

Caring for Muscle and Bone Injuries

From Brady's First Responder (8th Edition)

54 Questions

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

p. 375

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

2. What is the site of many reflexes?

p. 406-407

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

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

p. 392

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

4. 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

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

p. 402

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

6. Which injury is considered and managed last?

p. 380

- *A.) Lower leg
- B.) Thigh
- C.) Pelvis
- D.) Any extremity injury where there is no distal pulse

7. Which of the following may NOT be used when an air splint is in place?

p. 389

- A.) Skin color
- *B.) Distal pulse
- C.) Capillary refill
- D.) Sensation

8. What should be suspected if the patient fails all of the assessments for spinal cord injury?

p. 415

- A.) Severe spinal-cord injury in the thoracic spine
- B.) Minor spinal-cord injury in the thoracic spine
- *C.) Severe spinal-cord injury in the neck
- D.) Minor spinal-cord injury in the neck

9. 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

10. 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

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

p. 419

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

12. 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

13. 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

14. What do injuries to the shoulder often produce?

p. 393

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

15. 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

16. Which describes the position of function that should be used when splinting for injuries to the upper extremities?

p. 390

- A.) Fingers greatly flexed and the wrist is cocked slightly downward
- *B.) Fingers slightly flexed and the wrist is cocked slightly upward
- C.) Fingers greatly flexed and the wrist is cocked slightly upward
- D.) Fingers slightly flexed and the wrist is cocked slightly downward

17. 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

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

p. 385

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

19. What condition must occur for you to resplint a patient's injury?

p. 405

- A.) Patient is in too much pain
- *B.) Distal pulse returns
- C.) EMS has arrived on scene
- D.) Leg is straight

20. Which part of the patient should be placed in a sling so it rests across the patient's chest when a rib fracture is present?

p. 424

- A.) Upper arm of the uninjured side
- *B.) Forearm of the injured side
- C.) Forearm of the uninjured side
- D.) Upper arm of the injured side

21. What will NOT make you suspect a facial injury?

p. 410

- A.) Blood in the airway (nose or mouth)
- B.) Teeth that are loose or broken dentures
- C.) Swelling or discoloration of any part of the face
- *D.) Any mechanism of injury that indicates the patient lost balance

22. 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

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

p. 409

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

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

p. 405

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

25. What is the first priority when caring for skeletal injuries?

p. 379

- *A.) Spine
- B.) Skull
- C.) Rib cage
- D.) Pelvis

26. 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

27. 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

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

p. 375

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

29. 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

30. What is an air splint typically used for?

p. 388

- A.) Upper leg injuries
- *B.) Arm injuries
- C.) Neck injuries
- D.) Chest injuries

31. 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

32. 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

33. 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

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

p. 405

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

35. 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

36. 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

37. 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

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

p. 375

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

39. 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

40. What should be done with unpadded splints before applying them?

p. 384

- *A.) Wrap them in dressings
- B.) Add an ice pack
- C.) Remove the bandages
- D.) Add a padding

41. How far above the elbow should the patient's hand be when a sling is applied properly?

p. 386

- A.) Two inches (5 cm)
- *B.) Four inches (10 cm)
- C.) Five inches (13 cm)
- D.) Three inches (8 cm)

42. How many bones are found in each wrist?

p. 372

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

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

p. 388

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

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

p. 369

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

45. 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

46. Where will the second rescuer be when removing an helmet?

p. 421

- A.) Above the patient's head
- *B.) On the side at the patient's shoulders
- C.) At the patient's feet
- D.) On the side at the patient's waist

47. What should you do if you find an avulsed tooth in the patient's mouth?

p. 413

- A.) Wrap it in place
- B.) Leave it where it is
- C.) Push it back in place
- *D.) Remove it from the mouth

48. What is immobilizing an injury using a device such as a piece of wood?

p. 381

- A.) Chaffing
- B.) Casting
- *C.) Splinting
- D.) Slinging

49. 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

50. 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

51. 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

52. What connects the bottom two ribs?

p. 406

- A.) Bone
- *B.) Muscle
- C.) Cartilage
- D.) Tendon

53. Which is a commonly used soft splint that is good for upper and lower extremities?

p. 386

- A.) Pillow and cravat
- B.) Blanket
- C.) Sling and swathe
- *D.) Triangular bandage

54. 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