred to as a \_\_\_\_\_, which can cause paradoxical chest movement. (*Emergency Care for Professional Responders*)

- A. Flail Chest
- B. Pneumothorax
- C. Tension Pneumothorax
- D. Meningitis

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11-6. Treatment of a flail chest should include bulky dressings at least \_\_\_\_\_ thick, which extend beyond the edges of the segment on all sides. (*Emergency Care for Professional Responders*)

- A. 6 inches
- B. 0.5 inches
- C. 4 inches
- D. 2 inches

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11-7. Hemothorax is bleeding into the \_\_\_\_\_ around the lungs. (*Emergency Care for Professional Responders*)

- A. Aortic Arch
- B. Diaphragm
- C. Pleural Space
- D. Intercostal Muscles

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11-8. If the hemothorax is the result of a penetrating chest injury, the patient may require interventions for \_\_\_\_\_ as well. (*Emergency Care for Professional Responders*)

- A. Amputation
- B. Open pneumothorax
- C. Flail Chest
- D. Pneumonia

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11-9. \_\_\_\_\_ is a condition caused by air entering the pleural space around the lung. (*Emergency Care for Professional Responders*)

- A. Pneumothorax
- B. Hemothorax
- C. Hyperthorax
- D. Hypothorax

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11-10. Pneumothorax that occurs without any associated trauma is referred to as \_\_\_\_\_. (*Emergency Care for Professional Responders*)

- A. Spontaneous Pneumothorax
- B. Spontaneous Hemothorax
- C. Tension Pneumothorax

- D. Tension Hemothorax

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11-11. **When the mounting pressure of the air in the plural space causes the lungs to eventually collapse, this is referred to as \_\_\_\_\_.** *(Emergency Care for Professional Responders)*

- A. Spontaneous Pneumothorax
- B. Spontaneous Hemothorax
- C. Tension Pneumothorax
- D. Tension Hemothorax

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11-12. **Which of the following is NOT considered a common sign or symptom of Tension Pneumothorax?** *(Emergency Care for Professional Responders)*

- A. Hypotension
- B. Trachial Deviation
- C. Hypertension
- D. Jugular Vein Distension

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11-13. \_\_\_\_\_ **is a rare condition that occurs when air becomes trapped in tissues beneath the skin.** *(Emergency Care for Professional Responders)*

- A. Jugular Vein Distension
- B. Tension Pneumothorax
- C. Subcutaneous Emphysema
- D. Hemothorax

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11-14. **A hole in the chest wall disrupts the \_\_\_\_\_, which can prevent the lungs from functioning properly and cause respiratory distress.** *(Emergency Care for Professional Responders)*

- A. Subcutaneous Emphysema
- B. Ventricular Fibrillation
- C. Paradoxical Movement
- D. Intrathoracic Pressure

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11-15. **A penetrating chest wound is sometimes referred to as a \_\_\_\_\_.** *(Emergency Care for Professional Responders)*

- A. Sucking Chest Wound
- B. Jugular Vein Distension
- C. Paradoxical Movement
- D. Subcutaneous Emphysema

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11-16. **The concern with a penetrating chest wound is that wound will become \_\_\_\_\_, meaning that the wound no longer allows air to enter or exit.** *(Emergency Care for Professional Responders)*

- A. Infected
- B. Occluded
- C. Affected
- D. Distended

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11-17. **A dressing that is saturated with blood may become \_\_\_\_\_.** *(Emergency Care for Professional Responders)*

- A. Occluded
- B. Non-Occluded
- C. Vented
- D. Sterile

11-18. **The abdomen is more susceptible to injury because it is not surrounded by \_\_\_\_\_.** *(Emergency Care for Professional Responders)*

- A. Pleural Space
- B. A cage of bone
- C. Vital Organs
- D. Skin

11-19. **The liver is located in the \_\_\_\_\_ quadrant of the abdomen.** *(Emergency Care for Professional Responders)*

- A. Upper Left
- B. Upper Right
- C. Lower Left
- D. Lower Right

11-20. **The spleen is located in the \_\_\_\_\_ quadrant of the abdomen.** *(Emergency Care for Professional Responders)*

- A. Upper Left
- B. Upper Right
- C. Lower Left
- D. Lower Right

11-21. **Damage to the GI tract can cause internal hemorrhage and carries a high risk of \_\_\_\_\_.** *(Emergency Care for Professional Responders)*

- A. Tension Pneumothorax
- B. Jugular Vein Distension
- C. Occupational Dermatitis
- D. Infection

11-22. **Which of the following is NOT considered a common sign or symptom of serious Abdominal Injury?** *(Emergency Care for Professional Responders)*

- A. Distension in the abdomen
- B. Red, dry skin
- C. Signs and symptoms of shock
- D. Thirst

11-23. **A patient who has experienced serious trauma to the abdomen should be in the rapid transport category, even if signs and symptoms of serious injury are absent.** *(Emergency Care for Professional Responders)*

- A. True
- B. False

11-24. **Which of the following is NOT one of the recommended steps in providing care for an Abdominal Injury?** *(Emergency Care for Professional Responders)*

- A. Place in a supine position
- B. Bend the patient's knees slightly
- C. Attempt to control any external bleeding
- D. Place rolled up blankets or pillows under the knees, even if it causes pain

11-25. **Protruding organs should be immediately forced back into place.** *(Emergency Care for Professional Responders)*

- A. True
- B. False

11-26. **Which of the following accurately outlines the steps to provide care for protruding organs?** *(Emergency Care for Professional Responders)*

- A. Apply ice packs ... douse with saline ... transport prone
- B. Rinse with saline ... place ice packs in plastic bag and secure to abdomen
- C. Cover with moist dressings ... cover with plastic ... keep warm with blanket/towel
- D. Cover with blankets ... bind tightly with tape ... rinse with saline

11-27. **A(n) \_\_\_\_\_ occurs when the wall of the abdominal aorta weakens and bulges, creating a localized enlarged area.** *(Emergency Care for Professional Responders)*

- A. Subcutaneous Emphysema
- B. Abdominal Aortic Aneurysm
- C. Transient Ischemic Attack
- D. Cerebrovascular Accident

11-28. **Which of the following is NOT considered a common sign or symptom of AAA?** *(Emergency Care for Professional Responders)*

- A. Pulsating mass in the abdomen
- B. Diminished or absent femoral or pedal pulses
- C. Left-sided numbness
- D. Back pain

11-29. **Which 3 innominate bones are part of the pelvis?** *(Emergency Care for Professional Responders)*

- A. Coccyx ... Ilium ... Ischium
- B. Ilium ... Ischium ... Pubis
- C. Tarsals ... Carpals ... Fibula
- D. Clavicle ... Scapula ... Humerus

11-30. **Fractured bones in the pelvis can cause severe \_\_\_\_\_.** *(Emergency Care for Professional Responders)*

- A. Internal Hemorrhage
- B. Tension Pneumothorax
- C. Subcutaneous Emphysema
- D. COPD

11-31. **Pain, pelvic instability and \_\_\_\_\_ are key indicators of a pelvic fracture.** *(Emergency Care for Professional Responders)*

- A. Dizziness
- B. Emphysema
- C. Constricted pupils
- D. Crepitus

11-32. **If you suspect a fracture of one of the pelvic bones, perform a \_\_\_\_\_ assessment.** *(Emergency Care for Professional Responders)*

- A. Three-Plane
- B. Four-Plane
- C. Forceful
- D. Rapid

11-33. **Which of the following is NOT a benefit derived from pelvic binding?** *(Emergency Care for Professional Responders)*

- A. Assists in controlling internal hemorrhage
- B. Maintains circumferential immobilization and stability
- C. Increases the volume within the pelvic cavity
- D. Allows easy access to the abdomen, femoral vessels and perineum

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11-34. **Care for injuries to the genitals is the same as care for any other soft tissue injury.** *(Emergency Care for Professional Responders)*

- A. True
- B. False

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## Section 12: Head & Spinal Injuries

12-1. **A patient with a suspected spinal injury should have his or her spine protected from further injury, but if protecting the spine interferes with life-saving interventions, protecting the patient's life must be the highest priority.** *(Emergency Care for Professional Responders)*

- A. True
- B. False

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12-2. **Which of the following is NOT considered a mechanism of injury likely to cause head and/or spinal injury?** *(Emergency Care for Professional Responders)*

- A. Any fall from greater than 1 foot
- B. Any motor vehicle collision
- C. Any incident involving a lightning strike or electrocution
- D. Any penetrating injury to the head, neck or trunk

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12-3. **An injury to the head is often a superficial injury such as a cut to the face or scalp, whereas a head injury often involves \_\_\_\_\_.** *(Emergency Care for Professional Responders)*

- A. Brain Trauma
- B. Pneumothorax
- C. Amputation
- D. Abdominal Aortic Aneurysm

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12-4. **An injury to the head is sometimes referred to as a \_\_\_\_\_, and a head injury is sometimes referred to as a \_\_\_\_\_.** *(Emergency Care for Professional Responders)*

- A. Concussion ... Contusion
- B. Contusion ... Concussion
- C. Confusion ... Correction
- D. Compaction ... Correlation

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12-5. **Which of the following is NOT considered a common sign or symptom of a skull fracture.** *(Emergency Care for Professional Responders)*

- A. Fluid coming from the nose, ears, mouth or a head wound
- B. Pupils of normal and equal size
- C. Bruising around the eyes or ears
- D. Swelling

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12-6. **The bones that form the eye sockets are also referred to as the \_\_\_\_\_.** *(Emergency Care for Professional Responders)*

- A. Pulpits
- B. Orbits
- C. Clavicles

D. Basal Skull

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12-7. **Which of the following is NOT considered a mechanism of injury common to head and/or spinal injury?** *(Emergency Care for Professional Responders)*

- A. Distraction
- B. Compression
- C. Avulsion
- D. Hyperextension

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12-8. **If there is an object impaled in the skull, allow the blood to drain.** *(Emergency Care for Professional Responders)*

- A. True
- B. False

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12-9. **Which of the following is NOT considered a common sign or symptom of brain damage?** *(Emergency Care for Professional Responders)*

- A. Incontinence
- B. Rapid, weak pulse
- C. Hypoglycemia
- D. High blood pressure with slow pulse

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12-10. **Which of the following is NOT considered part of Cushing's Triad?** *(Emergency Care for Professional Responders)*

- A. Change in respiration
- B. Increased blood pressure
- C. Bradycardia
- D. Lessening of the gap between systolic and diastolic pressure

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12-11. **A concussion is one of a subset of \_\_\_\_\_ that involves a temporary alteration in brain function.** *(Emergency Care for Professional Responders)*

- A. Diseases
- B. Traumatic Brain Injuries
- C. Syndromes
- D. Glasgow Coma Scale

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12-12. **An impact to the \_\_\_\_\_ or \_\_\_\_\_ can create forces that cause the brain to shake inside the skull.** *(Emergency Care for Professional Responders)*

- A. Thigh ... Coccyx
- B. Head ... Upper Body
- C. Patella ... Fibula
- D. Tibia ... Tarsal

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12-13. **A concussion can result from even a seemingly minor injury, and the signs and symptoms may not be immediately obvious.** *(Emergency Care for Professional Responders)*

- A. True
- B. False

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12-14. **What are the four categories of concussion signs and symptoms?** *(Emergency Care for Professional Responders)*

- A. Thinking and Remembering ... Physical ... Emotional ... Psychological
- B. Thinking and Remembering ... Psychosomatic ... Emotional ... Sleep
- C. Thinking and Remembering ... Physical ... Emotional ... Sleep



D. Thinking and Remembering ... Physical ... Escalating ... Sleep

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12-15. **Buildup of blood in the skull can create \_\_\_\_\_ which can cause further damage to brain tissue.** (*Emergency Care for Professional Responders*)

- A. CHF
- B. ICP
- C. TIA
- D. ITP

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12-16. **Which of the following is NOT one of the four types of bleeding that can occur in the skull?** (*Emergency Care for Professional Responders*)

- A. Epidural Hematoma
- B. Subdural Hematoma
- C. Subarachnoid Hematoma
- D. Intercerebral Hematoma

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12-17. **The most serious spinal injuries involve a severing of the \_\_\_\_\_.** (*Emergency Care for Professional Responders*)

- A. Intervertebral Disk
- B. Diaphragm
- C. Spinal Cord
- D. Dura Mater

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12-18. **Signs and symptoms, in combination with \_\_\_\_\_ may suggest a spinal injury.** (*Emergency Care for Professional Responders*)

- A. MOI
- B. GCS
- C. RTC
- D. SMR

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12-19. **Patients with suspected spinal injury should be placed in the Rapid Transport Category.** (*Emergency Care for Professional Responders*)

- A. True
- B. False

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12-20. \_\_\_\_\_ **refers to any technique for limiting movement of the patient's neck and/or spine.** (*Emergency Care for Professional Responders*)

- A. MOI
- B. GCS
- C. RTC
- D. SMR

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12-21. **Which of the following is NOT an indicator of potential thoracolumbar injury, according to the Nexus protocols?** (*FR Cheat Sheet*)

- A. Age under 16 years old
- B. Vital Signs Unstable
- C. No acute paralysis
- D. Patient is alert

12-22. **Which of the following is NOT required during Simple SMR, according to the Nexus protocols?** (*FR Cheat Sheet*)

- A. Cervical Collar applied
- B. Patient placed supine on a stretcher or soft mattress

- C. Head of stretcher raised 30° is there is a head injury
- D. Head Taped

12-23. **Which of the following is NOT considered NEXUS Criteria, according to the Nexus SMR Decision Matrix?** *(FR Cheat Sheet)*

- A. Midline Tenderness
- B. Intoxicated
- C. Fall less than 1 meter or 5 stairs
- D. Altered LOC

12-24. **Which of the following factors does NOT put someone into a High Risk Group, according to the Nexus SMR Decision Matrix?** *(FR Cheat Sheet)*

- A. Age over 16
- B. Age over 65
- C. Osteoporosis
- D. Pre-existing Spinal Injury/Condition

12-25. **When SMR is indicated, the patient's head may be brought into neutral alignment using a technique called \_\_\_\_\_.** *(Emergency Care for Professional Responders)*

- A. Off-line Stabilization
- B. In-line Stabilization
- C. Co-axial Stabilization
- D. On-line Stabilization

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12-26. **Neutral alignment must be achieved, even if the patient complains of increased pain, or you encounter resistance.** *(Emergency Care for Professional Responders)*

- A. True
- B. False

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12-27. **Which of the following indicates that in-line stabilization should NOT be used/applied?** *(Emergency Care for Professional Responders)*

- A. Age over 16 years old
- B. MOI involving high speed Motor Vehicle Collision
- C. Patient's head is severely angulated to one side
- D. Patient is alert

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12-28. **Which of the following is NOT listed as an effective method of manually stabilizing a patient's head?** *(Emergency Care for Professional Responders)*

- A. Head Grip
- B. Modified Trapezius Squeeze
- C. Sternal/Spinal Grip
- D. Sternal/Pelvic Grip

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12-29. **The patient's head must be in the neutral position to properly size a hard cervical collar.** *(Emergency Care for Professional Responders)*

- A. True
- B. False

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12-30. **Which of the following accurately outlines the strapping sequence when securing a patient to a backboard with SMR?** *(Emergency Care for Professional Responders)*

- A. Chest ... Head ... Pelvis ... Legs
- B. Head ... Chest ... Pelvis ... Legs
- C. Chest ... Pelvis ... Legs ... Head

- D. Pelvis ... Chest ... Head ... Legs

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12-31. **Unless manufacturer's specifications dictate otherwise, what is the first strap that should be secured when using a Kendrick Extrication Device (KED).** (*Emergency Care for Professional Responders*)

- A. Leg Strap
- B. Upper Torso Strap
- C. Middle Torso Strap
- D. Head Strap

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12-32. **Which of the following is NOT an accepted criteria for rapid extrication using manual stabilization only, when full SMR would otherwise be indicated?** (*Emergency Care for Professional Responders*)

- A. Full SMR is inconvenient and physically demanding
- B. The scene has become unsafe
- C. The patient is blocking access to another patient with life-threatening injuries
- D. Life-saving interventions can't be performed due to the position or location of the patient

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12-33. **Safely removing protective equipment such as a football helmet and shoulder pads is a simple procedure which can easily be performed by a single rescuer.** (*Emergency Care for Professional Responders*)

- A. True
- B. False

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12-34. **Priapism is a sustained \_\_\_\_\_ caused by spinal cord injury.** (*FR Cheat Sheet*)

- A. Erection
- B. Decreased level of responsiveness
- C. Paralysis
- D. Memory loss

## Section 13: Acute and Chronic Illness

13-1. **An illness can be categorized as either \_\_\_\_\_ (with a sudden onset) or \_\_\_\_\_ (persisting over time).** (*Emergency Care for Professional Responders*)

- A. Acute ... Chronic
- B. Chronic ... Acute
- C. Obtuse ... Ironic
- D. Ironic ... Obtuse

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13-2. **\_\_\_\_\_ occurs when the brain is suddenly deprived of it's normal blood flow and momentarily shuts down.** (*Emergency Care for Professional Responders*)

- A. Ataxia
- B. Concussion
- C. Syncope
- D. Angina

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13-3. **Any altered mental status can be an indicator of a serious underlying condition.** (*Emergency Care for Professional Responders*)

- A. True
- B. False

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13-4. **The body's cells need \_\_\_\_\_ as a source of energy to function normally.** (*Emergency Care for Professional Responders*)

- A. B-Cells
- B. Calcium
- C. Glucose
- D. Insulin

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13-5. \_\_\_\_\_ (a hormone produced in the pancreas) is required for the transfer of glucose from the bloodstream to the body's cells. (*Emergency Care for Professional Responders*)

- A. Diabetes
- B. Mellitus
- C. Insulin
- D. Sugar

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13-6. **Diabetes Mellitus is a condition in which the body either fails to produce enough \_\_\_\_\_, or it does not effectively use the \_\_\_\_\_ it does produce.** (*Emergency Care for Professional Responders*)

- A. Serotonin
- B. Insulin
- C. Glucose
- D. Sugar

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13-7. **Type 1 Diabetes is also known as \_\_\_\_\_.** (*Emergency Care for Professional Responders*)

- A. Insulin Dependent Diabetes
- B. Hypoglycemia
- C. Hyperglycemia
- D. Diabetic Coma

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13-8. **Type 2 Diabetes is always non-insulin dependent.** (*Emergency Care for Professional Responders*)

- A. True
- B. False

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13-9. **A patient with Diabetes may use a(n) \_\_\_\_\_, which is a small portable device consisting of an external pump and a small tube that fits under the patient's skin.** (*Emergency Care for Professional Responders*)

- A. Internal Defibrillator
- B. Pacemaker
- C. Insulin Pump
- D. Prosthetic Pancreas

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13-10. **Diabetes that develops as an effect of pregnancy is referred to as \_\_\_\_\_.** (*Emergency Care for Professional Responders*)

- A. Ectopic Diabetes
- B. Hypoglycemia
- C. Adult Onset Diabetes
- D. Gestational Diabetes

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13-11. **Hyperglycemia is a condition in which a patient's blood glucose level (BGL) is too \_\_\_\_\_.** (*Emergency Care for Professional Responders*)

- A. Low
- B. Thin
- C. High

D. Lean

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13-12. **Hyperglycemia usually occurs when the \_\_\_\_\_ level in the body is too low.** (*Emergency Care for Professional Responders*)

- A. Glucose
- B. Insulin
- C. Sugar
- D. Riboflavin

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13-13. **Converting \_\_\_\_\_ into energy produces waste products and increases the acidity level in the blood, causing a condition called Acidosis.** (*Emergency Care for Professional Responders*)

- A. Insulin
- B. Fat
- C. Sugar
- D. Glucose

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13-14. **If it continues, the \_\_\_\_\_ condition deteriorates into a diabetic coma.** (*Emergency Care for Professional Responders*)

- A. Hypoglycemic
- B. Insulin Dependent
- C. Hyperglycemic
- D. Malnutritive

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13-15. **Hypoglycemia occurs when the BGL in the blood is too \_\_\_\_\_.** (*Emergency Care for Professional Responders*)

- A. High
- B. Rich
- C. Low
- D. Concentrated

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13-16. **Which of the following is NOT a factor that can cause a patient to become Hypoglycemic?** (*Emergency Care for Professional Responders*)

- A. Consuming too much sugary food
- B. Taking too much insulin
- C. Failing to eat adequately
- D. Over exercising which can use glucose more quickly than it is replaced

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13-17. **If there is not enough glucose for the brain to function properly, an acute and life-threatening condition called \_\_\_\_\_ can occur.** (*Emergency Care for Professional Responders*)

- A. Diabetic Coma
- B. Hyperglycemia
- C. Acidosis
- D. Insulin Reaction

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13-18. **Which of the following is NOT a sign or symptom common to both Hypoglycemia and Hyperglycemia?** (*Emergency Care for Professional Responders*)

- A. Changes in Level of Responsiveness
- B. Tachypnea
- C. Tachycardia
- D. Wheezing on exhalation

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13-19. **An unresponsive patient with suspected Hypoglycemia should be administered \_\_\_\_\_ of glucose gel.** (FR Cheat Sheet)

- A. Do not administer Glucogel to an Unresponsive Patient
- B. 15 mg (half a tube)
- C. 30 mg (entire tube)
- D. 30 mg (half a tube)

13-20. **Never give any patient insulin.** (Emergency Care for Professional Responders)

- A. True
- B. False

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13-21. **Licenced First Responders can administer Glucogel to an Unresponsive patient...** (Emergency Care for Professional Responders and FR Cheat Sheet)

- A. In British Columbia
- B. If local Protocols allow
- C. In some jurisdictions, but not in British Columbia
- D. Both B and C

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13-22. **Glucagon is a substance that accelerates the breakdown of \_\_\_\_\_ into \_\_\_\_\_.** (Emergency Care for Professional Responders)

- A. Glucose ... Glycogen
- B. Glycogen ... Glucose
- C. Glucogel ... Sugar
- D. Sugar ... Glycogen

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13-23. **A seizure is the result of \_\_\_\_\_ electrical activity in the brain.** (Emergency Care for Professional Responders)

- A. Normal
- B. Absent
- C. Abnormal
- D. Atrial

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13-24. **Generalized Tonic-Clonic seizures are also referred to as \_\_\_\_\_ seizures.** (Emergency Care for Professional Responders)

- A. Petit Mal
- B. Post Ictal
- C. Focal
- D. Grand Mal

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13-25. **Which of the following accurately lists the 4 stages of a seizure?** (Emergency Care for Professional Responders)

- A. Aura ... Tonic ... Clonic ... Ictal
- B. Aura ... Tonic ... Clonic ... Postictal
- C. Aura ... Preictal ... Ictal ... Postictal
- D. Tonic ... Clonic ... Partial ... Absence

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13-26. **Generalized seizures usually last \_\_\_\_\_.** (Emergency Care for Professional Responders)

- A. 5-10 minutes
- B. 1-3 minutes
- C. 15 minutes
- D. 2 hours

13-27. \_\_\_\_\_ seizures are the most common type of seizure experienced by patients with epilepsy. (*Emergency Care for Professional Responders*)

- A. Complex
- B. Simple
- C. Partial
- D. Grand Mal

13-28. **Absence (Petit Mal) seizures are most common in \_\_\_\_\_, and are also referred to as Non-Convulsive seizures.** (*Emergency Care for Professional Responders*)

- A. Adults
- B. Epileptics
- C. Children
- D. Diabetics

13-29. \_\_\_\_\_ seizures are most likely to occur when a child or infant runs a rectal temperature of over 39°C (102°F). (*Emergency Care for Professional Responders*)

- A. Absence
- B. Partial
- C. Febrile
- D. Tonic-Clonic

13-30. \_\_\_\_\_ is a seizure that lasts longer than 5 minutes or a series of seizures lasting longer than 5 minutes without a return to normal responsiveness between them. (*Emergency Care for Professional Responders*)

- A. Grand Mal seizure
- B. Status Epilepticus
- C. Petit Mal seizure
- D. Tonic-Clonictus

13-31. \_\_\_\_\_ is a term used to describe a group of neurological disorders in which the individual experiences recurring seizures as the main symptom. (*Emergency Care for Professional Responders*)

- A. Epilepsy
- B. Status Epilepticus
- C. Epilepticus
- D. Ictal Syndrome

13-32. **What are the two main priorities when treating a patient who is having a seizure?** (*Emergency Care for Professional Responders*)

- A. Diagnosing the cause and restraining the patient
- B. Securing the patient to a spineboard and clearing their airway with your fingers
- C. Preventing further injury to the patient and maintaining a clear airway
- D. Keeping bystanders away and timing the seizure

13-33. **Which of the following is NOT an indication that the patient is in the rapid transport category?** (*Emergency Care for Professional Responders*)

- A. The seizure lasts less than 5 minutes
- B. It is the patient's first seizure
- C. The patient is pregnant and experiencing a seizure
- D. The seizure takes place in the water

13-34. **Migraines usually subside within \_\_\_\_\_.** (*Emergency Care for Professional Responders*)

- A. 3 days
- B. 6 hours
- C. 1 hour
- D. 4 hours

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13-35. **A common cause of \_\_\_\_\_ is blunt trauma to the abdominal or pelvic region, as internal damage can cause fluid or infectious material to enter the peritoneum from other parts of the body.** (*Emergency Care for Professional Responders*)

- A. Appendicitis
- B. Tendonitis
- C. Peritonitis
- D. Tinitis

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13-36. **Which of the following is NOT considered a common sign or symptom of Appendicitis?** (*Emergency Care for Professional Responders*)

- A. Intense pain localized in the lower left quadrant
- B. Diarrhea
- C. Abdominal swelling, pain or cramping
- D. Constipation

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13-37. **A patient with a suspected Bowel Obstruction should be placed in the Rapid Transport Category.** (*Emergency Care for Professional Responders*)

- A. True
- B. False

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13-38. **Signs and symptoms of Gastroenteritis generally have a gradual onset and extended duration.** (*Emergency Care for Professional Responders*)

- A. True
- B. False

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13-39. **Which of the following is a sign or symptom that the patient is NOT suffering from Gastroenteritis?** (*Emergency Care for Professional Responders*)

- A. Diarrhea
- B. Localized, constant pain
- C. Fever
- D. Abdominal Cramps

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13-40. **Kidney stones cause severe pain, commonly referred to as \_\_\_\_\_.** (*Emergency Care for Professional Responders*)

- A. Abdominal Migraine
- B. Visceral Contractions
- C. Renal Colic
- D. Urethritis

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13-41. **The pain of Peptic Ulcers is commonly mistaken for all but which one of the following?** (*Emergency Care for Professional Responders*)

- A. Heartburn
- B. Indigestion
- C. Hunger
- D. Migraine

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13-42. **GI bleeding can be life-threatening.** (*Emergency Care for Professional Responders*)

- A. True
- B. False

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13-43. **A(n) \_\_\_\_\_ can cause signs and symptoms such as burning during urination, cloudy or foul smelling urine, and a need to urinate often.** (*Emergency Care for Professional Responders*)

- A. MRI
- B. TIA
- C. UTI
- D. MI

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## Section 14: Poisoning

14-1. **What are the 4 routes through which a poison can enter the body?** (*Emergency Care for Professional Responders*)

- A. Ingestion ... Inhalation ... Abomination ... Injection
- B. Ingestion ... Inhalation ... Absorption ... Injection
- C. Inception ... Inhalation ... Absorption ... Injection
- D. Ingestion ... Incredulation ... Absorption ... Injection

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14-2. **Although you should know the number of your local Poison Control Center, a Dispatcher may be able to connect to the Poison Control Center directly.** (*Emergency Care for Professional Responders*)

- A. True
- B. False

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14-3. **The signs and symptoms of specific types of poisons are distinct and clearly distinguishable from other poisons, or sudden illnesses.** (*Emergency Care for Professional Responders*)

- A. True
- B. False

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14-4. **Which of the following is NOT one of the questions you should try to get answers to, when you suspect that a patient has been poisoned?** (*Emergency Care for Professional Responders*)

- A. Who is the patient's next of kin?
- B. What type of poison was it?
- C. How did the contamination occur?
- D. What was the quantity of poison?

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14-5. **If the poison is a commercial product, it should have a clear label or corresponding \_\_\_\_\_.** (*Emergency Care for Professional Responders*)

- A. SDS
- B. FDA
- C. CRTC
- D. WHMIS

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14-6. **Avoid giving the patient anything by mouth unless advised to do so by \_\_\_\_\_.** (*Emergency Care for Professional Responders*)

- A. Their legal guardian
- B. Poison Control Center staff
- C. A bystander with medical training
- D. A licensed pharmacologist

14-7. **If the poison is unknown and patient vomits, save some of the vomitus, as it may be analyzed later to identify the poison.** (*Emergency Care for Professional Responders*)

- A. True
- B. False

14-8. **Which of the following is NOT a sign or symptom often present with Ingested Poisons?** (*Emergency Care for Professional Responders*)

- A. Burns around the mouth
- B. An unusual odor around the mouth
- C. Rash in a bull's eye pattern
- D. Open container of poison nearby

14-9. **Which of the following is NOT considered a general sign or symptom of Inhaled Poisons?** (*Emergency Care for Professional Responders*)

- A. Puncture wounds on the arm or leg
- B. Cyanosis
- C. Unusual smell on the patient's breath
- D. Dyspnea

14-10. **Most signs and symptoms of Carbon Monoxide poisoning are essentially signs and symptoms of \_\_\_\_\_.** (*Emergency Care for Professional Responders*)

- A. Hypoxia
- B. Hypoglycemia
- C. Dyspnea
- D. Tachypnea

14-11. **Carbon Monoxide can be recognized by the distinct odor it emits.** (*Emergency Care for Professional Responders*)

- A. True
- B. False

14-12. **A chemical must be wet to absorb through the skin.** (*Emergency Care for Professional Responders*)

- A. True
- B. False

14-13. **What are the 3 general steps to treat absorbed poisoning?** (*Emergency Care for Professional Responders*)

- A. Wash the affected area ... Keep the area wet or at least moist ... See a physician
- B. Rinse with bleach ... Cover affected area with plastic wrap ... Obtain an air sample
- C. Wash with water ... Keep area clean & dry ... See a Dr. if condition worsens
- D. Induce vomiting ... Rinse with milk ... Cover with petroleum jelly

14-14. **Which of the following is NOT a rash causing plant?** (*Emergency Care for Professional Responders*)

- A. Poison Sumac
- B. Ardent Bullrush
- C. Wild Parsnip
- D. Giant Hogweed

14-15. **The sap of giant hogweed and wild parsnip causes the skin to react when exposed to \_\_\_\_\_.** (*Emergency Care for Professional Responders*)

- A. Sweat
- B. UV radiation
- C. Adrenaline
- D. Poison Oak

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14-16. \_\_\_\_\_ are among the most common source of Injected Poisons. (*Emergency Care for Professional Responders*)

- A. Rash causing plants
- B. Insect and animal bites & stings
- C. Bacterium and Cryptosporidium
- D. Fungi and yeasts

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14-17. **Cimex Lectularius** are commonly referred to as \_\_\_\_\_. (*Emergency Care for Professional Responders*)

- A. Bedbugs
- B. Scabies
- C. Ticks
- D. Headlice

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14-18. **The most common cause of life-threatening situations with relation to insect stings is \_\_\_\_\_.** (*Emergency Care for Professional Responders*)

- A. Panic Attack
- B. Anaphylactic Reaction
- C. Arachnoid Reflex
- D. Toxic Paralysis

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14-19. **Which North American spiders are known to cause dangerous and sometimes fatal reactions.** (*Emergency Care for Professional Responders*)

- A. Green Potentate
- B. Brown Recluse
- C. Black Widow
- D. Both B and C

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14-20. **Which of the following is NOT a criteria to place a patient who has been stung in the water into the Rapid Transport Category?** (*Emergency Care for Professional Responders*)

- A. Patient has a history of allergic reactions to marine-life stings
- B. Patient has been stung on the face or neck
- C. Patient was stung through neoprene
- D. Patient develops dyspnea

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14-21. **Which of the following is NOT a venomous snake native to Canada?** (*Emergency Care for Professional Responders*)

- A. Northern Pacific Rattlesnake
- B. Massasauga Rattlesnake
- C. Rocky Mountain Rattlesnake
- D. Prairie Rattlesnake

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14-22. **Which of the following is recommended when providing care for a snakebite?** (*Emergency Care for Professional Responders*)

- A. Position the patient so the bite is at or below the level of the heart
- B. Apply ice

- C. Cut the wound in an "X" pattern
- D. Apply a tourniquet

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14-23. **Any person who has been bitten by an animal must see a physician. Local laws or protocols may require you to report the bite to animal control.** (*Emergency Care for Professional Responders*)

- A. True
- B. False

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14-24. **If you find a tick, remove it by firmly grasping the tick with fine tipped forceps (or a hook designed for tick removal), as close to the skin as possible, and pulling \_\_\_\_\_ and \_\_\_\_\_.** (*Emergency Care for Professional Responders*)

- A. Quickly ... With a twisting motion
- B. Slowly ... Twisting with a counter-clockwise motion
- C. Slowly ... Steadily
- D. Quickly ... Forcefully

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14-25. **Lyme disease is spread primarily by the \_\_\_\_\_ tick (also referred to as \_\_\_\_\_ tick).** (*Emergency Care for Professional Responders*)

- A. Yellow-spotted ... Wolf
- B. Black-legged ... Deer
- C. Red-striped ... Avian
- D. Blue-headed ... Coyote

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14-26. **Which of the following is NOT considered a common sign or symptom of Lyme Disease?** (*Emergency Care for Professional Responders*)

- A. Rash resembling a bull's-eye
- B. Green tinged lips and eyelids
- C. Joint and muscle pain
- D. Headache

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14-27. **Alcohol and over-the-counter medications are among the most frequently misused and abused substances.** (*Emergency Care for Professional Responders*)

- A. True
- B. False

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14-28. **Substance \_\_\_\_\_ is the use of a substance for purposes other than those intended by the manufacturer, or exceeding the recommended dosage.** (*Emergency Care for Professional Responders*)

- A. Misuse
- B. Use
- C. Overuse
- D. Abuse

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14-29. **Substance \_\_\_\_\_ is the deliberate, persistent, and/or excessive use of a substance without regard to health concerns or accepted medical practices.** (*Emergency Care for Professional Responders*)

- A. Misuse
- B. Use
- C. Overuse
- D. Abuse

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14-30. **A \_\_\_\_\_ is any substance that is taken to affect the function of the body.** (*Emergency Care for Professional Responders*)

- A. Drug

- B. Medication
- C. Poison
- D. Toxin

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14-31. **A drug used to prevent or treat a disease or condition is called a \_\_\_\_\_.** (*Emergency Care for Professional Responders*)

- A. Drug
- B. Medication
- C. Poison
- D. Toxin

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14-32. **A(n) \_\_\_\_\_ occurs when a person takes too much of a substance, producing toxic (poisonous) or fatal effects on the body.** (*Emergency Care for Professional Responders*)

- A. Reflux
- B. Abuse
- C. Overdose
- D. Overuse

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14-33. \_\_\_\_\_ **describes a condition that a person who is addicted to a substance may experience after refraining from using or abusing that substance, and can become a serious medical condition.** (*Emergency Care for Professional Responders*)

- A. Misuse
- B. Indication
- C. Withdrawal
- D. Overdose

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14-34. **What are the 3 basic categories of commonly misused or abused substances?** (*Emergency Care for Professional Responders*)

- A. Stimulants ... Depressants ... Opioids
- B. Stimulants ... Depressants ... Hallucinogens
- C. Stimulants ... Toxins ... Hallucinogens
- D. Depressants ... Repressants ... Designer

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14-35. \_\_\_\_\_ **drugs are generally chemical variations on other drugs.** (*Emergency Care for Professional Responders*)

- A. Designer
- B. Opioid
- C. Medicative
- D. Addictive

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14-36. \_\_\_\_\_ **affect the central nervous system by speeding up mental activity.** (*Emergency Care for Professional Responders*)

- A. Drugs
- B. Medications
- C. Stimulants
- D. Hallucinogens

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14-37. **Cocaine is one of the most publicized and powerful \_\_\_\_\_.** (*Emergency Care for Professional Responders*)

- A. Drugs
- B. Medications
- C. Stimulants

D. Hallucinogens

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14-38. **The most common stimulants are legal.** (*Emergency Care for Professional Responders*)

- A. True  
 B. False

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14-39. **Which of the following is NOT an unhealthy effect considered common to the use of Stimulants?** (*Emergency Care for Professional Responders*)

- A. Tachypnea  
 B. Bradycardia  
 C. High Blood Pressure  
 D. Chest Pain

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14-40. \_\_\_\_\_ **affect the central nervous system and slow down physical and mental activity.** (*Emergency Care for Professional Responders*)

- A. Stimulants  
 B. Hallucinogens  
 C. Depressants  
 D. Medications

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14-41. **Narcotics have similar effects to other \_\_\_\_\_.** (*Emergency Care for Professional Responders*)

- A. Stimulants  
 B. Hallucinogens  
 C. Depressants  
 D. Medications

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14-42. \_\_\_\_\_ **are substances, usually common to commercial products, that produce chemical vapours with mind altering effects which can be similar to those of alcohol consumption.** (*Emergency Care for Professional Responders*)

- A. Depressants  
 B. Inhalants  
 C. Injectors  
 D. Absorbents

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14-43. **Opioids are a class of \_\_\_\_\_ than includes morphine, heroin, and fentanyl.** (*Emergency Care for Professional Responders*)

- A. Stimulants  
 B. Hallucinogens  
 C. Depressants  
 D. Inhalants

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14-44. **Opioids pose a high risk of fatal overdose, because they bind to receptors in the \_\_\_\_\_ that control respiration, rapidly causing cardiac arrest.** (*Emergency Care for Professional Responders*)

- A. Lungs  
 B. Brain  
 C. Heart  
 D. Pancreas

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14-45. \_\_\_\_\_ **is a drug that rapidly counteracts the effects of opioid overdose by binding to the same receptors in the brain, displacing the opioid and preventing respiratory arrest.** (*Emergency Care for Professional Responders*)

- A. Naloxone (Narcan)
- B. Hydromorphone
- C. Fentanyl
- D. Methadone

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14-46. **Which of the following is NOT one of the ways in which Naloxone can be administered?** (*Emergency Care for Professional Responders*)

- A. Intranasally
- B. Transdermal Patch
- C. Intramuscularly
- D. Subcutaneously

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14-47. \_\_\_\_\_ **often have physical effects similar to those of stimulants but are classified differently because of their potential to produce additional effects.** (*Emergency Care for Professional Responders*)

- A. Depressants
- B. Hallucinogens
- C. Opioids
- D. Narcotics

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14-48. **Which of the following is considered a possible effect of Hallucinogens?** (*Emergency Care for Professional Responders*)

- A. Intense Fear
- B. Paranoid Delusions
- C. Vivid Hallucinations
- D. All of the above

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14-49. **Which of the following is NOT considered a general sign or symptom of substance abuse or misuse?** (*Emergency Care for Professional Responders*)

- A. Abnormal respiration
- B. Abnormal perspiration
- C. Abnormal BGL
- D. Abnormal bowel sounds

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14-50. **Initial intervention for substance misuse or abuse requires that you know and identify the specific substance taken.** (*Emergency Care for Professional Responders*)

- A. True
- B. False

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14-51. **You should withdraw from the area if the patient becomes violent or threatening.** (*Emergency Care for Professional Responders*)

- A. True
- B. False

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14-52. **Crowd management agents, also referred to as \_\_\_\_\_, are a group of substances used by law enforcement personnel to temporarily incapacitate groups of people.** (*Emergency Care for Professional Responders*)

- A. Mind Control Agents
- B. Subversive Agents
- C. Rights Suppression Agents
- D. Riot Control Agents

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14-53. **Which of the following identifies the main steps in providing care for a patient who has been exposed to a crowd control agent?** (*Emergency Care for Professional Responders*)

- A. Use PPE ... Remove contaminated clothing ... Wash skin with soap and water
- B. Use PPE ... Rinse contaminated clothing with bleach ... Wash skin with Alkaline
- C. Use PPE ... Remove contaminated clothing ... Scrub skin with pumice
- D. Use PPE ... Remove contaminated clothing ... Wrap skin with plastic

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## Section 15: Environmental Illnesses

15-1. **The human body's core temperature is normally around \_\_\_\_\_ and is maintained by balancing heat loss with heat gain.** (*Emergency Care for Professional Responders*)

- A. 39°C (94.6°F)
- B. 47°C (96.8°F)
- C. 37°C (98.6°F)
- D. 30°C (90.6°F)

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15-2. **The \_\_\_\_\_ receives temperature information from the skin and central receptors.** (*Emergency Care for Professional Responders*)

- A. Hippocampus
- B. Amygdala
- C. Hypothalamus
- D. Prefrontal Cortex

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15-3. **The body's thermoregulatory responses, to increase or decrease body temperature, include \_\_\_\_\_.** (*Emergency Care for Professional Responders*)

- A. Vasodilation ... Swearing ... Vasoconstriction ... Shivering
- B. Vasodilation ... Sweating ... Vasoconstruction ... Shivering
- C. Vasodilapidation ... Sweating ... Vasoconstriction ... Shivering
- D. Vasodilation ... Sweating ... Vasoconstriction ... Shivering

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15-4. **Which heat movement mechanism is useful for cooling only?** (*Emergency Care for Professional Responders*)

- A. Conduction
- B. Convection
- C. Radiation
- D. Evaporation

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15-5. **Which of the following is NOT a factor that can make someone more prone to heat or cold related emergencies?** (*Emergency Care for Professional Responders*)

- A. Age
- B. Diabetes
- C. Thin Skin
- D. Taking diuretics

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15-6. **\_\_\_\_\_ can develop fairly rapidly and usually occur after periods of physical exertion in warm or even moderate temperatures.** (*Emergency Care for Professional Responders*)

- A. Heat Stroke
- B. Heat Exhaustion
- C. Heat Cramps
- D. Heat Stress



15-7. \_\_\_\_\_ is an early sign that the body's temperature-regulating mechanisms are becoming overwhelmed. (*Emergency Care for Professional Responders*)

- A. Heat Stroke
- B. Heat Exhaustion
- C. Heat Cramps
- D. Heat Stress

15-8. \_\_\_\_\_ begins when the body's thermoregulatory mechanisms are overwhelmed by heat stress and begin to stop functioning. (*Emergency Care for Professional Responders*)

- A. Heat Stroke
- B. Heat Exhaustion
- C. Heat Cramps
- D. Heat Stress

15-9. When sweating stops, the body cannot actively cool itself effectively and the body's core temperature rises. It soon reaches a level at which the \_\_\_\_\_ begin to fail. (*Emergency Care for Professional Responders*)

- A. Heart
- B. Brain
- C. Kidneys
- D. All of the above

15-10. Heat Stroke can lead to death. (*Emergency Care for Professional Responders*)

- A. True
- B. False

15-11. Fanning the patient after pouring water on them encourages \_\_\_\_\_ (in addition to creating or increasing \_\_\_\_\_ cooling). (*Emergency Care for Professional Responders*)

- A. Convection ... Evaporative
- B. Conduction ... Radiation
- C. Evaporation ... Convective
- D. Dilation ... Corrective

15-12. Electrolyte replacement is especially important for patients with \_\_\_\_\_. (*Emergency Care for Professional Responders*)

- A. Heat Stress
- B. Heat Stroke
- C. Heat Exhaustion
- D. Heat Cramps

15-13. A patient with dry, hot skin is likely suffering \_\_\_\_\_. (*Emergency Care for Professional Responders*)

- A. Heat Stress
- B. Heat Stroke
- C. Heat Exhaustion
- D. Heat Cramps

15-14. Which of the following is NOT a sign or symptom that indicates a heat-stressed patient should be placed in the Rapid Transport Category? (*Emergency Care for Professional Responders*)

- A. Headache
- B. Altered Behaviour
- C. Rapid ... weak pulse
- D. Rapid ... shallow breathing

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15-15. **Which of the following lists the 4 distinct stages of Cold Stress in ascending order of progressive severity?** *(Emergency Care for Professional Responders)*

- A. Cold Stress ... Mild Hypothermia ... Moderate Hypothermia ... Severe Hypothermia
- B. Mild Hypothermia ... Moderate Hypothermia ... Severe Hypothermia ... Cold Stressed
- C. Cold Stress ... Mild Hypothermia ... Severe Hypothermia ... Clinical Hypothermia
- D. Mild Hypothermia ... Moderate Hypothermia ... Severe Hypothermia ... Critical Hypothermia

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15-16. **Which of the following is a sign that the patient has progressed to Severe Hypothermia?** *(Emergency Care for Professional Responders)*

- A. Intermittent Shivering
- B. Cessation of Shivering
- C. Vigorous Shivering
- D. Weak Shivering

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15-17. **You may need to create a shelter before placing the patient in a hypothermia wrap if shelter or transport is \_\_\_\_\_.** *(Emergency Care for Professional Responders)*

- A. Less than 30 minutes away
- B. More than 30 minutes away
- C. Immediately available
- D. More than 90 minutes away

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15-18. **A warm, sugary, non-alcoholic drink may be appropriate care for a hypothermic patient, if the patient is \_\_\_\_\_ and the drink is not too hot.** *(Emergency Care for Professional Responders)*

- A. Horizontal
- B. Unresponsive
- C. Responsive
- D. Semi-Prone

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15-19. **Assume a patient is severely hypothermic if they are cold and unresponsive.** *(Emergency Care for Professional Responders)*

- A. True
- B. False

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15-20. \_\_\_\_\_ **is a local, superficial condition that occurs when skin is exposed to cold temperatures and begins to freeze.** *(Emergency Care for Professional Responders)*

- A. Hypothermia
- B. Cold Stress
- C. Frostbite
- D. Frost Nip

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15-21. **When \_\_\_\_\_ occurs, the water inside and between the body's cells begins to freeze and swell.** *(Emergency Care for Professional Responders)*

- A. Hypothermia
- B. Cold Stress
- C. Frostbite

D. Frost Nip

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15-22. **When the frostbitten area you should immediately break any blisters, then place sterile, non-adherent dressings between the affected fingers and/or toes.** (*Emergency Care for Professional Responders*)

A. True

B. False

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15-23. **As water is inhaled, it can stimulate \_\_\_\_\_ and the closing of the vocal cords.** (*Emergency Care for Professional Responders*)

A. Laryngospasm

B. Bronchodilation

C. Tachypnea

D. Cushing's Triad

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15-24. **A responsive drowning patient will usually struggle for \_\_\_\_\_ before submerging.** (*Emergency Care for Professional Responders*)

A. 5-10 seconds

B. 15-30 seconds

C. 20-60 seconds

D. 60-120 seconds

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15-25. **Which of the following lists the steps, in correct order, that you should take to rescue a drowning patient while ensuring your own safety?** (*Emergency Care for Professional Responders*)

A. Row ... Go ... Throw

B. Talk ... Throw ... Reach

C. Reach ... Go ... Tow

D. Run ... Yell ... Swim

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15-26. **Patients have been successfully resuscitated even after being submerged in cold water for longer than \_\_\_\_\_.** (*Emergency Care for Professional Responders*)

A. 30 minutes

B. 2 days

C. 120 minutes

D. 90 minutes

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15-27. **What does the acronym H-E-L-P stand for, with relation to self-rescue from the water.** (*Emergency Care for Professional Responders*)

A. Have Everyone Leave Perimeter

B. Hear Escape Land Prevent

C. Heart Embolism Live Paddle

D. Heat Escape Lessening Position

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15-28. **Which of the following is NOT one of the 4 phases of cold-water immersion.** (*Emergency Care for Professional Responders*)

A. Cold Shock Unresponsiveness

B. Cold Incapacitation

C. Hypothermia

D. Circum-Rescue Collapse

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15-29. **Drowning in cold water can \_\_\_\_\_ a patient's chances of resuscitation.** (*Emergency Care for Professional Responders*)

- A. Increase
- B. Decrease
- C. Guarantee
- D. Eliminate

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15-30. **At higher altitudes, the lower atmospheric pressure results in less available oxygen in the air, resulting in \_\_\_\_\_.** (*Emergency Care for Professional Responders*)

- A. Hypoxemia
- B. Hypoxia
- C. Hyperoxemia
- D. Hyponatraemia

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15-31. **Edema (accumulation of fluid) within the interstitial space of the brain can contribute to the development of \_\_\_\_\_.** (*Emergency Care for Professional Responders*)

- A. Acute Mountain Sickness
- B. High Altitude Cerebral Edema
- C. High Altitude Pulmonary Edema
- D. Both A and B

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15-32. **Edema (accumulation of fluid) in the alveoli of the lungs can contribute to the development of \_\_\_\_\_.** (*Emergency Care for Professional Responders*)

- A. Acute Mountain Sickness
- B. High Altitude Cerebral Edema
- C. High Altitude Pulmonary Edema
- D. All of the above

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15-33. **The most common cause of death related to high altitude is \_\_\_\_\_.** (*Emergency Care for Professional Responders*)

- A. Acute Mountain Sickness
- B. High Altitude Cerebral Edema
- C. High Altitude Pulmonary Edema
- D. All of the above

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15-34. **The standard level of atmospheric pressure at sea level is referred to a \_\_\_\_\_.** (*Emergency Care for Professional Responders*)

- A. 1 ATM
- B. 2 ATM
- C. 3 ATM
- D. 4 ATM

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15-35. **What is the hotline number to contact the Divers Alert Network?** (*Emergency Care for Professional Responders*)

- A. 1-800-SCUBADAN
- B. 1-877- 444-4444
- C. 1-919-684-9111
- D. 1-800-LIFELINE

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15-36. **Barotrauma of descent results when something blocks the opening between an internal space and environment, trapping \_\_\_\_\_ in the space.** (*Emergency Care for Professional Responders*)

- A. Gas

- B. Oxygen
- C. Carbon Monoxide
- D. Carbon Dioxide

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15-37. \_\_\_\_\_ occurs when, as external pressure decreases during ascent, the trapped air in the lungs expands against the closed glottis, causing alveoli to rupture. (*Emergency Care for Professional Responders*)

- A. Pulmonary Barotrauma
- B. Barotrauma of Descent
- C. Arterial Gas Embolism
- D. Nitrogen Narcosis

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15-38. Air entering arterial blood through ruptured \_\_\_\_\_ can distribute bubbles into body tissues (including the heart and the brain) where they disrupt circulation. (*Emergency Care for Professional Responders*)

- A. Capillaries
- B. Ventricles
- C. Pulmonary Vessels
- D. Aortic Arches

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15-39. In general, it should be assumed that a diver has suffered \_\_\_\_\_ when he or she is unresponsive upon surfacing or loses responsiveness within 10 minutes after surfacing. (*Emergency Care for Professional Responders*)

- A. HACE
- B. AGE
- C. COPD
- D. DCS

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15-40. If a dive ascent to the surface is too rapid, some of the excess dissolved \_\_\_\_\_ gas can supersaturate within the tissues, and come out of solution to form bubbles in the surrounding tissues. (*Emergency Care for Professional Responders*)

- A. Oxygen
- B. Carbon Dioxide
- C. Nitrogen
- D. Carbon Monoxide

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15-41. Treatment of \_\_\_\_\_ mirrors the treatment for AGE. (*Emergency Care for Professional Responders*)

- A. AMS
- B. DCS
- C. COPD
- D. HAPE

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15-42. \_\_\_\_\_ is caused when the dissolved nitrogen in the body increases to the point that it begins to impair the nervous system. (*Emergency Care for Professional Responders*)

- A. Nitroglycerin Narcosis
- B. Nitrogen Narcolepsy
- C. Nitrogen Narcotics
- D. Nitrogen Narcosis

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16-1. **A fetus receives nutrients from the mother through a specialized organ attached to the \_\_\_\_\_ called the placenta.** *(Emergency Care for Professional Responders)*

- A. Uranus
- B. Uterus
- C. Umbilicus
- D. Uvula

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16-2. **The placenta is attached to the fetus by a flexible structure called the \_\_\_\_\_.** *(Emergency Care for Professional Responders)*

- A. Spinal Cord
- B. Umbilical Cord
- C. Tactical Cord
- D. Biblical Cord

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16-3. **The \_\_\_\_\_ is a short tube of muscle at the upper end of the birth canal that serves as a pathway from the uterus to the vaginal opening.** *(Emergency Care for Professional Responders)*

- A. Cortex
- B. Placenta
- C. Umbilicus
- D. Cervix

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16-4. **The amniotic sac will always rupture within a few minutes of the onset of contractions.** *(Emergency Care for Professional Responders)*

- A. True
- B. False

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16-5. **Which of the following identifies the 4 stages of the labour process, in the correct order?** *(Emergency Care for Professional Responders)*

- A. Preparation ... Delivery of Baby ... Delivery of Placenta ... Stabilization
- B. Preparation ... Delivery of Placenta ... Delivery of Baby ... Stabilization
- C. Preparation ... Stabilization ... Delivery of Baby ... Delivery of Placenta
- D. Preparation ... Delivery of Baby ... Stabilization ... Delivery of Placenta

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16-6. **A strong urge to push usually indicates that delivery is imminent.** *(Emergency Care for Professional Responders)*

- A. True
- B. False

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16-7. **When the contractions are less than \_\_\_\_\_ apart, childbirth is imminent.** *(Emergency Care for Professional Responders)*

- A. 3 minutes
- B. 30 seconds
- C. 30 minutes
- D. 3 seconds

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16-8. **Delivery of the placenta usually occurs within \_\_\_\_\_ after delivery of the neonate.** *(Emergency Care for Professional Responders)*

- A. 20 seconds
- B. 20 hours
- C. 20 minutes
- D. 2 days

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16-9. **Bleeding that cannot be controlled after the neonate is born is not generally a serious problem.** (*Emergency Care for Professional Responders*)

- A. True
- B. False

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16-10. **Which of the following is NOT one of your duties when assisting with the delivery of a baby?** (*Emergency Care for Professional Responders*)

- A. Create a clean environment
- B. Pull the baby out of the birth canal
- C. Minimize the possibility of injury to the mother and baby
- D. Help the mother into a position of comfort

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16-11. **If the umbilical cord is looped around the baby's neck, you should gently slip it over the baby's head or shoulders.** (*Emergency Care for Professional Responders*)

- A. True
- B. False

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16-12. **The expectant mother should be directed to stop pushing once crowning occurs.** (*Emergency Care for Professional Responders*)

- A. True
- B. False

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16-13. **Once the neonate is born, you should \_\_\_\_\_ the umbilical cord at 10 cm and 15 cm from the neonate.** (*Emergency Care for Professional Responders*)

- A. Cut
- B. Bite through
- C. Knot
- D. Clamp

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16-14. **A(n) \_\_\_\_\_ can be used to clear the neonate's mouth and nose of mucus.** (*Emergency Care for Professional Responders*)

- A. Cordless Vacuum
- B. Nasal Canula
- C. Bulb Syringe
- D. Bag-Valve-Mask

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16-15. \_\_\_\_\_ **helps clear the neonate's airway of fluids and promotes respiration.** (*Emergency Care for Professional Responders*)

- A. Crying
- B. Wriggling
- C. Being dropped
- D. Being cold

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16-16. **If the neonate has not made any sounds, you may need to elicit the crying response by flicking the feet or drying the neonate vigorously for 30 seconds.** (*Emergency Care for Professional Responders*)

- A. True
- B. False

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16-17. **If a neonate has respirations that are absent or ineffective, but has a pulse rate of \_\_\_\_\_ bpm, provide ventilations at a rate of 1 breath every 3 seconds.** (*Emergency Care for Professional Responders*)

- A. 0-60
- B. 60-100

- C. 20-40
- D. 30-50

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16-18. **A neonate who is has some flexion in the extremities, sneezes and coughs, has a pulse rate of 120 bpm, has a pink torso and extremities, and is crying would have an APGAR score of:** (*Emergency Care for Professional Responders*)

- A. 6
- B. 7
- C. 8
- D. 9

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16-19. **An APGAR score of \_\_\_\_\_ is fairly uncommon, and a perfectly healthy neonate may have a score of \_\_\_\_\_.** (*Emergency Care for Professional Responders*)

- A. 7 ... 8-9
- B. 7-8 ... 10
- C. 10 ... 7-8
- D. 8-9 ... 10

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16-20. **A neonatal transport team should only be requested if there are complications or life-threatening conditions.** (*Emergency Care for Professional Responders*)

- A. True
- B. False

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16-21. **Directing the mother to gently massage her lower abdomen after delivery may help to eliminate \_\_\_\_\_.** (*Emergency Care for Professional Responders*)

- A. Blood Clots
- B. Postpartum Depression
- C. The Placenta
- D. Scarring

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16-22. **Vaginal packing with sterile dressings is the recommended method to control Postpartum Bleeding.** (*Emergency Care for Professional Responders*)

- A. True
- B. False

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16-23. **Midwives are governed by \_\_\_\_\_ legislation.** (*Emergency Care for Professional Responders*)

- A. Federal
- B. Municipal
- C. Ministerial
- D. Provincial

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16-24. **Which of the following identifies two important signs and symptoms that are cause for concern with a pregnant patient?** (*Emergency Care for Professional Responders*)

- A. Abdominal Pain and Headache
- B. Depression and Vaginal Bleeding
- C. Abdominal Pain and Vaginal Bleeding
- D. Vaginal Bleeding and Sweating

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16-25. **Spontaneous abortion is sometimes called \_\_\_\_\_ and is the spontaneous termination of pregnancy from any cause before \_\_\_\_\_ of gestation.** (*Emergency Care for Professional Responders*)

- A. Ectopic Pregnancy ... 10 weeks



- B. Postpartum ... 20 weeks
- C. Braxton Hicks ... 15 weeks
- D. Miscarriage ... 20 weeks

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16-26. **Labour that begins between the \_\_\_\_\_ and \_\_\_\_\_ week of gestation is called premature or preterm labour, and is a medical emergency.** *(Emergency Care for Professional Responders)*

- A. 10th ... 12th
- B. 15th ... 26th
- C. 20th ... 37th
- D. 17th ... 29th

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16-27. **Braxton Hicks contractions increase in intensity and become closer together over time.** *(Emergency Care for Professional Responders)*

- A. True
- B. False

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16-28. **A ruptured \_\_\_\_\_ usually causes severe hemorrhage and is the leading cause of maternal death in the first trimester.** *(Emergency Care for Professional Responders)*

- A. Placenta
- B. Cervix
- C. Ectopic Pregnancy
- D. Umbilical Cord

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16-29. **Which of the following is NOT considered one of the common causes of Third Trimester Bleeding?** *(Emergency Care for Professional Responders)*

- A. Abruptio Placentae
- B. Disruptio Ovum
- C. Placenta Previa
- D. Uterine Rupture

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16-30. **What is the most common complication of childbirth?** *(Emergency Care for Professional Responders)*

- A. Prolapsed Cord
- B. Breech Birth
- C. Vaginal Bleeding
- D. Limb Presentation

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16-31. **If you notice a prolapsed cord, have the mother assume a \_\_\_\_\_ position, leaning to the left side.** *(Emergency Care for Professional Responders)*

- A. Supine
- B. Semi-Fowler's
- C. Knee-Chest
- D. Fowler's

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16-32. **If the head has not been delivered within 3 minutes of the body during a Breech Birth, you will need to help create an airway by placing your gloved hand into the vagina, next to the baby's mouth and spreading your fingers to form a "V".** *(Emergency Care for Professional Responders)*

- A. True
- B. False

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16-33. **If the baby's arms or legs present first during delivery, you should pull on them.** *(Emergency Care for Professional Responders)*

- A. True
- B. False

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16-34. **If multiple births are anticipated, you should not clamp the umbilical cord until after the last neonate has been delivered.** (*Emergency Care for Professional Responders*)

- A. True
- B. False

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16-35. \_\_\_\_\_ is a premature separation of the placenta from the uterus. (*FR Cheat Sheet*)

- A. Placenta Previa
- B. Prolapsed Cord
- C. Abruptio Placenta
- D. Gestational Diabetes

## Section 17: Special Populations

17-1. **If you have any to suspect the abuse or neglect of a child, you have a moral and \_\_\_\_\_ obligation to report your suspicions.** (*Emergency Care for Professional Responders*)

- A. Ethical
- B. Philosophical
- C. Legal
- D. Communal

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17-2. **Which of the following lists the five stages of development, in order of ascending age range, between birth and 18 years of age?** (*Emergency Care for Professional Responders*)

- A. Neonate ... Infant ... Preschooler ... School-aged ... Pubescent
- B. Neonate ... Infant ... Preschooler ... School-aged ... Adolescent
- C. Neonate ... Pediatric ... Preschooler ... School-aged ... Adolescent
- D. Neonate ... Infant ... Preschooler ... Highschooler ... Adolescent

Page 316-317 of the Emergency Care for Professional Responders text book

17-3. **When assessing a child or infant, you should note that they have many \_\_\_\_\_ and \_\_\_\_\_ differences when compared with adults.** (*Emergency Care for Professional Responders*)

- A. Physiological ... Psychological
- B. Anatomical ... Psychosomatic
- C. Anatomical ... Physiological
- D. Psychological ... Developmental

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17-4. **A significant difference in a pediatric patient's Integumentary system is that they have \_\_\_\_\_. The clinical significance of this is that \_\_\_\_\_.** (*Emergency Care for Professional Responders*)

- A. Thicker Skin ... They do not feel pain
- B. Thinner Skin ... Burns are more severe
- C. More pores ... Sweat more profusely
- D. Larger pores ... More prone to infection

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17-5. **The normal resting heart rate for infants and toddlers is \_\_\_\_\_ bpm.** (*Emergency Care for Professional Responders*)

- A. 120-200
- B. 50-80
- C. 100-160

D. 110-120

Page 317-318 of the Emergency Care for Professional Responders text book

17-6. **When assessing a child, you should try to keep them separated from loved ones to ensure accurate and independent answers to your questions.** (*Emergency Care for Professional Responders*)

- A. True
- B. False

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17-7. **Which of the following is NOT a common childhood vaccine?** (*Emergency Care for Professional Responders*)

- A. Tetanus
- B. Pertussis
- C. Diphtheria
- D. Chicken Pox

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17-8. **Chicken Pox is a viral infection that is most contagious \_\_\_\_\_ before the onset of the rash, and for approximately \_\_\_\_\_ after the onset.** (*Emergency Care for Professional Responders*)

- A. 2 weeks ... 8 days
- B. 3-4 days ... 1 week
- C. 5 days ... 1-2 weeks
- D. 1-2 days ... 5 days

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17-9. **Which of the following is NOT a common childhood illness?** (*Emergency Care for Professional Responders*)

- A. Scabies
- B. Impetigo
- C. Polio
- D. Prickly Heat Rash

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17-10. **Which of the following is NOT considered a common pediatric condition?** (*Emergency Care for Professional Responders*)

- A. Sudden Infant Death Syndrome
- B. Shaken Baby Syndrome
- C. Crohn's Disease
- D. Dehydration

Page 321-322 of the Emergency Care for Professional Responders text book

17-11. \_\_\_\_\_ patients are generally considered those over 65 years old. (*Emergency Care for Professional Responders*)

- A. Pediatric
- B. Geriatric
- C. Bariatric
- D. Octogenarian

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17-12. **Older adults are at an increased risk of injury, with a common cause of injury being \_\_\_\_\_.** (*Emergency Care for Professional Responders*)

- A. Falls
- B. Absent Mindedness
- C. Dementia
- D. Poor nutrition

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17-13. **As a person ages, the size of the brain decreases, which results in increased space between the brain and the skull.** (*Emergency Care for Professional Responders*)

- A. True
- B. False

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17-14. **If you are caring for a patient with \_\_\_\_\_ try to determine whether confusion is the result of an acute injury or illness or of a pre-existing condition.** (*Emergency Care for Professional Responders*)

- A. Osteoporosis
- B. Service Animals
- C. Obesity
- D. Dementia

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17-15. **When the \_\_\_\_\_ content of bones decreases, the bones become frail, less dense, and less able to repair themselves.** (*Emergency Care for Professional Responders*)

- A. Iron
- B. Calcium
- C. Magnesium
- D. Vitamin B

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17-16. **Which of the following is NOT one of the most common health concerns seen in Bariatric patients?** (*Emergency Care for Professional Responders*)

- A. Dementia
- B. Diabetes Mellitus
- C. Hypertension
- D. Hyperlipidemia

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17-17. **Palliative patients are those with \_\_\_\_\_ illnesses.** (*Emergency Care for Professional Responders*)

- A. Terminal
- B. Treatable
- C. Bariatric
- D. Geriatric

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17-18. **The paralyzing effects of a stroke are considered a \_\_\_\_\_ impairment.** (*Emergency Care for Professional Responders*)

- A. Physical
- B. Intellectual
- C. Cognitive
- D. Developmental

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17-19. **A service animal should be transported with the patient to a medical facility.** (*Emergency Care for Professional Responders*)

- A. True
- B. False

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17-20. **An example of a mobility aids includes \_\_\_\_\_.** (*Emergency Care for Professional Responders*)

- A. Wheelchair
- B. Cane
- C. Ramp
- D. All of the above

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17-21. **When assisting a patient with a visual impairment to walk, you should have them hold onto your arm and move at a \_\_\_\_\_ pace.** (*Emergency Care for Professional Responders*)

- A. Rapid
- B. Normal
- C. Slow
- D. Erratic

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17-22. **Communicating through a digital device such as a smart phone may be an appropriate communication method for a patient with a hearing impairment.** (*Emergency Care for Professional Responders*)

- A. True
- B. False

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17-23. **When communicating with a deafblind patient, you should speak directly to their intervenor throughout the assessment.** (*Emergency Care for Professional Responders*)

- A. True
- B. False

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17-24. **Patients with speech or language impairments will always have at least one accompanying intellectual or developmental impairment.** (*Emergency Care for Professional Responders*)

- A. True
- B. False

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17-25. **Which of the following is NOT considered a common cause of physical impairment?** (*Emergency Care for Professional Responders*)

- A. Cerebral Palsy
- B. Multiple Sclerosis
- C. Alzheimer's
- D. Spinal Cord Injury

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17-26. **Always approach a patient with a mental impairment as you would any other patient in his or her age group.** (*Emergency Care for Professional Responders*)

- A. True
- B. False

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## Section 18: Crisis Intervention

18-1. **Suicide is the leading cause of death for people aged \_\_\_\_\_ to \_\_\_\_\_.** (*Emergency Care for Professional Responders*)

- A. 24-36
- B. 18-32
- C. 17-28
- D. 15-19

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18-2. **Assault only needs to be reported to the police if it involves a child.** (*Emergency Care for Professional Responders*)

- A. True
- B. False

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18-3. **You should discourage a patient who has experienced a sexual assault from bathing before a medical examination can be performed.** (*Emergency Care for Professional Responders*)

- A. True

B. False

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18-4. **When responding to an emergency where an assault has taken place, your first priority is your own safety.** (*Emergency Care for Professional Responders*)

A. True

B. False

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18-5. **The death of a patient may have an impact on \_\_\_\_\_.** (*Emergency Care for Professional Responders*)

A. The patient's family

B. Your partner

C. You

D. All of the above

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18-6. **When responding to a mental health crisis, you have a responsibility to act as therapist to the patient, as well as providing treatment and care for physical injuries.** (*Emergency Care for Professional Responders*)

A. True

B. False

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18-7. **Which of the following is NOT a common mental health condition resulting in crises?** (*Emergency Care for Professional Responders*)

A. Anxiety

B. Depression

C. Madness

D. Psychosis

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18-8. \_\_\_\_\_ **is a term for mental disorders in which the dominant mood is fear and apprehension.** (*Emergency Care for Professional Responders*)

A. Psychosis

B. Anxiety

C. Depression

D. Schizophrenia

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18-9. **Major Depression is also referred to as \_\_\_\_\_.** (*Emergency Care for Professional Responders*)

A. Cortical Depression

B. Clinical Depression

C. Critical Depression

D. Chronic Depression

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18-10. **Which of the following is NOT considered a common sign or symptom of Psychosis?** (*Emergency Care for Professional Responders*)

A. Suicidal Ideation

B. Hallucinations

C. Mania

D. Lucidity

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## Section 19: Reaching, Lifting and Extricating Patients

19-1. **Always ensure a door is locked before initiating forcible entry procedures.** (*Emergency Care for Professional Responders*)

A. True

B. False

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19-2. **It is important to establish \_\_\_\_\_ or \_\_\_\_\_ protocols to ensure all personnel on the scene of a Motor Vehicle Collision can coordinate their efforts effectively.** (*Emergency Care for Professional Responders*)

- A. MVC ... CVA
- B. RBS ... RTC
- C. ESM ... ISM
- D. DVS ... TIA

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19-3. **The simplest vehicle stabilization technique is called \_\_\_\_\_.** (*Emergency Care for Professional Responders*)

- A. Immobilizing
- B. Fusing
- C. Chocking
- D. Cribbing

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19-4. **Once you have safe access to the interior of a motor vehicle, you should \_\_\_\_\_.** (*Emergency Care for Professional Responders*)

- A. Place the vehicle in park (automatic transmission) or neutral (manual transmission)
- B. Turn off the ignition
- C. Activate the emergency brake
- D. All of the above

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19-5. **If glass needs to be broken to access the patient, choose a window \_\_\_\_\_.** (*Emergency Care for Professional Responders*)

- A. As close to the patient as possible
- B. That is above the patient's head
- C. That is below the patient's knees
- D. As far from the patient as possible

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19-6. **If airbags deploy during patient extrication, they can strike a patient or responder with enough force to cause death.** (*Emergency Care for Professional Responders*)

- A. True
- B. False

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19-7. **Hybrid or Electric Vehicles may remain electrically live for up to \_\_\_\_\_ minutes after the vehicle is shut off or disabled.** (*Emergency Care for Professional Responders*)

- A. 10 minutes
- B. 2 minutes
- C. 30 seconds
- D. 90 seconds

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19-8. **Which of the following would NOT require you to immediately move a patient during an emergency?** (*Emergency Care for Professional Responders*)

- A. The scene becomes unsafe
- B. You must gain access to other patients
- C. The patient is complaining of neck pain
- D. You cannot provide proper treatment

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19-9. **Which of the following is NOT a basic principle of body mechanics.** (*Emergency Care for Professional Responders*)

- A. Lift with your legs, not your back
- B. Keep your body aligned
- C. Use as many personnel as necessary
- D. Keep the weight as far away from you as possible

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19-10. **The Extremity Lift is also called the \_\_\_\_\_.** (*Emergency Care for Professional Responders*)

- A. Two-person-seat-carry
- B. Tow-and-go
- C. Fore-and-aft lift
- D. Lift-and-drift

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19-11. **Which of the following is NOT a common type of stretcher or lifting device?** (*Emergency Care for Professional Responders*)

- A. Scoop Stretcher
- B. Spine Stretcher
- C. Clamshell
- D. Stokes Basket

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19-12. **Load the patient \_\_\_\_\_ into the ambulance.** (*Emergency Care for Professional Responders*)

- A. Feet First
- B. Head First
- C. Supine
- D. Prone

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19-13. \_\_\_\_\_ **are sheets of strong, semi-rigid plastic that can slide beneath a patient to facilitate transfer from a bed to a stretcher.** (*Emergency Care for Professional Responders*)

- A. Clamshells
- B. Stokes Baskets
- C. Stair Chairs
- D. Transfer Boards

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19-14. **A \_\_\_\_\_ multi-level stretcher has a wider patient surface and wheelbase, and is rated for a higher weight load.** (*Emergency Care for Professional Responders*)

- A. Bed-o-matic
- B. Barometric
- C. Bariatric
- D. Barbaric

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## Section 20: Transportation

20-1. **Completing an equipment and supply checklist at the beginning of every \_\_\_\_\_ is important for safety, patient care, and risk management.** (*Emergency Care for Professional Responders*)

- A. Week
- B. Month
- C. Work Shift
- D. Hour

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20-2. \_\_\_\_\_ should determine how and when to remove a vehicle from service. *(Emergency Care for Professional Responders)*

- A. Responders
- B. Crews
- C. Patients
- D. Organizations

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20-3. **You should what went well and what could have gone better with your partner** \_\_\_\_\_. *(Emergency Care for Professional Responders)*

- A. At the start of each shift
- B. In your yearly performance review
- C. Before disciplinary hearings
- D. At the end of each shift

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20-4. **Professional responders who are travelling to an emergency or a hospital are exempt from all laws and acts that govern the use of motor vehicles.** *(Emergency Care for Professional Responders)*

- A. True
- B. False

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20-5. \_\_\_\_\_ is the mental framework that structures your day-to-day driving performance. *(Emergency Care for Professional Responders)*

- A. Confidence
- B. Arrogance
- C. Attitude
- D. Righteousness

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20-6. **When hazardous environmental conditions are present, the driver should maintain a speed and following distance that is appropriate to the** \_\_\_\_\_. *(Emergency Care for Professional Responders)*

- A. Nature of the emergency
- B. Urgency of the response
- C. Conditions
- D. Distance being travelled

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20-7. **The use of warning devices provides absolute right-of-way to proceed through intersections.** *(Emergency Care for Professional Responders)*

- A. True
- B. False

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20-8. **Most provinces and territories require all emergency vehicles to come to a complete stop at controlled intersections.** *(Emergency Care for Professional Responders)*

- A. True
- B. False

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20-9. **If leaking fuel, gas or hazardous materials are present, your vehicle should be positioned \_\_\_\_\_, \_\_\_\_\_ and at a safe distance.** *(Emergency Care for Professional Responders)*

- A. Downhill ... Upwind
- B. Uphill ... Downwind
- C. Downwind ... Downhill
- D. Uphill ... Upwind

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20-10. **You are protected from all legal liability when operating an emergency vehicle.** *(Emergency Care for Professional Responders)*

- A. True
- B. False

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20-11. **Fixed-wing aircraft are particularly useful to transport patients or vital organs distances greater than \_\_\_\_\_.** *(Emergency Care for Professional Responders)*

- A. 50 km
- B. 100 km
- C. 150km
- D. 200 km

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20-12. **A \_\_\_\_\_ position is often the safest for transporting patients with compromised airways, when using air medical transport.** *(Emergency Care for Professional Responders)*

- A. Lateral
- B. Prone
- C. Supine
- D. Trendelenburg

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20-13. **A helicopter landing zone should be approximately \_\_\_\_\_.** *(Emergency Care for Professional Responders)*

- A. 46 meters by 46 meters
- B. 151 meters by 151 meters
- C. 46 feet by 46 feet
- D. Any of the above

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20-14. **Maintain a distance of at least \_\_\_\_\_ during helicopter take-off and landing.** *(Emergency Care for Professional Responders)*

- A. 60 feet
- B. 200 feet
- C. 200 meters
- D. Any of the above

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## Section 21: Multiple Casualty Incidents

21-1. **A Multiple-Casualty Incident (MCI) refers to a situation involving \_\_\_\_\_ or more patients.** *(Emergency Care for Professional Responders)*

- A. 2
- B. 3
- C. 4
- D. 5

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21-2. **Which of the following is NOT a key component of an Incident Command System (ICS)?** *(Emergency Care for Professional Responders)*

- A. Incident Command
- B. Operations
- C. Logistics
- D. Social Media

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21-3. **If the incident is beyond your scope of practice, you should act as Incident Commander only until more experienced personnel arrive.** *(Emergency Care for Professional Responders)*

- A. True
- B. False

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21-4. **The patient assessment model must be modified in a Multiple Casualty Incident.** *(Emergency Care for Professional Responders)*

- A. True
- B. False

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21-5. **The \_\_\_\_\_ process is used any time there are more patients than responders.** *(Emergency Care for Professional Responders)*

- A. Triage
- B. Patient Assessment Model
- C. Moulage
- D. Cushing's Triad

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21-6. **The acronym S-T-A-R-T stands for \_\_\_\_\_.** *(Emergency Care for Professional Responders)*

- A. Simple Triage and Rapid Treatment
- B. Staging ... Treatment ... Reevaluate ... Transport
- C. See ... Touch ... Assess ... Resuscitate ... Treat
- D. Sound ... Tactile ... Active ... Review ... Test

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21-7. **In the START system, the color green is used to indicate a patient who is in the \_\_\_\_\_ category.** *(Emergency Care for Professional Responders)*

- A. Dead (Non-Salvageable)
- B. Delayed Treatment
- C. Immediate Treatment
- D. Minor Injuries

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21-8. **In the START system, the color black is used to indicate a patient who is in the \_\_\_\_\_ category.** *(Emergency Care for Professional Responders)*

- A. Dead (Non-Salvageable)
- B. Delayed Treatment
- C. Immediate Treatment
- D. Minor Injuries

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21-9. **In the START system, the color red is used to indicate a patient who is in the \_\_\_\_\_ category.** *(Emergency Care for Professional Responders)*

- A. Dead (Non-Salvageable)
- B. Delayed Treatment
- C. Immediate Treatment
- D. Minor Injuries

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21-10. **In the START system, the color yellow is used to indicate a patient who is in the \_\_\_\_\_ category.** *(Emergency Care for Professional Responders)*

- A. Dead (Non-Salvageable)
- B. Delayed Treatment
- C. Immediate Treatment
- D. Minor Injuries

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21-11. **Which of the following outlines the steps taken, in correct order, to assess a patient in a Multiple Casualty Incident?** *(Emergency Care for Professional Responders)*

- A. Check Level of Responsiveness ... Check Circulation ... Check Respiration
- B. Check Respiration ... Check Level of Responsiveness ... Check Circulation
- C. Check Circulation ... Check Respiration ... Check Level of Responsiveness
- D. Check Respiration ... Check Circulation ... Check Level of Responsiveness

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21-12. **The main difference between a patient in minor (Green) category, and a patient in the delayed (Yellow) category, is that the patient in the delayed category is unable to \_\_\_\_\_.** (*Emergency Care for Professional Responders*)

- A. Breathe
- B. Walk
- C. Speak
- D. Respond

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21-13. **An MCI patient with a respiration rate of greater than \_\_\_\_\_ breaths per minute should be classified as immediate (Red).** (*Emergency Care for Professional Responders*)

- A. 10
- B. 20
- C. 30
- D. 40

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21-14. **If an MCI patient's radial pulse is \_\_\_\_\_ they should be placed in the immediate (Red) category.** (*Emergency Care for Professional Responders*)

- A. Present
- B. Absent
- C. Strong
- D. Rapid

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21-15. **An MCI patient who is either V,P, or U in the AVPU responsiveness scale should be placed in the \_\_\_\_\_ category.** (*Emergency Care for Professional Responders*)

- A. Minor (Green)
- B. Delayed (Yellow)
- C. Immediate (Red)
- D. Dead/Non-Salvageable (Black)

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21-16. **If an MCI patient's Respirations place them in the immediate (Red) category, you do not need to assess their Circulation or Level of Responsiveness.** (*Emergency Care for Professional Responders*)

- A. True
- B. False

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21-17. **If an MCI patient does not have a palpable radial pulse, you do not need to assess their Level of Responsiveness.** (*Emergency Care for Professional Responders*)

- A. True
- B. False

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21-18. **The acronym CBRNE stands for \_\_\_\_\_.** (*Emergency Care for Professional Responders*)

- A. Chemical ... Biological ... Radiological ... Nuclear ... Exposure
- B. Chemical ... Biological ... Radiological ... Nuclear ... Explosive
- C. Chemical ... Biological ... Radicalized ... Nuclear ... Explosive
- D. Chemical ... Biophosphorous ... Radiological ... Nuclear ... Explosive

21-19. **Which of the following is NOT considered a common method of dissemination of CBRNE weapons?** *(Emergency Care for Professional Responders)*

- A. Mechanical action
- B. Chemical reaction
- C. Nuclear devices
- D. Pneumatic devices

21-20. **A single combination of PPE that will be effective for all CBRNE events is available for professional responders through a government grant program.** *(Emergency Care for Professional Responders)*

- A. True
- B. False

21-21. **What should you pay special attention to when confronted with a CBRNE event?** *(Emergency Care for Professional Responders)*

- A. Identify an escape route
- B. Number and location of and severity of patients
- C. Secondary devices and possible presence of a perpetrator
- D. All of the above

21-22. **The \_\_\_\_\_ perimeter is established beyond the \_\_\_\_\_ perimeter.** *(Emergency Care for Professional Responders)*

- A. Outer ... Security
- B. Inner ... Outer
- C. Security ... Outer
- D. Outer ... Inner

21-23. **Without PPE appropriate to the situation, assessment and care should only be attempted after the patient has been decontaminated.** *(Emergency Care for Professional Responders)*

- A. True
- B. False

21-24. \_\_\_\_\_ is the care a patient provides to him or herself while being directed by another (more qualified) person. *(Emergency Care for Professional Responders)*

- A. Directed First Aid
- B. Self-Care
- C. Medical Supervision
- D. First Response

21-25. **Emergency Wash-Down is an effective alternative to proper decontamination.** *(Emergency Care for Professional Responders)*

- A. True
- B. False

## Section 22: Pharmacology

22-1. \_\_\_\_\_ are conditions that make the administration of a drug appropriate. *(Emergency Care for Professional Responders)*

- A. Indications
- B. Contraindication
- C. Illnesses

D. Medical Conditions

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22-2. \_\_\_\_\_ are conditions that make administration of the drug inappropriate due to potential harmful effects. (*Emergency Care for Professional Responders*)

- A. Indications
- B. Contraindications
- C. Side Effects
- D. Illnesses

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22-3. \_\_\_\_\_ are any reactions to the drug other than the intended effects. (*Emergency Care for Professional Responders*)

- A. Indications
- B. Contraindications
- C. Side Effects
- D. Genetic Conditions

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22-4. **If a drug is indicated, it will not have any negative effects.** (*Emergency Care for Professional Responders*)

- A. True
- B. False

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22-5. **Erectile Dysfunction (ED) drugs are a(n) \_\_\_\_\_ for Nitroglycerin.** (*Emergency Care for Professional Responders*)

- A. Indication
- B. Contraindication
- C. Side Effect
- D. Companion

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22-6. \_\_\_\_\_ means making the decision to give a medication to a patient. (*Emergency Care for Professional Responders*)

- A. Assisting
- B. Administration
- C. Dosing
- D. Appropriation

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22-7. **Assisting with a medication means following a \_\_\_\_\_ specific direction to help with medication.** (*Emergency Care for Professional Responders*)

- A. Medical Director's
- B. Pharmacist's
- C. Medical Supervisor's
- D. Patient's

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22-8. **In some cases, a \_\_\_\_\_ can authorize a responder to administer medication.** (*Emergency Care for Professional Responders*)

- A. Family Member
- B. Bystander
- C. Physician
- D. Registered Pharmacist

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22-9. **Which of the following lists the 6 Rights of medication?** (*Emergency Care for Professional Responders*)

- A. Person ... Medication ... Dosage ... Treatment ... Documentation

- B. Person ... Moderation ... Dosage ... Time ... Documentation
- C. Person ... Medication ... Dosage ... Time ... Documentation
- D. Person ... Medication ... Damage ... Time ... Documentation

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22-10. **Documentation after you administer or assist with medication should include any changes in the patient's condition.** (*Emergency Care for Professional Responders*)

- A. True
- B. False

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22-11. **A(n) \_\_\_\_\_ is a drug that binds with a receptor in the body to produce a biological response.** (*Emergency Care for Professional Responders*)

- A. Agonist
- B. Antagonist
- C. Synergist
- D. Drug Interaction

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22-12. **A(n) \_\_\_\_\_ is a drug that combines with a receptor to prevent a biological response.** (*Emergency Care for Professional Responders*)

- A. Agonist
- B. Antagonist
- C. Synergist
- D. Therapeutic Action

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22-13. **Potentiation is a(n) \_\_\_\_\_ in the effect of a drug due to the administration of another drug.** (*Emergency Care for Professional Responders*)

- A. Increase
- B. Decrease
- C. Dulling
- D. Inversion

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22-14. **Synergism is sometimes expressed as \_\_\_\_\_.** (*Emergency Care for Professional Responders*)

- A.  $1 + 1 = 2$
- B.  $1 \times 1 = 2$
- C.  $1 + 2 = 3$
- D.  $1 + 1 = 3$

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22-15. **The two most important drug names are the \_\_\_\_\_ and the \_\_\_\_\_.** (*Emergency Care for Professional Responders*)

- A. Chemical Name ... Official Name
- B. Trade Name ... Chemical Name
- C. Generic Name ... Trade Name
- D. Official Name ... Chemical Name

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22-17. **Which of the following is NOT an Enteral route of administration?** (*Emergency Care for Professional Responders*)

- A. Oral
- B. Sublingual
- C. Rectal
- D. Endotracheal

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22-18. Which of the following is NOT a Parenteral route of administration? (Emergency Care for Professional Responders)

- A. Intravenous
- B. Intranasal
- C. Intramuscular
- D. Buccal

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22-19. \_\_\_\_\_ is the process by which a drug is chemically converted into metabolite, which detoxifies the drug and renders it less active. (Emergency Care for Professional Responders)

- A. Biotransformation
- B. Drug Absorption
- C. Drug Distribution
- D. Excretion

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22-20. The rate of drug distribution to various tissues of the body is depends on \_\_\_\_\_ of the capillaries to the drug molecule, cardiac output and regional blood flow. (Emergency Care for Professional Responders)

- A. Solubility
- B. Vapor Density
- C. Ionization
- D. Permeability

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22-21. Which of the following is NOT a factor that influences the actions of drugs? (Emergency Care for Professional Responders)

- A. Age of the patient
- B. Psychological factors
- C. Solubility of the drug
- D. Gender

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22-22. The sympathetic nervous system is a component of the \_\_\_\_\_. (Emergency Care for Professional Responders)

- A. Cholinergic Receptors
- B. Autonomic Nervous System
- C. Alpha Receptors
- D. Parasympathetic Nervous System

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22-23. A(n) \_\_\_\_\_ consists of tubing that can connect to the catheter in the patient's arm on one side and the drip bag on the other side. (Emergency Care for Professional Responders)

- A. I.V.
- B. Crystalloid Solution
- C. Drip Set
- D. Peripheral Intravenous Line

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22-24. Which of the following is NOT a crystalloid solution commonly used with an IV line? (Emergency Care for Professional Responders)

- A. Dextrose
- B. D50W
- C. Ringer's Lactate
- D. Normal Saline

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22-34. The \_\_\_\_\_ and \_\_\_\_\_ of the medication should be marked on the vial or ampoule. (Emergency Care for Professional Responders)



- A. Name ... Strength
- B. Chemical Name ... Official Name
- C. Patient's name ... Responder's name
- D. Time ... Route

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22-38. **Sodium Hypochlorite, or \_\_\_\_\_, is one of the most common worldwide disinfectants.** (*Emergency Care for Professional Responders*)

- A. Peroxide
- B. Saline
- C. Bleach
- D. Iodine

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## Section 23: Marine Environment

23-1. **Which of the following is NOT one of the most common methods of sterilizing surgical equipment and work surfaces?** (*Emergency Care for Professional Responders*)

- A. Autoclaving
- B. Dry Heat
- C. Open Flame
- D. Chemical Antiseptics

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## Section 24: Workplace

24-1. **A workplace first aid attendant is responsible for their patient until care is transferred to \_\_\_\_\_.** (*Emergency Care for Professional Responders*)

- A. Pre-hospital emergency medical personnel
- B. Hospital Staff
- C. The site manager
- D. Either A or B

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24-2. **Which of the following is NOT a responsibility of everyone on the work site?** (*Emergency Care for Professional Responders*)

- A. Pre-hospital emergency medical personnel
- B. Hospital Staff
- C. The site manager
- D. Either A or B

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24-3. **Supervisors have the authority to override the decision of the first aid attendant with respect to the treatment of an ill or injured person.** (*Emergency Care for Professional Responders*)

- A. True
- B. False

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24-4. **The level of first aid training and the number of required first aid attendants are generally determined by the \_\_\_\_\_ and \_\_\_\_\_ of workplace.** (*Emergency Care for Professional Responders*)

- A. Wages ... Return on Investment
- B. Location ... Management
- C. Size ... Type
- D. Rating ... Visibility

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24-5. The \_\_\_\_\_ is Canada's national hazard communication standard. (*Emergency Care for Professional Responders*)

- A. WHMIS
- B. NOCP
- C. WCB
- D. CCOHS

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24-6. \_\_\_\_\_ procedures safeguard against the unexpected start-up of machinery and equipment, or the possible release of hazardous energy when equipment is being maintained. (*Emergency Care for Professional Responders*)

- A. Return to Work
- B. Shut-Down Sequence
- C. Lock-out/tag-out
- D. Look-out

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Printable Version

[Click here to download a printable PDF version of the Answer Key.](#)

End of Answer Key