

Caring for Muscle and Bone Injuries

From Brady's First Responder (8th Edition)

54 Questions

1. What do injuries to the shoulder often produce?

p. 393

- *A.) Anterior dislocation
- B.) Superior dislocation
- C.) Proximal dislocation
- D.) Posterior dislocation

2. When placing a patient who has a minor closed head injury into the recovery position, where should the hand be placed?

p. 412

- *A.) Under the cheek
- B.) Under the chest
- C.) Over the face
- D.) Over the head

3. Which rescuer will check and clear the airway, provide ventilations and apply a collar when removing a helmet?

p. 423

- A.) Rescuer 1
- *B.) Rescuer 2
- C.) Neither rescuer 1 nor 2
- D.) Either rescuer 1 or 2

4. Which is an ideal situation when the patient is wearing a football helmet and shoulder pads and a spinal injury is suspected?

p. 419

- A.) Leave helmet on and remove shoulder pads
- B.) Remove helmet and shoulder pads
- C.) Remove helmet and leave shoulder pads on
- *D.) Leave helmet and shoulder pads on

5. What material is the more commonly used inflatable splint made from?

p. 388

- A.) Metal
- B.) Aluminum
- C.) Paper
- *D.) Plastic

6. How will the patient present when a posterior hip dislocation has occurred?

p. 400

- A.) Leg rotated outward and the knee is usually straight
- B.) Leg rotated outward and the knee is usually bent
- C.) Leg rotated inward and the knee is usually straight
- *D.) Leg rotated inward and the knee is usually bent

7. What should you do when assessing deformity in the patient's extremities?

p. 377

- A.) Ask the patient if it looks normal
- *B.) Compare it to the other side
- C.) Hold it in an upright position
- D.) Look at it from different angles

8. Which of the following is likely to be injured when a lateral blow to the shoulder occurs?

p. 376

- A.) Elbow
- B.) Neck
- *C.) Clavicle
- D.) Wrist

9. What should be done first during your initial assessment of the patient?

p. 379

- A.) Focus on obvious injuries
- B.) Determine the number of patients
- *C.) Assess mental status
- D.) Determine mechanism of injury

10. What should be used to assess circulation, motor function and sensation when splinting an injury?

p. 384

- *A.) Fingers and toes
- B.) Ankles and wrists
- C.) Elbows and knees
- D.) Forearms and shins

11. Which is NOT a location that you should tie a cravat when immobilizing a pelvic injury with a blanket roll?

p. 400

- A.) At the ankles
- *B.) Around the waist
- C.) Below the hips
- D.) Below the knees

12. Which of the following is NOT a sign of an open head injury?

p. 408

- A.) Clear or yellow fluid leaking from the nose
- B.) Feel a crack in the skull
- *C.) Bleeding from the scalp
- D.) Eyelids are swollen and shut

13. What type of injury is seen when the breastbone breaks away from the ribs?

p. 425

- *A.) Flail chest
- B.) Dislocation
- C.) Sucking wound
- D.) Pneumothorax

14. At what age does the soft spot on the top of the infant's head close up completely?

p. 405

- A.) 9 to 12 months
- *B.) 18 to 24 months
- C.) 24 to 36 months
- D.) 36 to 48 months

15. What is caused by overexerting or tearing of a muscle?

p. 375

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

16. How many bones are found in each wrist?

p. 372

- A.) 4
- B.) 10
- *C.) 8
- D.) 6

17. What should be placed between the injured arm and the patient's chest when splinting an injured shoulder?

p. 394

- A.) Splint board
- *B.) Padding
- C.) Dressing
- D.) Swathe

18. At what angle should the patient's upper body be placed when he is responsive with minor closed injury to the cranium?

p. 411

- A.) 60-degree
- *B.) 45-degree
- C.) 30-degree
- D.) 90-degree

19. Which of the following is the only movable joint in the face?

p. 405

- A.) Orbit
- B.) Malar
- C.) Maxilla
- *D.) Mandible

20. Where should you suspect injury to the spine when there is diaphragmatic breathing but the patient can feel the arms?

p. 416

- A.) No injury
- B.) In the neck
- C.) Lower spinal cord
- *D.) Below the neck

21. Which of the following should NOT be done when caring for possible fracture or dislocation of the lower jaw?

p. 412

- A.) Maintain an open airway
- *B.) Tie the patient's mouth shut
- C.) Dress any open wounds
- D.) Keep the patient at rest

22. Where should the cold pack be placed if the patient suffers from the added pressure on the injury?

p. 380

- A.) Just below the injury
- *B.) Just above the injury
- C.) To the interior of the injury
- D.) To the exterior of the injury

23. Which of the following should NOT be done with wrist or hand injuries?

p. 396

- *A.) Apply manual traction
- B.) Administer oxygen
- C.) Apply manual stabilization
- D.) Maintain the position of function

24. Which finding is rare when treating a patient with a spine injury?

p. 413

- A.) Loss of bowel or bladder control
- B.) Paralysis to the arms and/or legs
- *C.) Feeling pieces of broken bones along the spine
- D.) Burning sensations along the spine

25. What is the first thing you should do when splinting the patient?

p. 382

- *A.) Assess and reassure the patient
- B.) Expose the injury site
- C.) Control all major bleeding
- D.) Splint injuries before moving the patient

26. What must be open for an open head injury to exist?

p. 375

- A.) Scalp
- B.) Skin
- *C.) Cranium
- D.) Dura

27. How many bones are in what is commonly called the spine?

p. 405

- A.) Twelve
- B.) Six
- C.) Nine
- *D.) Seven

28. Where should you place yourself when manually stabilizing a patient's head and neck?

p. 418

- A.) At the patient's feet
- *B.) Top of the patient's head
- C.) Side of the patient's head
- D.) Across the patient's chest

29. What action is taken when performing manual traction while splinting an injured limb?

p. 384

- *A.) Pulling
- B.) Twisting
- C.) Pushing
- D.) Squeezing

30. How many people should be used to remove a helmet?

p. 419

- A.) Three
- B.) Four
- *C.) Two
- D.) One

31. Where should padding be placed when splinting an arm with the elbow straight?

p. 392

- A.) Elbow
- B.) Shoulder
- C.) Wrist
- *D.) Armpit

32. What should be done to immobilize a lower extremity injury?

p. 384

- A.) Immobilize it above and below the injury
- *B.) Secure the lower extremities to each other
- C.) Secure it to the torso
- D.) Wrap it in a pressure dressing

33. What should be placed in the patient's hand to maintain a position of function when treating for a wrist injury?

p. 396

- A.) Pen or pencil
- *B.) Roll of dressing
- C.) Fingers of the other hand
- D.) End of the swathe

34. What is often times the only symptoms of most musculoskeletal injuries?

p. 369

- A.) Discoloration
- *B.) Pain
- C.) Deformity
- D.) Swelling

35. Where will the blanket roll be placed when treating a patient for a fracture to the pelvic girdle?

p. 399

- A.) On top of the legs
- B.) Lateral side of the legs
- *C.) Between the legs
- D.) Under the legs

36. What are the bones that form the upright axis of the body?

p. 370

- *A.) Axial skeleton
- B.) Support skeleton
- C.) Movement skeleton
- D.) Appendicular skeleton

37. What should you treat any injury caused by a strong force to the extremities?

p. 375

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

38. What position should the elbow be immobilized in when treating an elbow injury?

p. 395

- A.) Position of function
- B.) Position of comfort
- C.) Position of usability
- *D.) Position it was found

39. Which type of splint should be used for injuries to the ankle or foot?

p. 390

- A.) Traction splint
- B.) Air splint
- *C.) Soft splint
- D.) Rigid splint

40. Where can you place your hand to determine if the injury is to the elbow?

p. 395

- A.) On the back of the hand
- *B.) On the back of the elbow
- C.) On the back of the shoulder
- D.) On the back of the wrist

41. Where should the swathe be placed to minimize movement of the shoulder?

p. 388

- A.) High over the uninjured arm
- B.) Low over the uninjured arm
- *C.) Low over the injured arm
- D.) High over the injured arm

42. Which is fractured with the boot-top injury?

p. 402

- *A.) Tibia
- B.) Patella
- C.) Carpals
- D.) Femur

43. Which of the following should NOT be done when treating for a cranium injury?

p. 411

- A.) Control bleeding
- B.) Use the jaw-thrust maneuver
- *C.) Stop the flow of CSF from the ears
- D.) Provide with 100% oxygen

44. How many cravats should be prepared when applying a soft splint to the pelvic girdle injury patient?

p. 399

- A.) Two
- B.) Six
- *C.) Four
- D.) Eight

45. What should be immobilized when treating a patient with injuries to the fingers?

p. 397

- A.) Only the injury site
- B.) Joints above and below the injury site
- C.) Joints below the injury site
- *D.) Joints above the injury site

46. Which of the following is NOT a way to test the lower extremities for responsiveness?

p. 415

- *A.) Foot grasp
- B.) Foot push/pull
- C.) Foot movement
- D.) Toe touch

47. What is a characteristic stance of the patient suffering a rib fracture?

p. 424

- A.) Lean away from the side of the injury with a hand pressed over the injury
- B.) Lean away from the side of the injury with a hand pressed opposite the injury
- C.) Lean toward the side of the injury with a hand pressed opposite the injury
- *D.) Lean toward the side of the injury with a hand pressed over the injury

48. What does checking for sensation and motor function give you information about the status of in the injured extremity?

p. 379

- A.) The bones
- *B.) The nerves
- C.) The muscles
- D.) The blood vessels

49. Which type of injury occurs when a patient breaks a fall on an outstretched hand and dislocates his shoulder?

p. 372

- A.) Twisting
- *B.) Indirect
- C.) Direct
- D.) Pulling

50. What is the site of many reflexes?

p. 406-407

- A.) Brain
- B.) Skin
- *C.) Spinal cord
- D.) Muscles

51. Which of the following may be a sign of a head injury and a spinal cord injury?

p. 409

- *A.) Paralysis to one side of the body
- B.) Headache following the incident
- C.) Altered mental status
- D.) Unequal, unresponsive or dilated pupils

52. Which of the following is NOT protected by the lower ribs?

p. 406

- A.) Spleen
- B.) Liver
- C.) Gallbladder
- *D.) Heart

53. Which will maintain traction after it is secured to the patient?

p. 385

- A.) Mobile splint
- *B.) Rigid splint
- C.) Flexible splint
- D.) Blanket splint

54. What can result from pressure on nerves caused by swelling or broken bones?

p. 378

- *A.) Numbness or tingling
- B.) Sound of grating
- C.) Inability to move a joint
- D.) Loss of distal pulse