

# Well-Being of the Emergency Medical Responder

From Brady's First Responder (8th Edition)

31 Questions

1. Which infectious disease kills more health-care workers than any other?

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- \*A.) Hepatitis
- B.) Tuberculosis
- C.) Meningitis
- D.) HIV

2. Within what timeframe after a major incident will the critical incident stress management debriefing be held?

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- A.) 12 to 72 hours
- B.) 24 to 36 hours
- C.) 12 to 36 hours
- \*D.) 24 to 72 hours

3. What is the reaction to cumulative stress?

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- A.) Isolation
- B.) Risk
- \*C.) Burnout
- D.) Overdraw

4. What should be done if unprotected hands come into contact with dried blood?

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- A.) Document it in the report
- B.) Don protective gloves
- \*C.) Wash with soap and water
- D.) Go to the local hospital

5. What are the factors that cause wear and tear on the body's physical or mental resources?

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- A.) Environments
- B.) Catalysts
- C.) Burnouts
- \*D.) Stressors

6. Which has been established as a seasonal epidemic in North America that flares up in the summer and continues into the fall?

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- \*A.) West Nile
- B.) MSRA
- C.) SARS
- D.) Avian flu

7. What are organisms such as viruses and bacteria that cause infection and disease?

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- A.) Substances
- B.) Isotopes
- C.) Germs
- \*D.) Pathogens

8. What should be worn in addition to the gloves when a patient is coughing or sneezing?

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- A.) Gown and eye protection
- B.) Mask, gown and eye protection
- C.) Mask and gown
- \*D.) Mask and eye protection

9. How many pairs of gloves should be worn when working around broken glass or sharp metal edges?

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

10. During which state of death will the patient become unwilling to communicate with others?

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- \*A.) Depression
- B.) Acceptance
- C.) Anger
- D.) Bargaining

11. Which of the following is an indicator of stress?

p. 43

- A.) Difficulty sleeping
- B.) Indecisiveness
- C.) Loss of appetite
- \*D.) Increase social interest

12. What resource can help Emergency Medical Rescuers identify markings on placards?

p. 54

- A.) Hazardous Materials Catalogue
- B.) DOT Payload Identification
- C.) Driver Training Manual
- \*D.) Emergency Response Guidebook

13. Which of the following should be increased when developing more positive dietary habits?

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- \*A.) Carbohydrates
- B.) Fats
- C.) Triglycerides
- D.) Oils

14. Which of the following has had a resurgence with new resistant strains of the disease?

p. 49

- A.) Meningitis
- B.) HIV
- \*C.) Tuberculosis
- D.) Hepatitis

15. How many cases of Emergency Medical Responders contracting Hepatitis B while using protective equipment are on record?

p. 52

- A.) Seven
- B.) Five
- C.) Ten
- \*D.) Zero

16. What is used to treat a patient with meningitis?

p. 51

- A.) Antifungals
- B.) Antibacterials
- C.) Anticoagulates
- \*D.) Antibiotics

17. Which of the following should NOT be done when dealing with a terminally ill patient?

p. 40

- A.) Preserve his dignity and sense of control
- B.) Try to respond to his choices about how to handle the situation
- \*C.) Speak to family members about the patient in front of him
- D.) Allow the patient to talk to you about his feelings

18. What is one of the best ways to deal with stress?

p. 44

- A.) Exercise
- \*B.) Talk about it
- C.) Bottle it up
- D.) Ignore it

19. What is the first step taken when removing soiled gloves properly?

p. 50

- A.) Pull the glove inside out
- B.) Carefully slip the glove over the hand
- C.) Fold the gloves into each other
- \*D.) Grasp the outer cuff of the opposite glove

20. Which statement about the CISD is NOT correct?

p. 45

- \*A.) Participation is mandatory
- B.) Fears can be discussed
- C.) It is not a critique
- D.) Confidence is maintained

21. Which of the following is a bacteria that is resistant to certain antibiotics and contracted in hospitals?

p. 52

A.) West Nile

\*B.) MSRA

C.) SARS

D.) Avian flu

22. Which of the following is NOT a sign of burnout?

p. 42

A.) Mistrust

B.) Frustration

C.) Isolation

\*D.) Dishonesty

23. What percentage of all adults suffer adverse health effects from stress?

p. 40

A.) 27%

B.) 80%

\*C.) 43%

D.) 62%

24. What should be done if you suspect a hazardous material is involved at the scene?

p. 54

\*A.) Call in hazmat team

B.) Be extra cautious

C.) Work around the area in question

D.) Identify the material

25. Which stage does the patient often reach before the family?

p. 39

A.) Anger

B.) Denial

\*C.) Acceptance

D.) Bargaining

26. Which statement about eye protection is correct?

p. 48

- \*A.) Should protect you from the front and sides
- B.) Should protect you from the front only
- C.) Should protect you from the front, sides and top
- D.) Should protect you from the sides only

27. Which of the following can survive on clothing, newspaper or other objects?

p. 49

- A.) HIV
- B.) Meningitis
- \*C.) Hepatitis
- D.) Tuberculosis

28. Which are considered some of the most stressful that EMS providers are required to handle?

p. 41

- A.) Violence
- B.) Death
- C.) Multiple-casualty
- \*D.) Pediatric

29. Which is contracted more easily through respiratory droplets?

p. 51

- A.) Tuberculosis
- B.) Hepatitis
- C.) HIV
- \*D.) Meningitis

30. What is your first responsibility at an incident scene?

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- \*A.) Personal safety
- B.) Patient care
- C.) Patient safety
- D.) Personal transport

31. Which of the following is NOT a consideration taken when deciding where to position the vehicle?

p. 53

A.) Continued traffic flow

B.) Access to equipment

\*C.) Distance to the command post

D.) Efficient loading of the patient