**2016 Northern Mine Rescue Contest**

**Written Exam**

**(First Aid Competition)**



**2010**

**2016**

**June 14, 2016**

**Findley Lake, New York**

**2016 Northern Mine Rescue Contest**

**Written Exam – First Aid Competition**

**Directions: Fill in the corresponding bubble on your Scantron sheet to indicate the letter preceding the correct answer to each of the following questions.  Select only one answer per question.**

1. The normal pulse rate for adults is between \_\_\_ and \_\_\_ beats per minute.
2. 50 and 130
3. 60 and 100
4. 30 and 90
5. Spaghetti and meatballs
6. Two of the best ways to minimize stress associated with responding to emergencies and caring for patients are to work closely with other experienced responders and to practice skills often.
7. True
8. False
9. Specific signs and symptoms that indicate some type of emergency relating to the heart best describe \_\_\_\_\_\_.
10. Heart failure
11. Myocardial infarction
12. Angina pectoris
13. Cardiac compromise
14. Primary assessment has seven components. Which of the four below is not one of the components?
    1. Assess the patient’s breathing
    2. Assess the patient’s medical history
    3. Assess the patient’s circulation
    4. Make a decision on the priority or urgency of the patient for transport
15. Activated charcoal is only recommended for what type of poisoning?
16. Ingested
17. Inhaled
18. Topical
19. Absorbed
20. The moment that both heart rate and respirations stop is known as \_\_\_\_\_\_\_\_\_\_\_.
    1. Cardiac arrest
    2. Biological death
    3. Clinical death
    4. Apnea
21. Decompensated shock is very serious and can quickly become \_\_\_\_\_\_\_.
    1. Irreversible
    2. Hypoperfusion
    3. Compensated
    4. Anaphylaxis
22. The primary structures of the circulatory system include the heart, blood vessels and blood.
23. True
24. False
25. When breathing becomes compromised the patient is unable to receive an adequate supply of oxygen. If left untreated this could lead to a condition known as \_\_\_\_\_\_\_\_\_\_ .
26. Venule
27. Dyspnea
28. Perfusion
29. Hypoxia
30. \_\_\_\_\_\_\_\_\_\_\_\_ shock is caused when the spinal cord is damaged and is unable to control the tone of the blood vessels by way of the sympathetic nervous system.
31. Psychogenic
32. Neurogenic
33. Anaphylactic
34. Septic
35. Injuries to which portion of the spine can cause paralysis, impair breathing and even cause death?
36. Sacral
37. Lumbar
38. Thoracic
39. Cervical
40. The appendix is located in which quadrant of the abdomen?
41. Upper left quadrant
42. Upper right quadrant
43. Lower left quadrant
44. Lower right quadrant
45. When treating a patient for signs/symptoms indicating cardiac compromise, prescribed medications carried by the patient should not be provided during treatment.
46. True
47. False
48. Patient assessment at an accident scene reveals the patient has a slight droop to the left side of his face and he seems confused. These signs are most likely indicative of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
49. Seizure
50. Stroke
51. Heart attack
52. Shock
53. A general cooling of the body best describes which term?
54. Hypothermia
55. Hyperthermia
56. Thermal shock
57. Shivering
58. Combative behavior, abnormal breathing patterns and repetitive questions are all signs of a(n):
59. Cervical-spine injury
60. Unresponsive person
61. Peripheral nervous system trauma
62. Injury to the head
63. When caring for a patient with facial injuries, you should do the following:
64. Ensure and open and clear airway
65. Control bleeding by direct pressure
66. Apply a dressing and bandage
67. All of the above
68. Portable oxygen cylinders should always be kept in the upright position.
69. True
70. False
71. Which type of bleeding is characterized by a steady flow of dark red blood?
72. Arterial
73. Capillary
74. Venous
75. Profuse
76. A common result of injury to the chest involves the chest cavity filling with air from a ruptured lung. This is called \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
77. Pneumothorax
78. Visceral pleura
79. Parietal pleura
80. Hemothorax
81. Skeletal injuries can be classified into one of two basic types; closed injuries and compound injuries.
82. True
83. False
84. Vital signs of a patient taken at regular intervals can help determine if the patient’s condition is getting better, worse or is staying the same. These vital signs are compared to which of the below.
85. Standardized adult vital signs
86. Standardized patient vital signs
87. Baseline vital signs
88. None of the above
89. Perfusion is defined as \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
90. The adequate supply of well-oxygenated blood to parts of the body
91. One entire cycle of breathing in and out
92. The act or process of inhaling and exhaling
93. Breathing that requires increased effort by the patient
94. A potential spinal injury patient has a normal breathing pattern; can move, feel, and squeeze with fingers and arms; and cannot feel or move legs or toes most likely has this type of injury to the spine.
95. Probably no serious spinal cord injury
96. Probable injury to lower spinal cord
97. Probable injury to spinal cord somewhere below the neck
98. Probable injury to spinal cord in neck
99. The tearing loose or the tearing off of a large flap of skin describes which of the following types of wounds?
100. Abrasion
101. Laceration
102. Amputation
103. Avulsion
104. The triage system has been developed to help identify those victims who are most in need of \_\_\_\_\_\_\_\_\_\_\_.
105. Standard care
106. Immediate transport
107. Immediate care
108. Long-term care
109. A thorough assessment of an extremity injury includes an evaluation of distal CSM. What does CSM stand for?
110. Circulation, sensation, motor function
111. Color, sensation, motor function
112. Color, strength, manual movement
113. Circulation, strength, motor function
114. The use of the body to facilitate lifting and moving to minimize injury best describes \_\_\_\_\_?
115. Patient movement
116. Patient positioning
117. Manual stabilization
118. Body mechanics
119. Which one of the following is the most appropriate care for an open abdominal injury?
120. Pack the inside of the wound with clean dressing
121. Pour sterile saline over the wound
122. Cover the wound with a dry, clean dressing
123. Cover the wound with moist, sterile dressing
124. \_\_\_\_\_\_\_\_\_\_\_\_\_ is the application of an electric shock to a patient’s heart in an attempt to convert a lethal rhythm into a normal one.
125. Cardiac shock
126. Fluctuation
127. Defibrillation
128. Resuscitation

**ANSWER KEY**

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**Q Answer Source (Reference Brady’s 9th Edition)**

1. B**.**  Chapter 11, pg. 225

2. **A.**  Chapter 3, pg. 47

3. **D.** Chapter 13, pg. 277

4. B**.** Chapter 12, pg. 250

5. **A.** Chapter 15, pg. 319

6. **C.** Chapter 8, pg. 137

7. **A.** Chapter 18, pg. 401

8. **A.** Chapter 4, pg. 68

9. **D.** Chapter 14, pg. 291

10. **B.** Chapter **18, p**g. 399

11. **D.** Chapter 20, pg. 449

12. **C.** Chapter 21, pg. 472

13. **B.** Chapter 13, pg. 283

14. **B.** Chapter 15, pages 311-312

15. **A.** Chapter 16, pg. 339

16. **D.** Chapter 20, pg. 448

17. **D.** Chapter 17, pg. 377

18. **B.** Chapter 9, pg. 173

19. **C.** Chapter 17, pg. 359

20. **A.** Chapter 21, pg. 467

21. **B.** Chapter 19, pg. 413

22. **C.** Chapter 12, pages 263-264

23. **A.** Chapter 11, pg. 221

24. **B.** Chapter 20, pg. 452

25. **D.** Chapter 17, pg. 373

26. **C.** Chapter 26, pg. 595

27. **A.** Chapter 19, pg. 415

28. **D.** Chapter 5, pg. 93

29. **D.** Chapter 21, pg. 474

30. **C.** Chapter 10, pg. 188