

Caring for Muscle and Bone Injuries

From Brady's First Responder (8th Edition)

54 Questions

1. How many bones are found in each wrist?

p. 372

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

2. Which should NOT be done when treating a patient with a boot-top injury?

p. 403

- A.) Apply a splint to the injured leg
- B.) Manually stabilize the injury
- *C.) Apply snow to the injury site
- D.) Leave the leg in the position found

3. 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

4. Which of the following is NOT a primary force that causes injuries to the extremities?

p. 372

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

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

p. 392

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

6. Which should NOT be done when assess an unresponsive patient you suspect has a spinal cord injury?

p. 417

- *A.) Probe palms with sharp object
- B.) Pinch the hands and feet
- C.) Ask bystanders about the accident
- D.) Look and feel for deformities

7. How many people are usually needed to apply a splint with traction?

p. 385

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

8. 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

9. What can the Emergency Medical Responder use to care for patients with suspected fractures to the pelvic girdle?

p. 399

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

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

p. 419

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

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

p. 375

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

12. What is often a key sign of injury to the upper arm bone?

p. 394

- *A.) Deformity
- B.) Protrusion
- C.) Bruising
- D.) Swelling

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

p. 375

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

14. Where may the patient hold an injured arm?

p. 378

- A.) Down at the side
- B.) Behind the back
- C.) Above the head
- *D.) Close to the body

15. 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

16. 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

17. 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

18. 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

19. Where should the second rescuer place his hands when removing a helmet?

p. 421

- A.) At the angle of the jaw and under the chin
- B.) At the angle of the jaw and along the neckline
- *C.) At the angle of the jaw and at the base of the skull
- D.) At the angle of the jaw and over the face

20. 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

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

p. 402

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

22. Which is a late sign of a head injury?

p. 409

- A.) CSF leakage
- *B.) Battle's sign
- C.) Raccoon eyes
- D.) Goose eggs

23. 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

24. Where should the rigid splint be on the patient's leg when splinting an injury to the foot or ankle?

p. 404

- A.) Below the knee to above the foot
- B.) Above the knee to above the foot
- C.) Below the knee to beyond the foot
- *D.) Above the knee to beyond the foot

25. Which of the following will provide some pain relief but are not as effective at immobilizing injuries to the upper leg?

p. 401

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

26. What is the main reason for straightening closed deformed injuries?

p. 385

- A.) Minimize additional fractures
- *B.) Restore circulation
- C.) Prevent soft tissue injury
- D.) Minimize pain

27. How should the infant's head be held when you suspect head injuries?

p. 405

- A.) With your elbow
- *B.) With your entire hand
- C.) With your fingertips
- D.) With your forearms

28. 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

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

p. 369

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

30. Which of the following should you be able to do for the spine injury patient before assistance arrives?

p. 417

- A.) Apply traction to the head and neck
- B.) Move the patient to a spinal board
- C.) Place an extrication collar on the patient
- *D.) Stabilize the head and neck

31. 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

32. 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

33. Which should be focused on last when caring for injuries?

p. 379

- A.) Provide care for shock
- B.) Correct life-threatening injuries to the ABCs
- *C.) Focus on extremity injuries
- D.) Check for neck and spine injuries

34. What is the last thing that should be done when caring for a patient with musculoskeletal injuries?

p. 381

- A.) Administer oxygen
- B.) Apply a cold pack
- C.) Cut away clothing
- *D.) Assess vital signs

35. 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

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. Which type of helmet provides head protection if it fits properly and is worn correctly?

p. 420

- A.) Full-size motorcycle helmet
- *B.) Youth's bicycle helmet
- C.) Football helmet
- D.) Horseback riding helmet

38. 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

39. Which should NOT be done before removing a helmet?

p. 419

- *A.) Cut the chin strap
- B.) Remove goggles
- C.) Check the patient's breathing
- D.) Remove the face piece

40. 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

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

p. 405

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

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

p. 406

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

43. 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

44. Which of the following should you wait for more advanced care to arrive before doing when treating a pelvic injury?

p. 399

- A.) Administer oxygen
- B.) Note the mechanism of injury
- *C.) Immobilizing the patient
- D.) Maintain body temperature

45. 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

46. What do injuries to the shoulder often produce?

p. 393

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

47. Which type of splint is more effective for injuries to the thigh?

p. 390

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

48. Which type of splinting is preferred if the elbow is found in the straight position and cannot be placed in the natural flexed position?

p. 395

- A.) Sling
- *B.) Rigid
- C.) Body
- D.) Soft

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

p. 384

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

50. 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

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

p. 388

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

52. What should be done with the knee when a suspected dislocation is found?

p. 401

- A.) Straighten the leg to reduce swelling
- *B.) Splint it in the position it is found
- C.) Tie a cravat strap to the injury
- D.) Attempt to reduce the knee

53. Where will the injury site most often be when the patient is suffering from a fall chest?

p. 426

- A.) Front of the chest
- *B.) Side of the chest
- C.) Back of the chest
- D.) Bottom of the chest

54. 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