The Well-Being of the EMT-Basic

From Bradys' Emergency Care 10th Edition

1. Which type of reaction is often associated with large catastrophic events?

   A. Burnout
   B. Delayed
   C. Finite
   D. Acute

2. What is the best plan of action when there is a pet at the scene and the owner insists the pet is friendly?

   A. Remove it from the home
   B. Secure it in another room
   C. Call animal control
   D. Place it in a cruiser

3. What is the ultimate key to managing cumulative stress?

   A. Support groups
   B. Balance in our lives
   C. Anger management class
   D. Suppression of feelings

4. What should be done before reentering a dangerous area?

   A. Cleared of victims
   B. Armed with a gun
   C. Secured by police
   D. Fitted with armor

5. When did the OSHA standard on bloodborne pathogens take effect?

   A. 1992
   B. 1998
   C. 1996
   D. 1994

6. Which type of fluid does NOT require eye protection?

A. Spraying
B. Spattering
C. Spitting
D. Splashing

7. Which type of mask is required to be worn when caring for a patient with suspected TB?

A. N-74
B. N-63
C. N-95
D. N-86

8. What are diseases caused by?

A. Personnel
B. Contaminations
C. Substances
D. Pathogens

9. Which of the following should alert the EMT-B when coming upon an emergency scene?

A. Large crowds
B. Silence
C. Activity
D. Multiple victims

10. Which word is NOT used to sum up the actions required to respond to danger?

A. Observe
B. React
C. Enforce
D. Plan

11. Which virus can survive for days in a dried blood spill?

A. Hepatitis C
B. Hepatitis A
C. Hepatitis B
D. Hepatitis Delta

12. How long after an incident do the responders get together to talk about their feelings on the call (aka critical incident stress debriefing)?

A. 36 to 82 hours
B. 48 to 96 hours
C. 12 to 36 hours
D. 24 to 72 hours

13. What act was passed that allows emergency response personnel to find out if they were exposed to potentially life-threatening diseases while providing patient care?

A. Occupational Exposure to Bloodborne Pathogens
B. Ryan White CARE Act
C. Tuberculosis Compliance Mandate
D. NIOSH Exposure Act

14. What is a state of physical and/or psychological arousal to a stimulus?

A. Denial
B. Routine
C. Stress
D. Reaction

15. What is the primary rule when working a hazardous-material incident?

A. Obtain the name of the material
B. Evacuate alive patients
C. Maintain a safe-distance
D. Remove the hazardous material

16. Which type of exposure would NOT require the responder to request information on the patient's infected status?

A. Airborne
B. Bloodborne
C. Spittleborne
D. Fluidborne

17. What tends to be the first stage encountered when a patient learns they are dying?

A. Denial
B. Acceptance
C. Depression
D. Anger

18. Where can the medical facility gain information about the infectious status of a patient when the responder has been exposed to bodily fluids?

A. Test run on the patient's family members
B. Patient's family members
C. Patient's medical records only
D. Tests run on the patient

19. What is the incubation time for Tuberculosis?

A. Several days
B. Several months or years
C. 14 to 24 days
D. 2 to 6 weeks

20. When can an alcohol-based hand cleaner be used?

A. Hands are visibly soiled
B. Anthrax is present
C. Prep pads are not available
D. Between patients

21. Which of the following is NOT considered a sign of post-traumatic stress disorder?

A. Nightmares
B. Nausea
C. Irritability
D. Flashbacks

22. Which is NOT something that should be done when dealing with a dying patient?

A. Listen empathetically
B. Offer as much comfort as is realistic
C. Recognize the patient's needs
D. D. Put a stop to any angry reactions

23. When should gloves be worn?

A. If there is the possibility of contact with blood alone
B. If there is the possibility of contact with a known pathogen only
C. C. If there is the possibility of contact with blood and bodily fluids
D. If there is the possibility of contact with bodily fluids alone

24. Which is positive type of stress?

A. Lestress
B. Distress
C. Eustress
D. Instress

25. What should be done before the EMT-B treats a patient at a hazardous-material incident?

A. Decontamination of the area
B. Decontamination of the responder
C. Decontamination of the equipment
D. Decontamination of the patient

26. Which disease does NOT have an immunization available against it?

A. Measles
B. Hepatitis B
C. Tetanus
D. Tuberculosis

27. Which is NOT considered one of the three R's of reacting to danger?

A. Resign
B. Retreat
C. Radio
D. Reevaluate

28. Which statement is true regarding other protective equipment when the situation calls for a gown?

A. Must use gloves and a mask
B. Must use eye protection and a mask
C. Must use gloves and eye protection
D. Must use gloves, eye protection and a mask

29. What is NOT considered a stage of the body's response to stress per Dr. Hans Selye?

A. Alarm reaction
B. Exhaustion
C. Revival
D. Stage of resistance

30. How many obstacles should be placed between yourself and the danger?

A. 1
B. 3
C. 4
D. 2

31. What timeframe does the medical facility have to report to the designated officer when a request has been filed by a responder about the infectious status of a patient?

A. 24 hours
B. 48 hours
C. 72 hours
D. 96 hours

32. What are BSI precautions referred to as?

A. Infection control
B. Methods control
C. Release control
D. Contamination control

33. What should be done when there will be more than one EMT-B at an incident for safety reasons?

A. Carry a portable radio
B. Prepare the equipment
C. Wear safe clothing
D. Decide each responders role

34. What is the introduction of dangerous chemicals or infectious materials?

A. Infection
B. Pathogenation
C. Exposure
D. Contamination

35. What are ways to deal with stress called?

A. Life-style changes
B. Mover-shaker changes
C. Pace-maker changes
D. Stress-reducing changes

36. What should be done to avoid attracting a crowd at the emergency scene?

A. Perform a drive by the incident scene before stopping
B. Inform bystanders they need to leave the area
C. Turn off lights and siren when nearing the scene
D. Jump out and hurry into the building